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January 2015

North Palm Beach Edition - Monthly

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Diagram 1: Aged Skin
Labels: Elastin, Collagen, Hyaluronic Acid.
Text: The aged skin has less collagen, low elasticity, a reduced amount of hyaluronic acid, and low ability to retain moisture.

Diagram 2: Release of Growth Factors from Platelet Component (PRP)
Labels: Platelet, Collagen, Hyaluronic Acid.
Text: Cell growth is activated and collagen is produced.

Diagram 3: Regeneration & Rejuvenation of Skin Tissue
Labels: Collagen, Hyaluronic Acid.
Text: Collagen is produced and skin elasticity is improved. The ability to retain moisture is restored.

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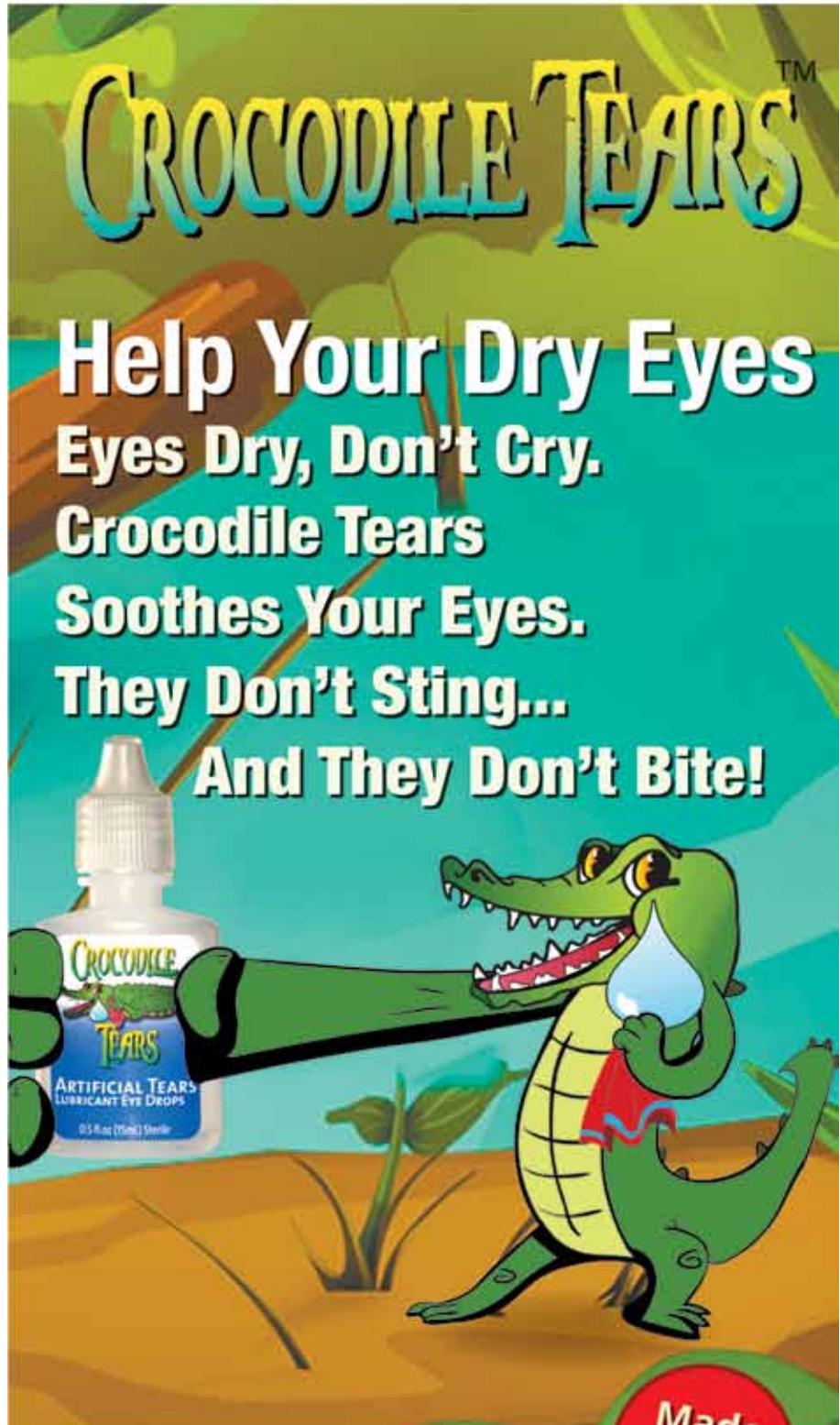

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THE BRAIN GAME – ATHLETES, NON-ATHLETES AND CONCUSSION



It seems that one cannot read today's newspapers without finding some reference to concussion. Concussion is a hot topic not only in professional sports but at the college, high school and youth levels. Concussion describes a mild traumatic brain injury (TBI) due to movement of the brain inside the skull. Injured brain cells experience an "energy crisis" and are unable to function properly.

Concussion is defined as causing at least one of the following: loss of consciousness, alteration of mental status, post-traumatic amnesia and abnormal neurological findings. Current recommendations are to remove the concussed athlete immediately from competition for an evaluation. A plan for a gradual return to play should only be considered when the athlete is symptom-free, typically days later. If an athlete returns to play

before full recovery and then sustains another concussion, this second concussion often leads to more severe symptoms and is associated with a slower recovery. One lingering conundrum: brain functioning may not have fully normalized even after symptoms have resolved; the availability of more sophisticated technology may eventually help clinicians advise athletes when they are truly ready to return to competition.



As an adult neurologist, I frequently see patients that endured a concussion after a fall, motor vehicle accident or after an object strikes the head. While many adults recover fully from a concussion within days, I often see patients with a more protracted recovery. Management typically involves a period of relative cognitive rest, a gradual return to activity and symptomatic therapy. If symptoms linger on for 30 days or more, the term “post-concussive syndrome” is often employed. For the high-functioning, multitasking, individual, the symptoms of post-concussion syndrome can be very frustrating, and are often associated with depression, anxiety and sleep disturbances.

Neuroscientists have discovered that brain function may not have fully normalized even after the symptoms of concussion have apparently resolved. There may be long-term consequences to concussion(s), the most serious of which are neurodegenerative disorders such as Alzheimer’s disease, Parkinson’s disease and chronic traumatic encephalopathy. While great strides have been made in the science of concussion, much remains to be learned. More sophisticated technology may eventually help clinicians advise athletes as to when they are truly ready to return to competition. The potential consequences of a sub-concussive brain injury may also be clinically important but remains incompletely understood. One crucial unresolved question: at what point does the risk of future neurodegeneration, secondary to head injury, outweigh the benefit from participation in a sport, job or leisure activity? Stay tuned.

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Is Your New Year's Diet Behind Your Hair Loss?

According to some estimates, half of us gained at least one pound between Thanksgiving and New Year's, which may not seem that bad, until you consider that another 10 percent put on four or more pounds—weight which takes an average of four to six months to lose.

