

S O U T H F L O R I D A ' S

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

December 2014

North Palm Beach Edition - Monthly

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Treating Hair Loss**

**"Snooping"**

**For Headaches During  
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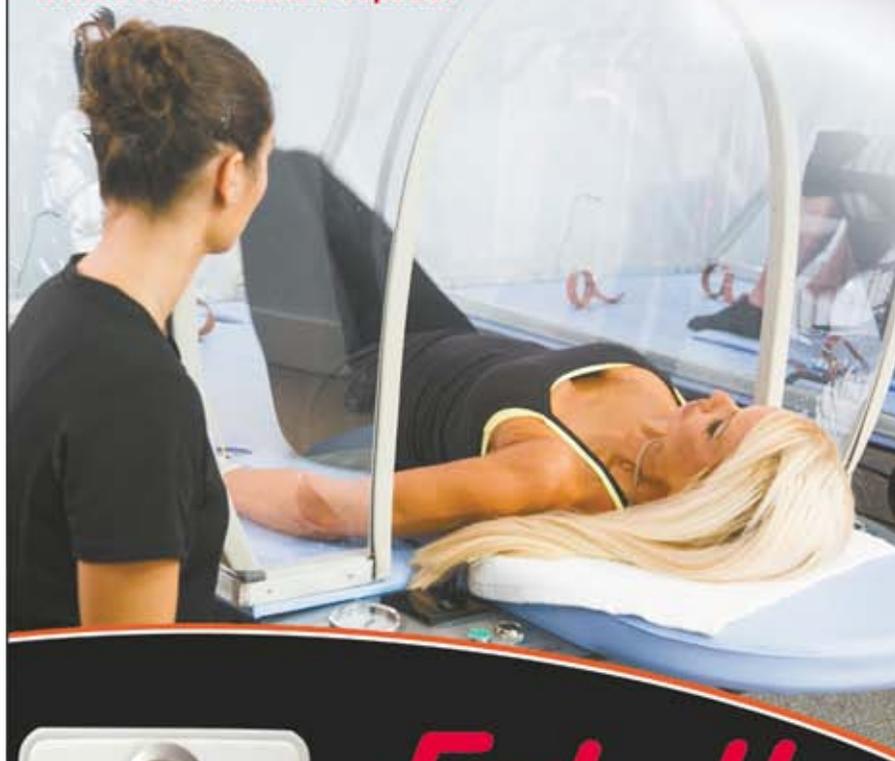
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# 4 STEPS TO TREATING HAIR LOSS

By Dr. Alan J. Bauman

**A**bout 80 million men and women in the U.S. suffer from some degree of hair loss. Luckily, thanks to years of research, clinical trials, new technologies and state-of-the-art therapies, in most cases, hair loss is a treatable condition.

For patients considering seeking treatment for hair loss, here is a look at what the treatment process may look like.

• **DOCTOR** – The first step in treating hair loss is finding the right doctor. Many hair loss patients are unaware of the qualifications, training and expertise needed to properly treat hair loss. After a chat with their hairstylist, they may end up asking their primary doctor, ob/gyn, visiting their general dermatologist, or hometown cosmetic surgeon for advice. However, in order to achieve optimal results, it is important to consult with an experienced Hair Restoration Physician—a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and regrowth. Only a qualified and experienced Hair Restoration Physician can prescribe the most effective multi-therapy treatment options, as well as track your progress. This is especially true for those searching for a hair transplant surgeon.

As with other burgeoning medical specialties, hair restoration now has its own board certification. Before choosing a surgeon, it is important to know their qualifications, visit the clinic, read reviews, ask to see before-and-after pictures and most importantly, ask questions. Not only should you look for a surgeon with the technical skills, but also a significant amount of artistry, which is also needed in order to recreate the natural patterns of hair growth and achieve natural looking results.



• **DIAGNOSIS** – Once you've found a doctor, he or she will help you identify risk factors and assess where you are in the hair loss process, which is a lot harder than merely looking for bald spots. Missing the early warning signs of hair loss is one of the biggest mistakes both men and women makes when it comes to protecting the health of their hair. That's why new diagnostic tools, like the HairCheck®, are so important. The HairCheck® device is a highly sensitive hand-held 'trichometer,' which measures hair caliber and hair density together and expresses them as a single number (called the Hair Mass Index (HMI) or "Hair Number").

This number is then used to accurately assess hair loss, growth and breakage on any area of the scalp. By tracking these numbers, it can help us determine the extent and rate of the patient's hair loss and/or breakage and inform them of any changes over time. This information has also made it infinitely easier to catch hair loss before it becomes too significant. Another tool helping diagnosis and treat hair loss are genetic tests, which can accurately determine a man's (and woman's) risk for losing hair so he can begin preventative treatments early.



• **TREATMENT OPTIONS** – Once your doctor has diagnosed the extent of your hair loss and the causes behind it, your physician may recommend both medical therapies and lifestyle changes. Medical treatments that will help mitigate hair loss include a specially compounded prescription minoxidil solution, platelet-rich plasma injections (PRP, also called the ‘vampire hair growth treatment’), prostaglandin analogs, low-level laser therapy, and nutritional supplements. In advanced cases, hair transplantation may be the patients’ best strategy for treating their hair loss. New microsurgical no-scalpel/no-stitch harvesting techniques like NeoGraft FUE or Follicular Unit Extraction allow for a minimally-invasive no-linear-scar “follicle-by-follicle” approach. This advanced process allows for diminished downtime and discomfort while avoiding the pluggy look and linear scars which traditional ‘old-style’ hair transplants left behind. The best strategy is to use a multi-therapy approach and routine follow-ups for tracking purposes to see what’s working.

• **MAKE THE COMMITMENT** – Unfortunately, there is one more step once a patient has started treatment, they need to make a commitment to stick with their treatment regimen. One of the hardest parts of treating hair loss in both men and women, is helping the patient understand that it is a long-term process.

that it is a long-term process. Just like hair loss, initial changes in hair regrowth take time and can be subtle before they are noticeable to the naked eye. When treating hair loss, it is important to keep in mind that it can take more than a year to see the full, final results from treatment, which is unfortunately longer than many patients are willing to wait, so many end their treatment early, disrupting any progress that had been made. Regular follow-ups should be performed every 90 days while undergoing treatment. These appointments can help ensure patients are responding to their treatment regimen and getting the best results possible.

It is important for patients to remember, hair loss is a treatable condition, but the earlier the problem is detected and treatment started, the better your chances of keeping your hair.

#### About Bauman Medical Group Hair Transplant and Hair Loss Treatment Center:

- World’s largest stand-alone clinic dedicated exclusively to hair transplantation and the treatment of hair loss.
- Located in the heart of downtown Boca Raton at 1450 S Dixie Hwy.
- Amenities and services include ample patient parking, expanded patient care areas, five procedure rooms, four HairCheck Zones and patient lounges, in addition to a conference room, outdoor water features, indoor zen garden, private patient elevator, a oversized lobby/reception area, patient education areas, and more.
- Services offered at Bauman Medical Group Hair Transplant and Hair Loss Treatment Center include NeoGraft FUE no-scalpel/no-stitch hair transplant, LaserCap and other low level laser devices and therapy, Formula 82M compounded minoxidil, HairCheck scientific hair growth/hair breakage measurements, Vampire PRP hair regrowth treatments, FDA- approved Propecia/Finasteride, Eyelash/Eyebrow Transplantation, Hair Transplant Repair, Scar Coverage and Camouflage, and Operation Restore - ProBono Hair Restoration Surgery.

#### 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.

#### Hair Loss Study Candidates Needed!

Bauman Medical is currently enrolling qualified candidates for an exciting Hair Loss Study. Please visit [www.844GETHAIR.COM](http://www.844GETHAIR.COM) for more details.

