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February 2015

North Palm Beach Edition - Monthly

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**The Brain Game –
Athletes, Non-Athletes
and Concussion**

**Locks Losing Their Luster?
4 Ways to Show Your Hair
Some Love**

**Pterygia and
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Hearing Loss Didn't Stop
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From Achieving His Dreams**





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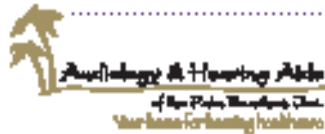
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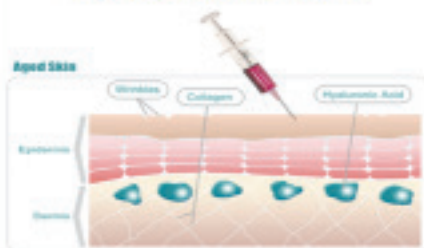
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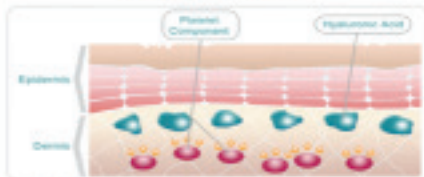
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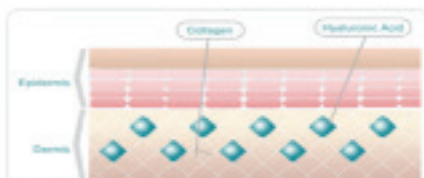
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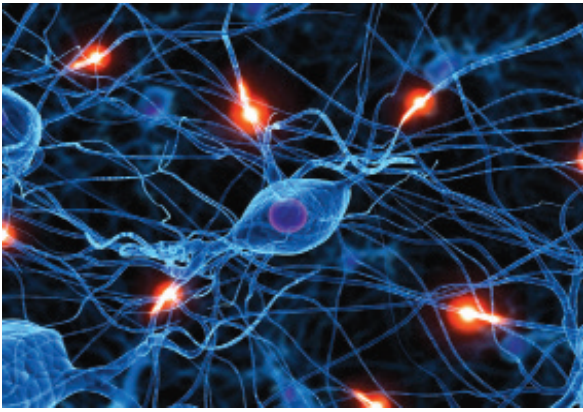
It Plays a Big Part in Neurology

One of the most important areas for me as a practicing neurologist is the overlap between neurology and sleep. Many neurological disorders including migraine, epilepsy, amyotrophic lateral sclerosis (ALS a.k.a Lou Gehrig's disease) and Alzheimer's disease have all been associated with significant sleep abnormalities. When examining patients who complain of various sleep issues, I routinely take a sleep history and utilize the Epworth sleepiness scale. Insomnia has become so prevalent that I deal with it, as a neurologist, on a daily basis. It has become so common that we decided to expand our office and offer some sleep therapies

that combine medical and non-medical (without prescription drugs) treatments. There are so many different reasons for sleep disturbances but in this month's column I would like to focus on sleep issues as they relate to concussion and Parkinson's disease. These two neurological conditions are often associated with prominent sleep symptoms. Next month I will address and discuss insomnia in general.

The relationship between concussion and sleep is bidirectional, as the presence of a sleep disorder may predispose towards having a concussion. Sleep related symptoms are very common after

a concussion and include both insomnia and hypersomnia. About 50% of individuals report insomnia after sustaining a concussion. Insomnia encompasses difficulty falling asleep, difficulty staying asleep and waking up too early, resulting in abnormal daytime functioning. Many patients also report an increased need for sleep. Circadian rhythm disturbances, such as delayed sleep phase disorder (sleepiness developing later than desired) and irregular sleep wake disorder, have been described after concussion. There is also some evidence that central sleep apnea may occur after head trauma. Some studies suggest that treatment of the sleep disorder may have a fa-



avorable effect on the ultimate course of concussion, perhaps secondary to enhanced neuroplasticity. Treatments of these sleep disorders include proper sleep hygiene, cognitive behavioral therapy, light therapy, melatonin, hypnotic and antidepressant medications, wake promoting agents and alternative therapies. In addition, posttraumatic hypersomnia may sometimes satisfy the diagnostic criteria of narcolepsy.

When dealing with Parkinson's disease (PD), the causes of insomnia, which is most often described as impaired sleep maintenance, is complex; it may be secondary to the emergence of parkinsonian motor symptoms during sleep, stimulating medications or circadian reversals. The daytime hypersomnia in PD may be secondary to dopaminergic medication, which in extreme form may cause sleep attacks. About 50% of patients with PD suffer from excessive daytime sleepiness, which may be due to degeneration of brain arousal systems.

Other sleep disorders seen in patients with PD include restless legs syndrome and REM sleep behavior disorder (RBD). Restless legs syndrome is slightly more common in patients with PD when compared to the general population. RBD, where patients act out their dreams, is clinically evident in about 35% of PD patients. In severe cases, RBD may lead to significant injury of the patient or bed partner. The diagnosis of isolated RBD also has important prognostic implications, as almost all patients with RBD will eventually develop parkinsonism and/or dementia. Treatment of RBD is available once diagnosed by a neurologist familiar with the disorder.

