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January 2015
South Palm Beach Edition - Monthly

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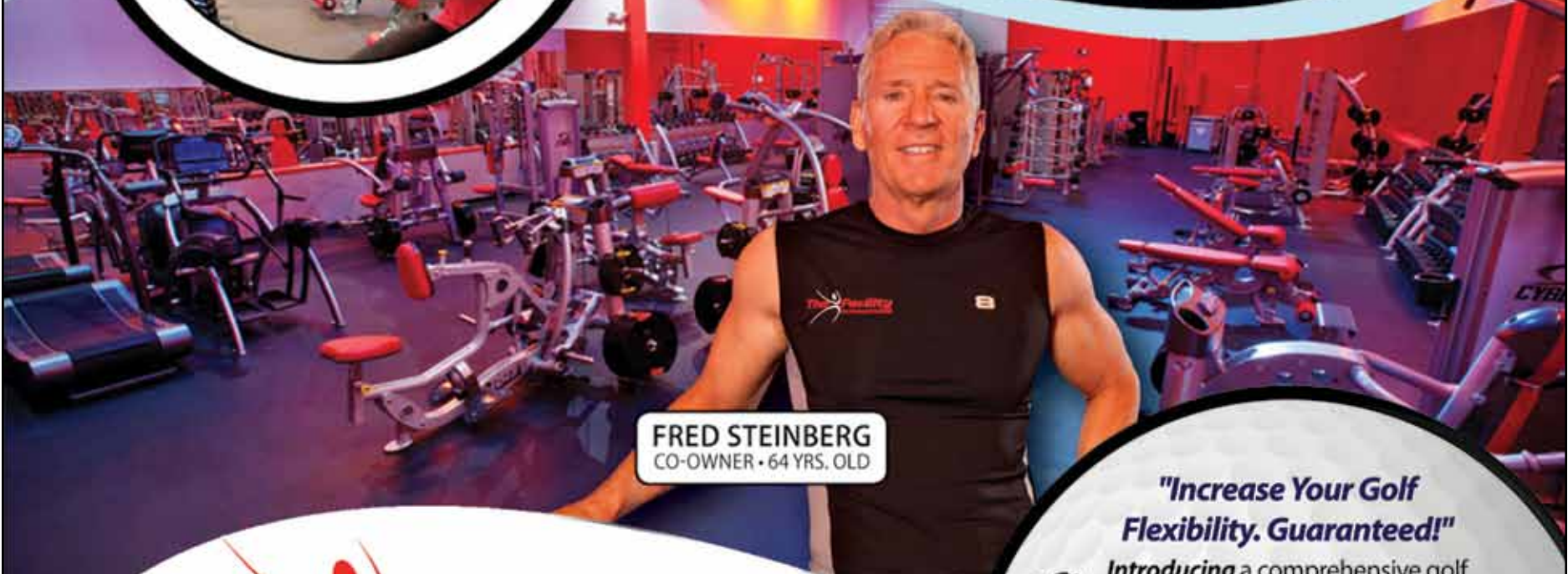
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CONTACT US

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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Happiness and hearing aids: Is there a connection?



PERHAPS.

In fact, a recent Italian study published in *Geriatrics & Gerontology International* concluded that the benefits of digital hearing aids in relation to depressive symptoms, general health and social interactivity, but also in the caregiver-patient relationship, were clearly shown. In fact, reduction in depressive symptoms and improved quality of life at statistically significant levels were observed early on with the use of hearing aids.

This Italian study, in fact, echoes the general findings of research conducted more than two decades ago. A 1990 study—published by Cynthia D. Mulrow, MD, MSc, and co-investigators in the *Annals of Internal Medicine*—concluded that hearing loss is associated with important adverse effects on the quality of life of elderly persons—effects which are reversible with hearing aids.

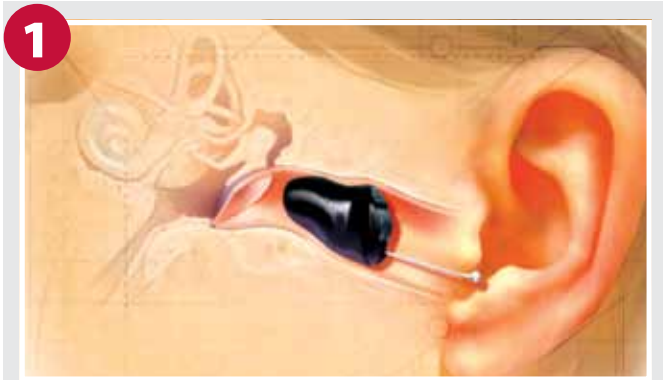
About Hearing Aids

Research shows that hearing loss is frequently associated with other physical, mental, and emotional health conditions, and that people who address their hearing loss often experience better quality of life. Eight out of 10 hearing aid users, in fact, say they're satisfied with the changes that have occurred in their lives specifically due to their hearing aids—from how they feel about themselves to the positive changes they see in their relationships, social interactions, and work lives.

When people with even mild hearing loss use hearing aids, they often improve their job performance; enhance their communication skills; increase their earnings potential; improve their professional and interpersonal relationships; stave off depression; gain an enhanced sense of control over their lives; and better their quality of life.