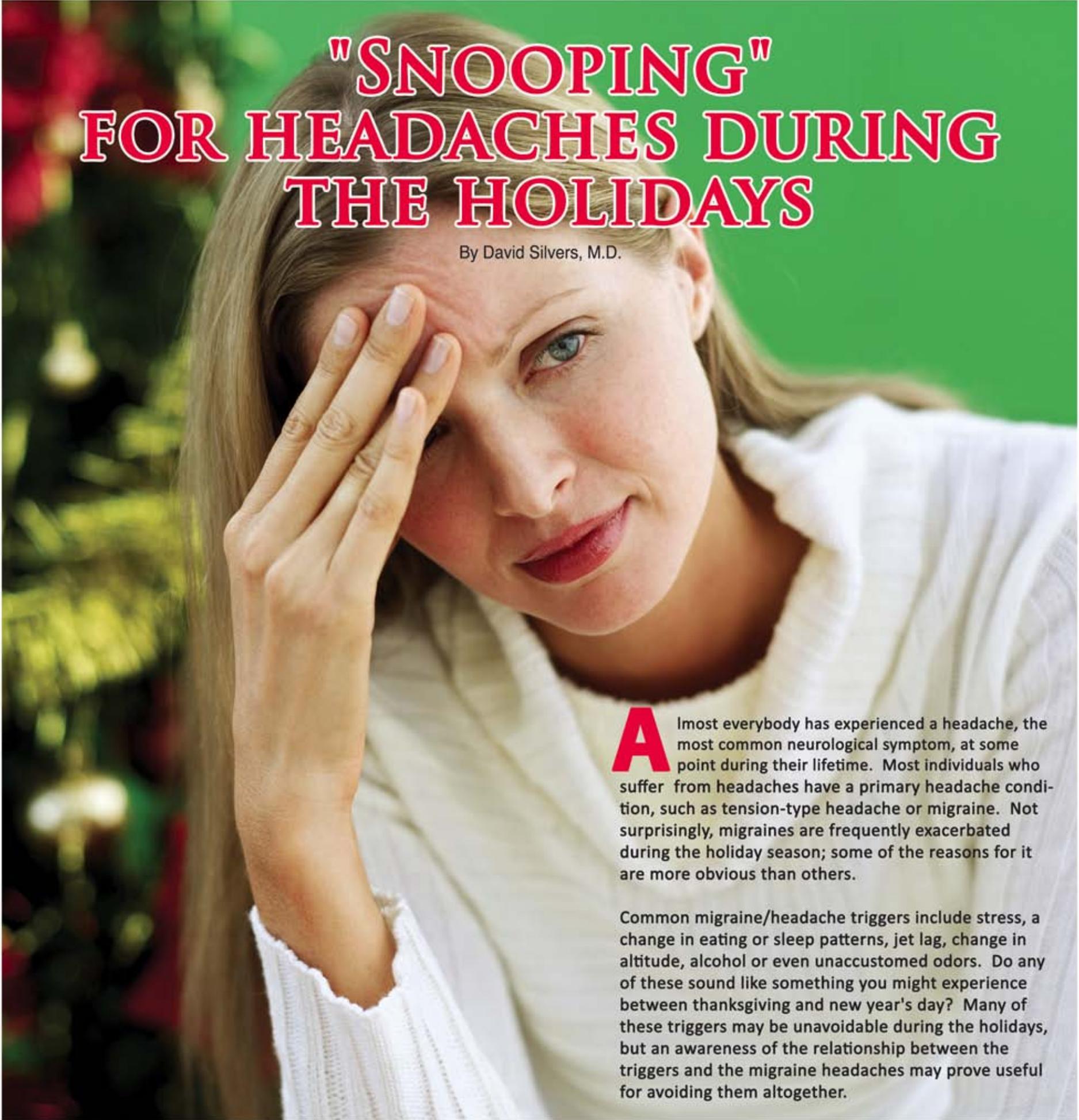


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# "SNOOPING" FOR HEADACHES DURING THE HOLIDAYS

By David Silvers, M.D.



**A**lmost everybody has experienced a headache, the most common neurological symptom, at some point during their lifetime. Most individuals who suffer from headaches have a primary headache condition, such as tension-type headache or migraine. Not surprisingly, migraines are frequently exacerbated during the holiday season; some of the reasons for it are more obvious than others.

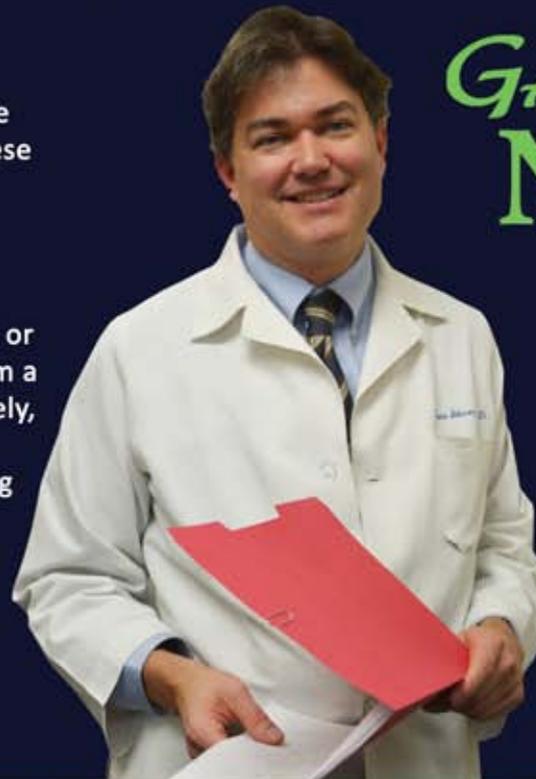
Common migraine/headache triggers include stress, a change in eating or sleep patterns, jet lag, change in altitude, alcohol or even unaccustomed odors. Do any of these sound like something you might experience between thanksgiving and new year's day? Many of these triggers may be unavoidable during the holidays, but an awareness of the relationship between the triggers and the migraine headaches may prove useful for avoiding them altogether.



Once the holidays passed, and you find yourself suffering from headaches past January 2nd, what should you do? When should you be concerned that your headache may reflect a serious underlying condition? Dr. David Dodick, a Mayo Clinic headache specialist, coined the mnemonic "SNOOP4 headache" to address your very relevant question. The "S" stands for "systemic" symptoms such as fever or weight loss. The "N" stands for "neurological" signs such as confusion. The two "O's" stand for sudden "onset" and "older" adult, meaning older than 50. The 4 "P's" refer to a change in the "previous" headache history, a "persistent" and/or "progressive" headache or a headache "precipitated" by coughing or one which is present primarily while upright. Finally, beware of the single, unusual, headache. An individual who has 1 or more of the "SNOOP4 headache" red flags may require further investigation, typically by a neurologist, to determine the underlying cause. Remember that even with these red flags, you still may have a primary headache disorder, but this can only be determined after a thorough evaluation.

With or without red flags, if you are having frequent or disabling headaches, you may want to seek help from a neurologist. In order to treat headaches appropriately, one must have an accurate diagnosis. A secondary headache condition might only improve after treating the underlying disorder. A primary headache condition, such as migraine, is managed with medications to eliminate the pain, and by employing preventative strategies.

So go ahead and enjoy your holidays!!  
Help is on the way.....



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# HEALTH AND BEAUTY TIPS

By Daniela Dadurian, M.D.

**T**he holiday times are such a great time for bringing people together, however life sometimes has a different agenda and we get rerouted to the road of exhaustion. Our lives are so busy, schedules get so full trying to prepare for parties and buying presents that we tend to forget about ourselves. Gearing up for a busy season can take its toll on our bodies and it's hard to find the time to recharge so we can function to the best of our ability. I have a few suggestions that may help you look and feel your best through this season.

## IV Vitamin Infusion

Take 20 minutes and rejuvenate with a vitamin infusion. Depending on the type of supplements you're purchasing, chances are they are not medical grade. Only 20-30% of the over the counter products are actually absorbed into your blood stream. With a quick Vitamin infusion, you can feel more energized, invigorated and ready to tackle your next big task.

## Botox

Sometimes our expressions can get the best of us and give away just how tired we really feel. Botox is an effective way to soften the expression lines around our face and it's super quick and easy. Botox treats several areas around the eyes and forehead, it can even soften the little bunny lines on the nose or the neck bands on a sagging neck. Botox has been around many years for cosmetic use and prior to that was safely used on ophthalmology patients when its aesthetic use was discovered. Results are visible within 7-10 days so it's best to plan a little bit ahead of a special occasion.