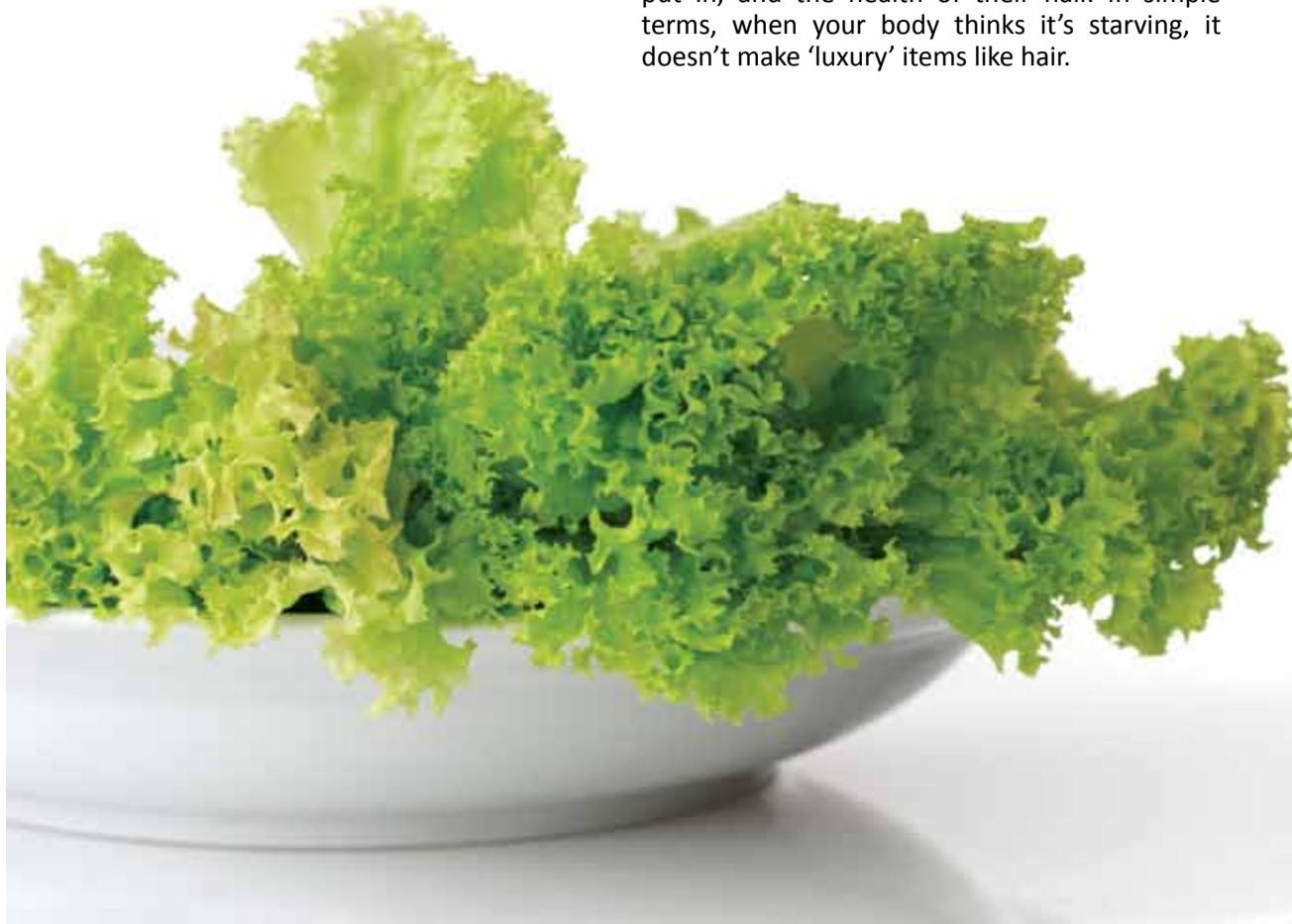
This may explain why consumers go to extreme lengths to shed the holiday pounds, including crash dieting. These extreme diets may seem like the perfect shortcut to shed the unwanted pounds we all seem to inevitably pack on during the holidays, but they can have serious implications on our health. Unfortunately, despite the risks, these unhealthy dieting methods are gaining popularity, especially among young women, who are willing to sacrifice their health in the name of beauty.

What many women, and men, don't realize is, these "crash" diets are not only bad for their health, they can also be bad for your hair. Scientists agree that your hair follicles work pretty hard making hair, so if you deprive the body of nutrition you are likely to see some degree of hair fall, depending on the severity and length of the diet. Caloric, iron and protein deficiencies are among the most common nutritional triggers for unhealthy hair, which explains why extreme "crash" diets are so damaging to our locks.

Typically, you will see hair thinning and shedding approximately six to twelve weeks after the nutritional deprivation begins. Which is why each year, starting in February, we see an influx of new patients concerned about sudden hair loss resulting from New Year-inspired diets. Most patients are shocked to learn that there is a link between what they put into their bodies, or don't put in, and the health of their hair. In simple terms, when your body thinks it's starving, it doesn't make 'luxury' items like hair.

Believe it or not, hair can be a very sensitive barometer of someone's health, especially in women. So small changes in nutrition, hormone levels, sleep cycles, medications, stress, etc., can all wreak havoc on a woman's head of hair. The severity of the effect a diet has on your hair is in proportion to your risk for hereditary hair loss. For those who are at risk for female pattern hair loss, the crash diet may be the catalyst to an onset of symptoms and problems.

But there is good news. For most people, this type of hair loss is usually temporary, but be prepared, it can still take anywhere from six to 10 months for your hair to return back to normal.





Eating a healthy, well balanced, protein-containing diet is important for maintaining healthy hair growth. In addition to protein, there are other “hair healthy foods” for those looking to increase their hair’s length, shine or thickness. Vitamins, especially B, are important to the overall health of your hair and preventing hair loss and thinning. Some of the best food choices for healthy hair include salmon, which is loaded with omega-3 fatty acids, dark green vegetables for vitamins A and C, and nuts, which are a terrific source of zinc, which can prevent hair shedding.

If your diet choices alone aren’t giving you the results you desire, you may want to consider hair supplements. Just as many women take calcium supplements to improve their health, hair supplements can give your hair an added nutritional boost. Advanced nutritional supplement Viviscal Professional, which contains

a marine-derived protein, and pharmaceutical-grade biotin are scientifically proven ways to support healthy hair growth and improve the overall quality and shine of your hair.

Another effective tool in promoting and stimulating healthy hair is low-level laser therapy. Originally approved for hair loss, laser “combs” and “hoods” are being replaced by portable, cordless, hands-free, rechargeable “caps” that are now being used by to create thicker, fuller, healthier looking hair by optimizing your hair follicles’ hair production. Over time, weak or damaged follicles grow thicker hair by using just thirty minutes of laser therapy every other day.

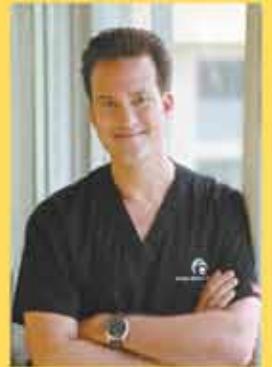
If you are concerned about sudden hair loss or are experiencing thinning hair following an extreme diet, seek advice from a hair restoration physician because untreated hair loss always gets worse with time.

Crash Diets and Hair Loss:

- ‘Crash dieting’ isn’t just bad for the body; it can also lead to temporary hair loss.
- Four to six weeks after the start of a crash diet, major shedding can occur throughout the head, but mainly in the frontal, temple and crown areas.
- Steep drop in nutrients to the body forces some hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown.
- When your body thinks it’s starving, it doesn’t make ‘luxury’ items like hair.
- Hair loss from poor nutrition is usually temporary, but it can still take a year or more for the hair to return back to normal.
- Caloric, iron and protein deficiencies are among the most common nutritional triggers for unhealthy hair.
- Vitamins, especially B, are important to the overall health of your hair and preventing hair loss and thinning.