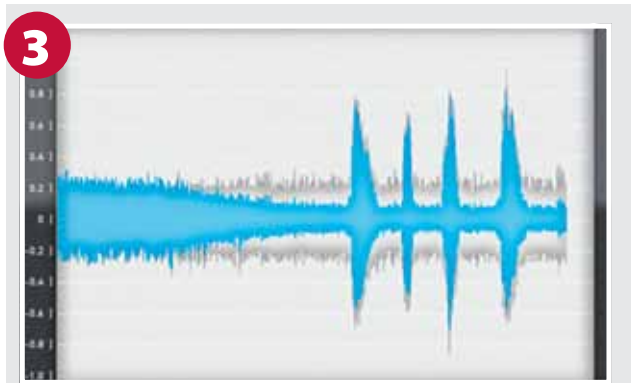
Here are five little-known facts about today's hearing aids:



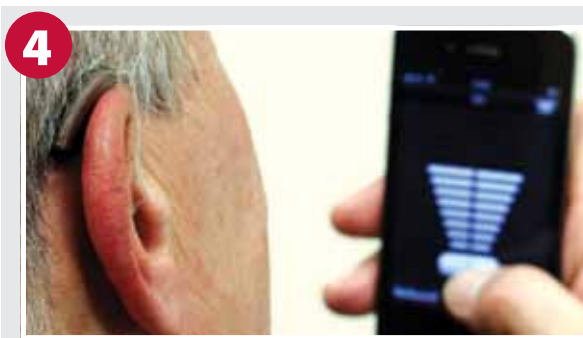
1 They're virtually invisible. Many of today's hearing aids sit discreetly and comfortably inside the ear canal, providing both natural sound quality, and discreet and easy use.



2 You can enjoy water sports and sweat while wearing them. Waterproof digital hearing aids have arrived. This feature is built into some newly designed hearing aids for those concerned about water, humidity, and dust. This feature suits the active lifestyles of swimmers, skiers, snowboarders, intensive sports enthusiasts and anyone working in dusty, demanding environments.



3 They automatically adjust to all kinds of soundscapes. Recent technological advances with directional microphones have made hearing aids far more versatile than ever before—and in a broad range of sound environments.



4 They work with smartphones, home entertainment systems and other electronics. Wireless, digital hearing aids are now the norm. That means seamless connectivity—directly into your hearing aid(s) at volumes that are just right for you—from your smartphone, MP3 player, television and other high-tech gadgets.



5 They're always at the ready. A new rechargeable feature on some newly designed hearing aids allows you to recharge your hearing aids every night, so they're ready in the morning. It's super convenient—and there's no more fumbling with small batteries.



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FOUR STEPS TO STAYING YOUNGER!

Did you know?

1-90% of all people over 35 lose enough muscle to burn 4 lbs. of fat every year!

2- You will age an extra 6 months extra for every year that passes over the age of 40 without proper nutrition and exercise! (At 44 you will look 48. At 65 you will look 75)

3- You lose shape, tone and strength and gain more fat every year even if you EAT THE SAME CALORIES!

You can slow down aging without drugs, surgery, supplements and gimmicks.

SCIENCE: EAT RIGHT AND EXERCISE!!!



1 Forget Low Fat Diets!

These diets make you fatter, sicker, and more addicted to sugar and carbs, often leading to Diabetes Type-2



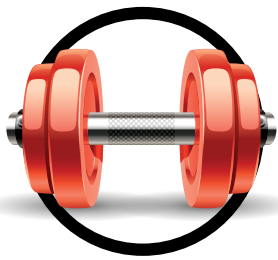
2 Stop Running and Cycling in circles!

Few people actually change their bodies with spin classes, cardio classes, and running on treadmills. This WILL NOT CHANGE THE AGE REVERSAL PROCESS!!! It will actually create free radicals that cause aging!



3 Drink a lot of Water

Water burns fat. It renews your skin. Water suppresses hunger. It also allows your liver to remain the #1 fat burning organ by making sure the kidney's aren't overwhelmed by dehydration! Just 12 ounces per day!



4 WORK OUT!!!!

Resistance training tones woman and adds muscle to men. It removes flabbiness, slows the aging process and provides cardio health, flexibility, and mobility.

*You **HAVE TO KNOW WHAT YOU ARE DOING** to remain safe and uninjured. No matter if you have a heart condition, Diabetes, knee or hip implants, lower back pain, or any other issue: **YOU CAN STILL TRAIN HARD AND GET YOUNGER!!!!***

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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.