## Fillers

Since Botox is only to soften expressions above the nose, it cannot treat the wrinkles on the lower face. The wrinkles that are most common are found along the side of the nose to the corners of the mouth (nasolabial folds), the permanent lines etched between the forehead (elevens), or the lines that run from the corners of the mouth down to the chin (marionette lines).





There are many different reasons how these lines may have formed, fillers are a quick, natural way to instantly correct these wrinkles. Most fillers are made with natural ingredients that can last 1 year or longer. Juvederm, Voluma, Radiesse, PRP and Belotero are some of the common fillers used for correction. A complimentary consultation is best suited to determine how to artistically eliminate these lines and which fillers to use.

The Combination of Fillers and Botox is commonly referred to as "The Liquid Face Lift" A trend that's not going out of style anytime soon, "The Liquid Face Lift," is quick and easy to prepare you for any occasion. Feeling and looking rejuvenated is on the top of everyone's wish list, why not make it a part of yours. For more information visit [www.mdbeautylabs.com](http://www.mdbeautylabs.com) or call 561-655-6325 for a *complimentary consultation*.



**Medical Director, Daniela Dadurian M.D.**  
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MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. 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.

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# Retinal Tear and Retinal Detachment

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

**T**he retina is the light-sensitive tissue lining the back of our eye. Light rays are focused onto the retina through our cornea, pupil and lens. The retina converts the light rays into impulses that travel through the optic nerve to our brain, where they are interpreted as the images we see. A healthy, intact retina is key to clear vision.

The middle of our eye is filled with a clear gel called vitreous (vi-tree-us) that is attached to the retina. Sometimes tiny clumps of gel or cells inside the vitreous will cast shadows on the retina, and you may sometimes see small dots, specks, strings or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain, light background, like a blank wall or blue sky.

As we get older, the vitreous may shrink and pull on the retina. When this happens, you may notice what look like flashing lights, lightning streaks or the sensation of seeing “stars.” These are called flashes.

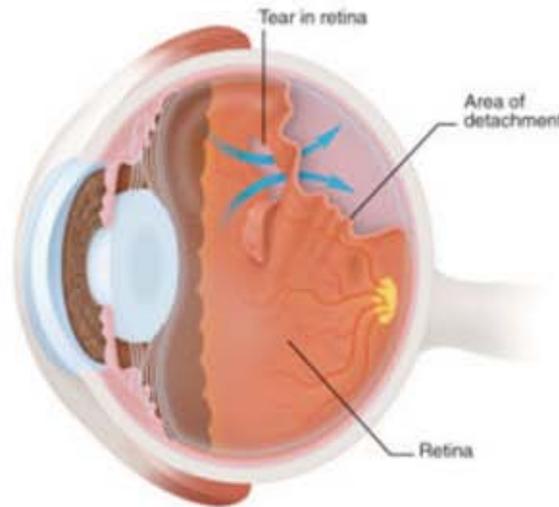
Usually, the vitreous moves away from the retina without causing problems. But sometimes the vitreous pulls hard enough to tear the retina in one or more places. Fluid may pass through a retinal tear, lifting the retina off the back of the eye — much as wallpaper can peel off a wall. When the retina is pulled away from the back of the eye like this, it is called a retinal detachment.

The retina does not work when it is detached and vision becomes blurry. A retinal detachment is a very serious problem that almost always causes blindness unless it is treated with detached retina surgery.

## Torn or Detached Retina Symptoms

Symptoms of a retinal tear and a retinal detachment can include the following:

- A sudden increase in size and number of floaters, indicating a retinal tear may be occurring;



- A sudden appearance of flashes, which could be the first stage of a retinal tear or detachment;
- Having a shadow appear in the periphery (side) of your field of vision;
- Seeing a gray curtain moving across your field of vision;
- A sudden decrease in your vision.

Floaters and flashes in themselves are quite common and do not always mean you have a retinal tear or detachment. However, if they are suddenly more severe and you notice you are losing vision, you should call your ophthalmologist right away.

## Who Is At Risk for a Torn or Detached Retina?

People with the following conditions have an increased risk for retinal detachment:

- Nearsightedness;
- Previous cataract surgery;
- Glaucoma;
- Severe eye injury;
- Previous retinal detachment in the other eye;
- Family history of retinal detachment;
- Weak areas in the retina that can be seen by an ophthalmologist during an eye exam.

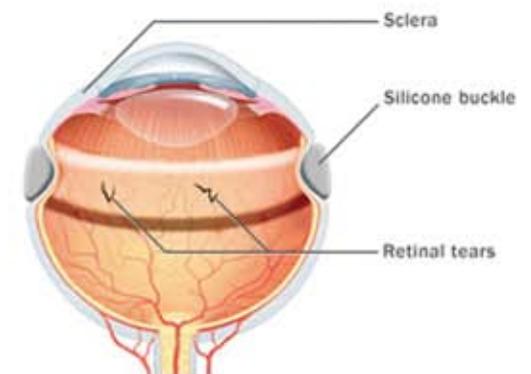
## Torn or Detached Retina Diagnosis

Your ophthalmologist can diagnose retinal tear or retinal detachment during an eye examination where he or she dilates (widens) the pupils of your eyes. An ultrasound of the eye may also be performed to get additional detail of the retina.

Only after careful examination can your ophthalmologist tell whether a retinal tear or early retinal detachment is present. Some retinal detachments are found during a routine eye examination. That is why it is so important to have regular eye exams.

## Torn or Detached Retina Treatment

A retinal tear or a detached retina is repaired with a surgical procedure. Based on your specific condition, your ophthalmologist will discuss the type of procedure recommended and will tell you about the various risks and benefits of your treatment options.



## Torn retina surgery

Most retinal tears need to be treated by sealing the retina to the back wall of the eye with laser surgery. Both of these procedures create a scar that helps seal the retina to the back of the eye. This prevents fluid from traveling through the tear and under the retina, which usually prevents the retina from detaching. These treatments cause little or no discomfort and may be performed in your ophthalmologist's office.



**Laser surgery (photocoagulation)**

With laser surgery, your Eye M.D. uses a laser to make small burns around the retinal tear. The scarring that results seals the retina to the underlying tissue, helping to prevent a retinal detachment.

**Detached retina surgery**

Almost all patients with retinal detachments must have surgery to place the retina back in its proper position. Otherwise, the retina will lose the ability to function, possibly permanently, and blindness can result. The method for fixing retinal detachment depends on the characteristics of the detachment. In each of the following methods, your Eye M.D. will locate the retinal tears and use laser surgery or cryotherapy to seal the tear.

**Vitrectomy**

This surgery is commonly used to fix a retinal detachment and is performed in an operating room. The vitreous gel, which is pulling on the retina, is removed from the eye and usually replaced with a gas bubble.

Sometimes an oil bubble is used (instead of a gas bubble) to keep the retina in place. Your body's own

fluids will gradually replace a gas bubble. An oil bubble will need to be removed from the eye at a later date with another surgical procedure. Sometimes vitrectomy is combined with a scleral buckle.

If a gas bubble was placed in your eye, your ophthalmologist may recommend that you keep your head in special positions for a time. Do not fly in an airplane or travel at high altitudes until you are told the gas bubble is gone. A rapid increase in altitude can cause a dangerous rise in eye pressure. With an oil bubble, it is safe to fly on an airplane.

Most retinal detachment surgeries (80 to 90 percent) are successful, although a second operation is sometimes needed.

Some retinal detachments cannot be fixed. The development of scar tissue is the usual reason that a retina is not able to be fixed. If the retina cannot be reattached, the eye will continue to lose sight and ultimately become blind.

After successful surgery for retinal detachment, vision may take many months to improve and, in

some cases, may never return fully. Unfortunately, some patients do not recover any vision. The more severe the detachment, the less vision may return. For this reason, it is very important to see your ophthalmologist regularly or at the first sign of any trouble with your vision.

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**Lauren R. Rosecan**  
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# The DRX 9000 Non-Surgical Technology Relieving Low Back Pain

By Dr. James McErlain, D.C.

