

SOUTH FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

August 2014

South Palm Beach Edition - Monthly

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**What You  
Should Know**

ABOUT CHF-CONGESTIVE  
HEART FAILURE

**Cataract  
Surgery  
in 2023**

WHAT SHOULD  
YOU EXPECT?

**Become  
"Hair Aware"**

WITH NEW TREATMENT  
OPTIONS FOR HAIR LOSS  
AWARENESS MONTH

**Healthy Hearing  
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### CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Sybil C. Berryman**  
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

  
**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

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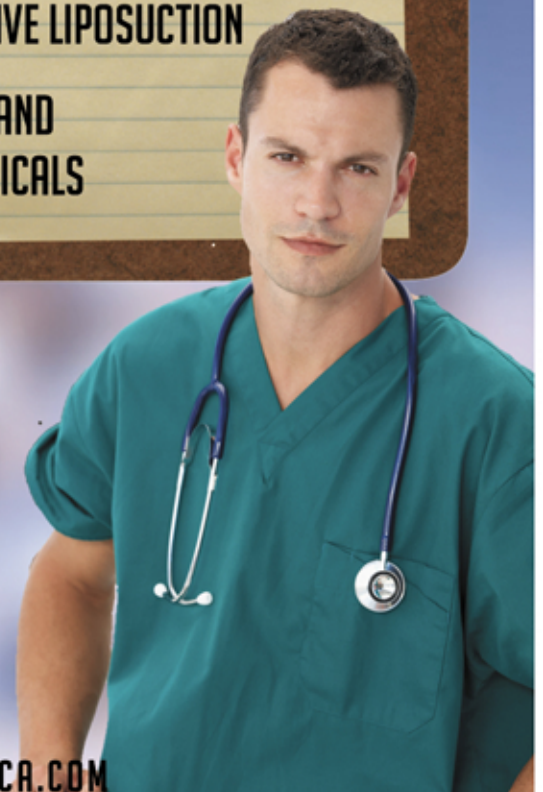
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## WHAT YOU SHOULD KNOW ABOUT CHF – CONGESTIVE HEART FAILURE

### Preface

Heart failure occurs when your heart muscle loses the ability to pump sufficient blood to keep your organs functioning as they should. This failure may occur for many reasons – the heart muscle itself may weaken, or the chambers of your heart (the ventricles) may have become so stiff that they do not completely fill with blood with each heartbeat, or the ventricles may become so stretched that they cannot pump blood efficiently. The term congestive heart failure refers to what happens when these conditions occur and blood “backs up into” (or “congests”) in the liver, the abdomen, the lower extremities, and the lungs. There are many kinds of heart failure. The prognosis and treatment will depend on its cause and the functional status of the heart chambers. Heart failure is a major cause of morbidity and mortality worldwide. In fact, untreated heart failure has a prognosis worse than many cancers, with about half of patients dying within the first 5 years. Remarkable advances in cardiology have been made in the last years to manage this condition, improve symptoms and prolong life.

## What are the symptoms of congestive heart failure?

Congestive heart failure (CHF) can occur on the left side, the right side, or both sides of your heart. Most heart failure occurs in the left ventricle, the heart’s main pumping chamber; this causes fluid to back up into the lungs, producing symptoms of shortness of breath. Failure of the right ventricle can cause symptoms of edema (swelling) in the abdomen, legs, and feet. Other symptoms of CHF include chronic fatigue, weakness and a growing inability to exercise, persistent cough or wheezing, increased night urination, elevated blood pressure, rapid weight gain from fluid retention, and lack of appetite or nausea.



## What causes congestive heart failure?

The most common causes of CHF are diseases that weaken the heart muscle, cause stiffening of the heart muscle, or that increase the body’s demand for oxygen beyond the capability of the heart to deliver it. More specific causes include coronary artery disease (a buildup of plaque in the arteries that reduces blood flow), high blood pressure (hypertension), damaged or diseased heart valves that impair proper blood flow, cardiomyopathy (damage to the heart muscle from infection, drugs, or alcohol abuse), myocarditis (inflammation of the heart muscle), congenital birth defects, and abnormal heart rhythms that create more work for the heart. Non-cardiovascular diseases such as diabetes, hyper- or hypothyroidism, emphysema, or the buildup of iron or protein can also contribute to CHF, as can viruses that attack the heart muscle.

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# What are the effects of CHF, and how can it be treated and prevented?

Congestive heart failure can cause other organs such as your kidneys and liver to fail as well. Untreated CHF can also cause damage to your heart valves, and may lead to the development of blood clots, which increase your risk of stroke.

Not all conditions that lead to congestive heart failure can be reversed, but treatment can mitigate the symptoms of heart failure and help you to live longer. These treatments may involve lifestyle changes such as following a regular exercise program, reducing salt in your diet, managing stress, and losing weight. Treatment can also focus on reducing your risk factors for CHF, such as high blood pressure, high blood sugar, sleep apnea, and the overuse of alcohol.

In addition to behavioral changes, medical therapy is necessary to preserve heart function. There are different classes of medicines for the management of heart failure. Some of the cornerstone medicines are in the class of beta blockers, ACE inhibitors, Angiotensin receptor blockers and diuretics. The combination of these medicines needs to be tailored for each individual patient in order to achieve the best and longest lasting results.

Finally, when the heart muscle becomes very weak, different abnormal rhythms of the heart (arrhythmias) occur and the risk of sudden cardiac death increases considerably. When this occurs there is usually a need for additional medication, like an antiarrhythmic, as well as an implantation of an electronic device such as a pacemaker or defibrillator in order to prevent arrhythmias and sudden cardiac death. The best way to prevent and successfully treat heart failure is to see your cardiologist regularly, and to work with him or her to tailor your therapy.

This way you can control the conditions that cause heart failure, such as coronary artery disease, high blood pressure, diabetes, and obesity.

***“The best way to prevent and successfully treat heart failure is to see your cardiologist regularly,”***



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# Healthy Hearing Travel Tips:

## PLANNING YOUR VACATION

**G**oing somewhere this summer? The point of a vacation is to relax, not stress, but hearing loss can sometimes get in the way of your mental detox. So plan ahead: check what accommodations for individuals with hearing loss exist at your hotel or resort, with your travel arrangements and the attractions at your destination. Proper preparation and advance research will reduce the time and effort you spend on your hearing loss so you can focus on your tan instead.

### Where to stay

The Americans with Disabilities Act requires hotels to have rooms equipped with special fixtures for those with hearing loss, including telephones and smoke detectors with visual elements, TV induction loops and video relay or teletype services both in-suite and through their customer service department. These rooms are limited, however, so be sure to call ahead and ask if one is available. Also ask about any other features or services the hotel offers; while many times they only offer the minimum requirements, some hotels have surprisingly comprehensive packages for customers with hearing loss and those with other disabilities.

### What to pack

Always be prepared for the worst case scenario. While your hotel room may be equipped with proper hearing-impaired elements, that doesn't mean they will always be in working order. Make a checklist of your essentials when packing your suitcase, especially if you wear a hearing aid:

- Extra set of hearing aid batteries
- Hearing aid storage/drying container
- Hearing aid cleaning kit
- Hearing aid accessories, like a splash guard, wind protector or sport clip
- Vibrating alarm clock (so you don't wake up late for your flight)



*If you have hearing loss, planning a vacation doesn't have to be hard. Many hotels have rooms with special features, but be sure to call ahead to find out!*



**Getting there**

Whether you're navigating the maze of the airport terminal or the pushy crowd in a subway station, hearing loss can complicate matters when you're on a deadline in unfamiliar territory. Public transportation systems offer many features for the hearing impaired. The DC metro, for instance, features flashing lights on the platform when a train is approaching, and electronic signs inside each car to indicate the next stop. For their customers with hearing loss, Amtrak offers a 15 percent discount and additional assistance in the station and on the train. Airlines like Southwest offer a 24-hour teletype customer service line, as well as teletype phones in all the airports they service.