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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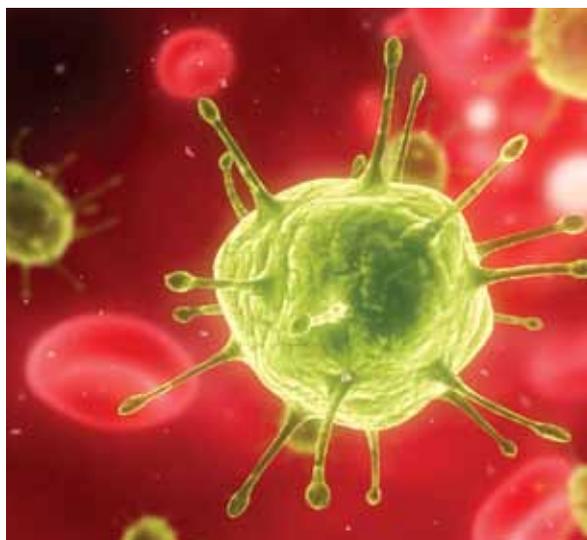


HIV And The Eyes

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

The human immunodeficiency virus (HIV) is a virus that causes the body's immune system to break down. Your immune system fights off illness and infection and is very important for a healthy body.

Once HIV is present in the body, it attacks important white blood cells in your immune system called lymphocytes, or T-cells. T-cells identify and destroy invading organisms in the body. Once attached to the T-cell, HIV replicates and destroys the cell. When your body is deprived of enough T-cells, it can become very sick from infections that a healthy person's immune system would normally fight off, such as colds, flu and other viruses.



What Is AIDS?

AIDS is acquired immune deficiency syndrome, and is caused by HIV. Someone is considered to have AIDS when their immune system is no longer able to keep them healthy. For someone with HIV, the process of the virus destroying T-cells and replicating itself may go on for years. This is why many people infected with HIV do not get sick with AIDS until years later.

How Do You Get HIV?

HIV lives and reproduces in human blood and other body fluids. Someone can become infected with HIV if these infected fluids enter their body.

These fluids can contain high levels of HIV:

- Blood
- Semen
- Pre-seminal fluid
- Breast milk
- Vaginal fluids
- Rectal (anal) mucous

Other body fluids, as well as waste products like feces, urine, vomit, nasal fluid, saliva, sweat and tears, generally don't have enough HIV in them to infect you, unless blood is present in them.

While HIV can be found in tears of infected people, no cases of AIDS have ever been reported from tear contact. Ophthalmologists (Eye M.D.s) are especially careful about cleaning instruments and lenses that come in contact with tears.

How Does HIV/AIDS Affect the Eye?

Because HIV causes a breakdown of your body's immune system, all areas of the body are susceptible to infection, including the eye. People with HIV who are otherwise in good health are not likely to experience eye problems related to a suppressed immune system. However, an estimated 70 percent of patients with advanced AIDS experience eye disorders.

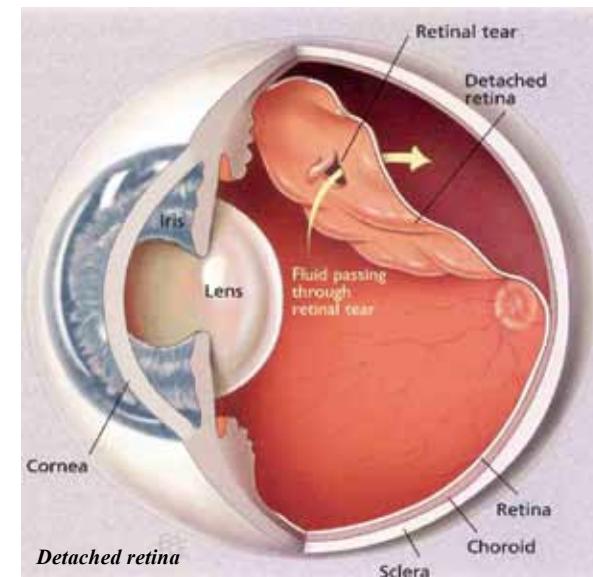
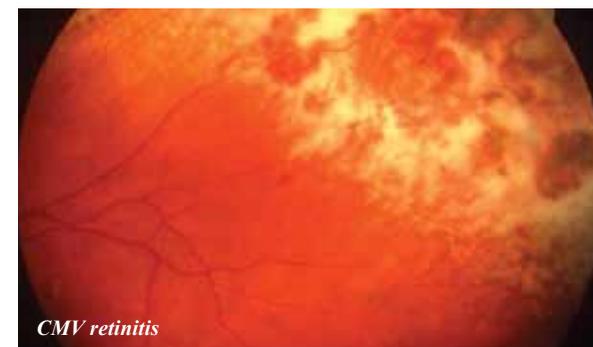
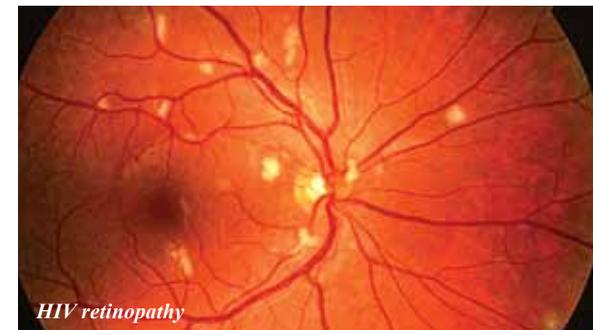
AIDS-related eye problems due to a suppressed immune system can include the following:

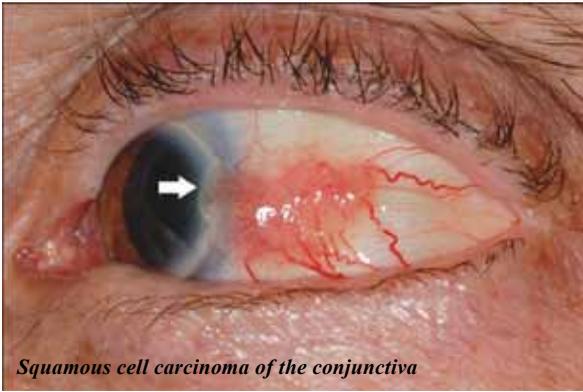
HIV retinopathy

This is the most common finding in people with AIDS. Small hemorrhages and cotton wool spots (white spots as a result of a blood vessel blockage) are seen in the retina—the light-sensitive tissue lining the back of your eye. It is thought that the HIV virus is directly responsible for these changes to the small blood vessels in the retina.

CMV retinitis

A more serious eye infection that occurs in about 20 to 30 percent of people with AIDS is CMV retinitis. It is caused by a virus called cytomegalovirus (CMV). It usually occurs in people who have more advanced stages of AIDS in which T-cell count is very low. Symptoms include swelling (inflammation) of the retina, bleeding and vision loss. If left undiagnosed and untreated, CMV can cause severe vision loss within a few months.





Squamous cell carcinoma of the conjunctiva



Various eye infections



If you have HIV/AIDS, you should see your ophthalmologist (Eye M.D.) immediately if you experience:

- floating spots or “spider-webs”;
- flashing lights;
- blind spots or blurred vision.

CMV retinitis cannot be cured, but progression of the virus can be slowed with medication.

Detached retina

CMV can sometimes cause detached retina, where the retina pulls away, or detaches, from the back of the eye. A detached retina is a serious problem that causes severe vision loss unless treated. Almost all retinal detachments require detached retina surgery to put the retina back in its proper position.