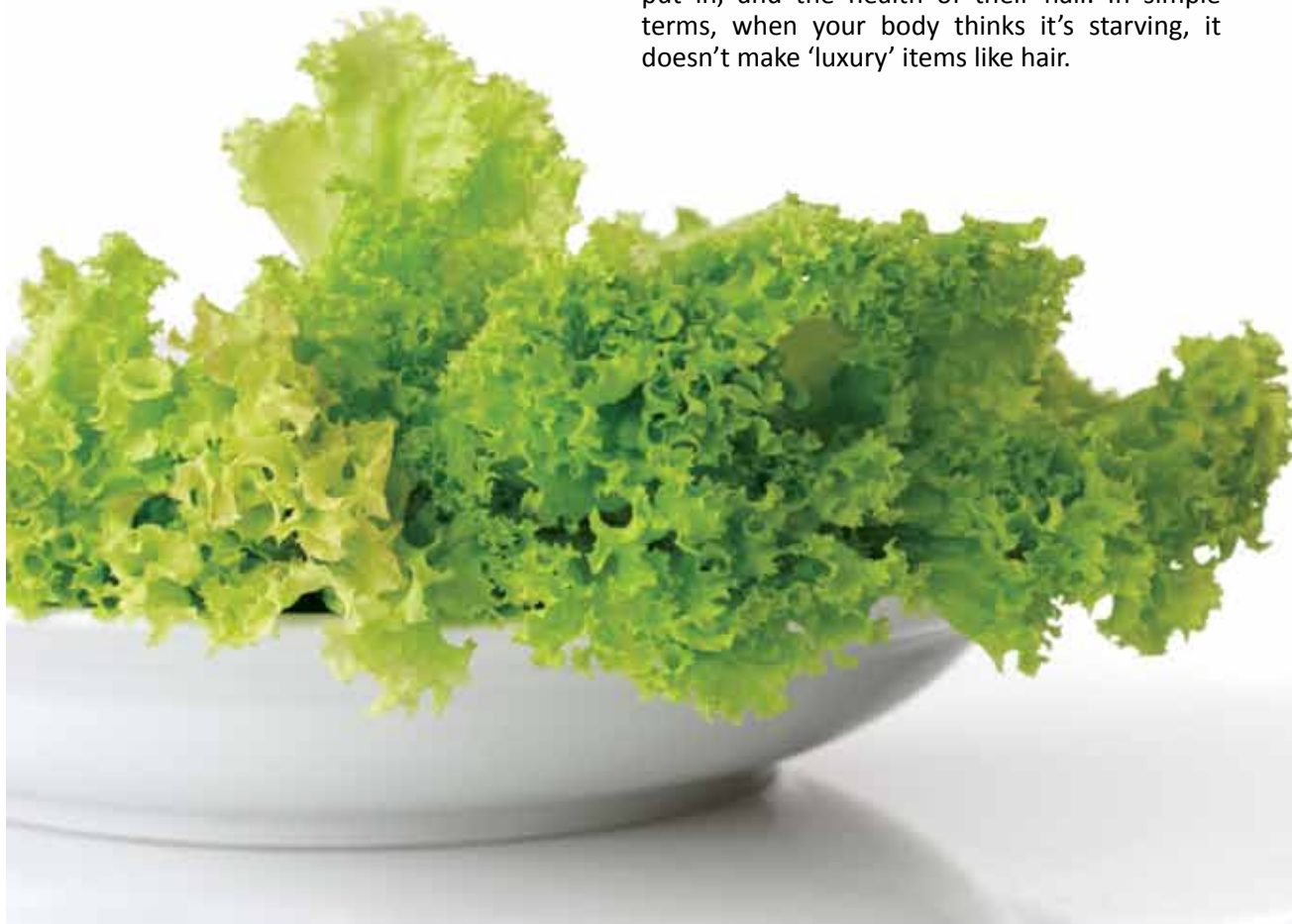
This may explain why consumers go to extreme lengths to shed the holiday pounds, including crash dieting. These extreme diets may seem like the perfect shortcut to shed the unwanted pounds we all seem to inevitably pack on during the holidays, but they can have serious implications on our health. Unfortunately, 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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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.

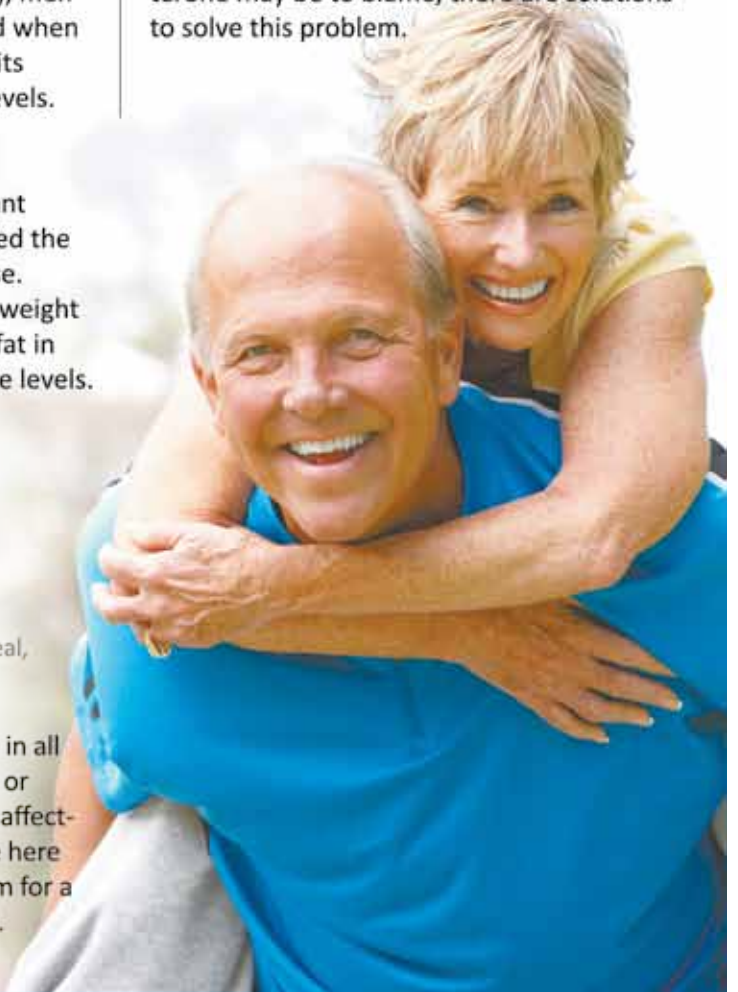
Studies have shown that in those who underwent testosterone replacement, therapy lowered the occurrences of metabolic syndrome from 55 percent to just 30 percent.