**Enjoying your stay**

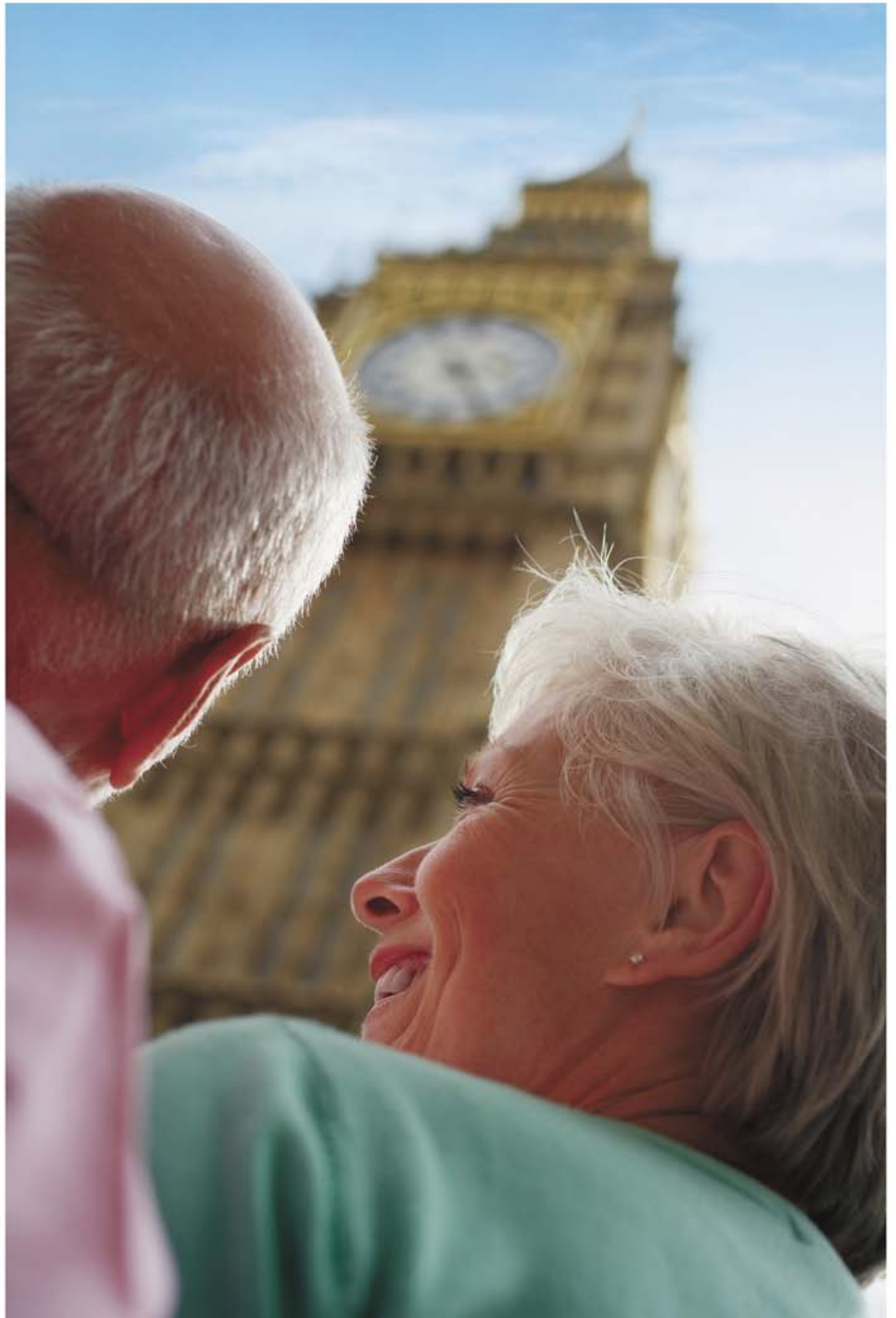
Now that you're here, it's time to have some fun! Scout out some good activities and restaurant/bars that are hearing loss-friendly. Are you into theatre? Check for any live productions that might be playing in a looped auditorium nearby. Are you vacationing on the water? Be sure to use that hearing aid wind protector or that splash guard when you're parasailing.

**Dining**

Restaurants and bars can be a particular problem because of the constant background noise. Open kitchens, clattering dishes, TVs, music and the surrounding crowd all make it difficult to focus on the person in front of you. Scout out some quiet cafes in the area, or any establishments with an outdoor space that might offer a little bit of isolation for you and your friends or family.

And, of course, remember to have fun! Being your own advocate can make a huge difference in the quality of your vacation. Be sure to let people know about your hearing loss so they can accommodate you as best as possible. If you take a little time to research your trip before you go, you'll save a lot of time once you get there.

For more information on hearing loss, visit [www.hearusa.com](http://www.hearusa.com)



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## Hair Loss Awareness Month

# Become “Hair Aware”

## With new treatment options for Hair Loss Awareness Month

By Dr. Alan J. Bauman

**A**ugust is National Hair Loss Awareness Month and it's an important time for men and women to talk to their doctors about the newest tests and treatments available to help them enhance, maintain and restore their own living and growing hair.

For more than a decade, the American Academy of Dermatology has been sponsoring National Hair Loss Awareness month as part of a campaign to raise awareness of the condition, which an estimated 50 million men and 30 million women in America suffer from. It is further estimated these men and women spend more than \$3.5 billion a year on treatments. But, much of the time, this money is wasted on treatments that either don't work, or don't work as well as they should.

Unfortunately, despite the availability of effective medical treatments, there still many myths and misconceptions surrounding hair loss, and few physicians who specialize in helping those who suffer from hair loss--a condition which, for some, may have detrimental effects both socially and professionally.

Here is a look at some of the best treatments and tests available for those with hair loss concerns.

**Formula 82M Minoxidil** -- Aside from the generic and brand-name Rogaine you find on the shelf at every pharmacy, a growing number of off-label customized compounded versions of the medication, like Formula 82M, can be obtained with a doctor's prescription. With

improved tolerability along with the addition of some powerful synergistic components such as retinoic acid, anti-DHT and anti-inflammatory ingredients, Formula 82M minoxidil may offer a dramatic improvement over the aging Rogaine/minoxidil recipe. This advancement is good news for consumers since medical studies have found that the efficacy rate for over-the-counter minoxidil is just 38.3 percent!

**LaserCap Laser Therapy** -- In recent years, low-level laser therapy or LLLT has become a key element of a multi-therapy hair restoration regimen. Medical research has confirmed the ability of phototherapy to increase energy production in cells - helping weak hair follicles to grow thicker, darker, longer and healthier hair fibers in an all natural way without side effects.



Thanks to new FDA clearances and a wide array of devices, from in-office laser 'hoods' to at-home hand-held units, more patients and doctors are utilizing phototherapy as an effective non-chemical treatment option.

However, a new breakthrough technology in this field now offers a significantly better laser therapy experience - it's called LaserCap. LaserCap is the first wearable LLLT device and consists of 224 laser diodes to provide extensive scalp coverage. The LaserCap is a cordless, rechargeable, battery-powered, hands-free powerful unit that fits under any baseball cap, hat or bandana. It offers clinical-grade laser therapy at home and many patients start seeing improved hair health and volume in 3 to 4 months. It is important to remember that laser therapy, like other non-invasive hair growth treatments, is no 'miracle cure,' but it is an important tool in the treatment of damaged hair, thinning hair and hair loss.

**Vampire PRP Cell Therapy** -- Platelet-rich plasma (PRP) is a well-known regenerative treatment used in sports injuries, nerve damage as well as oral and cosmetic surgery. Its powerful growth factors can also help restore dwindling hair follicles. Today a few pioneering are using patients' own concentrated and activated blood platelets for wound healing after hair transplants and as a stand-alone treatment for enhancing hair growth. PRP contains your own concentrated growth factors that stimulate the hair follicles, increase blood circulation and decrease inflammation at the follicle level.

