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November 2014

North Palm Beach Edition - Monthly

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Hair Care TIPS
to Leave Your Hair
Saying "Thank You"

**Where's My
Reflex Hammer?**

**Cognitive Decline and
Untreated HEARING LOSS
Is There a Link?**

Men's Health
How a Few More Whiskers
Are Raising Awareness

Alzheimer's
10 Warning Signs



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Hair Care TIPS

to Leave Your Hair Saying

“Thank You”

By Dr. Alan J. Bauman

Are you tired of fighting frizz? Do you constantly struggle with split ends and breakage? Is your hair care regimen putting your locks at risk of damage, and possibly even hair loss?

If the answer to any of these questions is yes, it may be time to do something nice for your hair. Instead of ignoring these red flags, give your hair the nourishment and support it needs to grow strong and healthy.

In the spirit of Thanksgiving, here are four hair care tips that will leave our hair saying “thank you.”

- **Stop Over-Styling** - That super hot blow dryer or that flat iron used over and over again can degrade the proteins that make up your hair and it’s protective cuticle. Once the protective cuticle is damaged, moisture balance is disrupted and the hair is more prone to breakage. Heat degrades the proteins that make up the structure of your hair and because hair does not self-repair, once the damage is done - it’s done. So if you want to you’re your hair, turn down the heat or say ‘no’ to the compulsive flat ironing to protect your hair from thermal damage. Products like Pantene Thermal Protection and Shine Spray can be helpful in decreasing friction and improving shine. Harsh chemicals are another risk to your hair. Many consumers don’t realize that chemicals like bleaches and dyes fundamentally change the structure of your hair, making it weaker and more susceptible to breakage and damage. Overusing these treatments can lead to severe breakage, a common cause of loss of hair volume.





• **Feed Your Hair** - It may seem unrelated, but what you eat, or don't eat, has a huge impact on the health of our hair. A diet rich in whole foods, especially protein, is essential to achieving, and maintaining, healthy hair, while on the flipside, caloric, iron and protein deficiencies are among the most common nutritional triggers for unhealthy hair. Vitamins, especially of the vitamin B family and biotin (Vitamin H), are important to the overall health of your hair and preventing hair loss and thinning. Try to incorporate these hair 'super-foods' into your diet more frequently, salmon, which is loaded with omega-3 fatty acid, dark green vegetables for vitamins A and C, and nuts, which are a terrific source of zinc. If you can stomach it, liver is one of the best foods for your hair.

• **Give Your Hair a Boost** - Many women take calcium or other supplements to protect their bone health as they age - and the same is true for certain hair supplements. Nutritional supplements like the fish protein-based Viviscal Pro and pharmaceutical-grade Biotin can boost the vitality of your hair. Another way to say "thank you" to your hair is with LaserCap low-level laser therapy—a non-chemical way to boost hair growth without side effects.

• **Plan Ahead** - The most common cause of thinner, less voluminous hair is genetics. So how can you tell you have the hair loss gene? Today, with a simple swab of the cheek, you can accurately determine your chances of going bald later in life. Genetic tests, like HairDX, can assess how hair loss will affect you, and how you may respond to treatments. This information is invaluable to patients at high-risk for hair loss because it gives them the opportunity to take proactive role in preventative care, which can help reduce the long-term damage.

No one likes having a bad hair day, but if you find the right hair care regimen and follow it regularly you will find they will be fewer and farther between. Luscious locks are easy – if you follow the right steps! From eating right, to finding the right styling regimen, or laser therapy treatments, there are a lot of great things you can do for your hair. The first steps to healthier hair is to assess the current state of your hair, identify any problems or risk factors, then create a plan of action to get your hair back on track. For some, this is as simple as a shampoo change or daily vitamin supplement, for others, a professional medical consultation from a hair loss specialist is needed to get to the root of the problem.

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



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

lecturer and frequent faculty member of major medical conferences, Dr. Bauman's work has been featured in prestigious media outlets such as The Doctors Show, 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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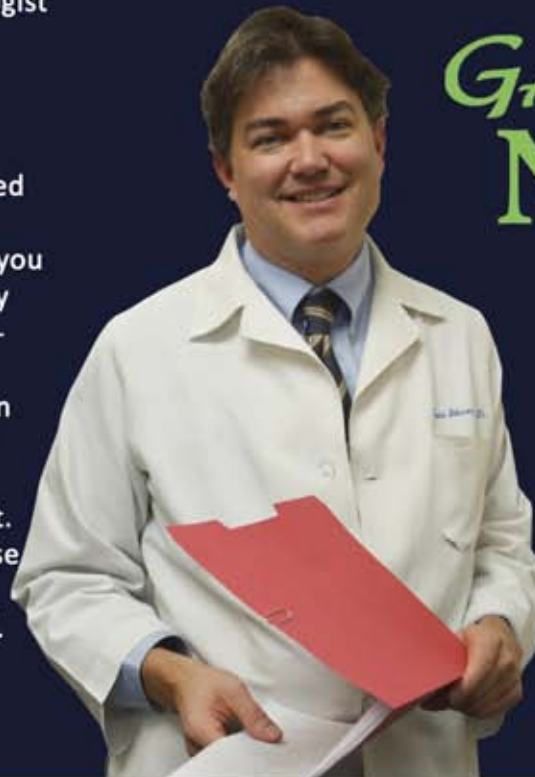
One of life's greatest fears is the fear of memory loss. Where did I put my keys? Did I turn off the stove? Or in my case, where did I leave my reflex hammer?

These types of questions are familiar to all of us, and may make us doubt our memory skills. Recent studies have shown that even subjective cognitive complaints may be a risk factor for memory loss. While the occasional "senior moment" should not necessarily be alarming, regularly forgetting important appointments, or the loss of previously mastered cognitive abilities, should prompt a neurological consultation.



Among health care providers, a neurologist is probably the one best equipped to give you a thorough mental status evaluation. When you see the neurologist, bring an informant who knows you well. The neurologist will perform a complete history and examination, with an emphasis on testing cognition. You will be given tasks of attention, memory, language, executive functioning and clock drawing. The neurologist will likely categorize your performance as either normal or consistent with mild cognitive impairment (MCI). MCI is a condition of cognitive decline greater than expected for age, but with essentially preserved functional activities. MCI may be restricted to memory (amnestic MCI), although other cognitive spheres may also be impaired, either alone (e.g., MCI with executive dysfunction) or in combination (multimodal MCI). MCI may sometimes represent "prodromal Alzheimer disease", but may also be caused by medications or medical conditions, depression or a sleep disorder. When cognitive deficits are persistent and involve multiple domains and impair daily functioning, the diagnosis then becomes dementia.

The most common type of dementia is Alzheimer disease. Other less common causes include dementia with Lewy bodies, vascular dementia and frontotemporal dementia, with Alzheimer disease often coexisting with vascular dementia. By taking a careful history and performing appropriate diagnostic tests, the neurologist will try to make an accurate diagnosis. Diagnostic testing should include blood work (e.g., vitamin B12 level, thyroid function tests, vitamin D level), brain imaging (preferably an MRI) and sometimes a sleep study. More specialized biomarkers such as advanced brain imaging or spinal fluid analysis is sometimes suggested in complex cases. A neurologist can help you by clarifying the diagnosis and by identifying possibly contributing medications and treating medical conditions. The neurologist may make recommendations such as discontinuing certain medications, starting an antidepressant or treating sleep apnea. Thus, if you are experiencing more than your occasional "senior moment," make an appointment to see a neurologist. Modestly effective medications such as cholinesterase inhibitors (which boost the levels of acetylcholine) and glutamate antagonists are sometimes employed. Hopefully more effective specific therapies for MCI and dementia will be developed in the near future.