If you are one of the millions of Americans suffering from lower back pain you are familiar with the traditionally prescribed course of treatment: refrain from physical activity, take prescribed pain medication and muscle relaxers, and seek the treatment of a physical therapist. If these steps were not effective spinal surgery was the only hope. This course offers little help for those unable or unwilling to undergo spinal surgery. For those individuals, pain seems like a never ending cycle making everyday activities seem impossible. Until now - innovative technology allows spinal decompression to be precise, gentle, safe and highly effective.

**The DRX 9000 is the latest FDA-cleared technology for treatment of back pain due to:**

- Low Back Pain
- Sciatica or Radiating (leg and foot pain and numbness)
- Post-surgical patients with failed back syndrome
- Cervical (Neck) pain and related symptoms (Accu-spina Decompression)

## How Does The DRX 9000 Work?

The DRX 9000 gently reduces the pressure within the spinal discs so that the patient gets relief from pain in the back and neck. The machine features a specially designed table on which the patient lies down wearing a harness. The table uses a gentle traction force to decompress the lumbar disc. Once sufficient decompression is formed, a vacuum, called "negative intra-discal pressure", is formed, which relieves disc herniation.

The pressure on the accompanying nerves is reduced, which provides relief to the patient from pain and discomfort. While the vacuum is still there, it forces the herniated material to revert back to the disc along with the spinal fluids in order to accelerate natural healing of the adverse spinal condition.



The intelligent technology used in the manufacture of the DRX 9000 spinal decompression machine enables it to auto-adjust the traction levels required by the body by analyzing the reaction of the patient's body. The treatment is fast, generally painless and most patients find it relaxing.

## Is it effective?

Spinal Decompression has been proven effective in relieving the pain associated with bulging and herniated discs, degenerative disc disease, sciatica, and even relapse or failed back surgery. Since its release, clinical studies have revealed an amazing success rate in treating lumbar disc related problems with Spinal Decompression.

## How do I get started?

Contact our office to schedule an initial consultation with our Dr. McErlain to determine if you are a candidate for care with Spinal Decompression. After carefully studying your case history and exam findings, he will sit down and explain his recommended plan of action for you. After answering any questions you may have about the recommended plan, you may begin your care with Spinal Decompression and start your journey back to pain-free living.

## Reliable back pain 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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Jupiter Healthcare has had the privilege to help thousands of local patients find relief from back and neck pain. Below are some of the kind words that patients had to say about Dr. McErlain and his team.

*"I have never met a doctor and staff in my time that truly cares about his patients as much as Jupiter Healthcare! After my football career I had to have both of my knees replaced. Then came my low back issues-two bulging discs-and about a dozen Epidural shots. Finally after coming to your office and receiving spinal decompression and physical therapy, I can walk with about 85% less pain. It took 20 sessions with very little expense and now I have a much better quality of life. A miracle man is treating patients at 125 Indiantown Road in Jupiter, and I feel great! You and your staff are a true credit to society." ~ Ted M.*

*"Dr. McErlain is awesome! I have a herniated disc that I aggravated on Sunday. I could not walk without assistance. I was in a lot of pain. I saw Dr. McErlain on Monday and I was able to walk again and my pain had diminished! It is now Thursday and I am feeling 85% better and I know I will only continue to get better as I continue with his treatments. I cannot thank him or his staff enough. Everyone there is so professional and kind." ~ Tracy W.*

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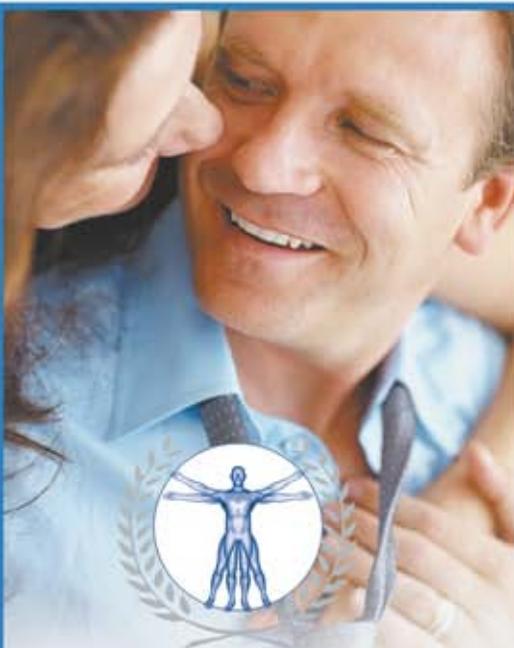
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# Effective Weight Loss with Meng's Acupuncture Medical Center

**W**eight 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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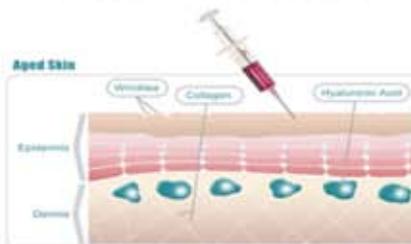
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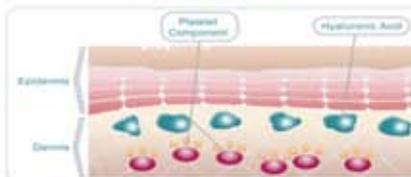
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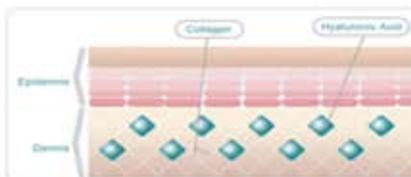
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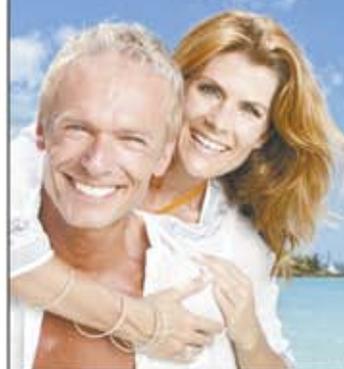
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# Make this Holiday Season Filled with Fun, Family & Fitness

**T**he Holiday season has arrived along with more festivities, time with family and friends and those yummy treats. Many anticipate the holidays with mixed emotions, excitement about the season and fun that awaits, and dread of those additional holiday pounds we tend to pack on in November and December. Don't let this Holiday season derail your fitness and body composition goals, instead break the cycle this year and meet 2015 as a trimmer, fitter you. Eight easy tips will keep you on track this Holiday Season:

**1. Plan ahead! Schedule your fitness routine like any other appointment.** We all schedule hair, nail and doctor appointments and tend to keep these appointments consistently. This Holiday Season schedule your fitness appointment with you personal FitCoach. They will be sure to remind you!!!

**2. Get it out of the way.** The earlier you can do your workout each day, the better, afternoon and evening fitness plans have a greater tendency to be blown off. With Fitbella the only thing you will blowing off are the unwanted pounds.

**3. Be accountable.** When you commit to yourself and someone else you are more likely to reach your goal and show up each and every workout. Your personal FitCoach will not only cheer you on each step of the way, she will also make sure you are on track to reach you goals.

**4. Stay hydrated by drinking water, water and more water.** Hydration makes you feel full, and dehydration and masquerade as hunger. One of simplest ways to decrease calorie consumption is simply drink lots and lots of water. An added perk – staying hydrated makes you look younger, by decreasing the appearance of wrinkles, and creating a youthful glow.

**5. Get a little help from your friends.** While not every workout can be a happy hour – at least once a week invite friends and turn your daily commitment into social hour with a healthy twist.

**6. Commit your time.** Yes we are all busy, but everyone can fit a 30 min workout into the day. After you will be rewarded with a 20 minute FitBath – the ultimate mini spa treat.

**7. Everything in moderation.** There is no need to completely deny yourself this holiday season, use the principle of moderation. So choose either drinks or dessert. Your FitCoach can always suggest a healthy holiday recipe that will fulfill that sweet tooth this Holiday Season.

**8. Be consistent with exercise, don't give up you will be thankful come January!!!** And remember your FitCoach is always there to help and support you. You can do this – be a brand new you entering a brand new year.



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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.