**Latisse** -- Latisse(Bimatoprost) is already FDA-approved for growing long, beautiful eyelashes, but many believe the drug also holds potential as a treatment for hair loss on the scalp. Allergan has already completed Phase I and Phase II clinical trials on Latisse with hopes of attaining the coveted FDA approval "for hair growth." If it succeeds, it will be only the second topical treatment to receive FDA approval for hair loss, after minoxidil.

**NeoGraft FUE** -- The FDA-approved NeoGraft FUE machine is used to extract hair follicles from the donor area at the back of the patient's scalp – which are then implanted into the bald or thinning areas. This means no scalpels, sutures, or staples for the patient. It replaces the older "linear" or "strip harvest" method of hair transplantation, which removes a large strip from the back of the patient's scalp, resulting in a long linear scar. The FUE procedure has been available for years, but prior to NeoGraft, it was too time-consuming and expensive for most patients to utilize. Now that NeoGraft makes the process more efficient, surgeons can perform the "Cadillac" of hair transplants in considerably less time, and at less expense for patients.

**Genetic Tests** -- A breakthrough in the medical evaluation and treatment of hereditary hair loss, new genetic tests – like HairDX - can be used to not only accurately determine a man or woman's risk for losing hair, but also to predict their response to various treatments like finasteride and minoxidil. The quick, non-invasive, DNA tests are a reliable way for you and your doctor 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 certain types of medical treatment.



To learn more about any of these treatments, or to assess your personal hair loss risk, contact a full-time hair restoration physician who can work with you to determine the most effective treatment regimen for your specific needs. Patients should look for someone who is board-certified by the American Board of Hair Restoration Surgery, recommended by the American Hair Loss Association and an active member of the International Society of Hair Restoration Surgery. Only a qualified and experienced hair restoration physician can perform natural-looking hair transplants and prescribe the most effective multi-therapy treatment options, including the latest available products.

**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 procedures. A 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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# Choroidal Neovascular Membranes

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

**C**horoidal neovascular membranes (CNVM) are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss.

CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.

## Choroidal Neovascular Membranes Symptoms

If you have CNVM, you may experience painless vision loss. You may notice blank spots in your vision, especially your central vision. Your vision may be distorted, so that straight lines appear bent, crooked or irregular.

## Who Is at Risk for Choroidal Neovascular Membranes?

Because wet age-related macular degeneration accounts for most patients with CNVM, they are most commonly found in people age 50 and older, with the risk growing with age.

However, people with risk factors for different eye diseases or who experience eye trauma may develop CNVM at a younger age.

## Choroidal Neovascular Membranes Diagnosis

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have choroidal neovascular membranes.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps in detecting abnormal blood vessels.

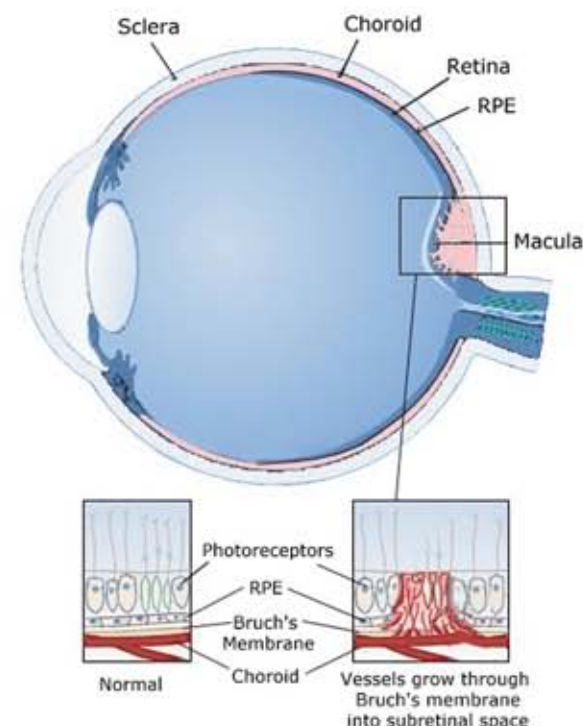


## Choroidal Neovascular Membranes Treatment

Treatment of CNVM may vary depending on the underlying disease. Treatment for CNVM includes anti-VEGF treatment or/and thermal laser treatment. Depending on the progress of your disease, you may receive with one or more of these treatments.

## Anti-VEGF treatment

A common way to treat CNVM targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of CNVM, slows their leakage, helps to slow vision loss and in some cases improves vision.



Your ophthalmologist administers the anti-VEGF drug directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic to numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

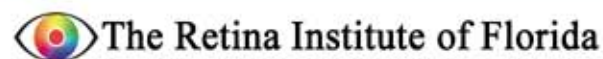
## MicroPulse Laser Treatment

Another form of treatment for CNVM is with MicroPulse Laser therapy. Laser treatment is usually done as an outpatient procedure in the doctor's office or at the hospital.

The laser beam in this procedure is a Low-energy level micropulses, focused beam of light that produces a small burn when it hits the area of the retina to be treated that cause no pain and leaves no scar. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few weeks.

Usually the abnormal blood vessels are destroyed by laser treatment. However, patients who receive this laser procedure often need a re-treatment within three to five years.



**Lauren R. Rosecan**  
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# CORRECTING YOUR **HORMONAL DEFICIT** CAN RESTORE HEALTH AND VIGOR AND MAKE YOU FEEL YOUNG AGAIN

**A** decline in hormone levels is as inevitable as getting old. Although we cannot do much about aging, we can do something about hormonal imbalance by measuring and replenishing the hormones that have declined.

Some might think they don't need any hormones as they don't feel bad. This is because the decline in hormones is so subtle that we accept it as part of aging. While aging we don't lose anything noticeable on any given day, yet at the end we end up with nothing. So the process of hormonal decline is occurring whether we feel it or not.

No one plans to end up with a deficiency in physical or mental function, but many do because they never take the action needed to measure and correct hormonal deficiencies until a noticeable defect occurs. By that time a reversal of a pathological process may not be possible.

## YOUNGER IS COMING TO BOCA

No one plans to end up in a nursing home, but unfortunately many do because they didn't plan for anything else. Growing old with health and vigor requires a plan that only you can make.

Those who live in Boca Raton are fortunate to have WHCA Center opening there. At this physician-based center, you'll be able to get your hormones tested and then get them up to where they need to be so you won't have to feel your age. If we find that all your hormone levels are normal, then this will serve as your baseline for comparison in the future.

Meanwhile, you can start taking simple inexpensive measures like exercise. Increase it over time until you are doing at least 30 minutes of moderate exercise daily. Start eating more vegetables and fruits instead of processed foods. Inactivity may be a sign of thyroid hormone decline. Hypothyroidism may be the reason you feel too tired to go to the gym or walk around the block.

We all know that as we age we're not able to do what we used to do, but most assume this is normal. Yes, some decline is expected, but much of it is due to decline in our hormones, which starts after age 30, plateaus at 40 and then starts a steep decline, which ends at death. Initially, we stop growing as growth hormone levels declines.

Next to look into may be a need for eyeglasses, the appearance of gray hair, wrinkles or high blood pressure as we experience so called sensory pause, dermatopause and vasculopause respectively. Our hearing or our ability to recover from injury or an illness may also be decreased as we experience a decline in the function of other sensory elements and our immune system.

Other systems such as sex feedback loops responsible for our sex drive also show a similar decline. While we've experienced some of these, we don't make the connection to the whole body hormonal decline. This pattern is referred to as "the pause model of aging and disease."