Kaposi’s sarcoma

Kaposi’s sarcoma is a rare form of cancer that occurs in AIDS patients. This cancer can cause purple-red lesions to form on the eyelids, or a red, fleshy mass to form on the conjunctiva—the thin, filmy membrane that covers the white part of your eye. Kaposi’s sarcoma may look frightening, but it usually does not harm the eye, and can often be treated.

Squamous cell carcinoma of the conjunctiva

This is a tumor of the conjunctiva, the thin membrane that covers the white of the eye. Studies have shown this condition to be related to HIV/AIDS infection, prolonged exposure to sunlight, and infection with the human papilloma virus (HPV).

Increased risk of various eye infections

A number of eye infections, some associated with sexually transmitted diseases and others that are not, may be more common in patients with HIV. Some of these infections may include herpes virus, gonorrhea, Chlamydia, toxoplasmosis, Candida, Pneumocystis, microsporidia, and others. These infections can threaten vision and require treatment by an Eye M.D.

How Are HIV-Related Eye Diseases Treated?

The treatment for HIV-related eye diseases depends upon the particular disease. However, patients who maintain the health of their immune system through antiviral drug treatments are at lower risk of developing HIV-related eye diseases.

It is important for anyone with HIV to undergo routine eye examinations with an ophthalmologist to detect any problems as early as possible.



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How Do You Care for Hearing Aids?

By Dana Luzon, Au.D.



MOST HEARING AID REPAIRS ARE DUE TO MOISTURE AND EARWAX accumulating in the hearing aid. The vast majority of these repairs are preventable. Hearing aids are simple to care for. It's important to clean your instruments every day, either before you put them in your ears every morning or when you removed them at night. Your Audiologist can instruct you on how best to clean your particular hearing aid model, and will give you some small tools to brush the aid and clean ear wax from the sound bore and vent hole. Dr. Dana Luzon, Doctor of Audiology with Audiology and Hearing Aids of the Palm Beaches recommends scheduled maintenance at the office every 3-6 months for a check up on the health of your devices. You do not need to clean your hearing aid with water or any chemical cleaning solution. Always use a dry cloth or tissue to wipe down your hearing aids.

To best protect your instruments from humidity or moisture, use a DRY-AID kit. These kits remove moisture that has accumulated in the instrument (from perspiration, humidity, etc.) and can extend the life of your hearing aids. Electronic dry-aid kits as well as small dry jars are available for purchase from your Audiologist. Electronic dry aids include a germicidal light that kills most bacteria and other germs, desiccants to absorb moisture, and fans to circulate air through the internal components of the hearing aids. Dry jars use the desiccant beads to draw out moisture the

hearing aid has accumulated throughout the day and are typically less costly.

Avoid dropping your hearing instruments on hard surfaces; the shock can damage the receiver or other miniature electronic components. Keep your instruments in their case or your dry aid kit when they're not in your ears. It is common for hearing aids to get lost when they're put in a pocket or purse without their designated case. It's also not uncommon for dogs to chew on hearing aids left lying out, so keep them in a protective case to prevent damage to your devices.

Preventive maintenance is the key to longer lasting hearing aids. Well maintained hearing aids can last five year, so a little maintenance will go a long way!

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Dana Luzon, Au.D., CCC-A
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.

HydraFacial



If you've ever had a microdermabrasion, then you're going to love the next generation treatment that combines hydration and exfoliation all in one. The HydraFacial machine has trademarked a new technique called Hydra-Dermabrasion. Hydra-Dermabrasion is much more comfortable than traditional microdermabrasion and uses active ingredients that soften, deep cleanse and exfoliate the skin. Using active ingredients in the patented HydraFacial MD products allow instant visible improvements in just one treatment. What also makes this treatment unique and set apart from other dermabrasion treatments, is that it uses vortex fusion that is clinically proven to penetrate the dermal layer of skin. The HydraFacial is able to infuse a multitude of complex peptides to plump the skin, fill in lines and saturate the skin with the highest quality ingredients including horse chestnut, green tea and hyaluronic acid. The HydraFacial can treat all skin types including dark skin, acne, rosacea, hyperpigmented and dry skin. Although results are visible after the first treatment, a series of 4-6 may be recommended depending on the patient.

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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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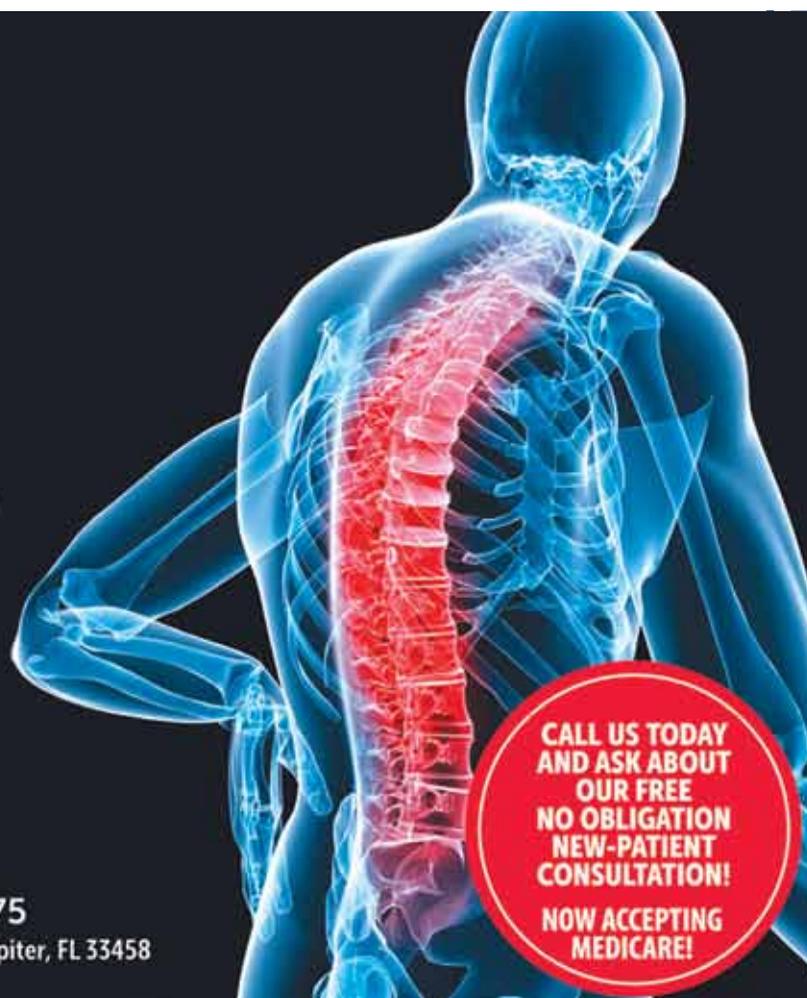
- Lumbar Spinal Decompression Therapy
- Cervical Spinal Decompression Therapy
- Chiropractic Therapy
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We'd like to wish our readers
HAPPY NEW YEAR!

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.

NEW YEAR, NEW YOU

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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Relapse Prevention / Maintenance after Weight Loss

By Suheil Khuri M.D.