# 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.

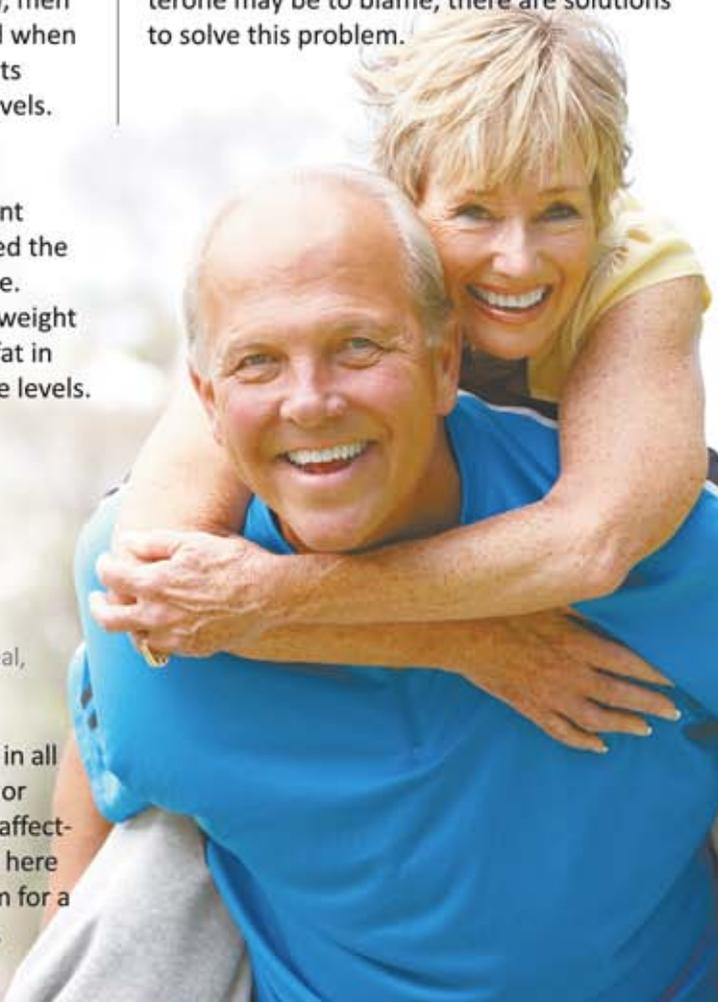
Studies have shown that in those who underwent testosterone replacement, therapy lowered the occurrences of metabolic syndrome from 55 percent to just 30 percent.

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.



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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**.  
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# The Man Who Thought the World Mumbled

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

Written by Kevin Amdahl, Au.D., [www.amdahlhearing.com](http://www.amdahlhearing.com)

**R**ecently, I saw a patient who I will call John. After discussing what John was experiencing, it was clear that he did not feel like he had a problem. He said that his wife, who will we call Joan, and his children constantly mumbled, or talked too soft, or didn't look at him when they talked.... He seemed to have a reason for every situation in which he did not hear clearly. He honestly felt it was very unfair that he had been brought in to have his hearing tested, because his hearing was not the problem. He thought he could hear just fine; it was the growing number of people who did not speak appropriately who were the problem.

This situation, while more extreme than most, is not uncommon. Hearing loss is usually gradual. People don't feel as though they are having hearing issues because it doesn't sound like it's their fault. To understand this, it helps to think of your ears like a piano. Just like a piano, we hear high-pitch sounds (high notes) and low-pitch sounds (low notes). Generally, when people lose their hearing, they tend to lose the ability to hear some types of sounds more so than others — most often the high notes. We refer to these situations as a Sound Voids™. The result of these Sound Voids is that low-pitch sounds are often heard at a normal level while high-pitch sounds are not. This is important because, generally speaking, in English, vowel sounds tend to be a lower pitch and consonants tend to be high in pitch. Vowel sounds also tend to carry a lot more power than consonant sounds, creating the sensation of volume. Consonants, on the other hand, provide much of our clarity in speech, albeit at a much lower volume level. Therefore, when people are dealing with Sound Voids, they say things like "I can hear but I can't understand," or they accuse others of mumbling. So when we look at John's situation from his point of view, it does sound like people are mumbling.



After explaining this to John, I took him into the test booth and did a diagnostic evaluation, or a hearing test, where I found that he was experiencing Sound Voids. Because of this, he was having trouble distinguishing what was said, even though people sounded to him like they were loud enough. I programmed a set of demo hearing aids and let him listen with them for the rest of the appointment. When Joan started speaking, John's eyes got big. He looked at me and asked, "What did you do to make my wife speak more clearly?" He was amazed at the difference the demo set made not only with his wife's voice but mine as well. We set John up for a fitting appointment that day.

After he had his new hearing aids for a little over two weeks, he came in more excited than I had ever seen him. He talked about all of the sounds he could hear again, like the birds and the creaky floorboards in his house (which he subsequently fixed). He told me his family and friends noticed the difference right away, and he was happier than he had been in a long time. For John, the world didn't just stop mumbling; it came alive with sounds and noises that he had not even known he had been missing.

If you or a loved one are concerned that you may be experiencing Sound Voids, or would like to have a hearing test, please contact your local AudigyCertified™ professional today.



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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.

# Painless Gum Disease: Do I Need To Treat It?

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

**W**e see an incredible amount of patients with all levels of gum and jaw bone disease with one common finding... lack of pain. This may seem like a blessing, but the lack of warning often does not prompt patients to seek treatment in the early stages. Leaving periodontal disease, inflammation and destruction of the gum and jaw bone untreated can lead to potentially significant dental problems that may require costly treatment.

## What Happens:

A very large, recent study revealed that 1 in 2 adults over the age of 30 have some form of periodontal disease. That is every other one of us! Periodontal disease can range from simple, swollen gums to significant loss of jaw bone support and eventually loss of teeth. Most of this entire process can occur without any discomfort, which tends to lead patients into feeling that nothing dramatic is happening.

The development and progression of periodontal disease is not exactly the same for every patient, but it does often follow a similar pattern. Typically, plaque (which is bacteria) rests on the teeth and gum line. If left undisturbed (unbrushed), this plaque can calcify over time and turn into tartar. Tartar forms a ledge that can catch even more plaque making the situation continue to get worse.

Our bodies view this accumulation of plaque and tartar as an "infection". Just as if you cut your hand, extra blood is sent to the area to help ward off the infection and begin the healing process. On our hand, this may be evident by a red, swollen area. In our gums, the tissues become inflamed and often bleed when brushed. We call this Gingivitis. If treated properly, Gingivitis has the potential to be reversible. If not addressed, there is a high probability that this disease will lead to destruction of the jaw bone supporting the teeth (and ultimately loss of the teeth).



## What Can Be Done:

Patients often avoid treatment for 1 primary reason, fear. What most people do not realize is that periodontal disease can be treated in a number of ways that truly does not hurt. Early therapy often involves non-surgical treatments such as scaling and root planing (often called by patients a "Deep Cleaning"). This initial form of therapy can help remove much of the tartar deposits and reduce the gum inflammation. Many patients report a decrease in bleeding when brushing their teeth after this treatment.

In situations where the disease has progressed beyond just gum inflammation (a periodontal evaluation and x-rays are needed to make this determination), more advanced therapy may be indicated. An exciting, newer treatment for periodontal disease called LANAP (Laser Assisted New Attachment Procedure) or Laser Therapy is available which typically involves no pain or discomfort. LANAP is the only FDA approved laser therapy for the treatment of periodontal disease. Traditional periodontal procedures are also available to help try and slow (or potentially stop) the disease progression.

Catching periodontal disease early may help slow or stop the continuation of tissue, bone and possibly tooth loss. Many of the treatment options available are pain-free and can help prevent more invasive and costly procedures down the road. It is important to realize that you may not be symptomatic or in pain while this disease continues to destroy important gum and bone tissue. Regular periodontal evaluations and early intervention can truly help a patient increase their chances of maintaining their original teeth.

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 Periolas 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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# Obesity and Metabolic Syndrome

By Suheil Khuri M.D.

**Metabolic syndrome** also called Syndrome X, is a disorder composed of a combination of medical problems that strongly predispose the person to cardiovascular disease. There are five risk factors that are related to metabolic syndrome:

1. Central (visceral, abdominal) Obesity.
2. Elevated Blood Pressure (hypertension)
3. Elevated blood sugar (glucose) (diabetes mellitus).  
Metabolic syndrome is associated with insulin resistance (decreased sensitivity to insulin) and can be a major contributor to this syndrome.
4. Elevated Triglycerides (fats)
5. Decreased HDL, the good type of cholesterol.