The pattern follows a preprogrammed formula of human aging starting after age 30 and ending at death. It happens whether you accept it or not. You may even deny this exists, but you cannot deny that you need eyeglasses to see or you're losing height because your bones are crumbling due to osteopause.

The problems we associate with aging are in large part due to a decline in hormone production as we age. While we must accept menopause, we may find it hard to admit to the decline in the loss of the male sexual vigor called andropause. We can't do much about normal aging, but hormonal balance will help us compete longer in the workplace and more effectively. We can feel better by bringing our hormones up to where they were when we were young. The medical professionals at WHCA are uniquely qualified to measure your hormones and replace deficiencies with bio identical ones.



*George E. Sadowski, MD, presently the Medical Director of the Wellness & Hormones Centers of America, is a physician with a thriving surgical practice with the Surgical Associates of North Florida in St. Augustine. He received his undergraduate education from the University of Rochester and his medical degree from the prestigious St. George University. Dr. Sadowski has shared his expertise with various hospitals around the country including Greater Baltimore Medical Center and Flagler Hospital. In addition to a fellowship at the Greater Baltimore Medical Center, he has received certifications from both the ACLS and the American Heart Association for his outstanding work in many areas of the medical profession.*



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# miraDry™

## DON'T SWEAT IT!

By Daniela Dadurian, M.D.

**E**ver been caught in a business meeting, presentation or even just a dinner date, and you're secretly keeping in a condition that may be causing you to have anxiety in social settings? Well, millions of people are suffering from a condition called hyperhidrosis, also known as excessive underarm sweating. The only relief for this condition has been antiperspirants that were not very effective or Botox. Botox for the treatment of underarm sweating has been the only real solution to this problem, however it requires multiple treatments per year.



**WHAT IS THIS PROCEDURE?**

The miraDry delivers electromagnetic energy to the area under the arm where the sweat glands reside and heats and eliminates the sweat glands. Since the sweat glands do not regenerate...results are lasting and immediate. This FDA approved procedure is noninvasive with little downtime, so patients can go about their normal routines after treatment.

**WHAT CAN I EXPECT?**

Local anesthesia is injected under your arm for the comfort of the device. A temporary grid is placed on the underarm and the miraDry hand piece is then applied for the thermal penetration.

**HOW MANY TREATMENTS WILL I NEED?**

This in office hour procedure requires a total of 2 treatments spaced 3 months apart. (95% decrease in sweating after 2nd treatment). Even after the 1st treatment you should experience 70-75% decrease in sweating.

**WHO IS A CANDIDATE FOR THIS PROCEDURE?**

Anyone over the age of 18 who suffers from excessive underarm sweat.

**DON'T I NEED MY UNDERARM SWEAT GLANDS?**

Your body contains over 4 million sweat glands, with only about 2% located under the arms. Eliminating this 2% will not affect the body's ability to cool itself.

**WHAT ARE THE SIDE EFFECTS?**

You may experience a decrease in hair growth under the arm. You may experience tenderness, redness and swelling for several days. You may apply ice to the underarms after the treatment and take a mild analgesic if needed.



For more information call 561-655-6325 or visit [www.mdbeautylabs.com](http://www.mdbeautylabs.com).



**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. MDBL'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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# WHY WE NEED TO PAY ATTENTION TO TRAUMATIC BRAIN INJURY

By Sarah Crane

**T**he first day of August heralds a scramble for any parent: preparing our children for heading back to school, choosing the “right” backpack to pair with the “cool” lunchbox, and grappling for the last crayons in the Target school supplies section. As parents, we are devoted to improving our children’s academic abilities by supplying them with the necessary physical “tools to succeed.” However, the most important tool—the brain—can sometimes be overlooked, and even neglected.

Beyond the classroom, many children compete in athletics (whether regulated or unregulated). Our little superstars are taught to either score goals or defend them—at any cost. Sometimes, that cost involves a blow to the head or the body that can result in a concussion. Concussion awareness has rapidly expanded over the past few years, but little has been proposed as to how to heal a concussion.

**What is a concussion?** When the head (or body) is hit, the force of the injury can cause the brain to move around in the skull, causing bruising to the outermost parts of the brain. (If the injury is more severe, more intimate parts of the brain can be affected as well.) Additionally, the brain suffers a disruption in its normal blood flow, which is why a brain injury can be caused by either a blow to the head or a blow to the body. As the blood flow is restored in the brain, something called a “reperfusion injury” can occur – inflammation damages the brain tissue.

**Are there treatment options?** Hyperbaric oxygen therapy (HBOT) helps heal traumatic brain injuries (TBIs) by reducing the extent of reperfusion injuries by decreasing the amount of inflammation in the brain and providing the brain with a readily available supply of oxygen. And, since HBOT is a therapy where pure oxygen is administered in a pain-free, pressurized environment, brain healing can even be accelerated.

**As someone who works in the TBI field,** I am acutely aware that brain injury is not something that the average person wakes up and thinks about. More often than not, brain injury is a phenomenon that is only acknowledged when it directly affects you or a loved one. Then, it becomes your world.





About a month ago, I was in a car accident. A car hit my passenger side in an almost perfect "T-Bone." My car was smaller, lighter, and lower to the ground than the other driver's, which meant that the force of her car hitting mine sent a shock wave through the car. Neither car was moving above 30 m.p.h. I did not experience any loss of consciousness, I did not hit my head, I had no cuts, scrapes or bruises. But, I did have a concussion. That night, after intense insomnia, I went to bed with a ringing headache. The next day, I realized I had forgotten how to tie a bow. I stood there, fumbling with the useless pieces of string, trying to make sense of them. Throughout the week, I experienced a term that I hear many of our TBI patients use: foggy. The easiest way to describe it, is that I felt like I had a buzz from alcohol—24/7; a buzz that would not dissipate. Later that week, in the grocery store, I swiped my card to make the purchase, but my mind went blank and I forgot what the next necessary step was to complete my transaction. It is difficult to describe how suddenly desolate, fearful, and incompetent I felt.

Currently, I am in an Executive MBA Program at Florida Atlantic University. As a student, I have had to swallow my pride and ask for academic extensions. As an adult, experiencing this humbling enlightenment, I cannot imagine how difficult it is for children experiencing these TBI symptoms. For, as I was alone, children are not -- they have their peers, whom they worry about being embarrassed in front of. Many children keep quiet about experiencing concussions—they worry about being teased by their peers or letting down their parents, teammates, or coach. As a result, many children may try to minimize their symptoms, and consequently, academic performances suffer, and they begin to withdraw from normal activities and friends.

I cannot urge parents enough to be proactive in addressing the possibility of a concussion. Asking how they feel after they come off the field (especially after a bad fall or blow to the head) may be a more accurate way of detecting concussions. These are invisible injuries that need to be taken seriously. After all, concussions are what everyone is afraid to call them: traumatic brain injuries.



**If my child experienced a concussion,** I would immediately seek HBOT to help them heal, because it is currently one of the best options for treatment of traumatic brain injuries. Furthermore, this faster healing process could allow our children to feel more comfortable in admitting symptoms of a concussion, so you can pursue treatment. It's not only about getting a child back on the field, but leveling the field for the child to heal and succeed in every part of their life.

 The advertisement features a dark background. On the left, there is a photograph of a hyperbaric chamber with a person inside. To the right is a 3D anatomical diagram of a human head in profile, showing the brain with a red starburst indicating a point of impact or injury. The text is white and yellow.
 

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# Testosterone linked to Health Concerns in Men

**L**ow testosterone has long been the bane of many men's existence. It wreaks havoc with your sex drive, causes hair loss, makes you tired and can even change your personality and cause depression. However many men may not realize there are many health issues associated with low testosterone. It is important to understand the health issues that can be caused by low testosterone as well as resources to treat the underlying problem of Low T.