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What Is Uveitis?

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

Uveitis is inflammation of the uvea, which is made up of the iris, ciliary body and choroid. Together, these form the middle layer of the eye between the retina and the sclera (white of the eye).

The eye is shaped like a tennis ball, with three different layers of tissue surrounding the central gel-filled cavity, which is called the vitreous. The innermost layer is the retina, which senses light and helps to send images to your brain. The outermost layer is the sclera, the strong white wall of the eye. The middle layer between the sclera and retina is called the uvea.

The uvea contains many blood vessels — the veins, arteries and capillaries — that carry blood to and from the eye. Because the uvea nourishes many important parts of the eye (such as the retina), inflammation of the uvea can damage your sight.

There are several types of uveitis, defined by the part of the eye where it occurs.

- Iritis affects the front of your eye. Also called anterior uveitis, this is the most common type of uveitis. Iritis usually develops suddenly and may last six to eight weeks. Some types of anterior uveitis can be chronic or recurrent.

- If the uvea is inflamed in the middle or intermediate region of the eye, it is called pars planitis (or intermediate uveitis). Episodes of pars planitis can last between a few weeks to years. The disease goes through cycles of getting better, then worse.

- Posterior uveitis affects the back parts of your eye. Posterior uveitis can develop slowly and often lasts for many years.

- Panuveitis occurs when all layers of the uvea are inflamed.

Uveitis Causes

The specific cause of uveitis often remains unknown. In some cases, however, it can be associated with other disease or infection in the body.

Uveitis may be associated with:

- A virus, such as shingles, mumps or herpes simplex;
- Systemic inflammatory diseases;
- A result of injury to the eye; or
- Rarely, a fungus, such as histoplasmosis or a parasite, such as toxoplasmosis.

If you smoke, stop. Studies have shown that smoking contributes to the likelihood of developing uveitis.

Uveitis Symptoms

Uveitis may develop suddenly with eye redness and pain, or with a painless blurring of your vision. In addition to red eye and eye pain, other symptoms of uveitis may include light sensitivity, blurred vision, decreased vision and floaters. There may also be a whitish area (called a hypopyon) obscuring the lower part of the iris.

A case of simple "red eye" may in fact be a serious problem such as uveitis. If your eye becomes red or painful, you should be examined and treated by an ophthalmologist.

Uveitis Diagnosis

A careful eye examination by an ophthalmologist is extremely important when symptoms occur. Inflammation inside the eye can permanently affect sight or even lead to blindness if it is not treated.

Your ophthalmologist will examine the inside of your eye. He or she may order blood tests, skin tests or X-rays to help make the diagnosis.

Since uveitis can be associated with disease in other parts of the body, your ophthalmologist will want to know about your overall health. He or she



may want to consult with your primary care physician or other medical specialists. However, in approximately 40 to 60 percent of cases, no associated disease can be identified.


Uveitis Treatment

Uveitis is a serious eye condition that may scar the eye. It needs to be treated as soon as possible. Eyedrops, especially corticosteroids and pupil dilators, can reduce inflammation and pain. For more severe inflammation, oral medication or injections may be necessary.

If left untreated, uveitis may lead to:

- Glaucoma (increased pressure in the eye);
- Cataract (clouding of the eye's natural lens);
- Neovascularization (growth of new, abnormal blood vessels); or
- Damage to the retina, including retinal detachment, damage to the optic nerve or both.

These complications may also need treatment with eye drops, conventional surgery or laser surgery. If you have a "red eye" that does not clear up quickly, contact your ophthalmologist.

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Fighting the Common Cold/Flu with Regular Exercise

Battling another cough or cold? Feeling tired all the time? Taking a daily walk or following a simple exercise routine a few times a week may help you feel better.

Exercise not only helps your immune system fight off simple bacterial and viral infections, it decreases your chances of developing heart disease, osteoporosis, and cancer.

Though doctors are continuing to do research on the link between exercise and the immune system, they have discovered some simple truths that impact how exercise can help. In fact, recent studies have suggested that if you complete moderate exercise just a few times every week, you can drastically reduce the number of colds that you get every year. Outside of just keeping you in shape and helping you to become healthier over time, exercise can boost your immune system and help your body fight off harmful diseases and even something as simple as the common cold.

We don't know exactly how exercise increases your immunity to certain illnesses, but there are several theories.

- Physical activity may help by flushing bacteria out from the lungs (thus decreasing the chance of a cold, flu, or other airborne illness) and may flush out cancer-causing cells (carcinogens) by increasing output of wastes, such as urine and sweat.
- Exercise sends antibodies and white blood cells (the body's defense cells) through the body at a quicker rate. As these antibodies or white blood cells circulate more rapidly, they could detect illnesses earlier than they might normally. The increased rate of circulating blood may also trigger the release of hormones that "warn" immune cells of intruding bacteria or viruses.
- The temporary rise in body temperature may prevent bacterial growth, allowing the body to fight the infection more effectively. (This is similar to what happens when the body has a fever.)
- Exercise slows down the release of stress-related hormones. Stress increases the chance of illness.

While exercise is beneficial, be careful not to "overdo" it. People who already exercise regularly are cautioned not to develop too vigorous a workout program in the hopes of increasing the immunity benefits. Heavy, long-term exercise (such as marathon running and intense gym training) could actually decrease the amount of white blood cells circulating through the body and increase the presence of stress-related hormones.

Studies have shown that the people who benefit most from starting an exercise program are those who go from a sedentary ("couch potato") lifestyle to a moderately energetic lifestyle.

Fitbella workouts are ideally 3 times a week consisting of a 30min workout and 20min detox in the Fitbath. At Fitbella we can help, we don't have a one program fits all approach. We design each program to fit your unique goals and fitness levels. Through our personalized approach to fitness and nutrition you are able to reach your goals in record time. Our program reshapes, reduces body fat, tightens and strengthens your body. Fitbella incorporates targeted exercises inside the FitCapsule which is heated to body temperature to super charge your metabolism and work at a cellular level. Each 20-30 minute workout in the FitCapsule is equivalent to 1-1/2 hours at a regular gym. Your FitCoach is with you every step of the way, ensuring your form is activating intended muscle groups; your heart rate is in its targeted zone, and to guide your progression through your individualized FitPlan. Movements are low impact, highly targeted, and individualized for your fitness level. Each session is wrapped up with a spa indulgence in the FitBath which detoxes the body, smoothes and hydrates the skin.

Exercise can help us feel better about ourselves, just by making us feel more energetic and healthier. So go ahead, Book your free fit check today 561-775-0122.

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Following the workout, you relax in the Fitbath, a steam bath designed to detox, smooth, tighten and hydrate skin. Many women find that the Fitbath is calming and relaxing after completing their Fitcapsule workout.

Getting your body ready for peak beach season is never effortless, but it does not have to be complicated, and the hot bikini body you've been wishing for might be easier to achieve than you think with Fitbella. The personalized exercise and nutrition plan developed just for you by a Fitcoach is designed to target your trouble areas. Your plan will include specific exercise movements and foods that will help you achieve your fitness goals in no time! Following the Fitbella program will help you lose those unwanted pounds, tighten and tone those trouble areas, and reshape your body in time for you to hit the beaches and enjoy summer.