*In metabolic syndrome one typically has an apple-shaped body configuration (much larger waist with a lot of fat above the waist) as compared to those who have a pear-shaped body configuration (narrower waist with more fat around their hips and below the waist). This apple shaped body puts one at a higher risk of developing heart disease, diabetes and the other complications of metabolic syndrome.*

The diagnosis is made if one has "Central Obesity" plus any two of the other 4 risk factors, or has any 3 of the 5 risk factors.

**Central Obesity** is defined as excessive abdominal fat in a person with BMI (Body Mass Index, a measure of obesity) over 30 in both males and females, or a waist circumference over 40 inches in men and over 35 inches in women.

This is an important syndrome to check for since it carries a significant cardiovascular and diabetic risk. There is a significantly increased chance of developing a coronary artery (heart) disease and heart failure (1.5 - 2 times), cerebrovascular (stroke) episodes (2 to 2.4 times) as well as diabetes in patients with metabolic syndrome even if one does not have a previous cardiovascular disease or diabetes.

It is estimated that ~34% of adults in the USA may have metabolic syndrome and the prevalence is on the increase.

The principal finding in most patients with metabolic syndrome is: Central Obesity. This is accumulation of fat around the waist which indicates increased fat in the inner organs of the body referred to as visceral fat.

## Treatment of metabolic syndrome involves:

**1. Lifestyle changes.** This is the first line of treatment which includes:

**a. A low calorie diet.** Research and randomized trials have shown that carbohydrate restricted diets improve all features of metabolic syndrome. Following a low carbohydrate diet will result in: reduced glucose and triglyceride levels, improved HDL cholesterol and insulin sensitivity as well as more weight loss.

**b. A regular exercise program.** Lack of physical activity is a known predictor of cardiovascular events and related mortality. Many components of metabolic syndrome are related to a sedentary lifestyle. This includes increased centrally concentrated adipose tissue, decreased HDL cholesterol; and a trend toward increased blood pressure, triglycerides and glucose in those that have a genetic predisposition.

One needs to exercise at least 30 minutes 3-4 times weekly but it is much better to work out gradually till you reach one hour of daily exercise. Studies have shown that watching television, videos and staying in front of a computer more than four hours daily carries a two fold increased risk of metabolic syndrome when compared with those who did this for only one hour or less daily.

**c. Behavior and habit changes.** This includes:

- Accountability. This is critical for success.
- Self-monitoring : is important since we underestimate our calories intake by 1/3rd and over estimate our physical activities by ½.
- Portion and stimulus control.
- Managing stress.
- Preparing for events and not missing any meals.

It takes a long time to learn a new habit, and one needs to work hard to learn those new habits by repetition and concentration.

"Changing a habit takes 4 weeks to install and 1-2 years to make permanent."

**d. If the metabolic risk factors** (hypertension, diabetes, increased triglycerides,) are severe then medication is used at this stage as well.

If this first line of treatment does not prove to be adequate or efficient then drug treatment is frequently required. This involves treating the metabolic diseases associated with metabolic syndrome as well as the obesity.

## 2. Medication therapy:

**a. The individual disorders** that compose the metabolic syndrome that are present, need to be evaluated and each one treated separately:

- Hypertension
- Cholesterol drugs may be used to lower triglycerides and LDL (bad cholesterol)
- Address diabetes and insulin resistance with medications

**b. Weight loss medications** may be needed as well.

You need to remember that:

**A simple 5% – 10% weightloss can result in significant improvement in all components of metabolic syndrome.**

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As a mobile medical alert user, you need assurance that the technology on which your health and safety depend will accurately confirm your location and get you the emergency help you need – all with the single press of a button. Once voice communication is established, you want trained, certified, emergency care specialists who will stay in contact with you, immediately and accurately assess the situation and (as necessary) dispatch emergency personnel while providing vital medical history to the paramedics en route.

#### **Accurate and Reliable Location Detection**

For active clients who desire one-button access to emergency help wherever you are, LifeCall MobileAlert provides superior 24/7 service with the added reliability of U-TDOA (Uplink Time Difference of Arrival) location technology, uniquely developed and suited for E911 mission-critical safety and security devices to precisely locate devices. U-TDOA is far superior to GPS tracking and has the ability to locate you both in and out of the home and provides maximum protection in an emergency no matter where you are.

#### **Knowledgeable and Dependable Response Specialists**

MobileAlert's two-way voice system features a powerful built-in speaker and microphone. At the press of a button, the user is connected with a care specialist who can dispatch EMS and/or send loved ones to the user, depending on what is needed.



*The MobileAlert device is 50% smaller than competitors.*

#### **Peace of Mind Wherever Life Takes You**

MobileAlert gives LifeCall customers the help and safety you need with the independence you desire. Small, lightweight and shower-safe, LifeCall's Mobile Alert system offers maximum protection in an emergency no matter where you are, whether inside, outside, or away from your home.

The MobileAlert system works anywhere within T-Mobile's coverage area. If T-Mobile is not available, the device automatically calls 911 on any cell carrier that is available.

#### **MobileAlert features include:**

- **Simple to use** – press one button to talk 24/7 to certified emergency care specialists
- **Small & lightweight** – more than 50% smaller and lighter than other devices available makes it convenient and comfortable to wear
- **Shower safe** – always keep it close at hand
- **Long battery life** – rechargeable battery lasts up to two months on a single charge
- **Go anywhere** – you are always connected to help anywhere within the US, indoors or out, at home or away
- **Lifetime Price Guarantee** – with free shipping, no activation fee, and no long-term contract
- **U-TDOA** – far superior to GPS location detection technology

LifeCall security representatives are happy to answer any medical alert questions you have. To learn more about the MobileAlert system, visit [www.lifecall.com](http://www.lifecall.com) or contact LifeCall at 1-866-220-1212 today. It could be the most important call you'll ever make.

# Reverse Years with Bioidentical Hormone Replacement

**T**here is an answer thousands of men and women are turning to BHRT (Bioidentical Hormone Replacement Therapy) to eliminate the symptoms above often experienced in perimenopause, menopause, or male andropause.



## What is Bioidentical Hormone Therapy?

Bioidentical hormone replacement therapy (BHRT) is a philosophy or approach to hormone replacement that satisfies 3 key principles:

**1. All hormones used are chemically identical to human hormones.** Bioidentical hormones are derived from natural sources and then modified in the lab to become identical to human hormones. The image below provides an example of “biologically identical” progesterone versus synthetic, non-identical medroxyprogesterone (Provera). In bioidentical hormone replacement, only progesterone is given since it is exactly the same as what the body produces. This kind of hormone replacement therapy allows for more predictable activity on human cells and more predictable metabolism of the hormones.

**2. The dosage is individualized to a patient's specific hormonal needs.** Bioidentical hormone replacement therapy requires testing to determine an individual's baseline hormone levels and rigorous symptom evaluation to create a customized dosage based on the individual's particular hormone needs.

**3. The goal is to achieve a balance of activities of the hormones to improve quality of life and prevent disease.** All the hormones work together in concert in the body, so optimizing the activity of one hormone enhances the effects of others, and vice versa. Balance is probably the most important concept in bioidentical hormone replacement therapy. The human body is incredibly complex and intricate, and the purpose of treatment is not to override the body's innate intelligence, but to facilitate it, restoring balance and improving quality of life.

## ARE YOU ONE OF THOUSANDS OF MEN AND WOMEN WHO ARE SUFFERING FROM?

- Low Sex Drive and Libido?
- Sexual Dysfunction?
- Headaches and Migraines?
- Insomnia?
- Hot Flashes?
- Mood and Depression?
- Joint Aches and Pains?
- Stubborn Belly Fat?
- Brain Fog and Memory Loss?
- Weight Gain and Muscle Loss
- Fatigue and Sleeping Difficulty?