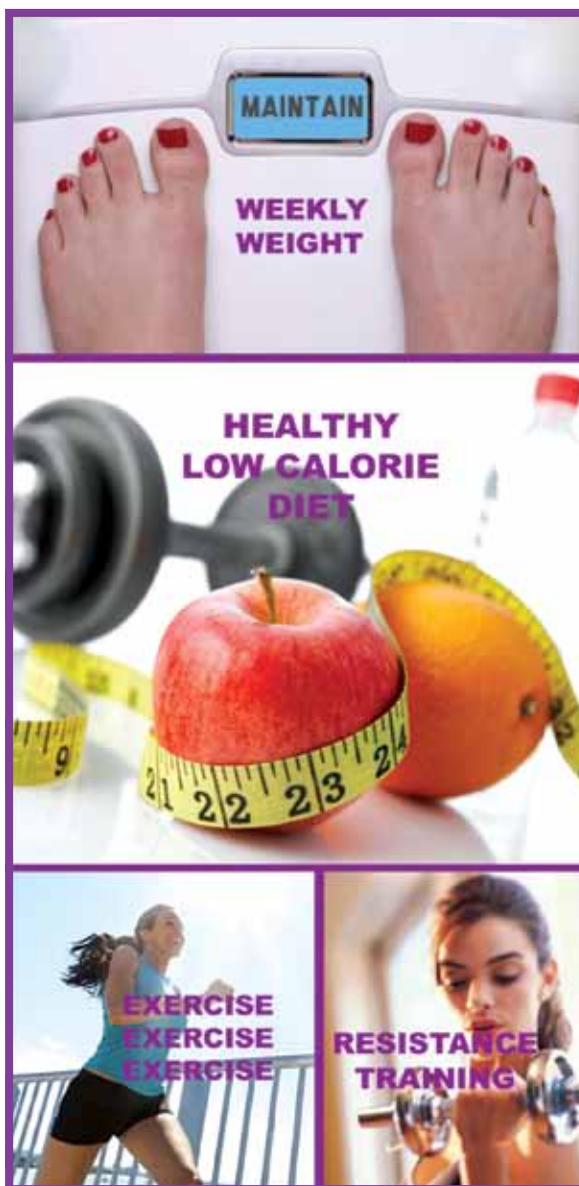
You have worked hard and succeeded in losing that weight. How can you now maintain that weight for the long term? How can you prevent a relapse? Weight re-gain is very common after weight loss if self monitoring (your accountability) is ignored.

The support and encouragement that people have given you throughout your weight loss journey is not there any more. Now you need to rely totally on your own efforts, commitment and accountability to maintain that weight and prevent relapse into the old habits.

The usual pattern of weight loss in patients who undergo a lifestyle change is that maximum weight loss is achieved by 6 months. A plateau usually follows this weight loss and then gradual weight regain with time.

Here are important recommendations that can prevent a relapse and help you maintain that weight loss:

1. Feel responsible and be **accountable** to yourself. Follow a regular, structured behavior/habit change program that includes regular self-monitoring of your weight, food intake, and physical activity. Hopefully you have already been developing those lifestyle changes during your weight loss period and now you can carry them through for the long term.
2. **Weigh** yourself regularly, at least once weekly. It is expected that you will gain a few pounds on and off, but do not allow yourself to gain more than 3-5 lbs. (2%-3%) above your current weight for longer than a few days. Decrease your food intake and /or increase your physical activities to lose that extra weight again. If you can't get back to that maintained weight, seek a consult with your physician or the weight loss program that you subscribed to.
3. Maintain a healthy **reduced calorie diet**.
 - a. Stay away from binge eating and the temptations for eating at night. Avoid eating a few hours (2-3 hrs.) before bedtime. This allows your body to digest the food you consumed and get you to sleep better as well.



- b. Avoid saturated fats, trans fats, and foods with added sugar.
 - c. Don't forget the proteins, which are important to maintain/rebuild, your muscles and general health.
 - d. Drink a lot of water regularly. 8 oz. eight times daily at least
 - e. Eat healthy snacks 2-3 times a day.
4. **Physical Activity**. This is more important for weight maintenance than for weight loss. After you lose weight your metabolic rate (calorie burning ability) is actually decreased

which makes it important for you to exercise more to achieve the same benefits you got during your weight loss period.

There is enough evidence that higher levels of physical activity, approximately 250 minutes (200-300 minutes)/week are needed to maintain lost weight and minimize weight regain in the long term.

Include resistance weight training at least 2-3 times per week.

5. Do not skip breakfast. **Breakfast** is the first stimulant for your body to start burning calories and should not be missed.
6. Eat **meals away from home less than 3 times** per week.
7. Decrease your sedentary lifestyle especially **watching television to 10 hours or less** per week.
8. There is evidence that your **participation in a long-term comprehensive weight loss maintenance program** with monthly or more frequent contact, in person or by telephone, can improve your successful weight maintenance.
9. **Sleep** 7-8 hours daily helps your body maintain a better health and recharges you for the next day.

Call us at Dr. G's WeightLoss and Wellness of Jupiter for a free consult at: 561-427-2232

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Testosterone linked to Health Concerns in Men

Low 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.

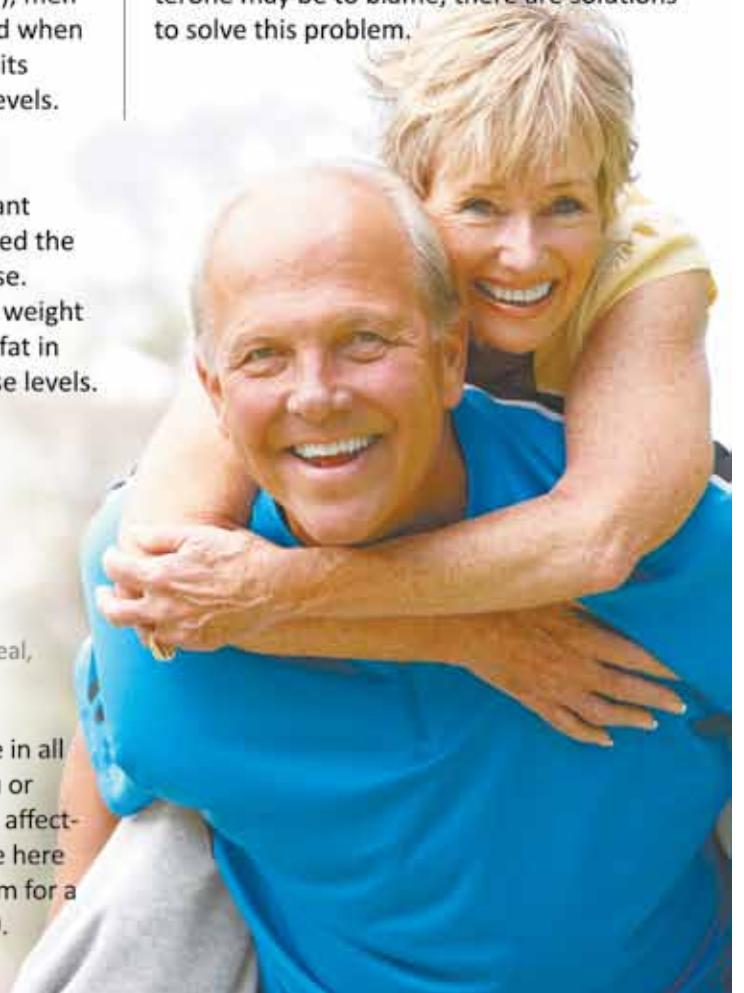
What is your testosterone level? What is your optimal level? If you don't know the answer to these questions you should. It's a matter of you living healthy. Knowing how to boost testosterone can help you avoid all of these common health issues. There are many reasons why your testosterone levels drop 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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HOW ADVANCED TECHNOLOGY MAY REDUCE PAIN & FEAR IN THE DENTAL OFFICE

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



Many of today's advances can help make dental surgical procedures more conservative, less invasive and often times less painful. Fear tends to be the main reason patients delay or never seek recommended treatment. Unfortunately, issues with the teeth, gums and jaw bone do not repair themselves. When left untreated, these problems typically lead to more significant problems including tooth loss and pain. More invasive procedures may be required to address a situation that might have been able to be addressed in a less costly and less involved manner.