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.



Maxim Men's Clinic 7100 West Camino Real,
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At Maxim'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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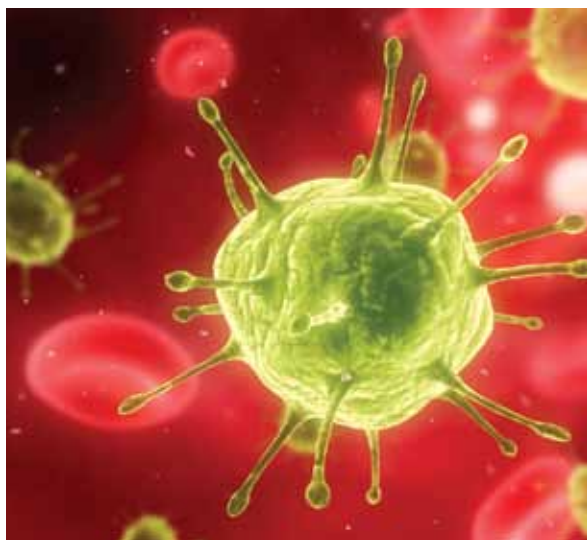


HIV And The Eyes

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.

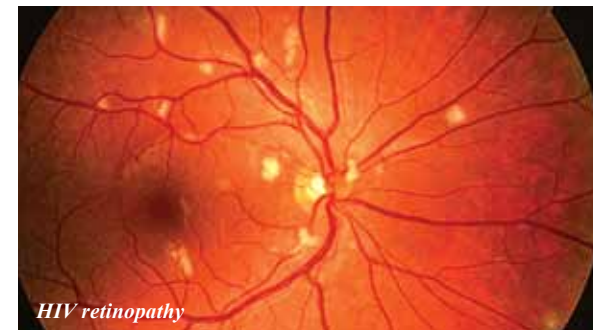
AIDS-related eye problems due to a suppressed immune system can include the following:

HIV retinopathy

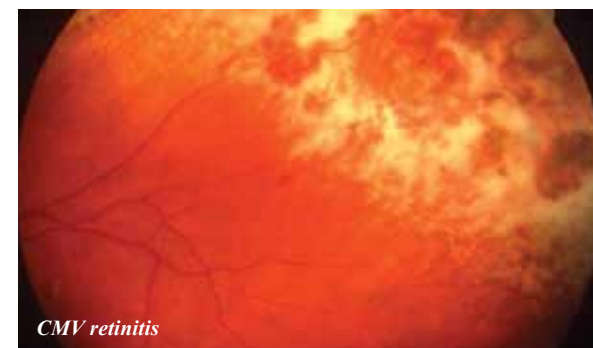
This is the most common finding in people with AIDS. Small hemorrhages and cotton wool spots (white spots as a result of a blood vessel blockage) are seen in the retina—the light-sensitive tissue lining the back of your eye. It is thought that the HIV virus is directly responsible for these changes to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

CMV retinitis

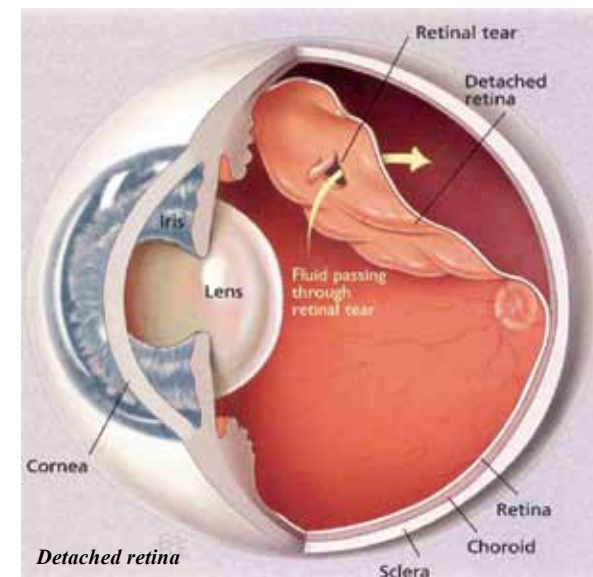
A more serious eye infection that occurs in about 20 to 30 percent of people with AIDS is CMV retinitis. It is caused by a virus called cytomegalovirus (CMV). It usually occurs in people who have more advanced stages of AIDS in which T-cell count is very low. Symptoms include swelling (inflammation)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



HIV retinopathy



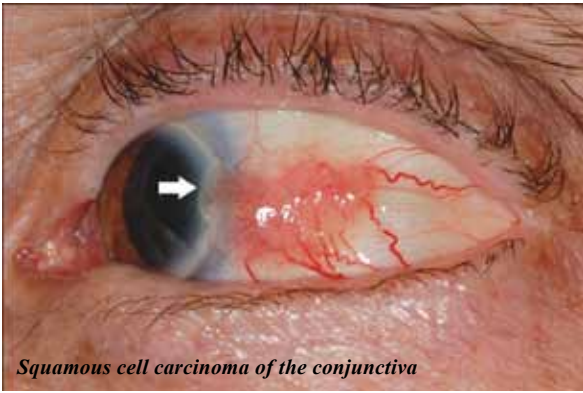
CMV retinitis



Detached retina



Kaposi's sarcoma



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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Minimally Invasive Partial Knee Replacement



The knee is divided into three main compartments, the medial or inside part of the knee, the lateral or outside part, and the patellofemoral or front of the knee between the kneecap and thighbone. While all three works together to move the largest joint in the body, sometimes osteoarthritis can cause joint damage resulting in pain and reduced range of motion. People with osteoarthritis that is confined to one section of the knee may be candidates to undergo a procedure called minimally invasive partial knee replacement, also known as uni-compartmental knee replacement.