The above is just a sample of the complexity of sleep symptoms which coexist with some neurological disorders. Any sleep symptoms you may experience should prompt further diagnostic evaluation. Fortunately, a variety of treatments are available for such sleep disorders. So go ahead, sleep tight, your neurologist is here for you!!

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Locks Losing Their Luster?

4 WAYS TO SHOW YOUR HAIR SOME LOVE

By Alan J. Bauman, M.D.



How often do you think about your hair? For most people, we think about our hair only in terms of how it looks in the morning before we walk out the door, but we rarely give much thought to how everything we do - from our daily habits, to diet and styling - impact the underlying health and resiliency of our hair follicles and cuticles.

It's important for people to realize that the hair isn't just an accessory - just like other parts of the body, such as the skin, bones, teeth, etc., it requires proper care, nutrition and treatments in order to keep it healthy and resilient. While the hair strand itself isn't alive, the underlying hair follicles are and they need to be kept healthy, or else people will soon find their hair is becoming weak, brittle, dull, thin or even falling out.

Here are four ways to show your hair some love:

1. TAKE YOUR HAIR VITAMINS – It's important to get enough calcium to support healthy bones and teeth, but did you know it's also important for your hair follicles? Without the right nutrients, the hair can become limp, weak, brittle and more susceptible to shedding. Eating healthy is important, and so too is avoiding risky diets (such as crash diets) which can 'shock' the hair follicles, leading to possible fallout and breakage. Both men and women should try to incorporate a number of key vitamins into their diets which help to boost the hair, such as protein, omega-3 fatty acids, iron, calcium, zinc, biotin and vitamins A, C and B-12. That means eating a healthy diet with plenty of dark green vegetables, whole grains, nuts, low-fat dairy, beans, poultry and salmon. Another option is to take daily vitamin supplements, but the best way is to use professional-grade nutritional supplements specifically designed for boosting the hair, such as Viviscal Pro.

2. AVOID HARMFUL BEHAVIORS – When it comes to hair, we almost always prioritize styling ahead of health. There are a lot of things we do to our hair which take a heavy toll on the cuticles, strands and underlying follicles and often aren't noticed until it's too late. Over-brushing, as well as blow dryers, straighteners and curlers can damage the cuticle, or protective layer of the hair, which results in dry, dull hair that is easily prone to breakage. Over-washing with shampoos can remove natural oils like sebum from the hair which also makes the

hair dull and leaves it more vulnerable to breakage. Moderation is the key to preventing damage from everyday styling and cleaning. For instance, unless you have a lot of styling products weighing down your hair, you don't need to shampoo daily. Another harmful practice that should be avoided altogether is the use of hair extensions. These add weight to the hair shaft and pull on the follicle. This can result in poor hair growth in the short-term and may even cause a type of scarring alopecia (permanent hair loss) in the long-term depending on how frequently and extensively they're used.

3. SHIELD YOUR HAIR FROM DAILY DAMAGE– In addition to using moderation when it comes to styling and washing, both women and men should also go one step further by incorporating protective hair products into their daily routines. Heat protectants should be used on the hair, particularly if you're someone who tends to do a lot of styling with straighteners or curlers. Optimized shampoos and conditioners will also go a long way toward protecting the hair from everyday damage. Shampoos/conditioners that have strong, long-lasting deep conditioners containing ingredients like polyquats, dimethicone and panthenol will help protect your follicles. Additionally, some of the best ingredients to counteract the signs of aging hair and scalp include caffeine, panthenol and niacinamide. Look for hair care products containing these ingredients.

Key Nutrients to Boost Your Hair

- **Vitamins A and C** - Essential for the body to produce sebum. Sebum is an oily substance that's secreted by hair follicles, sort of like a natural hair conditioner.
- **Protein** - Keratin, the main structure of the hair fiber is a protein, so getting plenty of protein is important for strong, healthy growing hair. Too little protein can lead to brittle, dull hair.
- **Omega-3 Fatty Acids** - Important for the scalp to help it support healthy hair growth, omega-3 fatty acids also moisturize your hair from the inside out.
- **Biotin** – While most people are not deficient in biotin, studies have shown that supplementing with biotin can safely help with hair volume and thickness. Common side effect? Your nails become stronger!
- **Iron** – Maintaining proper iron levels are key because it helps deliver oxygen to the follicles. Low iron levels can contribute to weak, brittle hair, loss of color and hair loss.
- **Zinc** - This nutrient helps accelerate cell growth and renewal. Low levels of zinc have been tied to hair loss, thin/weak strands and dryness in the scalp.
- **Calcium** - Calcium is present in hair follicles, and it's an important mineral for continuous hair growth.