Anxiety / Fear:

Managing a patient's anxiety or fear typically begins during the consultation appointment. Building trust with your doctor can go a long way in helping relax your fears about the unknown. Asking questions and receiving full explanations regarding your options can also help in reducing anxiety. Sedation is a tool we use to relax patients before, during and after a procedure. Our patients typically utilize either oral sedation (medications like valium) prior to their procedure or choose IV Sedation (also known as "twilight sleep"). In addition, the fear of "Novocaine" can be reduced through new delivery techniques that change the way the anesthetic can be given. Using sedation and newer anesthetic procedures can truly make even the most nervous patient relax and have a pleasant experience.

Decreasing Pain:

Once the anesthetic has taken effect, no pain should be felt during the surgical procedure. This can be verified with you before the procedure starts. Much of the discomfort that patients experience is after the treatment is completed and during the early healing period. Most of this discomfort is caused by swelling. Typically, but not always, the more invasive the procedure, the more post-operative discomfort. Our goal is to keep the surgery as conservative, safe and non-invasive as possible. The use of the latest technology helps to achieve these goals.

A good example of state-of-the-art technology is the use of an in-office CT machine. Using this type of 3 dimensional x-ray to help plan procedures such as dental implants offers the surgeon the ability to see "inside the jaw bone". Treatment can then be planned in the most ideal locations, allowing visibility of important structures such as nerves and sinus cavities. This technology can also be used to help perform "teeth in the same day" procedures. The benefit is that in some cases no incisions are needed to perform the surgery. In addition, treatment times may be shorter.

Another example of the use of advanced technology is the treatment of bone loss around the teeth (also referred to as periodontal disease or deep pockets). Traditional surgery typically requires an opening of the area and sutures. The use of laser technology (similar to what is done with eye procedures) allows treatment of this life-long disease with no pain, no scalpel and no sutures. In fact, no pain medication is even provided for this procedure.

Many new options are available to patients that allow treatment of dental issues with both the reduction of fear and decreased swelling, pain and post-operative discomfort. Treating early today can prevent more expensive and invasive treatment tomorrow.



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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Treating an injury: RICE versus MEAT

Have you sustained an injury due to sports or overuse? Did you immediately reach for a bag of ice only to find that weeks later you are still icing the injury but not feeling better? The reason is simple. In addition to other steps of the well-known RICE protocol, ice is not an effective method for resolving most injuries. Let's explore the RICE protocol a little further and its more effective alternative: the MEAT protocol.

The RICE protocol

RICE stands for Rest, Ice, Compression and Elevation. Occasionally, "P" is added to the protocol. It stands for Protection, and consists of bracing or taping the area. A key premise of the RICE treatment is that the swelling that accompanies an injury is harmful to the tissue and, therefore, it is designed to decrease circulation to the area. Understanding the difference between ligament and muscle tissue is crucial to understanding when RICE is appropriate for an injury.

One of the most common joint injuries revolves around the strain or sprain of ligaments and tendons. Ligament sprains, for instance, are often accompanied by quite a bit of painful swelling. Ligaments are the small and mighty tissues that hold our joints together. They are made of collagen, one of the strongest substances in the body. Due to their poor blood supply, ligament injuries are subject to incomplete healing and are the cause of most chronic sports injuries and pain. On the contrary, muscles heal quickly due to their excellent blood supply and rarely cause a long-term problem. While the accumulation of fluids, or edema, can in fact be harmful to muscles in the form of compartment syndrome, this does not apply to ligament and

See Figure 1

RICE VERSUS MEAT			
<i>The RICE treatment leads to incomplete healing of soft tissue whereas MEAT encourages complete healing.</i>			
MODALITY	RESULT	MODALITY	RESULT
R EST	Decreased joint nutrition	M OVEMENT	Increased joint nutrition
I CE	Decreased blood flow	E XERCISE	Increased blood flow
C OMPRESSION	Decreased pain control	A NALGESIC	Increased pain control
E LEVATION	Incomplete healing	T REATMENT	Complete healing

tendon injuries. Compartment syndrome occurs when swelling due to an injury places pressure on the muscle tissue, which decreases circulation and healing, which causes further swelling due to fluid accumulation, which decreases healing even more. This vicious cycle can lead to permanent muscle, nerve or circulation damage, which is why the RICE treatment has become an established protocol for muscle injuries, however has been inappropriately applied to ligament injuries as well, which operate under an entirely different set of circumstances.

If the limited blood supply to the ligaments is cut off using the RICE method, the body's ability to heal is compromised. Furthermore, the blood supply to the ligaments is the poorest at the point where the ligament attaches to the bone, called the fibro-osseous junction. This point is also the weak link in the ligament-bone complex, and the area most commonly injured during sports and is responsible for most lingering sports injuries.

The MEAT protocol, and why it promotes healing

The more conservative, and effective, treatment for joint injuries is the MEAT protocol (Movement, Exercise, Analgesics and Treatments). (See Figure 1.) While immobility is detrimental to soft tissue healing, movement is beneficial because it increases blood flow to the injured area by generating heat. This is why the application of heat is also recommended for ligament and tendon injuries. Gentle range-of-motion exercises also help improve blood flow to the injured area. Natural analgesics, such as proteolytic enzymes, decrease the painful swelling of soft-tissue injuries but do not stop the natural inflammatory reactions that lead to healing.

Examples include bromelain (from pineapple), trypsin, chymotrypsin and papain (from papaya). Other options for pain control include pain relievers that are not synthetic anti-inflammatories, such as Tylenol (acetaminophen). They help relieve pain without decreasing inflammation, a critical part of the soft-tissue healing process.



See Figure 2

What about taking anti-inflammatories, such as ibuprofen?

Injuries need blood flow in order to repair fully. The use of anti-inflammatory medications can prevent the injury from fully healing, and allow the cycle of pain and increased pain medication to continue. For people looking to stop this vicious cycle, put down the ibuprofen and look to regenerative treatments to bring about joint rejuvenation and get you back to your active lifestyle.

Finding the right treatment for your injury

Treatments are called for in the MEAT protocol in order to increase blood flow and immune cell migration to the injured area that will assist ligament and tendon healing. Treatments can include physical therapy, massage, chiropractic care, ultrasound, and myofascial release. All improve blood flow and help soft tissue to heal. If the injury has not healed within six weeks, more aggressive treatments should be considered, including comprehensive Prolotherapy, a natural injection therapy. (See Figure 2.) For athletes and active people who are in season and cannot afford time off from their sport or busy schedule, this natural injection therapy is a great option for rejuvenating the painful joint and does not require the extensive downtime of the RICE protocol. In summary, the MEAT protocol is more effective and expedient than the RICE protocol when it comes to healing ligament and tendon injuries.