This type of operation is typically recommended only when other non-surgical treatments, such as activity modification, strengthening exercises, medications, cortisone injections, or use of a cane while walking, have not been effective in providing relief for arthritis symptoms. Patients who are most likely to experience positive outcomes from the surgery tend to be over the age of 55, not obese, relatively sedentary, and have ligaments that are intact.

In partial knee replacement, only the damaged compartment is replaced with a metal and plastic implant while the healthy cartilage and bone in the rest of the knee is left in place. Prior to the procedure, the doctor examines the knee, tries to identify the location of the pain, and tests the knee for range of motion and ligament quality. Imaging tests, such as X-rays or magnetic resonance imaging, may be done to see the pattern of arthritis or better assess the cartilage.



In a minimally invasive partial knee replacement procedure, an incision of about three to three-and-a-half inches is made to allow for insertion of the knee replacement. This results in minimal damage to surrounding muscles and tendons around the knee. The short length of the incision and less-invasive nature of the procedure causes less discomfort, swelling and blood loss for patients, as well as abbreviated hospitalization and rehabilitation compared to conventional surgery that requires a larger incision and is more invasive to soft tissues or bone. Patients also are able to return to work earlier.

During the operation, the surgeon checks all three compartments of the knee for cartilage damage and to make sure the ligaments are intact. The affected cartilage is then removed and the ends of the femur and tibia

are capped with metal coverings that are held in place to the bone with cement. A plastic insert is placed between the two metal parts to ensure a smooth gliding surface.

Patients can start to put weight on their knee immediately after surgery. They usually can walk without a cane several weeks after surgery, but may need physical therapy for a few months. Most types of exercise are allowed after surgery, including walking, swimming, and biking. However, patients should avoid high-impact activities such as jogging. Patients typically recovery quickly and experience less pain than they did before surgery. For more information about minimally invasive partial knee replacement, please visit our website at WestBocaMedCtr.com or call 866-904-9262 for a free referral to an orthopedic surgeon near you.

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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.

Lee R. Cohen, D.D.S., M.S., M.S.
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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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Sweat Your Way to Healthy Skin

By Ronna L. Clements, Natural Health & Wellness Innovator

Many of us don't realize that if we don't sweat our skin becomes congested which leads to dryness and inflammation – not a happy place to be.

The health of our skin greatly depends on the body's ability to sweat; a natural form of detoxification we take for granted. Toxins from foods and our environment accumulate inside the body's cells and tissues and if they are not eliminated, our skin and body become loaded with toxic waste. Our skin begins to feel dry and look dull, while aging accelerates. On the far end of the toxicity scale, some of us will start to develop skin conditions such as pimples, rashes and even dreaded skin cancers.

The best defense our body has against toxic accumulation is sweating. Getting our bodies to engage its natural sweat mechanism through physical exercise is the healthiest and most beneficial way to detoxify the skin.



The second biggest threat to your skin aside from not sweating is investing in lotions and creams that always fall short of expectations. Chemically made products that are not 100% natural only add more toxicity by blocking the skin's oil ducts through their poisonous ingredients, thus suffocating the skin. Continual use of man-made products can actually cause permanent damage to our beautiful skin.



I am going to let you in on a little secret about a product that I use on my skin every day. It comes in a glass jar, costs as little as \$8.99, and is 100% from nature. What is it?

Its Coconut oil.

Coconut comes from a vegetable source and is free of pesticides and chemicals. It is easily absorbed and its molecular structure gives the skin a soft texture. Coconut Oil has a very positive effect on all the tissues of the body especially the connective tissue.

Healthy connective tissue gives the skin elasticity and when we start to lose it, the skin begins to sag, wrinkle, and becomes leathery. As such, the use of coconut oil is a natural anti-aging practice for the skin.

Pacific Islanders use an abundance of coconut oil. They not only put this oil on their skin, but they eat a lot of coconut, as well. They are relatively free from degenerative diseases and Polynesians have very healthy skin even though they are exposed to very hot sun and a steady stream of salty ocean air.

For those who live in Florida where exposure to hot sun and the ocean is a daily occurrence, this oil is especially good for you!

Of course, eating the right combination of foods, practicing the right forms of exercise and remaining consistent in eliminating daily toxins are all critical to having healthy skin. As a living health advocate for over 20 years, I've personally experienced the benefits of practicing good nutrition, detoxification through sweating and the use of coconut oil on my skin.

Through my education, travels, and personal experiences, I have come into contact with some of the most forward-thinking individuals in the field of Natural Health. My passion to learning the truth about good health, along with my personal dedication to optimal living, continues to help countless individuals navigate the breadth and depth of wellness information through my writing and consulting practice.

I hope I've shown you two simple ways to create healthy and beautiful skin - by sweating and the use of coconut oil!

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Cervical Cancer Awareness Month

ROUTINE SCREENINGS PREVENT CERVICAL CANCER DEATH



Medical science has made some rapid advances in recent years and none more so than the ability to be able to prevent and treat cervical cancers in adult women.