Fitbella is more than just a weight-loss method, it is a lifestyle. It is a natural healthy way for women to lose weight and be fit.

Turn Back the Hands of Time

By Daniela Dadurian, M.D.

Reversing the aging process is not as easy as taking a miracle pill. It requires many facets of health and wellness. Good nutrition and exercise play a critical role in promoting total body wellness. As the aging process progresses the body can break down many important components in our skin. Collagen is the main source of protein in the skin that maintains our youthful appearance. Collagen is responsible for skin firmness. Once it diminishes we lose elasticity that causes wrinkles to appear. A new technology involving ultrasound is revolutionizing facial rejuvenation to reduce the appearance of aging.

Ulthera is an FDA cleared device to non-invasively lift the face and neck. It has recently received FDA clearance to non-invasively treat the chest to improve lines and wrinkles of the décolleté.

Ultherapy works by using ultrasound guided technology to actually view the underlying tissue that is being treated. For the first time, we are able to reach below the dermal layer sending ultrasound energy into the fibromuscular layer promoting collagen production. If you have weakened collagen in the deeper connective tissue, it can cause the skin to succumb to gravitational forces that begin to stretch, sag and shift downward, a process we call "aging". Ultherapy is a procedure for lifting the neck, eyebrows and midface with meaningful results and no downtime.



The Ultherapy treatment begins with marking the area on the face to be treated. This process is very important because it uses the same target area that is addressed in cosmetic surgery for skin tightening. Once the skin is marked for treatment a mild sedative is given to aid in the comfort of the treatment. A full face treatment can take anywhere from 45-60 minutes. You may return to normal activities and can experience flushing or redness that should resolve within a few hours. The regenerative process is initiated at the first treatment, however results may take up to six months since you are relying on the body's own healing process to repair and rebuild your skin's foundation.

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Men's Health - How a Few More Whiskers Are Raising Awareness:

Starting to notice more men sporting beards and/or mustaches? There is a good reason why. Movember Foundation started in 2004 in Melbourne, Australia as a way to raise awareness for prostate cancer and depression. Almost ten years later the idea has caught on as the cause has reached a corporate and even worldwide level in support. No doubt Facebook, Twitter, Tumblr, and other popular social media sites will be sporting campaigns for Movember, or just personal shots of friends with a scruffy face. The idea being men growing out their facial hair to show support and awareness. Celebrities getting involved in the movement include Justin Timberlake, Jake Gyllenhaal, Brad Pitt, and Hugh Jackman.

Every year during the month of November the Movember Foundation encourages men all over the United States to get involved. Movember Foundation's goal is to increase early cancer detection, diagnosis, treatments, and reduction of preventable deaths. The Movember Foundation also encourages men to get annual check-ups, know the history of cancer in the family, and live healthy lifestyles.

Prostate cancer develops in the male reproductive system. Cancer cells tend to metastasize from other parts of the body such as the lymph nodes and bones. Most men notice problems urinating and difficulty during sexual intercourse. The most obvious is self exam and realizing a hard lump in the testes. Early detection is key when confronted with prostate cancer and getting proper treatment. Treatments often include radiation, chemo therapy, and surgery. As of 2013 an estimate of about one out of every six men in the United States will be diagnosed with prostate cancer and almost 30,000 men will die of prostate cancer, a ratio of about one in thirty men diagnosed with prostate cancer, and is the 6th cancer related causes of deaths among men. Prostate cancer occurs mainly in men over the age of 40. Common risk factors are genetics, early sexual activity, and dietary. Many men that struggle through the affects of prostate cancer suffer from depression while dealing with feelings of feeling ill during treatments, medical bills, mortality, and the worry of not feeling "whole" afterwards.

Raising awareness has improved the rate of survival of prostate cancer survivors. So ladies, embrace your man's scruffy face and hope that having facial hair for 30 days is the least of his problems. Encourage all the men in your life to help raise awareness with a fuzzy

face, whether it is a father, brother, uncle, grandfather, or just that special friend. Men put down those shavers! Guys unite to combat prostate cancer one face at a time, take what could be a lifesaving movement and help raise awareness during the month of November and grow those whiskers out.

At Maximum's Men's Clinic we specialize in all things relating to men's health. Dr Herbert Fishman, medical director at Maxim Men's Clinic has 30 years experience in family practice specializing in Men's Health and Sports Medicine. **For your free consultation contact our team at 561-459-3000.**



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Screening tests can find cancer early, when it's more treatable.

- **Colon Cancer:** Many colon cancers begin as growths called polyps. If these polyps are found through screening and removed before they turn into cancer, the disease can be stopped before it starts. Screening can also find cancer before it has had a chance to grow and spread. Start testing at age 50, or younger if people in your family had colon cancer, or if you have had colon problems in the past. Talk to your doctor about which test is right for you.

- **Prostate Cancer:** Starting at age 50, men should talk to their doctor about the pros and cons of prostate cancer testing, then decide if they want to be tested. Men at high risk (African-American men and those with a family history of the disease) should have this talk at age 45 or 40.

- **Skin Cancer:** During your regular checkups, have your doctor check your skin for signs of skin cancer. If you notice any changes to existing moles, tell your doctor right away.

Healthy lifestyle choices can lower your risk for cancer.

- **Quit smoking.** In the US, tobacco use is responsible for nearly 1 in 5 deaths. About half of all people who continue to smoke will end up dying from a tobacco-related disease. Tobacco use causes more than a dozen types of cancer, as well as heart disease, emphysema, and stroke.

- **Get regular exercise.** Each week, adults should get at least 150 minutes of moderate-intensity activity (the level of a brisk walk) or 75 minutes of vigorous-intensity activity (the level of a run), preferably spread throughout the week. Clear any new activity with your doctor.

- **Eat healthy.** Eat at least 2 ½ cups of vegetables and fruits each day. Eat less bacon, sausage, luncheon meats, hot dogs, and other processed meats. Choose whole-grain breads, pasta, and cereals.

- **Limit how much alcohol you drink (if you drink at all).** Men should have no more than 2 drinks a day.

PROSTATE CANCER IS THE SECOND MOST COMMON CANCER IN MEN IN THE UNITED STATES.



IN 2014, MORE THAN 233,000 MEN WILL BE DIAGNOSED WITH PROSTATE CANCER.



1 IN 7 MEN WILL BE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME.



1 IN 36 MEN WILL DIE FROM PROSTATE CANCER (ABOUT 29,480 MEN) ACCOUNTING FOR ABOUT 22% OF ALL MALE DEATHS FROM CANCER.



RISK OF BEING DIAGNOSED WITH PROSTATE CANCER INCREASES WITH AGE.

Relief for Migraine Sufferers

By Dr. James McErlain, D.C.

Chiropractors successfully treat thousands of headache sufferers every day, as many as 25% of the individuals seeking chiropractic care do so for the treatment of headaches. According to the American Migraine Foundation, 12 percent of Americans suffer from migraines. One in four families has an affected member. Combined medical costs, work time-loss and decreased productivity are estimated to impact the U.S. economy by more than \$20 billion annually. There is no known cure for migraines. Current treatments aim to reduce the frequency, intensity and duration of the headaches when they occur. Chiropractic treatment is one option for migraine sufferers.