## **Anemia**

Anemia is an imbalance in your blood caused by low iron levels. Recent studies have shown that men with low testosterone are five times more likely to suffer from anemia than men with normal levels. Anemia can be challenging to live with as it causes fatigue, weakness, headache, shortness of breath, leg cramps, dizziness and even lack of concentration. If any of these symptoms sound familiar, it would be worth your while to have your testosterone levels tested.

## **Cardiovascular Risks**

Low testosterone can accelerate plaque build up in arteries. It can also lead to a loss of flexibility in connective tissues as well as in vascular muscles. Plaque can cause high blood pressure as well as stroke. Boosting testosterone levels will lessen the risk of stroke caused by arterial stiffness as well as lessen plaque build up.

## **Diabetes**

If you have diabetes you are twice as likely to have lower levels of testosterone. Testosterone assists your body in processing blood sugars especially those using insulin. Inadequate testosterone levels impairs your body's ability to process blood sugar and can lead to both weight issues and diabetes. Those with pre-diabetes or borderline blood sugar levels can stave off diabetes by maintaining optimal testosterone levels.



### Body Fat and Obesity

There are distinct ties between low testosterone and weight gain or obesity. It is very common for obese men to have lower testosterone levels. Optimal testosterone will help boost your metabolism and aid in weight loss. Testosterone is also a key ingredient in maintaining and building lean muscle tissue. When it comes to weight it is a vicious circle as low testosterone causes weight gain and weight gain causes low testosterone.

### Aging

Aging is something none of us can avoid all together, but we can slow down the hands of time, and diminish the side of effects of aging (low libido, fatigue and even depression), men entering into middle age can all be aided when they understand testosterone function, its importance, and optimal testosterone levels.

### Metabolic Syndrome

Metabolic syndrome has many unpleasant effects on the body including an increased the risk for diabetes and blood-vessel disease. Health issues associated with increased weight occur as metabolic syndrome increases fat in the blood as well as sugar and/or glucose levels. Studies have shown that in those who underwent testosterone replacement, therapy lowered the occurrences of metabolic syndrome from 55 percent to just 30 percent.

What is your testosterone level? What is your optimal level? If you don't know the answer to these questions you should. It's a matter of you living healthy. Knowing how to boost testosterone can help you avoid all of these common health issues. There are many reasons why your testosterone levels drop and if you're a man who's experiencing symptoms such as decreased sex drive, erectile dysfunction, depressed mood, and difficulties with concentration and memory, and you think low testosterone may be to blame, there are solutions to solve this problem.

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](http://www.MaximMensClinic.com)

# THE WORLDS STAGE: AN INNOVATIVE PARTICIPATORY MEDIA PROJECT FOR A BRIGHTER FUTURE

By Steven Jay

## Welcome to the (r)Evolution.

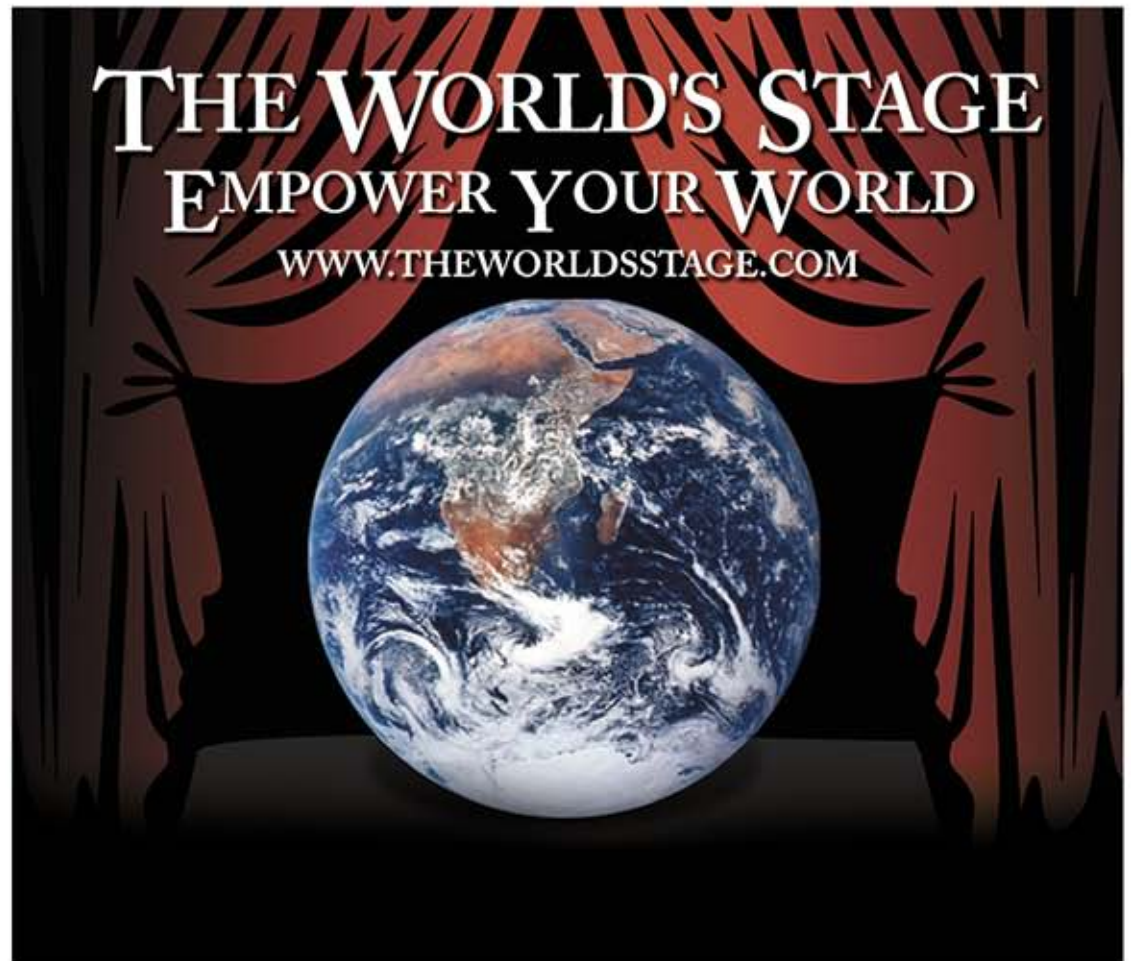
**T**here's a revolution going on right now. But not a revolution of conflict, but instead a revolutionary revolution that is sparked by people from all around the world who have grown tired of business as usual and looking to create a way out. People on all continents, in all nations have become aware of the sleight of hand they've been dealt and they want Da Vinci quantum changes in our systems that fairly represent the needs of ALL OF US. A way out to efficiency, productivity—and exciting time for those who can grasp that our little, tiny devices that we hold in our hands and our portable devices just might help us to connect with other like-minded architects of a better future and enable a way out of this Industrial Age mess which keeps most of us enslaved by systems that serve only the few corporations whose money tries to keep us controlled and powerless.

The Worlds Stage International Arts and Media Festivals, Open Knowledge Cafe's and Concerts for our Future: November 1-2, 7-9 and 14-16. Please join us and our global partners as we empower positive solutions for a brighter future and better public health.

### Global Integrated Collaboration: Unify and Prosper! Not just talk:

Imagine collaboratively modeling an ideal integrated social or business structure, a cooperative and complimentary series of social enterprises showcasing the most ethical policies, initiatives and advanced technologies within its very DNA. This includes focus on equality, quality of life, personal growth, individuality, unconditional love, human rights, civil rights, transparency, privacy, accountability and open collaboration.

Yes, that's right. An (r)evolution not just of technology, but of body, mind and spirit—a revolution that, in the hands of those who know how to create solutions, can transform everything that's rotten to the core about our public health systems, our energy systems, overpriced education that keeps us enslaved and burdened by massive debt.