Cervical cancer is cancer of the cervix (the lower part of the uterus that connects to the vagina). Cervical cancer usually forms slowly over many years, but occasionally it happens faster. The purpose of the Pap test is to detect abnormal cells in the cervix. When abnormal cells are found and treated early, cervical cancer can be prevented or cured. Pap test screening as recommended by your health care provider can prevent the majority of cervical cancers.

Prevention and Early Detection Thanks to widespread screening, the incidence of cervical cancer has decreased significantly. Pre-cancer lesions can be detected and removed before they become malignant.

Most cervical cancer is caused by a virus called the human papillomavirus, or HPV, which is spread through sexual contact. Abnormal cervical cells rarely cause symptoms, but detection of the earliest changes leading to cancer development is possible through the use of Pap tests.

Those who are vaccinated against HPV prior to becoming sexually active can significantly lower their risk of cervical cancer. HPV is a group of more than 100 related viruses. HPV is passed from one person to another during skin-to-skin contact. HPV can be spread during sex, making abstinence your best form of prevention.

Screening and Detection The American College of Obstetrics and Gynecologists (ACOG) recommends that women ages 21 to 30 be screened every two years using the standard Pap test or liquid-based cytology. Women age 30 or older who have had three consecutive negative test results may be screened once every three years.



Women with certain risk factors may need more frequent screening. Talk with your doctor to see when you should begin cervical cancer screening and how often you should be screened.

Those at Risk:

Infection with HPV may cause cells in the cervix to grow out of control and become cancerous. However, it is important to note that not every HPV infection is destined to become cervical cancer. Many HPV infections resolve without treatment. Smoking increases the risk of cervical cancer as well as advancing age since cervical cancer grows very slowly over time. Poverty is a risk factor for cervical cancer. Many women with low incomes do not have readily available access to adequate healthcare services, including Pap tests. This means they might not get screened or treated for pre-cancerous cervical diseases. ☒ If a mother or sister has cervical cancer, a woman's chances of developing the disease increases by two to three times.

Modifying risk factors that are within your control and vaccinating against high-risk HPV are the best ways to avoid getting cervical cancer. Pursuing and sticking to a recommended cervical cancer screening program including the use of PAP and HPV tests are important ways to detect the disease early and ultimately, to make oncologists less busy...and that's a good thing!



5 Heart Healthy Resolutions for the New Year

By Julia Rodack

The New Year is a perfect time to reflect on the past 12 months and assess what habits you want to take with you, and what you want to leave in 2014. Yes, resolutions can both feel and be hard to keep, but they don't have to be. "Usually when people fail to accomplish their mission for a healthier life, they don't set achievable goals and have a lack of commitment," says Maribet Rivera-Brut, nutritionist and American Heart Association volunteer. "And 'commitment' is the key word here."

It takes 21 days to make a habit and only one day to break it, says Maribet, so keep your focus. To ensure success, follow these rules:

- **Create realistic goals and strategies.** "Set a goal you know you can keep," says Maribet. "If you are trying to eat more vegetables, don't start by gorging yourself. Pace yourself."
- **Keep it simple.** If you aren't used to eating something, try gradually adding it to your diet, suggests Maribet. Not a fan of greens? Try mixing a small amount of frozen spinach to smoothies. Not sure you'll like quinoa? Add a scoop to salads to help get used to the taste and texture.
- **Be patient.** "We need to accept the fact that we followed the same lifestyle for a very long time," says Maribet. "Changing it isn't always easy. And remember, it's OK to slip up sometimes – just remember to get back on track."

Ready to get started? Here are five easy, heart healthy resolutions for every lifestyle.

1. Drink more water

You've heard it time and again, but the fact remains: Drinking the right amount of water is a key ingredient in staying healthy. If you're drinking more water, you'll have less room for sugary sodas – which is a good thing. "More than half of the calories we consume every day comes from sweetened beverages," says Maribet. "Many people forget the cheapest drink is readily available in our houses – known as water."

2. Go green

Make 2015 the year of the kale chip – not the tortilla chip. By keeping your cabinets stocked with heart healthy fruits and vegetables, you are in better shape to stick to your resolution. And if

fresh doesn't work with your schedule or habits, remember you can get frozen or canned. Just be sure to rinse canned fruits and vegetables, as they may contain added salts and sugars.

3. Eat seasonally

Good for your budget and waistline, eating seasonally means you are getting food at its peak performance and flavor level. Additionally, you'll be supporting your local community and farmers, which is always a great resolution as well.