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a small space that offers **GREAT DANGER**

Inside the home, the bathroom is the most dangerous for the likelihood of accidents. The bathroom is one of the most hazardous places in the home; as a matter of fact the majority of broken hips are the result of slipping in the bathtub. The U.S. Consumer Product Safety Commission reported that there are more than 300,000 bathroom accidents each year and that 2.5 million adults over the age of 65 need special assistance in bathing. It is important elderly living at home know how dangerous the bathroom can be, and to take proper safety precautions. January is National Bathroom Safety Awareness Month, a great time for seniors aging in place to make improvements in his/ her home that can greatly reduce their risk of accidental falls in the bathroom. One of most important and easiest modifications, simply adding grab bars to make getting in and out of the tub or the shower more secure. A specially-designed grab bar can also make it easier to get on and off the toilet. A raised toilet seat or a commode with a self-powered lifting mechanism (can be used over a regular toilet) can be a great help for people who have trouble bending as well as getting up. Other smart bathroom products designed for the shower or tub are water-safe chairs and benches. A transfer bench that goes over and inside the tub makes it possible to sit on one edge and swivel legs into the tub for bathing. A great advantage to many of these bathroom safety products, they can often fold up and be moved to the side when other family members need to use the facilities. Other smaller things can be done to prevent bathroom injury - add motion and/or nightlights in the hallway to bathroom, skid tape in the shower, and use a long handled wash brush for bathing so that one doesn't need to bend over, increasing their risk of falls. Even small measures and awareness of fall prevention can drastically reduce a person's chance of being one of the following statistics.

- About one third of the elder population over the age of 65 falls each year, and the risk of falls increases proportionately with age. At 80 years, over half of seniors fall annually.

- Falls are the leading cause of death due to injury among the elderly 87% of all fractures in the elderly are due to falls.



- Falls account for 25% of all hospital admissions, and 40% of all nursing home admissions 40% of those admitted do not return to independent living; 25% die within a year.

- 55% of all falls take place inside the home.

- There are nearly 200,000 bathroom accidents per year. That's 70 percent of all home accidents, according to research from home care products company Aurora in North Ridgeville, Ohio.

The bath is slippery when wet, and without proper safety, a fall can happen in an instant. Safety should come first. There are precautionary

measures that one can take in the bathroom. Excellent Care home health agency can provide Occupational Therapy in the home to work with the client and his or her caregivers to scan the home environment for hazards and evaluate the individual for limitations that contribute to falls and facilitate proper home safety measures. In addition, Physical Therapy can help with balance and strength training to help with fall prevention to those who qualify for Home Health services. Contact Excellent Care to let us help you design a safer environment and provided professional and trained support during those times falls are most likely to occur. **Please call 561-290-1143 today.** We are here to help in any way that we can.



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Strong Colleges, Strong Communities...

By Dr. Patricia Land

In this day and age, most students coming out of high school go directly into college, and there are so many colleges, degrees and programs to choose from. With so many options for advanced education, many graduates stay and settle in the areas in which they studied to build stronger and better communities. I had the opportunity to be impacted by students who have made our community better and stronger.

One beautiful summer afternoon in late July of this year, my life changed dramatically. I was trying a new marinade and had food on the grill for a delicious dinner. As I worked in the kitchen, I pivoted to leave the room and check the progress of my dinner on the grill, my ankle froze but my leg did not. That incident caused me to snap three bones in my ankle, where I then fell directly on my knee, fracturing it in many pieces.



Student in class



Nursing Simulation Training at Florida SouthWestern State College

It was quickly apparent that I wasn't going to be able to get up on my own, and I was not able to locate my cell phone. Fortunately, I was able to slide over and reach the land line to call 911, and then was able to slide over to unlock the front door as I waited for help.

When the medics arrived, they not only addressed my injuries, but also helped me locate my cell phone and extinguished my grill before taking me to the hospital. They were kind and skilled in managing my discomfort as much as possible. Since the college I work with, Florida SouthWestern State College (FSW), offers such a wide variety of health science degrees, I have developed a routine to always ask what college various individuals attended. I wasn't surprised to

hear that these kind medics were FSW graduates. I know the rigorous training FSW paramedics are put through at our institution, and I felt very secure that I was in good hands.

Upon reaching the emergency room at Fawcett Hospital, I felt as if I had joined a health professions reunion. A number of FSW nurse graduates and current students assisted me, again with the highest demonstration of professionalism and competence. I know that our institution, as well as others in our region, help students to advance in their careers and their personal goals, and it was such a treat to see the results of that, however, I would have preferred to visit under more positive circumstances.

During the subsequent two months, I encountered still more students in home health positions or in businesses as my wheelchair and I navigated a retail store. I'm in the home stretch now, going to physical therapy 3 times each week and seeing former students accomplishing their goals. With continued progress, I hope to shed my walker for a cane in the very near future.

Supporting our local colleges and universities is important to mold the decision makers of tomorrow, but it is even more important to have them choose our community as their home. The skills and expertise they learn here then benefit the local area, and help to build a stronger community now and in the future.

Dr. Patricia Land is the Charlotte Campus President/Regional Vice President Economic and Community Development at the FSW Charlotte Campus. She can be reached at (941) 637-5682 or by email at pland@fsw.edu.



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- Insomnia?
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- Brain Fog and Memory Loss?
- Weight Gain and Muscle Loss
- Fatigue and Sleeping Difficulty?

There 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 in-

tricate, 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.

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!)

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.



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Life Call

Providing Peace of Mind to Seniors and Families



Leslie used to call her mother up to five times a day to make sure she was okay. Her mother, an 87-year-old widow in Cleveland, was not as steady on her feet as she used to be. Leslie was worried what might happen if her mother were to fall and nobody was around to help. Leslie has found peace of mind in a LifeCall medical alert system. Emergency assistance is available to her mother at the touch of a button. “This technology finally lets me feel confident that my mom is safe and secure and she can stay in her home longer,” said Leslie, a 45-year-old elementary school teacher.

Medical alert systems, or Personal Emergency Response Systems (PERS) are devices that connect seniors or persons at risk to a 24-hour emergency response center with the push of a button. PERS technology gives seniors more confidence in their ability to live alone and helps families avoid the wrenching decision of whether to move an aging parent from his or her home to a facility.

A typical PERS system features three primary components.

1. Base Monitoring Unit

The heart of every LifeCall system is the base monitoring unit. Designed for tabletop use, it is ideal for bedside placement. It plugs into your phone line just like an answering machine and connects wirelessly to the Medical Alert button. An ultra-sensitive microphone and voice amplification can pick up your voice and let you hear conversations with the Response Center in virtually any part of your home.

The base monitoring unit is easy to set up, conducts regular, automatic self-testing to confirm proper operation, and will alert LifeCall in the event of system trouble or if maintenance is required. The station also features a HELP button for manual activation in the same manner as the Medical Alert buttons, as well as a CANCEL button that terminates alarms.

2. Medical Alert Button

Each LifeCall system features a discreet, Medical Alert button that can be worn either around the neck as an adjustable medical alert necklace or pendant or on the wrist as a medical alert bracelet – whichever you prefer. The Medical Alert button is water resistant (designed to wear in the bath or shower where falls most often occur) and with a battery life of 2-3 years will provide help whenever you need it. Unlike a cell phone, you wear your Medical Alert button 24/7 so that if worn properly help is always within reach. Designed for wear, the alert button is comfortable and unobtrusive.

Whenever the alert button is pressed within range of the base monitoring unit, the station calls our emergency Response Center.

3. Emergency Response Center



All LifeCall subscribers have 24/7 access to our US-based emergency Response Center. In an emergency situation, the base monitoring unit contacts our dedicated emergency Response Center. Two-way voice communication is promptly established allowing you and the Response Center operator to talk directly with each other via the base monitoring unit.

Whether the distress signal is sent by pressing the Medical Alert button or by being triggered by a fall, when the high-speed two-way connection is com-

plete, you'll hear the reassuring voice of a trained and certified EMT operator. We immediately check on your status and, in the event of an emergency, access your profile then contact the people you've identified – and emergency personnel, when appropriate – to get you the help you desire.