## What Hormones are used?

### Testosterone

Testosterone is vital to the health and well-being of BOTH men and women. Testosterone in men is mainly produced by the testicles and in smaller quantities by the adrenal glands. In women, testosterone is produced in both the ovaries and the adrenal glands. Testosterone contributes to muscle mass, strength and endurance, decreased fat, increased exercise tolerance, enhancement of the sense of well-being and psychological health. Testosterone protects against cardiovascular disease and reduces blood sugar. It leads to improved lean muscle mass, increased bone density, decrease in cholesterol, improved skin tone, improved healing capacity, and increased libido and sexual performance. It enhances the quality of life for both men and women by decreasing the diseases of aging. Cells that require Estrogen use Testosterone to manufacture Estrogen inside the cell by a chemical conversion that uses an enzyme called Aromatase. Testosterone is present and extremely important in both Women and Men, making adequate tissue levels very important for health in both sexes. (It goes without saying that women require substantially less of it!)



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### Estrogen

Estrogen refers to a group of similar hormones produced in the body. Like testosterone, Estrogen is a required hormone for the health of BOTH men and women. The main three are estrone (E1), estradiol (E2), and estriol (E3). Estrogens are protective against heart disease, stroke, osteoporosis, Alzheimer's disease, and memory disorders. It also protects against vaginal atrophy, urinary incontinence, and prevents symptoms of menopause, including poor temperature regulation AKA “Hot Flashes”, and improves balance. Estrogen deficiency is linked to: urogenital atrophy, incontinence, increased skin wrinkles of the face, fatigue, depression, mood swings and decreased libido. However, the vast majority of women we treat need only testosterone pellets (see above) as their body, like men's, makes all the intracellular estrogen it needs from testosterone, thus avoiding the serious problems that can occur with high circulating estrogen levels in the blood. While estrogen supplementation is rarely necessary, it is important that any estrogen prescribed be a Bioidentical estrogen instead of a non-human estrogen. The non-bio-identical synthetic estrogens bind nearly 20 times stronger to your cells' receptors and have been proven to be harmful.

### Progesterone

Progesterone is primarily produced in the ovary just prior to and after ovulation. It is also produced in large quantities by the placenta during pregnancy and in small quantities by the adrenal glands. If you are on bio-identical estrogen, it is likely you will need progesterone as well. Progesterone protects against uterine and breast cancers, fibrocystic disease and ovarian cysts. Unfortunately, most U.S. women are prescribed a synthetic horse derived progestin (Provera) which can cause side effects such as bloating, headaches, fatigue, weight gain, and heart disease. Bioidentical progesterone does not have these side effects.

If you have been suffering with symptoms that interfere with daily life meet with our board certified physician Dr. David Alfieri who will assess you individually and work with you to develop a treatment plan that will leave you feeling revitalized and youthful.

# Let Excellent Care Help You Beat the Holiday Blues

**T**he holidays are supposed to be a joyful time of good cheer, parties and family gatherings, but it is not unusual for many of us to feel sad, lonely or even anxious during the holidays. This condition, which has come to be called "holiday blues," can occur with any holiday or vacation time. It commonly happens at the end of the year when it can seem that just about everyone is celebrating in some way. High expectations, loneliness and stress can lead to holiday blues during the season from Thanksgiving to New Year's. In most cases symptoms are temporary, but they can be serious if they last for more than two weeks, leading to clinical anxiety and/or depression.

## Why are seniors susceptible?

Many factors can contribute to feelings of sadness that seniors may feel around the holidays. The holidays can heighten feelings of grief and loss for seniors adjusting to changes related to the process of aging, such as life without a loved one or close friends, ill health, or a move from a lifelong family home into a retirement home or senior community. They may feel guilty about having feelings of sadness which may in turn intensify those feelings of sadness.

## How to manage the holiday blues?

The holiday blues can be a normal response to a stress-filled time of the year, but seniors don't have to suffer unnecessarily. Mental Health America, a non-profit dedicated to helping Americans lead mentally healthier lives, offers the following tips for coping with stress:

- Keep expectations for the holiday season manageable. Try to set realistic goals. Make a list and prioritize the important activities.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for

these feelings to be present, even if the person chooses not to express them.

- Leave yesteryear in the past and look toward to the future. Life brings changes. Don't set yourself up in comparing today with the "good ol' days."
- Do something for someone else. Try volunteering some of your time to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
- Find a family member, friend, member of the clergy, or a physician or professional counselor you can talk with who can help you through this difficult time.

## When is it more serious than just the holiday blues?

While they may be intense and unsettling, holiday blues are usually short-lived, lasting for a few days to a few weeks prior to or just after the holiday. However, it is important for family members, physicians and other caregivers to be alert to signs of something more serious than just seasonal sadness. Many elderly individuals may feel that depression is a natural part of aging and may not seek treatment on their own.

Depression is a very real and serious disease that can be treated and managed, but can be life-threatening if left untreated. The signs of depression include: sadness that won't lift; loss of interest or pleasure; changes in appetite and weight; thoughts of death or suicide. If you notice that a loved one seems depressed, encourage them to talk to their healthcare provider.



## How can Excellent Care help?

The friendly, experienced, and knowledgeable team members can help reduce your stress during the holidays by assisting with any home care services needed. During this time of year, we are often busy and having someone to help manage daily health activities can prevent stress and allow you to enjoy the festivities to the fullest.

If health issues prevent you from participating in social events, or if you are lonely and missing loved ones during this time of year, a Excellent Care can keep you company and make ensure you are properly taking care of yourself to prevent holiday blues and worsening health conditions.

If diagnosed with depression, elderly patients may respond more readily when receiving care in the comfort of home, surrounded by their family and possessions. Excellent Care offers an in-home care program to assist patients, families and caregivers affected by depression and other behavioral health disorders to journey towards wholeness. Services include stabilization, medication management, family interventions and long-term management.

If you have any questions about the various home care services provided by Excellent Care, please call 561-290-1100 today. We are here to help in any way that we can.



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# What Motivates You to Give?

By Arlene Knox, Senior Director of Development, Florida SouthWestern State College Foundation

I have a pile of envelopes on my desk. Some are multi-colored, some with pictures of children and families, others with printed messages of hope, and still some with beautiful stamps and graphics. It is the holiday season, and while many are from friends and family, many were mailed to me from non-profits seeking donations.

*Have you received these yet?* Maybe you get them year-round. In the next six weeks, non-profits will spend millions of dollars on mailings, and some will supplement these with additional emails and phone calls to seek charitable support from donors. As the end of the year approaches, it is commonly believed that most donors want to receive a tax-deduction before December 31.

But study after study shows that a tax-deduction is one of the least motivating factors as to why donors

give to a charitable cause. A cross-section of national studies shows that donors have a multitude of motivations for giving, and tax benefits are rarely ranked high.

Here is a sampling of some of the top motivations for giving, gleaned from a variety of surveys of donor behavior:

**To Honor or memorialize a loved one.** Parents, teachers, coaches, neighbors, aunts, uncles, grandparents—we all have at least one person who has helped us along the way, and often times, we want to honor them for the impact they have on our lives.

**To respond to a critical need.** Hurricanes. House fires. Health emergencies. We are hard-wired as humans to help each other and alleviate suffering, especially when we see vivid images of people in desperate situations.



**To help fulfill your life's goals and passions.** As we age, we become more reflective about our life journey, and our time is precious. Giving to charity is an intentional act of caring and concern, and helps us to focus on the values that are truly important.

**To connect with others who share your interests and passions.** Have you heard the expression “birds of a feather flock together?” Non-profits are a great way to meet other people who share similar values, and humans like to be a part of something bigger than themselves.

December 18, 2014 –  
January 1, 2015

Florida SouthWestern State College will be closed for the Winter Break

January 7, 2015  
First Day of FSW Spring Classes

**To pay back.** We all have varied backgrounds and circumstances that led us to our present situations. Many donors express an overwhelming feeling of gratitude for succeeding in life, however this is defined. Donations are a way of “paying back” those who helped us in the past.

Think about why you give to a charity. Did a friend ask you? Did you see a person in need? Have you volunteered for an organization? When you can determine your real motivations for giving, this will help you in future decision-making about the impact of your gift.