We've awoken to the cry of newborn baby who needs more than a chance to make it through this world—and thanks to those that we call the architects of the future, or quite simply "entrepreneurs of the future" these new systems are being created in the coffee shops, cafes, dorm rooms and offices of the compassionately excited and discontented entrepreneurs who see a better way. For if we keep on going the way we are going we're bound to add more debt, more uneducated people and a bigger divide between the haves and the have not's.



The Future is in your hands..... Not just the future of a few—but of us all..... And here's why.

Somewhere in some town or city in any part of the world is someone so discontented with a system that appears so bureaucratic potential that they've formed an alliance with others who feel the same way. And united in spirit, they're creating a new business model that's better and more efficient than those who preceded it. They're creating the future Google, Amazons, the connected mobile health company, a new way to distribute art, some sort of media network dedicated to advancing human potential. And they're not just doing it for the money. They're doing it because they see its very need, that the public will be touched and inspired by its outcome—an outcome of efficiency over bureaucracy, an outcome that enables the experience to be enjoyable and productive.

**What's your solution? What's your big idea? And how can these ideas take shape and prosper without big investment? Where are these ideas coming from and how are they being made?**

**We are the future.**

Just imagine a group of people committed to a better way of doing something. They could be anywhere—and they are everywhere. You just might not see them until one day—VOILA! There they are! People are talking about them. People are utilizing their knowledge, their ideas, and their applications. And many of their inventions are already in your hands, in your cell phone and mobile devices.

**Now that you know that the future is in your hands? What are you doing with it?**

**Join us at the Worlds Stage when these pioneers and architects of a brighter tomorrow showcase their amazing projects!**

**We spoke with one of the Coordinators of The Worlds Stage, Galvani**

**The Worlds Stage is a fascinating project. How did it come about?**

*Galvani: We discovered several problems in the functionality of most conferences, seminars, expos and trade shows. Many were geared up to be yearly events that in some cases, forced companies to time their product releases and announcements around the show dates. I felt this was unfair to the companies as the companies felt the need to release their new products on their own time table. It was one of the reasons that the largest trade show in the world—Comdex, was forced to close. They lost touch with their audience.*

*So I kept asking myself "What would make the conference experience more productive?" and I came up with the answers. First, to create an ongoing experience that didn't stop when the show dates were over.....Secondly, making it participatory so people could be involved on their own schedule, Third, by keeping the costs of production down and then passing it on to participants, free to attend with low costs for sponsors and virtual exhibitors and fifth, make it exciting by bringing in people with various perspectives from multiple sectors so people can find out about other areas and thought process. And of course, giving everyone tremendous value. I thought customer service was if key importance.*

**Why a Virtual Media Experience?**

*Galvani: Simply, why not? After all, it was Leonardo Da Vinci who stated: "Simplicity is the Ultimate Sophistication." Times have changed but the event experience stayed stagnant! By bringing the very best people who were qualified to present a solution and engage people with ideas into action and turning it into a media experience, we transformed the event experience tremendously.*

**What are the benefits to those participants?**

*Galvani: Most events are uncomfortable to attend and in many cases, the thought of traveling by airplane is very uncomfortable for most people as the headaches of air travel have become overwhelming, not to mention the aggravation of traveling, hotels, the quality of food out of town, and the loss of momentum for current projects while a participant leaves town to attend a conference. By making it a virtual media experience, and keeping the quality control in place, we satisfy the needs of the presenters as well as those participating in the audience.....and all of the presentations are archived for a continual experience of play back anytime they want to hear it. And to the exhibiting companies and sponsors?*

Oh, it's the same as for those sitting at home or in their offices participating. Companies can showcase their products and services on an ongoing basis, update their virtual exhibit booth in the Pavilion of Companies and stay involved with the experience. For those looking for a regional audience, we have regional media partnerships that enable a regional audience. And for those wanting an International audience—our International partnerships enable a well-targeted attendee profile, perfect for their promotional needs.

**Why multiple sectors?**

*Galvani: Because most people are so fragmented in what they understand....they study reports and information about the sector they are in, but know literally nothing about the other sectors—and all sectors work with one another....so we felt it essential to bring them all together. For example, education enables consciousness, sustainable development helps communities, arts and media work well with culture, consciousness effects human rights and peace—they are all interconnected and work together. But few people understand this in their approach, and through this understanding, many of our existing problems can be solved—not by creating a short fix by putting a band aid over the wound, but instead, by preventing the wound from happening.*

**You talk about Evidence-Informed Open Knowledge. Could you expand on that?**

*Galvani: Evidence or scientific proof is required to understand the root cause of a problem or issue. By understanding the Evidence, the root cause, one can enable the solution. And in some cases, the solutions are much simpler than we think. As for Open Knowledge, the concept is based on so much knowledge that has been held back or repressed for various reasons, some of the knowledge is held back for fear of an organizations losing their grip on a market, some of it is held back for other reasons. We have transformed to a sharing economy and many organizations that understand how the sharing ecosystem works will benefit, not just for themselves, but for us all. The Worlds Stage platform and network is dedicated to that belief, and that Saving the World from Failed Sharing can actually transform our communities, cultures and societies as well as the world into a more peaceful, harmonious place.*

*When you look at nature, you realize it just works, it is total perfection. We can learn a lot from the natural world....especially by learning to be in balance with it.*

Details can be found at  
[www.theworldsstage.com](http://www.theworldsstage.com)  
Interested parties please contact:  
[theworldsstage2@gmail.com](mailto:theworldsstage2@gmail.com)

**THE WORLD'S STAGE**  
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# Ex-Punk Rocker Transforms His Life to Enable Healthier Lives through Solutions and Open Knowledge

By Steven Jay

One of the special guests appearing at The Worlds Stage is Dave Street, who in his earlier days was a well-known New York City punk comedian, hanging out with members of The Misfits, Ramones and others, whose life had taken a few career transformations as he's discovered his true calling, an empowering enabler of the positive human spirit and our collective abilities to enable a better world. As an educator of sustainable futures and understanding the Earth's biodiversity, he performs and teaches young students about the Earth, the Environment and our need to be in balance.

However, one day, he came to the realization of the importance of taking notes of what was transpiring during his mother's illness, how she was being mis-treated by the current systems, and created a solutions-based Preparation Guide filled with Knowledge and Action Steps so that others around the world didn't have to have a repeat performance of what Dave's mother endured.

What emerged was a wonderful and empowering manuscript, "What the Health, Mommie?" written at the bedside of his Mother as she was living the last weeks and days of her life... with the hope that others can learn from the ordeal and be prepared to create necessary solutions.

**Steven:** What led you to write this?

**Dave:** *This book came about as a result of staying with my beautiful mother, Adele, as she went back and forth through a medical maze of emergency rooms, hospital stays, a rehab facility, nursing home and finally hospice.*

*I started noticing things that seemed wrong with the system and began writing things down. It became obvious to me, based on what I saw my mother going through, that changes were badly needed in the system.*

**Steve:** Now that you've gone through this, what are the benefits of this project for others?

**Dave:** *It offers practical ideas and suggestions that can help to empower people to make good, educated choices to help them get healthier and get better if they-or a loved one- ever ends up in a hospital or nursing home.*



*Plus, based on research and conversations I've had with caregivers and health professionals around the planet, it even offers practical suggestions for hospitals, nursing homes- and even the government- on how to improve their own systems.*

**Steve:** What will the readers and their loved ones get from this knowledge?

**Dave:** *I'm hoping they will get the ability to have some control over what can sometimes seem like a cruel and overwhelming system.*

*Additionally, this book is meant to be helpful for anyone on the planet, regardless of where they are. Although it is written based on my mother's experience in our health care system in America, the information is valid throughout the world. Regardless of where people are- even if they are in an isolated village or desert where there are no hospitals or nursing homes-it is still important for their health that they stay hydrated and that they practice cleanliness to help prevent infections. The information in the book can be useful to them as well.*

**Steve:** What was going on in your life and in the life of your mom during this time?

**Dave:** *My mother's life had become a nightmare- a broken roller coaster ride of intravenous lines, constant dehydration, x-rays, MRIs and in the hospital pigtails and drainage incisions among other procedures.*



Adele, at the age of 6-8, ready to sail forth into the seas of life.