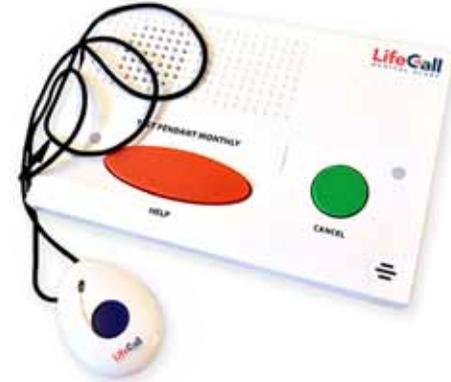
What makes LifeCall unique as a leader in the medical alert industry?

Global leaders in technology

Our medical alert systems feature equipment manufactured by the global leaders in medical communications technology. All LifeCall equipment is UL®-listed, FCC approved, and relied upon every day in millions of safety and security applications around the world. In addition, the LifeCall Response Center is powered by a world-class automation platform and two fail-safe redundant systems. The center also has been recognized by Computer World Magazine for its high-tech infrastructure.

In addition to traditional landline or cellular systems, LifeCall is at the forefront of offering the latest evolution of proven PERS systems to the marketplace. These include:

FallAlert systems.



Fall detection technology that does not require pressing the “panic button” which may be inaccessible if the user is unconscious due to a fall. LifeCall's FallAlert system features a Medical Alert pendant that includes sensors which 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.

Mobile Alert systems.



Emergency access whether inside, outside, or away from home, using highly-accurate U-TDOA location technology. LifeCall – wherever you go.

For active clients who desire one-button access to emergency help wherever you go, LifeCall is pleased to offer Mobile Alert – for maximum protection in an emergency no matter where you are, whether inside, outside, or away from your home. Mobile Alert is our latest medical alert system which has all the exceptional features our clients have come to expect from our complete line of personal emergency response systems.

Mobile Alert provides LifeCall’s superior 24/7 service with the added reliability of high-accuracy U-TDOA location technology. If you need to be located, emergency care specialists can connect you to 911 who will speak to you and locate you (if necessary) using U-TDOA tracking – which is

far superior to GPS for pinpointing a person inside a building. This allows the emergency Response Center to determine whether you are at home and gain a more accurate position inside a building or structure.

Although the Mobile Alert system is small and lightweight, its two-way voice system features a powerful built-in speaker and microphone. At the press of a button, the user is connected with a certified emergency care specialist who can dispatch EMS and/or send loved ones to the user, depending on what is needed. The Mobile Alert 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.

The EMT difference

In an emergency situation, when acquiring and assessing critical information is vital, you need the best individuals trained to handle all types of emergencies. The LifeCall Response Center is staffed 24/7 with 100% certified Emergency Medical Technicians (EMTs) prepared for every emergency situation. Once two-way voice communication is established, the EMTs stay in constant contact with you, assessing the situation and, when necessary, dispatching emergency personnel while providing vital medical history to the paramedics en route. Loved ones and caregivers are promptly notified of the incident and the post-alarm status of the client. Every one of the EMTs at our Response Center has a minimum of 100 hours training in areas such as cardiac and respiratory emergencies, human anatomy, blood stoppage, trauma management patient assessment and more. These specially trained individuals work alongside police and firefighters every day at the scene of emergencies providing immediate assessment and care prior to hospital transport.

Our team of personal emergency response system experts has delivered life safety and security solutions to healthcare facilities and families throughout the United States since 1974. Utilizing the latest healthcare communications technology, LifeCall Medical Alert Systems w/ Fall Alert continues to be an innovator in providing independence, security and responsive emergency assistance – all at the tip of your fingers.

LifeCall works very closely with home health agencies & registries, physicians & therapists, case managers & social workers, consultants, DMEs, etc. LifeCall is a logical add-on service for any health & wellness business that promotes aging in place and is committed to providing excellent care and around-the-clock monitoring for their patients or senior clients. LifeCall’s services do not compete with these services in any way. We simply enhance these fine services by offering one more valuable amenity.

Since its founding the LifeCall organization has been defined by a family-first philosophy that has guided our mission: to help families like Leslie and her mother retain their independence and remain in their own homes. By engaging a caring team of dedicated professionals who share that passion, LifeCall is – and will continue to be – at the forefront of providing the very best in-home health care monitoring solutions. And by offering a level of integrity, personal attention and service excellence that are simply unmatched, we have built friendships and relationships with our clients and their families that are the envy of the industry.

To learn more about LifeCall’s wide array of medical alert systems, visit www.lifecall.com or call a LifeCall security representative today at **1-866-220-1212.**

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Do You Have Chronic Sleep Problems?



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New Technology Focused on Brain Health Can Help You
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If you struggle to fall asleep or stay asleep, or you never feel rested, you're not alone. It's estimated that millions of people are affected. Regardless of the cause – insomnia, anxiety, a racing mind, chronic pain, or something else, getting better sleep is critical. It is possible to improve how well you sleep.

Many resort to supplements or prescription drugs in order to slumber more easily. But what if you still struggle? Or what if you can't tolerate medications, or you're concerned about the effects of taking drugs long term? Fortunately, there's new options.

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.

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.

By Michael Cohen,
Founder, Center for Brain Training,
Renee Chillcott, LMHC

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 of rest so that your entire body can recharge and repair itself. If the brain's timing is out-of-sync, the brain has difficulty shifting into 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.

Improving Sleep Rhythms

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.

- Can't fall asleep?
- Wake too early?
- Don't feel rested?
- Can't shut off your mind?

Another client, Sherry, came with a history of anxiety and sleep issues. She had increasingly bad sleep over the last 6 months, reporting 2 to 5 hours a night sleep, even with medications from her doctors. She could not quiet her mind. Poor sleep corresponded with a huge increase in anxiety. She could hardly work.

By the fifth visit to our center, Sherry's sleep was significantly improved. She slept consistently longer, up to 3 hours a night on average and her sleep was more restful. It was a tremendous relief for her. Better sleep also reduced her anxiety. Sherry continued with neurofeedback to build a sustained sleep pattern and to further help her anxiety and depression.

Sleep Typically Responds Quickly

Many doctors aren't aware of neurofeedback, its role in helping improve sleep and the research. Improved sleep is often the first significant change noticed by people when they start neurofeedback, even if they came for other symptoms.

Once doctors learn about the positive results in their patients and understand it, they're usually receptive to neurofeedback and biofeedback. The EEG is fundamental to sleep. Neurofeedback helps individuals regulate their EEG to produce a more normal sleep pattern.

Sleep hygiene issues and medical issues such as sleep apnea should also be carefully addressed.

Does Neurofeedback Work for Children?

People of all ages can have brain patterns that cause disruptions to their sleep. Many parents report to us that children get to sleep easier and wake much easier as a result of training. When sleep is improved, it often improves attention, behavior and emotional responses. People often see a noticeable improvement in sleep within the first four to six sessions.

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 dedicated to helping brain issues. These include anxiety, depression, ADHD, sleep, brain injury and stroke.

We have offices
in Jupiter and Boca Raton.
Learn more at

www.CenterForBrain.com

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 sleep issues, anxiety, ADHD and depression. 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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State Certified, IV & Oral Sedation
LANAP (Laser Periodontal Therapy) Certified
Past President, Florida Association of Periodontists

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THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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Selfie

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

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

And probably more than you even realize.

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

We are God’s selfie.

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

That passage also tells us what God thinks of “His selfie”. When God created all of the



other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

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

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

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

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

You are God’s selfie.

.....

Brent Myers
@brentdrewmyers
Pastor of Community Life
Palm Beach Community Church
www.pbcc.cc

Sunday Services
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