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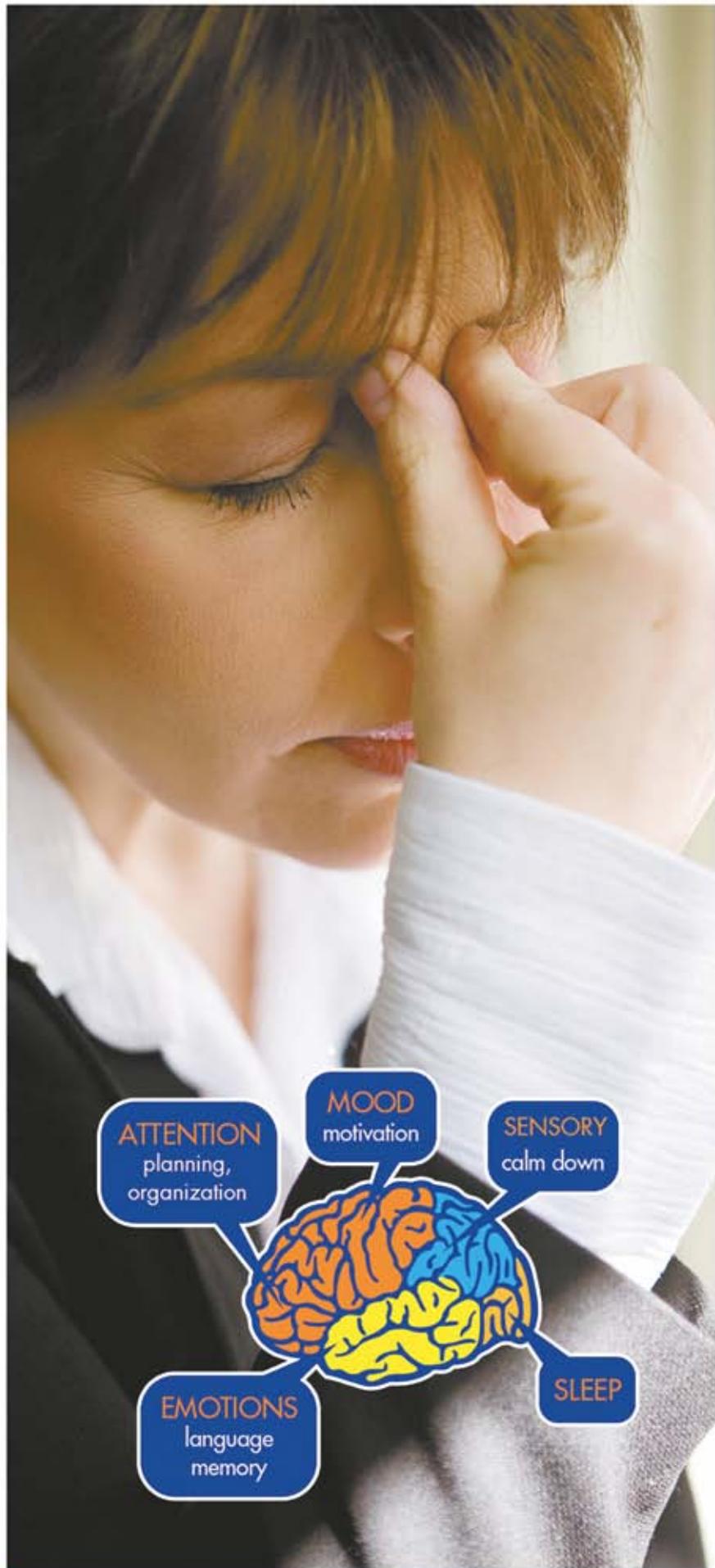
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# Overwhelmed? Anxious? Burned Out?

## A powerful drug-free method and technology can help

By Tina Landeen, LCSW and Michael Cohen, Founder, CBT

**Y**ou don't have to live with chronic anxiety, or with feelings of being overwhelmed or burned out. There's something new that can change how you feel. This new technology literally helps you feel better, less stressed, and able to handle your everyday "high stress" situations without being overwhelmed.

Medications don't teach your brain to be healthier and may not eliminate your symptoms. Medications don't help you learn to quiet your mind or how to be calm. And unfortunately many doctors are unfamiliar with treatments other than medication.

### Are There Alternatives to Medications?

Yes. One alternative is neurofeedback. It's been proven to greatly reduce or even eliminate anxiety symptoms. For people currently taking medication, using neurofeedback can help lessen a reliance on meds, and some people are able to stop taking anxiety medication entirely.

Neurofeedback helps train the part of your brain that **CONTROLS** stress more than merely helping you manage it. When you struggle with anxiety, part of your brain is simply not able to keep you calm. Neurofeedback trains that part of the brain to function better and maintain healthier patterns.

### Why Can't You Simply Talk Yourself Out of Anxiety?

People who don't understand anxiety may tell you to calm down and not let things bother you. If it were that easy, you'd already do it. When you have anxiety, the parts of your brain that are supposed to keep you calm aren't working very well. As a result, anxiety sufferers are often overwhelmed, exhausted, and feel the people around them don't understand. You can't talk yourself out of an entrenched brain pattern.

### Can You Learn to be Calmer?

Neurofeedback is one of the most powerful technologies for reducing anxiety and panic attacks by helping the brain eradicate the stuck patterns that cause the anxiety. While everyone experiences anxious moments, with chronic anxiety, your brain gets stuck in that state, and it's difficult to change it.

Elizabeth is just one client whose life benefited from neurofeedback. Elizabeth, age 35, experienced severe anxiety and had up to 5 panic attacks a day. She said they were "taking over my life." She had been having problems with anxiety and panic

attacks since age 17. After 10 neurofeedback training sessions, she had no panic attacks for almost 6 months. Training her brain helped her change the unhealthy pattern.

Another client (a licensed therapist himself) is a very wound-up man. He's hyper and anxious most of the time, though you'd not know by looking at him. After one 30-minute neurofeedback session, he said "I haven't felt this calm in my whole life." That doesn't mean one session solves the problem - his brain didn't know how to be calm. He was able to rapidly learn, but it takes more time to become a new habit. He had tried therapy and medications for years. Only when he learned to calm his brain did it calm his mind. Neurofeedback helped him learn to change is chronic pattern - in his case, quite rapidly.

Our clients have often tried everything - from medication to meditation, from yoga to diet and exercise, from alcohol to stress-reduction techniques.

Many clients who have used neurofeedback say things bother them less, their minds are quieter, and they recover from stressful events more quickly. Research repeatedly shows biofeedback and neurofeedback are very helpful for any type of anxiety, even PTSD.

**How Does Neurofeedback Work?**

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

With repeated training, the brain learns to maintain those healthier patterns. Correcting anxiety with neurofeedback just takes practice and reinforcement. The more your brain learns how to be calm through neurofeedback, the more it becomes a normal state in everyday life.

If you're on medication, it can often be reduced or even eliminated as the brain learns to remain in the calmer state.

With brain training, you learn to moderate your response to stress so anxiety occurs less frequently and is less intense and debilitating if it does happen. Neurofeedback helps you calm the over-reactive patterns that make life more difficult and allows you to take charge of your life again.

We also offer other biofeedback tools that can be helpful with anxiety, and we encourage our clients to try different methods to see which work best. Some of these tools, such as heart rate variability training, can even be used at home.

If you are interested in additional information about how neurofeedback can help reduce your anxiety, call our office at 561-744-7616.

**About Center for Brain Training**

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

Jupiter Office      Boca Raton Office  
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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.



**Tina Landeen** is a Licensed Social Worker who is focused on helping clients make desired improvements in their lives through neurofeedback and other forms of neuro-therapy. She's worked for years with children, adolescents and adults with anxiety, depression, and ADHD and behavioral problems. Since working with neurofeedback the last several years, Tina has seen clients capacity to change - including developing new habits and managing their behaviors and mood far more than without the assistance of neurofeedback.



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# UNDERSTANDING DRY EYE AND BLEPHARITIS

**D**ry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women  $\geq 50$  years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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.

  
www.goldmaneye.com 561-630-7120

# The Arrival

By Brent Myers, Pastor of Community Life  
Palm Beach Community Church

**H**o you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14



And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

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