*I often felt like crying or screaming when I saw what she was going through. I felt helpless, traumatized. One thing that kept me going was Facebook. I think the book kind of grew out of there. I started posting updates about mom's condition and what we were experiencing. My Facebook friends gave me constant support and unconditional love. I think I somewhat owe my sanity to them.*

*By the end of the journey, I definitely got closer to my mother than I ever had been. When I was younger, I used to pretend I didn't have parents. Now I realized all the things mom had done for me in life that I never before really appreciated and never acknowledged to her.*

*There was one 'highlight' of our time together. Something that seemed to give her comfort is that I brought in an iPad and would give her a You Tube 'concert' of her favorite musical acts from when she was younger- Frank Sinatra, Louis Armstrong, etc. She would open her eyes and seemed to enjoy it, even occasionally commenting on the music. I think it calmed both of us down. We did it almost every day for her last month of life. Since then, I have learned much about the use of music as an effective tool for improving health.*

**Steve:** What did you see occurring that empowered you to do this?

**Dave:** *It seemed like the system itself was helpless at times to help mommie. For instance, one thing that I really believe took a toll on mom was constant dehydration. From what I could see, it seemed like the facilities didn't have the staff or resources to keep mom hydrated. Or else, the system's 'solution' was to continuously stick intravenous lines into her- and I don't consider that any real solution.*

*I also saw my mom almost continuously stricken by infections that left her weak. Seeing her laying weak in bed with infections in her body also motivated me to do this project.*

**Steve:** What were the big problems that held back the system?

**Dave:** *From what I could tell, not enough staff. And the staff that was there seemed generally over-worked. Also, the need for better communication among everyone in the system, and even among the facilities. I always felt that the hospital never adequately communicated to rehab the severity of mom's condition. And not enough money- at least that's what the doctors and administrators at the hospital usually seemed to complain about.*

**Steve:** What are the biggest changes you'd like to see?

**Dave:** *At the hospital, a more innovative, high tech plan of action to eradicate infections. Maybe tiny drones to chase out bad bacteria. At the nursing home, a better way to prevention dehydration. More money for the hiring of more staff. More sensitivity to the unique needs of individuals. In the book, there is a whole chapter on suggestions and possible solutions for changing and improving the system.*



Dave's beautiful mommie Adele as a stunning young woman in the nineteen thirties.

Excerpts from "What the Health Mommie"  
© 2013 By Dave Street

**THE WORLD'S STAGE**  
**EMPOWER YOUR WORLD**  
WWW.THEWORLDSSTAGE.COM

**FROM THE INTRODUCTION:**

"What is a human life worth? How about the life of a senior citizen who has a life threatening infection and needs to be moved out of the hospital and into therapy because Medicare will no longer pay for the stay? What if that senior citizen was your mother or father? What if it was your grandmother or grandfather? What if it was you?"

**FROM THE SURVIVAL GUIDE:**

**"Stay Hydrated:**

-Drink plenty of liquids. Make sure that you continuously drink fluids throughout the day. Make sure that enough fluids are available to you. If you need special drinks- like nectar thick drinks- make sure that enough are available- and accessible to you- throughout the day. Make sure the facility is adequately stocked with them.

- Try to keep track of how many drinks you've had each day and make sure you've had enough- at least seven or eight cups a day."

**EXCERPT FROM CHAPTER FOUR:**

"My mother's favorite performer of all time was Frank Sinatra. She had told me stories how as a girl she would go see him with her girlfriends at the Paramount Theater in New York City- and the cost was a mere twenty five cents per ticket!

I asked her if she would like me to try and find some videos of Frank Sinatra singing. She immediately said 'Yes'.

The first Sinatra video that I played for mom was "Fly Me to The Moon".

Mom noted how young he looked and clearly enjoyed watching him and listening to the music. While she was watching him, one of the aides came into the room and pointed at mom's hand and said; "Look, she's moving her hand to the music."

At that point, it was one of the first things she had physically reacted to."

Dave Street will be a featured guest at The Worlds Stage [www.theworldsstage.com](http://www.theworldsstage.com)

For more information about the book project, please go to: [www.whatthehealthmommie.com](http://www.whatthehealthmommie.com)

# South Florida's Health & Wellness Magazine



On the Web

[sflhealthandwellness.com](http://sflhealthandwellness.com)



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Providing information  
that will promote living a healthy, well-balanced lifestyle.

South Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 15,000 copies are distributed every month at hospitals', health and wellness centers', shopping plazas', grocery stores and many other locations.

The screenshot shows the website's header with the logo and navigation menu. The main content area features a large article titled "DEFY YOUR DNA: THE FUTURE OF PREVENTATIVE HEALTH" with a sub-headline "Where Calcium Goes, Death Follows". Below this are several "More Articles" teasers, including "Veterans Aid and Attendance Benefits", "Tears of the Pectoralis Major", "The Dangers Of 'Yo-Yo' Dieting To Your Health - And Your Hair", and "Multi-Cervical Unit Successfully Eliminated My Chronic Neck Pain". On the right side, there is a "SIGN UP FOR OUR NEWSLETTER" form with fields for Name and Email, and a "Subscribe" button. Below the form is a "Recent Articles" section with small thumbnails and titles.

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# Trouble Falling Asleep? Up All Night? Sleep better without drugs.

New technology focused on brain health can help you fall asleep easier and get a good night's rest.

By Michael Cohen, Founder, Center for Brain Training

If you struggle to fall asleep, have trouble staying asleep, and can't remember the last good night's rest you've had, you are not alone. Studies show that between 50 and 70 million Americans don't get enough sleep.

Many resort to supplements or prescription drugs in order to slumber more easily. Perhaps the supplements you've tried aren't effective. What if you can't tolerate medications, or you're concerned about the effects of taking drugs long term?

## Sleep and the brain

Sleep is important to overall health and wellness. Studies show that over 40 million Americans suffer from chronic sleep disorders every year, and another 20 million experience occasional sleep problems.

Getting enough sleep isn't a luxury. Chronic insufficient sleep doesn't just make you drowsy – it can contribute to a whole host of health problems, including increased stress, lowered immune functioning, decreased cognitive functioning, depression, anxiety, ADHD, and other emotional and behavioral challenges. Often times, sleep problems are brain issues.

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

Sleep problems can become more pronounced and difficult to manage if the brain waves are too fast or too slow. If we're struggling with sleep issues, our brain may need a tune-up in order to help it function better and maintain healthier patterns.



## "Tuning Up" The Brain

Neurofeedback is one option that consistently and effectively helps improve sleep. 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 60s, came to us because she had struggled since high school with falling asleep and staying asleep. She shared that she had averaged about four hours of sleep for most of her life, and rarely slept for more than five hours. She was always tired and concerned about cognitive decline.

She began brain training with neurofeedback and within three months her sleep gradually increased. She's now able to fall asleep more quickly and reports sleeping up to seven hours most nights.

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

## How Neurofeedback Works

Neurofeedback is a painless, non-invasive technique that helps change brain patterns naturally. It

measures your brain's rhythms and rewards the brain when it makes healthy patterns. With sleep problems, for instance, 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 these 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 or 2 in the morning. He needed to wake by 6:15 am in order to get to work, and this ongoing inability to sleep was starting to affect 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 Bill try neurofeedback as well.

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



**Why Haven't I Heard of Neurofeedback for Sleep?**

Many doctors aren't aware of neurofeedback, or its role in helping improve sleep. Often, improved sleep is the first significant change noticed by people when they start neurofeedback, even if they came to neurofeedback for something completely unrelated to their sleep struggles.