Migraine Headaches:

Migraines account for approximately 10% of all headaches. Researchers have found that 3.4 million females and 1.1 million males suffer from 1 migraine attack per month. Migraines follow a hereditary course, with 70% of migraine sufferers having other family members who are also affected. Migraine headaches often have coexisting muscle tension and cervicogenic factors which contribute to the frequency and intensity of migraine attacks.

The pain generated by migraines has a throbbing quality and usually involves one side of the head initially. The headache tends to reach its peak intensity after about 30 minutes. Migraines are commonly accompanied by nausea and vomiting. During severe attacks, sensitivity to sound and light may occur forcing the individual to seek a dark and quiet room mandatory. The duration of the headache can vary from a few hours to 1 to 2 days.

Migraine headaches are categorized into either "common" or "classical" migraines.

Classical Migraines differ from common migraines in that the actual headache is preceded by neurologic disturbances which indicate a migraine attack



is about to take place. These include alterations in the visual field (zigzag lines, blind spots, etc.), numbness or tingling of the lips or hand, problems with balance and even loss of consciousness. These neurologic disturbances generally last 15 to 30 minutes and resolve before the headache begins. In some cases, the neurologic disturbances may persist several days after the headache has resolved.

Research based treatment for Migraine Headaches:

Clinical trials conducted on chiropractic's effectiveness in the management of migraine headaches have shown remarkable improvement in many cases.

Spinal manipulation, the primary treatment modality of most chiropractors, has been studied in the context of migraines. A large study involving 127 participants was reported in the February 2000 issue of the "Journal of Manipulative and Physiological Therapeutics." In this study, the subjects who received two months of chiropractic treatment experienced significant improvements in migraine frequency, duration, disability and medication use compared to the control group. Twenty-two percent of the participants reported more than 90 percent reduction of migraines.

This study compared chiropractic spinal manipulation to amitriptyline that is a medication often prescribed for the treatment of headache. The researchers found that "spinal manipulation seemed to be as effective as a well-established and efficacious treatment (amitriptyline), and on the basis of a benign side effects profile, it should be considered a treatment option for patients with frequent migraine headaches." The researchers also found that in the weeks immediately following treatment, patients who had received spinal manipulation had a 42% reduction in headache frequency, compared to only 24% of those who took amitriptyline. The chiropractic group had fewer headaches even after treatment had ceased.

In other words, the safety and effectiveness of **chiropractic treatment** in the treatment of migraine headache should be considered by patients suffering these symptoms.

If you or someone you love suffer from migraines, you understand the debilitating effects this condition has on everyday life. Migraines interfere with daily life schedules, work, and time with loved ones. There is no need to continue to suffer. Dr. McErlain can help you live migraine and pain free. Contact the team at Jupiter Healthcare for your free consultation today.

Reliable migraine relief is within reach!

Your path to wellness begins with a relaxed consultation with Dr. McErlain. We take the time to listen and get to know you in order to understand how we can help. Our thorough examination uses the latest computer technology and onsite radiology to accurately pinpoint the cause of your problem. Once your findings are studied we'll sit down and discuss in language you will understand the cause of your pain and how to fix it fast.



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Effective Weight Loss with Meng's Acupuncture Medical Center

Weight loss is not as simple as eating less and/or exercising more. In order to lose weight the body's waste management and digestive systems need to be functioning properly. Most importantly to long term success the root cause of the weight gain must be addressed (stress eating, poor diet, sedentary lifestyle, etc.) According to traditional Chinese medicine (TCM) in order for the body's waste management system and digestive systems to be working optimally the functional energy (qi, also pronounced as chi) needs to be flowing smoothly and the mind and body need to be in harmony.

Dr. Meng's Weight Loss Program is based on TCM theory and years of her clinical experience. The program not only helps with weight loss but also helps to improve sleep, improves energy, reduces stress, and promotes an overall sense of well-being. All this is accomplished by using a combination of acupuncture, herbal formulas, and food therapy.

In most cases weight gain is due to a combination of stress, poor diet and sedentary lifestyle which leads to what is known in TCM as stagnation and unbalance. The modern American lifestyle blocks qi circulation, lowers overall energy, and causes many imbalances.

Treatment Program

Dr. Meng's Weight Loss Program acupuncture points and herbs that are chosen to maximize weight loss by treating the root(s) of the imbalances that are causing the weight gain. The herbal therapy, specially developed by Dr. Meng, works to assist the functions of the acupuncture and is especially important for detoxing the body. The herbs work all day long every day, and are critical for achieving the best results.

In addition to strengthening digestive and waste systems, all Dr. Meng's Weight Loss Program acupuncture treatments reduce stress and anxiety, which is critical for weight loss. Stress works against weight in several ways. Stress reduces the functioning of the internal organs, which in turn reduces the functioning of the body's



digestive and waste elimination abilities. Stress also triggers the fat cells to essentially open up; resulting in increased size and number. Many people also tend to snack or eat something to make them feel better when they're feeling stressed and of course this results in weight gain.

From a Western perspective, Dr. Meng's Weight Loss Program will help to lower cholesterol, lower blood pressure, stabilize blood sugar levels, reduce stress, and improves blood circulation.

The Diet

The unfortunate fact of the matter is that the majority of people in this country have a terrible diet. Real, natural foods have been largely replaced with highly processed food products that are loaded with artificial and unnatural chemicals

and substances. Even many 'natural' ingredients are not the same as they were years ago due to a variety of factors including genetic manipulation, pesticides, changing soil and environmental conditions, and newer manufacturing processes.

Ironically, instead of gaining nourishment from these so called foods, our bodies actually waste energy trying to get rid of them. Our bodies evolved to digest natural, unprocessed whole foods and our digestive system quite frankly doesn't know what to do with artificial and unnaturally processed ingredients. Many artificial ingredients stress the liver, as they are recognized by the body as toxins. This has many undesirable consequences including impaired ability of the liver to metabolize fat, which in turn leads to extra fat accumulation.



Think of our digestive system as a race car engine and the modern diet as the cheapest, worst quality fuel you use. Over time waste products quickly build up causing all kinds of problems with the engine and resulting in increasingly poor performance. In this analogy acupuncture is like performing engine maintenance. But what's the point of fixing the engine if you keep putting the worst quality fuel into it? Dietary changes are a critical component of both weight loss and optimal health and Dr. Meng has developed a very specific diet to maximize weight loss and promote overall good health.

What to expect

Each treatment is customized to the specific needs of the individual patient and the current state of their health. Different acupuncture points may be chosen for each treatment as different symptoms

arise. For instance, if you are experiencing neck pain we may add points to help relieve the pain. Our holistic weight loss program treats the whole person and emphasizes restoring balance and promoting optimal health.

Generally treatments are scheduled two to three times per week for the first few weeks. Especially in the beginning people many people have a lot of energy blockage(s) and require acupuncture treatments every few days in order to restore balance and establish the free flow of Qi. Acupuncture is not a miracle and it will take time to restore optimal health. That time varies by several factors including age, overall health, length of time that a disease has been present, diet, and lifestyle. Dr. Meng's Weight Loss Program is flexible and adaptive so that it can benefit everyone.

Yanhong Meng, AP, DOM

Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.