4. Cut out processed food

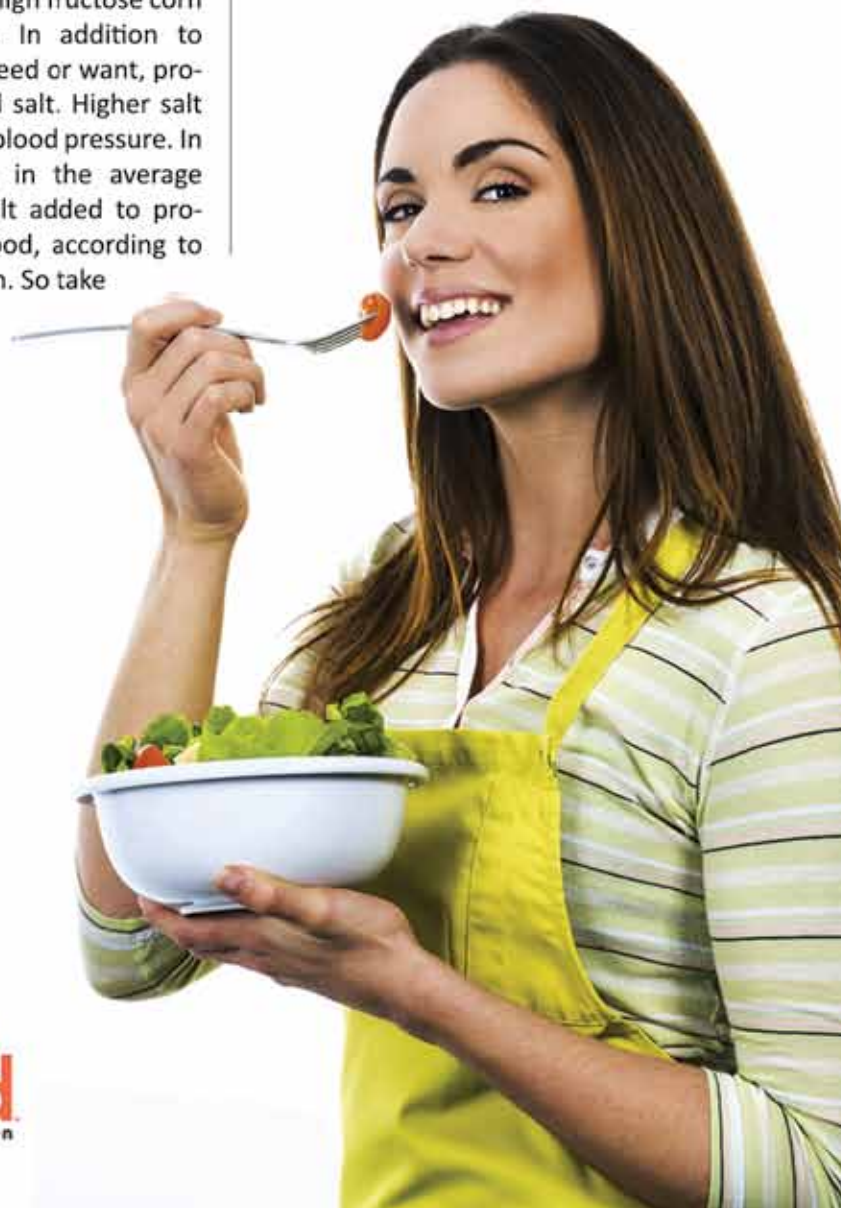
Just do it. Decide that 2015 is going to be the year you say no to aspartame, high fructose corn syrup and hydrogenated oil. In addition to chemicals your body doesn't need or want, processed foods are full of added salt. Higher salt intake puts you at risk for high blood pressure. In fact, 75 percent of the salt in the average American diet comes from salt added to processed food and restaurant food, according to the American Heart Association. So take control and cut out salt where you can.

Julia Rodack is NYC-based writer and editor. She loves food, fashion and alliteration. Her work has appeared in Time Out New York, The Brooklyn Downtown Star and various online publications.



5. Eat more fiber

Crucial to heart health and reducing the risk of heart disease, fiber is easy to add to your diet. Whole grains are filled with fiber, which makes digestion easier and helps you feel fuller when you're done eating – both key factors in weight management.





IMPRESSIVE SPONSORS ADD THEIR SUPPORT TO WELLFEST DELRAY 2015

Sponsor List Includes JM LEXUS, The Seagate Hotel & Spa, Fit Food Express, Delray Beach Running Company, Sun Takers and Lee Ann Somers.

Delray Beach, FL: From world-class hybrid cars, to world-class spas, to new outstanding sponsors that include Lee Ann Somers www.leeannsomers.com and Sun Takers www.Suntakers.com, WellFest™ Delray 2015 (www.WellFestUSA.com) is quickly becoming one of South Florida's most significant Wellness and Green events.

The good news is that there is still time to Exhibit at or Sponsor this March 7-8 (weekend) event, which will be held outdoors at Delray Center for The Arts in downtown Delray. Simply visit the company's interactive sign-up page at <http://www.wellfestusa.com/sign-up-now.html>

Commenting on her recent Sponsorship, Annie Burke, Owner and CEO of Delray Beach Running Company said "We look forward to making WellFest an event deserving attention!" Among the considerations at this time is a WellFest 5K run that will be organized with the Delray Beach Running Company and Bull Bar, whose owner also wants to do something to support the WellFest Delray message.

JM LEXUS, "the #1 Volume Lexus Dealer Since 1992" will be a Marquee (Overall Event) Sponsor, showcasing their latest "Green" cars, while The Seagate Hotel & Spa will be promoting its "5-star" spa services and impressive hotel.

JM LEXUS, who will highlight the "green" Luxury carline and other areas at WellFest Delray 2015 has long been recognized for their commitment to quality, service and value and is committed to providing a world-class experience for drivers in Delray Beach and surrounding areas throughout S. Florida. Their attendance at WellFest Delray 2015 underlines their support for Delray and neighboring communities.

When Patrick Halliday, our Executive Director, first told me that JM LEXUS was considering a top-tier Sponsorship at WellFest Delray I was delighted, but not surprised," states Bob Lipp, the event creator. "JM LEXUS is a great brand and with more car manufacturers offering electric and hybrid cars, it made sense for them to showcase their hybrids as well as other vehicles from Lexus line-up."