We know that sleep hygiene, the habits before sleep, can play a role in improving sleep, as can 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.

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

Contributory factors, such as sleep apnea, 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 improve behavioral and emotional responses. People often see a noticeable improvement in sleep within the first four to six sessions.

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

**About The Center for Brain Training**

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 works 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.

The 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. We have offices in Jupiter and Boca Raton. Learn more at [www.CenterForBrain.com](http://www.CenterForBrain.com)

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**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](http://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.



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Call us at 561.744.7616 to schedule time for us to discuss your situation.





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# Untreated Heartburn Can Lead to Long-term Damage and Health Problems

By Daniel Lindenberg, MD, PA

**W**e have all experienced heartburn or acid reflux periodically. When is it time to seek professional help? Acid reflux is a normal physiologic process where the gastric contents of the stomach back up into the esophagus. When heartburn occurs infrequently, less than once a week, a simple over the counter antacid can work well. Antacids typically work within 5 minutes and last for 30 – 60 minutes or longer.

However, if you are experiencing acid reflux symptoms more regularly you could be running the risk of damage to your esophageal lining. We diagnose Acid Reflux Disease (GERD) by two indicators; first, Reflux causing macroscopic damage to the esophagus (called Erosive Esophagitis – EE). This is typically diagnosed during an upper endoscopy also called an EGD. This is a procedure during which a fiber optic camera inserted into the mouth for inspection and sampling of the esophagus. Secondly, Reflux symptoms not causing macroscopic changes but rather those that are simply reducing quality of life (Nonerosive reflux disease – NERD).

Long term untreated Acid reflux or GERD can lead to severe health complications. Repeated gastric juice exposure can erode the lining of the esophagus, larynx, throat, and mouth. This can lead to:

- **Ulcers** — Ulcers can form in the esophagus as a result of burning from stomach acid. In some cases, bleeding occurs. You may not be aware of bleeding, but it may be detected in a stool sample to test for traces of blood that may not be visible.
- **Stricture** — Damage from acid can cause the esophagus to scar and narrow, causing a blockage (stricture) that can cause food or pills to get stuck in the esophagus. The narrowing is caused by scar tissue that develops as a result of ulcers that repeatedly damage and then heal in the esophagus.
- **Lung and throat problems** — some people reflux acid into the throat, causing inflammation of the vocal cords, a sore throat, or a hoarse voice. The acid can be inhaled into the lungs and cause a type of pneumonia (aspiration pneumonia) or asthma symptoms. Though rare, chronic acid reflux into the lungs may eventually cause permanent lung damage, called pulmonary fibrosis.
- **Barrett's esophagus** — Barrett's esophagus occurs when the normal cells that line the lower esophagus (squamous cells) are replaced by a different cell type (intestinal cells). This process usually results from repeated damage to the esophageal lining from chronic acid reflux. The intestinal cells have a small risk of transforming into cancer cells and require periodic surveillance. Barrett's esophagus is curable without surgery.

The good news is there are effective treatments available to manage these symptoms, cease discomfort, and stop damage to your body. Lifestyle management includes decreasing the consumption of trigger foods (high fat content, spicy, dairy, alcohol & tobacco), weight loss, avoiding large and late meals, tight fitting clothes. It can also be helpful to chew gum or lozenges. If these changes are not effective in controlling your experience of GERD symptoms, a number of medications can control the production of acid that creates the discomfort and damages your body:

• **Histamine antagonists H2 Antagonists** — the histamine antagonists reduce production of acid in the stomach. However, they are somewhat less effective than proton pump inhibitors. Examples of histamine antagonist include ranitidine (Zantac®), famotidine (Pepcid®), cimetidine (Tagamet®), and nizatidine (Axid®). These medications are usually taken by mouth once or twice per day. Cimetidine, ranitidine, and famotidine are available in prescription and non-prescription strengths.

• **Proton pump inhibitors** — PPIs – reduce the production of acid in the stomach as well. Examples of PPI's include omeprazole (Prilosec®), esomeprazole (Nexium®), lansoprazole (Prevacid®), dexlansoprazole (Dexilant™), pantoprazole (Protonix®), and rabeprazole (AcipHex®), which are stronger and more effective than the H2 antagonists.

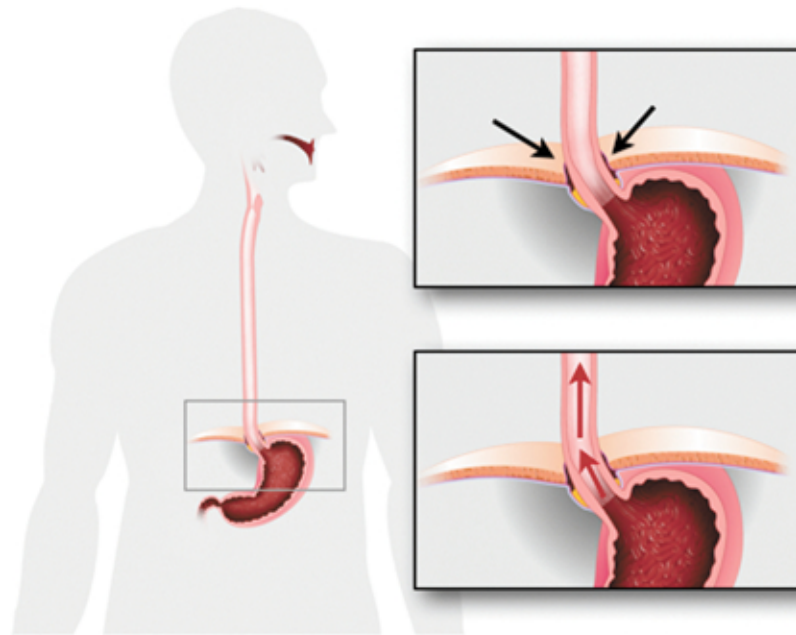
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**Normal:** The LES squeezes the lower esophagus, preventing reflux.

**Abnormal:** The LES relaxes and is unable to put pressure on the esophagus, leading to the backflow of stomach contents into the esophagus.

**As the LES is damaged, it loses the ability to protect your esophagus from the contents of your stomach.**

#### Common Symptoms of GERD:

- Feeling that food is stuck behind the breastbone
- Heartburn or a burning pain in the chest (under the breastbone)
- Increased by bending, stooping, lying down, or eating
- More likely or worse at night
- Relieved by antacids
- Nausea after eating

#### Less common symptoms are:

- Bringing food back up (regurgitation)
- Cough or wheezing
- Difficulty swallowing
- Hiccups
- Hoarseness or change in voice
- Sore throat

In using any medication your doctor will work with you to find the right dosage, combination and timing of your medication. The goal of medication in treating GERD is to use the smallest dose that effectively eliminates your symptoms and stops the damage to your body. All medications come with risk factors and potential side effects. In evaluating your specific needs it is important to work with a doctor specializing in the treatment of GERD and its potential complications.

If you are experiencing heartburn more than once per week, you are not currently being treated by a medical professional, or your current course of treatment is not effective in controlling your GERD symptoms, it's time to seek professional help. There are options available to control your symptoms, suffering and stop the damage acid reflux can create in your body.

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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, microincisional 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.

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## Cataract Surgery in 2023: What should you expect?

By David A. Goldman MD

**W**hile there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.

# Breaking Through

By Brent Myers, Pastor of Community Life

**O**ne year ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

**1. Don't have all the answers.** It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, “blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3) God can much better fill an empty vessel.

**2. Listen.** Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.



**3. Write it down.** When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

**4. Do it.** Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time a year ago. I'm grateful today because I can now see the good and the “better” that God had for us on the other side of the tough times.

No matter what you're going through remember this: “And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:28, 38-39)

Brent Myers @brentdrewmyers

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