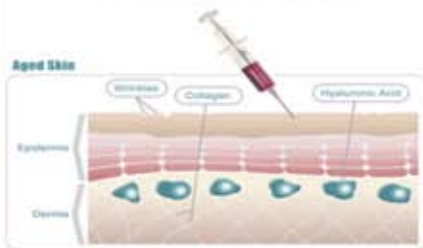


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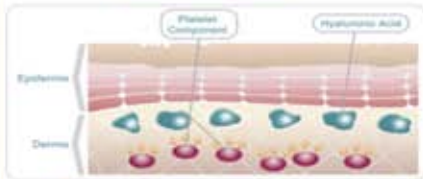
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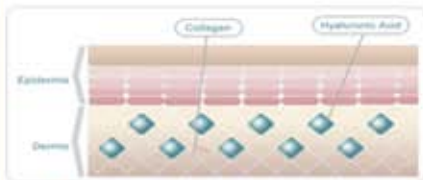
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Cognitive Decline and Untreated Hearing Loss IS THERE A LINK?

Submitted by Dana Luzon, Au.D. CCC-A, FAAA

Written by Sharon Macner, Au.D., www.cvaudiology.com

As a Doctor of Audiology with years of experience, I have an interest in the effects that hearing loss has on one's ability to effectively communicate with family, friends, and co-workers. But what I find even more intriguing is why a person chooses to live with hearing difficulties rather than seek treatment. Currently only 3 in 10 persons seeks treatment for their hearing loss, and even more astonishing is the fact that it takes the average person with hearing loss 7 years to seek that treatment!

What is that trigger that causes a person to finally take action? Common responses go like this: "It [my hearing] finally got so bad...It came to a point where I just couldn't understand conversation. I have to do something about it." Or, "I finally missed something really important because I didn't hear it. The time has come to do something." Additionally, I've had wives reporting: "I can't take it anymore. He stands there in a group conversation and doesn't participate. He doesn't say anything... he doesn't know what it being said to him. He misses what our friends are saying to him, or he just nods his head. I'm embarrassed."

I am aware of the top two reasons why a person chooses to ignore their hearing problem. Reason #1: My hearing isn't bad enough. Reason #2: I can get along without hearing instruments. We audiologists used to say, "When you are ready, then it is time to get a hearing aid." Today, the research is clarifying why one should seek amplification for hearing loss much earlier than previously recommended. Here is a summary of studies which identify cognitive decline with untreated hearing loss. "Untreated" means not correcting the hearing deficit, either medically or with the use of a hearing aid.

In 2011 Johns Hopkins University published a study in the Archives of Neurology which demonstrated the direct correlation between the participants' degree of hearing loss and their risk of later developing dementia or Alzheimer's disease. Their conclusions were fascinating, and not surprising.

- For each 10 decibel loss of hearing, the participant's risk of dementia rose about 20 percent;
- Participants with hearing loss at the beginning of the study were significantly more likely to develop dementia by the end.
- Seniors with hearing loss were significantly more likely to develop dementia over time.

The authors conclude that the increased incidence of dementia in the hearing impaired subjects is possibly due to the strain of deciding sounds over the years which may overwhelm the brain.

Also, in 2011 researchers at the University of Pennsylvania published a study in the Journal of Neuroscience on the effects of hearing loss on speech comprehension. Their findings were not surprising:

- Those with untreated hearing loss had less brain activity when listening to complex sentences; and,
- Those subjects also had less grey matter in the auditory cortex, suggesting that in certain parts of the brain related to the understanding of speech, atrophy may occur more rapidly when hearing diminishes.

This study makes a strong case for hearing technology, though the decreased speech comprehension ability is likely result from a "convergence" of things happening in the brain of the hearing impaired person, including the effects of decreased social interactions of the hearing impaired person.



"Is there anything I can do to prevent hearing loss?" "Yes!" While the influence of genetics can't be controlled, one can control some of the variables which cause hearing loss. Let's start with excessive noise exposure. Noise induced hearing loss is common. I see patients daily who live with noise induced hearing loss. Some of these patients have grown older and wiser and now recognize the importance of using hearing protection, others have not. Exposure to loud sounds at any age will irreversibly damage your hearing. Examples of dangerous noise sources include farming or heavy equipment, firearms, mowers, snow blowers, construction equipment, chainsaws, and, even the heavy duty wet/dry vac. When using these items, use hearing protection... always. Hearing protection comes in a variety of forms, and it doesn't matter which form you use, rather that you use some form of hearing protection, be it foam plugs, muffs, or custom earplugs. Hunters do well with shooting plugs designed especially for the sport.

Seek help for your hearing loss sooner rather than late, when the hearing loss is only "mildly" impaired. Protect your hearing from damaging noise sources. Take action to improve your cardiovascular health. Eat a healthy diet. Take steps other than early treatment of hearing loss to reduce your risk of dementia, including reducing chronic stress, anxiety and depression. Continually engage in new challenging tasks. Talk with an audiologist about hearing treatment options. Remember, untreated hearing loss affects more than just the affected individual.



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Dana Luzon, Au.D., CCC-A, FAAA, Doctor of Audiology

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University's residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.

Afraid of Falling?

LifeCall® FallAlert™ helps reduce your fear of falling.

By Sherwood David Graham

The National Council on Aging reports that falls are the number one reason why seniors lose their independence – because they are the leading cause of injury and even death among older adults. This year one in three adults age 65 and older will fall, and two-thirds of those will experience another fall in the following six months.

If you are like Virginia, an active woman in her 80s, you enjoy your independence and prefer to live in your own home. Virginia lives alone and is able to take care of most of her personal needs, takes walks daily and enjoys spending time with her friends and family. However, she is less steady on her feet than she used to be - at risk for falls and needing the security of being able to summon help if she can't reach her phone.

She made the decision to get a LifeCall® FallAlert™ medical alert system. Virginia says, "During the years that I have worn the LifeCall button, I have had only two occasions to use it. The second call saved my life. On March 18 I fell and struck my head. I bled profusely." With one press of a button on her LifeCall pendant, the LifeCall emergency response center contacted paramedics and, according to Virginia, "they were by my side within minutes. They took me to the Trauma Center in Delray Beach, where I lost consciousness."

The Fear of Falling

For seniors like Virginia, who have a history, a fear, or are at risk of falling, LifeCall Medical Alert Systems with FallAlert can be an ideal solution – especially if one's medical history includes a stroke, heart attack, dizziness/lightheadedness or issues with coordination. Featuring the latest and most innovative technology available in the industry, the FallAlert detection sensors can detect a fall as it occurs and automatically signal the base monitoring unit for assistance.

LifeCall®...If you do fall

LifeCall's in-home healthcare monitoring solutions give you the ability to access prompt assistance right at your fingertips. One press of a button summons the LifeCall Response Center - the only one where all operators are certified Emergency Medical Technicians. Quick, emergency help in the event of a fall is the best way to reduce medical complications that result from being immobile for prolonged periods of time.

FallAlert™...When you can't call

LifeCall's FallAlert provides additional protection by automatically placing a call for help if a fall is detected and you can't push your button because you are disoriented, immobilized, or unconscious.



FallAlert™ System

This enhanced service option can provide even greater security and peace of mind.

The FallAlert system features sensors that detect between normal activity and an actual fall.* By continuously measuring motion, movement and speed in all directions, the fall detector compares what it senses to what it considers an actual fall. If the FallAlert system detects a fall, and if there is no movement or tilt from horizontal to vertical positioning detected after 10 seconds, an unconsciousness alarm will be transmitted to the base monitoring unit, signaling for emergency assistance. The LifeCall emergency Response Center will establish two-way communication promptly and, if there is still no response, they will proceed to follow the pre-designated emergency protocol.