Delray residents, business people and those vacationers who prefer the finer things in life will also recognize The Seagate Hotel & Spa, a luxury boutique hotel, located in downtown Delray. Featuring an 8,000 square-foot destination spa, The Seagate offers a complete range of massage, skin care and body treatments, all exclusively featuring Elemis and Sodashi products. The Seagate Spa features seven private treatment rooms, a Vichy Shower, a manicure & pedicure suite and an exclusive spa suite, where guests can relax in their very own retreat.

JM LEXUS and The Seagate Hotel & Spa are among the impressive names of Sponsors, Exhibitors, Attendees and Speakers.

These include wellness "personalities" like Serena Dyer, who recently wrote a book with her famous-father Dr. Wayne W. Dyer.

"With a mission to educate, entertain and inform people to stay fit, eat well, think positive, take a holistic approach to healthcare and go green, we are delighted at the opportunity to connect this content with the growing number of like-minded people," added Lipp. "As we did last year, a significant portion of the monies we collect (attendance is only \$5/day) will go to fund self-esteem programs at local schools and select animal rescue services."

The event is also attracting some of Delray's prominent leaders both public and private, since so many are recognizing the value WellFest Delray brings to the brand of this growing community.

"WellFest is a unique event here in Delray," according to Executive Director Patrick Halliday, who sits on the board of Human Powered Delray, another WellFest Delray 2015 attendee. "With so many of Delray's ongoing events being about food and beverage, WellFest will address the growing movement to green up our environment, while enjoying the benefits of a "WellFest-lifestyle" in the personal choices we make. We think that's pretty important."

Others who have already committed to WellFest Delray 2015 at this time include:

1. Tesla Motors who will be showcasing vehicles and offering scheduled test drives.
2. The St. Patrick's Day Parade, who plan to have emergency service personnel on hand to discuss safety and fitness.
3. Fit Food Express, a growing prepared food company, who will be the exclusive Sponsor in that category.
4. Health & Wellness Magazine, who will be a Media Sponsor.
5. Emiliano Brooks, who will serve as the event's Official Photographer.
6. 4th Ave. Photo and Video, who will serve as the Official Videographer of WellFest.
7. A range of leading health, wellness and green businesses in and around the Delray area.

"WellFest™ Delray began in 2013 as 20 exhibitors in a gym," states Lipp. "With five months to go until the 2015 event, a large number of Exhibitors and Sponsors have already signed up, which is why we're expecting this to be a major and significant event for Delray in 2015 and moving forward."

"We believe strongly in the power of the content we are presenting at WellFest," adds Halliday. "With that in mind, we want the event to be affordable to all, and plan to give back to the community in more ways than one. A successful WellFest™ Delray can help to enhance the general area and attract like-minded residents, business and visitors."



For further information, contact Bob@WellFestUSA.com, call him at 561-921-5182 or sign-up at our automated website: <http://www.wellfestusa.com/sign-up-now.html>

What's That Smell?

By Pat Trutner - Wellness Advocate for dōTERRA Essential Oils.



“Imagine you have the power to reinvent the way you care for your family’s health: safely, cheaply, without side effects. Would you do it? I would—in an instant! And I did!”

That is a quote from my September article in this magazine. I spoke with you about how I no longer reach for a prescription or over the counter medicine right away. I think twice about the side effects. Using dōTERRA essential oils has really changed how I care for my family. I have been doing this for a while now. At our classes, we not only learn about the essential oils, but we also address nutrition and other wellness issues.

One of those issues is the toxic load that we carry from things that are in the environment. For example, that new car smell. Who doesn't love to get a new car? part of that experience is the smell of the new car as you drive off the car dealer's lot. But what we are really doing is breathing in toxins from the new carpet and leather. Another example of toxins around us is the smell of a clean house. What are we really smelling? Bleach and other cleaners, and that means that we are breathing in chemicals!



Unfortunately, we cannot control a lot of the toxins that are around us. But we can control some of the toxins that are in our house. I have reinvented the way I clean my house. I want to clean with natural products. Essential oils are great for cleaning and disinfecting. Lemon essential is my go-to cleaner. It can remove the sticky residue that is left when you peel off a label. It can be mixed with vinegar and distilled water to clean just about anything. I use it to clean mirrors, windows and floors. DōTERRA's OnGuard™ concentrated cleaner is used on my bathrooms. Did you know that essential oils can be used to freshen the air too? Put your favorite citrus oil in a glass or metal spray bottle filled

with water and spray away. I love that we are no longer breathing chemicals when we freshen the air.

You might think I saved the best for last. Insects can be a pest (put intended!) Essential oils are used for pest control, too. We love the smell of peppermint. It's refreshing and invigorating. But put peppermint essential oil in a glass or metal spray bottle with a little water and the spiders will run!

Let me help you reinvent the way you care for your family's health. Please email me for advice on how to use and purchase dōTERRA essential oils.

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Pat Trutner
Wellness Advocate for dōTERRA Essential Oils
ID # 718872
631-584-5862
ptrutner@icloud.com

(Pat Trutner is an educator and Wellness Advocate for dōTERRA International Essential Oils.)

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Do You Have Chronic Sleep Problems?



Have medications failed – or aren't a good solution?

New Technology Focused on Brain Health Can Help You
Sleep Better, Feel More Rested and Fall Asleep Easier.

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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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.

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Brent Myers
@brentdrewmyers
Pastor of Community Life
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