After doing her research, Virginia made the decision to call LifeCall and acquire a FallAlert medical alert system. "I wear that little life-saving button all the time. Any elderly woman who lives alone should certainly have one."

For information about the life saving services offered by LifeCall® call (866) 220-1212 today. It could be the most important call you'll ever make.

**FallAlert™ works through sensors that detect a person's sway, orientation and impact with surface. It does not detect 100% of falls. If you are able after a fall, you should always press the LifeCall® button when you need help.*

For 40 years LIFE CALL® Medical Alert Systems have provided families with security and independence at their fingertips by offering instant access to EMT-trained emergency personnel around the clock at the push of a button. Falls and strokes are common among seniors – a personal emergency response system can save your life. LIFE CALL®: the most important call you'll ever make.

Tips for Preventing Falls at Home

By taking a few modest steps, many falls can be prevented.

1. Make your home safer

About half of all falls happen at home. To make your home safer:

- Reduce tripping hazards – keep cords, papers, books, boxes, plants, shoes and clothes off of the stairs or away from places you walk.
- Either remove throw rugs or use non-skid mats or double-sided tape to keep the rugs from slipping
- Use non-slip mats or appliques on the shower floor or in the bathtub
- Install grab bars in the shower or tub and next to the toilet
- Install handrails and lights on both sides of staircases
- Improve the lighting in your home. As you age you need brighter lights to see better. To reduce glare, hang light-weight curtains or shades
- Keep the items you use most often in cabinets you can reach easily without using a stool or step-ladder
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

2. Have your vision checked

Once a year have your eyes checked by your eye doctor. You may have developed cataracts or glaucoma or your glasses prescription may have changed. Poor vision increases your chances of falling.

3. Have your doctor review your medicines

Once a year you should have your doctor or pharmacist review the prescriptions and medicines you take, even over-the-counter medicines. As you age, the way medicines affect your body can change. In addition, some medicines, or combinations of medicines, can cause dizziness or drowsiness and cause you to fall.

4. Begin a regular exercise program

Finally, exercise is perhaps the most important thing you can do to lower your risk of falling. Exercise improves your balance and coordination, makes you stronger and helps you feel better. A lack of exercise leads to muscle weakness and an increased propensity for falls. Ask your doctor or health care provider what type of exercise program might be best for you.

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The Aesthetic Side of Weight Loss - Part III

By Suheil Khuri M.D.

This is our last article on the subject of: "The aesthetic side of weight loss".

We have discussed in September: maintenance of healthy skin during weight loss and the use of injectables.

In October we discussed the use of platelet rich plasma (PRP) and combination therapy including radiofrequency and microneedling.

In this article we will discuss the treatment of excess/loose skin after weight loss, using radio-frequency.

Surgery like face-lift and abdominoplasty has been the gold standard for the treatment of loose skin after weight loss. In recent years non-surgical skin tightening alternatives have become very popular, as they are less invasive and quite effective procedures to correct skin laxity.

These newer non-surgical procedures are good for:

A. Those with mild to moderate skin laxity in the face, neck, arms, thighs and abdomen. Severe and excessive skin laxity will usually require surgical intervention.

B. Skin laxity after weight loss, surgical procedures, or pregnancy

C. Those looking for improvement in their skin quality

These new skin-tightening procedures involve the use of radiofrequency devices or various more aggressive fractional and resurfacing lasers.

Radiofrequency (RF) energy is a form of electromagnetic energy. When applied to tissue, it produces electromagnetic fields, causing the oscillation of molecules within the tissue, which results in the generation of heat. RF heats the body tissue and raises the body temperature of the area it is applied to. This generated heat will:

1. Increase blood circulation and induce the formation of new blood vessels
2. Increase natural lipolysis (breakdown of triglycerides)

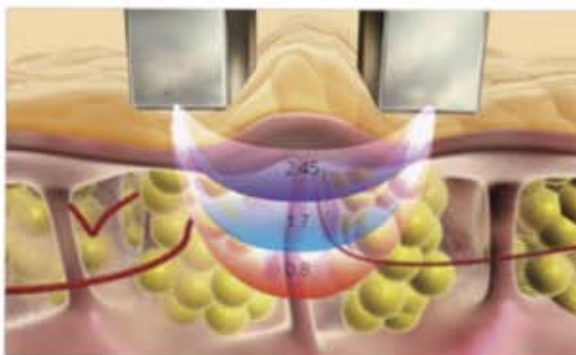
3. Stimulate the fibroblast to produce collagen
4. Enhance the elasticity of collagen and the septae (tight bands) in the skin

These changes that occur by the heat generated through radiofrequency lead to:

1. Shrinkage of fat cells and fat chambers leading to decreased volume (tighter contour)
2. Shrinkage of the collagen fibers leading to tightening of the skin
3. Increased skin elasticity and improved skin texture leading to an improved and healthier look

At Dr. G's WeightLoss & Wellness of Jupiter and our recent affiliation with Aesthetic Care LLC, we offer our patients the Viora Reaction™ RF device. The Viora Reaction™ is a bipolar RF device with vacuum suction that has the ability to deliver RF energy to a specific depth in the upper or lower dermis (deeper skin layer). This leads to skin tightening, contouring and rejuvenation.

The Viora Reaction™ features three distinct RF frequency channels and an additional 4th dimension, multi-channel mode, which employs all three RF frequencies. This adjustable radiofrequency modes with the vacuum suction allows the operator to control the depth of penetration and the heat generated. This heat leads to break down of the fatty tissue, as well as stimulate collagen and elastin fibers for an overall tightening effect of the treated areas as well as skin rejuvenation.



The figure above shows the multiple RF frequencies that the Viora Reaction™ provides. This allows this device to get you optimized clinical results through superior treatment control, precision targeting, and broader dermal penetration.



The Viora Reaction™ Treatable Body Areas & Treatment Options

The above diagram shows the treatable body areas that the Viora Reaction™ can be used for as well as the possible applications and treatments that can be performed which produce impressive skin tightening, contouring and rejuvenation.

What can Viora Reaction RF Therapy do for you?

- Tighten lax skin on the face, including the jowls and double chin
- Tighten lax skin on the body, such as the tummy, hips, and upper arms
- Improve the appearance of stretch marks
- Reduce cellulite
- Increase blood circulation
- Stimulate collagen production
- Promote lymphatic drainage
- Improve the skin's long-term elasticity

To obtain optimum results multiple sessions will be needed in the range of 4 – 8 depending on the area that is being treated and the degree of laxity. Each session lasts 15 – 30 minutes.

We are one of the few pioneers in the Jupiter area with this advanced technology.

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November is Alzheimer's Awareness Month

10 Warning Signs of Alzheimer's

According to the Alzheimer's Association's Annual Disease Facts and Figures, 5.3 million people are currently suffering from Alzheimer's. As a leading cause of death, it is more necessary than ever for sufferers to be properly diagnosed and treated for the disease as early as possible.

While in advanced cases the warning signs are obvious, by identifying them early on, your loved one can receive the maximum benefit from available treatments and Alzheimer's care. There are ten main warning signs to watch out for, which include:

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.



What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.



What's a typical age-related change?

Making occasional errors when balancing a checkbook.

Article provided by the Alzheimer's Association.

3. Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.



What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.



What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.



5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.



What's a typical age-related change?

Vision changes related to cataracts.

6. New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").



What's a typical age-related change?

Sometimes having trouble finding the right word.

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7. Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

***What's a typical age-related change?***

Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

***What's a typical age-related change?***

Making a bad decision once in a while.

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

***What's a typical age-related change?***

Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

***What's a typical age-related change?***

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.



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While these are not the only symptoms of Alzheimer's and while symptoms can vary depending on the individual, it is important to recognize them as early as possible.

Treatment is available to help reduce the symptoms of Alzheimer's like memory loss, behavioral problems, and sleep changes. Medications can help, but they will not reverse or stop the process. For spouses and other loved ones, watching over them can be a full-time job. Excellent Care sees the frustration and feeling of hopelessness first hand. We are an in-home care agency providing all your loved ones needs from skilled nursing care to help with daily chores, hygiene, running errands, and medical reminders.

If you have any question regarding Alzheimer's or the assistance that you and your loved ones can receive from Excellent Care contact us 561.290.1143. Our commitment to concierge caregiving is unparalleled, we will work with you individually to develop a care plan for your specific needs.

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Florida Rejuvenation Center is dedicated to integrative medicine, a healing-oriented approach that takes into account the whole person including all aspects of one's lifestyle. Our company offers a multi-disciplinary approach to age management medicine with a board certified, licensed physician, research scientist, and a licensed health care practitioner. We utilize the body's information, from physical examination, medical history and laboratory blood tests to create an individualized plan of evidence-based therapies to optimize the aging process and improve quality of life.

TREATMENT MODALITIES

HCG

The Human Chorionic Gonadotropin weight loss program utilizes subcutaneous/sublingual HCG therapy along with diet and exercise. It takes advantage of the body's natural chemical processes that stimulate fat loss while preserving lean muscle mass. The theory behind the proposed mechanism of weight loss with HCG is that non-essential or displaced fat specifically on the legs, buttocks, arms and abdomen is targeted versus lean tissue such as muscle. While most diets assist with temporary weight loss, it has been postulated that HCG resets the hypothalamus, the area of the brain that controls hunger and satiation, resulting in the increased utilization of stored fat.

Hormone Replacement Therapy

As men age testosterone levels can begin declining at a rate of approximately 1% per month. This phenomenon known as "andropause", "low T" or "low testosterone" can result in the following symptoms:

- Decreased sex drive and performance
- Erectile dysfunction
- Decreased muscle mass & tone
- Low energy
- Weight gain
- Sleep disturbances
- Lack of concentration



Andropause can be treated by replacing testosterone via daily administration of creams/gels or by weekly intramuscular injections. Detailed hormonal analysis via laboratory testing should be done prior to the initiation of therapy in an effort to assist the physician in creating an individualized treatment and follow-up plan including the monitoring for adverse effects.

In women, there is a tendency to think that reproductive hormone levels are fine until menopause. In reality, hormone levels can start to decline in the mid 30's in some women. Menstruation becomes irregular and unpredictable, there can be mood changes, thinning hair, loss of libido and weight gain. Additional symptoms can include:

- Night sweats
- Hot flashes
- Memory loss
- Sexual dysfunction
- Anxiety & depression
- Difficulty sleeping
- Vaginal dryness

Detailed hormonal analysis via laboratory testing should be done prior to the initiation of therapy to assist the physician in creating an individualized treatment and follow-up plan including the monitoring for adverse effects.

Low Glycemic Index Diet

The rates at which different foods are broken down during digestion vary greatly. Some foods are rapidly converted into glucose and are known

as high glycemic index foods and include most types of simple carbohydrates. Others are broken down more slowly and are referred to as low glycemic index foods and include most types of complex carbohydrates. The glycemic index was originally developed as a research tool to rank foods according to the rate at which they raise blood sugar levels relative to pure glucose. The rate at which pure glucose raises blood sugar is used as the standard measurement and is assigned a GI score of 100. So the closer to 100 a particular food is, the higher the glycemic index ranking.

When glucose is released into the bloodstream the body produces a storage hormone called insulin. Insulin's role is to carry glucose to those places that need it the most for fuel, most notably the brain and muscle cells. Our bodies can handle a steady release of glucose during digestion, however, when large amounts enter the bloodstream quickly, our regulatory system starts to produce large quantities of insulin. Surges in insulin actually increase our feelings of hunger. Additional glucose consumed will then be transported to our fat cells where it can be stored in unlimited amounts. If this happens to often it leads to weight gain, but more importantly, it can damage our cells by causing insulin resistance. This damage may then result in premature aging and possibly trigger the onset of Type 2 diabetes.

Sermorelin

Historically, the symptoms of adult growth hormone deficiency have been treated with recombinant human growth hormone (HGH). Sermorelin is an alternative to HGH for those experiencing the symptoms of age-related growth hormone deficiency such as poor sleep, difficulty concentrating, poor libido, decreased muscle mass and weight gain to name a few.

Sermorelin is a synthetically manufactured growth hormone releasing hormone analogue. It stimulates the pituitary gland to initiate growth hormone production and secretion. As additional growth hormone enters the bloodstream it stimulates the liver to produce IGF-1. The results of additional IGF-1 in the bloodstream may include the following: Improved skin texture, decreased abdominal fat, improved sleep and an increase in lean muscle mass.



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My Partial Denture is Moving... What Can Be Done?

By Lee R. Cohen, D.D.S., M.S., M.S.

Partial dentures have long been used to help fill in the spaces where people are missing teeth. These types of appliances are “removable”, meaning they can be taken in and out of the mouth. Partials have served an important function over the years, allowing patients to chew and smile when other options are not possible either due to lack of remaining/supporting teeth or financial limitations.

Although these appliances are very useful, they do not come entirely free of potential problems. Partial dentures typically rest on the gums in the empty spaces and usually have metal clasps that grab onto the adjacent teeth for support. In many cases, the clasps are visible when patients speak or smile. In addition, the clasps can put tremendous strain on the remaining teeth which could ultimately lead to additional loss of teeth.

Another common complaint with partial dentures is the “rocking” or “movement” that can occur during chewing. This is a possible issue due to the fact that our gum and bone continually changes over time, which alters the way the prosthesis sits in the mouth. In addition, rocking can occur if the teeth supporting the partial denture are loose. Ultimately, partials can serve patients well, but some do feel that the movement, pressure on the remaining teeth or impact on chewing and speech are problematic.



Stabilizing the Partial:

An alternative does exist that can help remove some of the areas patients most complain about with their partial. If sufficient bone is present in the areas where teeth are missing, dental implants may be used to help support and stabilize the prosthesis.

Dental implants serve as “root replacements” that can be placed in the mouth where your previous roots lived in the bone (before the teeth were removed). Under most circumstances the roots will bond with the bone over a number of months. Typically we hear how crowns can be connected to the healed implants to replace teeth. We also have the ability to use these implants in different ways. In the example of stabilizing a denture, connections similar to a trailer hitch or ball can be attached to the implant. Snaps that lock onto these balls are incorporated into the denture on the underside (where the partial rests on the gums). This allows a patient to “snap” the partial into place and limits movement considerably. In most occasions, metal clasps can be avoided. The benefits of this procedure are often considered the elimination of rocking or movement, improved chewing ability and improved esthetics.

This often simple treatment offers patients the ability to improve issues they may have related to partial dentures. A thorough evaluation of the bone using a 3D CT Scan can help determine if this therapy is appropriate. It is important to remember that no one treatment is suitable for all cases.



Lee R. Cohen, D.D.S., M.S., M.S.

Lee R. Cohen, D.D.S., M.S., M.S., is a Dual Board Certified Periodontal and Dental Implant Surgeon. He is a graduate of Emory University and New York University College of Dentistry.



Dr. Cohen completed his surgical training at the University of Florida / Shands Hospital in Gainesville, Florida. He served as Chief Resident and currently holds a staff appointment as a Clinical Associate Professor in the Department of Periodontics and Dental Implantology. Dr. Cohen lectures, teaches and performs clinical research on topics related to his surgical specialty.

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the PeriLase Dental Laser (LANAP procedure) to help save teeth and treat periodontal disease without the use of traditional surgical procedures. Additionally, he uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen currently serves on the Board of Trustees for the American Academy of Periodontology and formerly the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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An Evolving Future of Disease

By Patrick R. Handley, EMS Clinical Coordinator,
Florida SouthWestern State College, Charlotte Campus

Ebola has been an extremely hot topic in the news during the last month. The media loves to sensationalize just about every hot topic that enters the forefront of our minds. Is Ebola another over-sensationalized topic? Or is there merit to the perceived concerns to this "emerging" disease? What is the chance that outbreaks will emerge in our country? What is the fatality rate of this "deadly" disease? There seems to be more questions than answers -- especially one that has been around since the 1970s, but has not really "knocked on our door" until now. Let's examine some of the facts.

The first case of Ebola occurred in 1976 in what is called the Democratic Republic of Congo, near the Ebola River, hence its name. It is currently unknown as to what the source host was, but based on current research, it is believed to have come from fruit bats in the area. There are five different strains of the virus. Four of the five strains currently exist in primate hosts, including humans, apes and monkeys. Since its emergence, there have been many outbreaks in different countries, including Gabon, South Sudan, Ivory Coast, Uganda, South Africa and Liberia.

How do we identify this disease in others? Initial symptoms of this disease present with fever, weakness,

muscle pains and aches, headache, and sore throat. These symptoms are not much different from any influenza contracted currently and generally occur within eight to 10 days following exposure. The next symptoms to develop include abdominal pain, vomiting and diarrhea. Then the late signs of coughing up blood, bloody diarrhea, blood oozing from the gums, eyes, nose and ears occur late in the disease process.

Laboratory findings in blood work generally discover a low white blood cell count, a low platelet count and an increased liver enzyme count.

Transmission of Ebola occurs through direct contact with broken skin or mucosal membranes by the infected patient's blood or body fluids (i.e. - urine, saliva, sweat, feces, vomit, breast milk and semen). Contaminated needles can also be the vehicle of transmission. Given these routes of transmission, healthcare workers can best protect themselves by utilizing medical masks, goggles, gloves, gowns, safe injection practices, thorough hand washing and good general hygiene.

There is no current vaccine or medication that has been FDA-approved for the treatment of Ebola. With a



fatality rate of approximately 50 percent of all cases, it is imperative that we find a treatment. There are currently, however, two potential vaccines being worked on that are currently in the human safety testing phase. For now, treatment that produces the best survival rates are early re-hydration of fluids, electrolytes and general symptomatic treatment.

Hopefully you can derive a sound judgment on this disease based on the facts presented in this article. Despite the sensationalistic personality of our media, it would appear there is sound evidence to be concerned about this disease. High fatality rates, no medication, no vaccine and flu-like symptoms early in the disease process all add up potentially devastating results. Our best defense for now may be accurate information about the disease and keeping abreast of movements and outbreaks of Ebola. Stay informed.

Florida SouthWestern State College (FSW) **OPEN HOUSE** week from 3-6 p.m. on November 3, 5 and 6.

All events are free to attend and will be held at FSW's four locations. Attendees are encouraged to register online at www.FSW.edu/openhouse to ensure a quick check-in process. The dates and locations are:

November 3 – Hendry/Glades Center, 1092 E Cowboy Way, LaBelle, Building A

November 3 – Charlotte Campus, 26300 Airport Rd., Punta Gorda, Bell Tower

November 5 – Collier Campus, 7505 Grand Lely Dr., Naples, Building M

November 6 – Thomas Edison (Lee) Campus, 8099 College Pkwy., Fort Myers, Building U

Biography Center for Disease Control website, www.cdc.gov/vhf/ebola

WebMD website, www.webmd.com/a-to-z-guides/evola-fever-virus-infection

World Health Organization website, www.who.int/mediacentre/factsheets/fs103/en/

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It's About the Energy

By Ronna L. Clements, Natural Health & Wellness Innovator

When we feel tired, life becomes a struggle. How often do you wake up well rested, bright eyed and ready to take on the world? How is your energy during the day? High and steady or low and dragging?

If the answer is the latter, you are not alone. Millions of Americans are tired. "Magic-bullet" caffeine supplements, more coffee and sugar fixes will only perk you up for a few short-lived hours only to leave an after-math of feeling more tired than before – harming our health in the process. Poorly rooted habits must be corrected or you will be in a never-ending downward spiral as each year passes.

So, how do we get our bodies to produce more natural energy?

The answer is quite simple.

Through my extensive studies in healing and personal experience, I have learned that the #1 practice to obtain natural, abundant energy is to eat more living foods. Energy levels immediately increase simply by eating more organically grown raw foods. Allow me to explain why with some simple science.

Everything in life is comprised of energy in one way shape or form. Food stores a certain amount of energy that is released through chemical reactions. Natural enzymes from raw food *increase the rate* of these chemical reactions, hence the

more raw food we eat, the rate of chemical reactions occur faster, our metabolism becomes higher, and we have more energy.

Living foods have a dramatically higher amount of enzymes vs. cooked, canned or processed foods.

When you cook food, for example, the molecular structure is altered, killing most of the food's natural enzymes. This means slower chemical reactions and a slowed metabolism. It is much harder on the body to break down, metabolize and assimilate cooked, processed and canned foods.

Fresh fruits and vegetables have the highest magnetic energy on the planet with fresh vegetables and sprouts running in second place.

In order to put this into clear perspective, here are a few examples of mega-hertz of energy in a few select foods.

- Fruit contains 8,000 – 11,000 MGZ of energy.
- Raw vegetables and sprouts: 8,000 – 9,000 MGZ.
- Cooked vegetables: 4,000 – 6,500 MGZ.
- Milk: 2,000 MGZ.
- Refined white flour: 1,500 MGZ.



Cooked meats, canned and boxed food: 0 MGZ. So there you have it – another great secret for optimal health. To lead a vibrant life and to have more energy, eat a diet full of fresh fruits and vegetables.



If you wish to experience pure energy, you must consume pure energy.

As a living health advocate, I've personally experienced the wonderful benefits from eating a diet rich in living foods by having youthful energy, healthy skin and a zest for life. In addition, I recommend that everyone incorporate a regular exercise program into their lifestyle. Eating well and exercising go hand-in-hand and both will help you to attain vibrant energy. Ah, bring on the watermelon!

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Trouble Falling Asleep? Up at 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

Jupiter Office

Boca Raton Office

561.744.7616 561.206.2706

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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. 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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Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



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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.

Developing Discipline

By Dr. Ray Underwood, Palm Beach Community Church

Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: why are you not doing it?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence - "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



2. Advance Decision Making - "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification - "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

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