4. BE PROACTIVE WITH TREATMENTS – At some point in everyone's life, hair loss is likely to affect them. It could start in a person's 20s or wait until their late 50s, but eventually most people will experience hair line recession and/or thinning to some degree. It's estimated that at least 80 million Americans suffer from hair loss, 38% of which are women. Because of this, it's important for men and women to be proactive about treatments. Anyone who cares about their hair's longevity should undergo a simple genetic test by HairDX to see whether or not they're genetically predisposed to hair loss. However, even those who don't test positive for the hair loss gene can still experience thinning or balding due to medical, lifestyle and environmental factors. It's important to begin consulting with

a qualified hair restoration specialist as early as possible, since once hair loss becomes visible to the naked eye, you've already lost up to 50% of the hair follicles. Early action with powerful, preventive treatments is key, and these days both male and female patients have a lot of highly effective medical options available from hair restoration physicians. These include: Formula 82M compounded minoxidil, FinPlus compounded finasteride, low level laser therapy, platelet-rich plasma therapy and artistic NeoGraft FUE transplants.

It's important for everyone to remember that you need to take care of your follicles and cuticles if you want to have full, healthy hair for the foreseeable future.

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. An 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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- Services offered at Bauman Medical Group Hair Transplant and Hair Loss Treatment Center include NeoGraft FUE no-scalpel/no-stitch hair transplant, LaserCap and other low level laser devices and therapy, Formula 82M compounded minoxidil, HairCheck scientific hair growth/hair breakage measurements, Vampire PRP hair regrowth treatments, FDA- approved Propecia/Finasteride, Eyelash/Eyebrow Transplantation, Hair Transplant Repair, Scar Coverage and Camouflage, and Operation Restore - ProBono Hair Restoration Surgery

Look Beyond The Scale



*each person
has his or her own
nutritional needs.
Every body
is different.*

LOSING WEIGHT is sometimes a difficult battle, chances are many of us have tried many different weight loss programs and may have even had some luck with losing a few pounds. Most have had a really hard time keeping it off long term. A weight loss program that incorporates as many scientific tools as possible helps optimize long-term weight loss success.

The idea of bio-individuality is that each person has his or her own nutritional needs. Every body is different. Examining your age, health, genetics, activity level, blood type, metabolic rate, and personal preferences will determine your dietary needs. In all cases delayed food allergy testing is used as well.

It is imperative to identify people's food sensitivities. Our immune system is designed to defend and repair. By eliminating problematic foods you are able to reduce inflammation and the increased load on your immune system, which is causing a repair deficit. Prolonged repair deficit prevents us from using our foods appropriately and ultimately keeps us from meeting our weight loss and health goals.

By identifying these sensitivities up front we can be more specific in food and supplement recommendations. In order to pinpoint certain foods or chemicals that we are sensitive the LRA by ELISA/ACT Test is a scientific test that can help identify these sensitivities. These tools create a very customized plan specific to your bodies' needs. Unless we eliminate them from our diet we have a very difficult time maintaining or reaching our goal.

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At MD BeautyLabs we can tailor a specific weight loss program incorporating lifestyle changes, diet, and appropriate supplements to aid in healthy weight loss to set you up for success. Only professional grade nutraceuticals are used in our clinic. Recommendations are based on vitamin deficiencies, initial health assessment questionnaire, Bio-impedance Analysis and sensitivity testing. The approach is to detoxify, repair, and rebuild the system to restore optimal health and wellness.

The process starts with an initial consultation followed by periodic follow up visits. In addition, we utilize the latest state-of-the art equipment seca medical body composition analyzer (mbca) to measure precise values of fat-free muscle mass, body fat percentage, skeletal mass and much more. During the weight loss program we periodically check

these parameters to assess your progress. It is critical to monitor changes in fat mass and lean mass rather than relying on simple changes in scale weight.

Gas, bloating, and belching after meals is not normal. Neither is constant aching and pain in your joints. Eczema and psoriasis can be a result of delayed food sensitivities. Being tired all the time is really not a sign of aging. Take a look at the foods you're eating - you'll be surprised to find the foods you react to are the ones you're exposed to the most. Remember we are what we eat but we're only as good as what we can digest!

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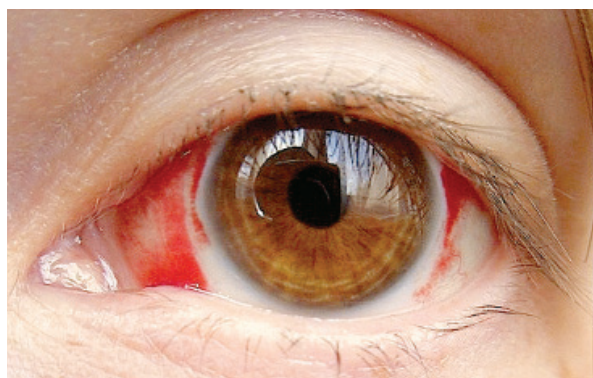


WHAT IS A SUBCONJUNCTIVAL HEMORRHAGE?

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

A subconjunctival hemorrhage is similar to an ordinary bruise on the skin — it's like a bruise of the eye. It usually appears as a single, concentrated spot of red, or many scattered red splotches, on the white of the eye. The redness is blood under the conjunctiva, a clear membrane that covers the white of the eye (called the sclera) and the inner eyelids.

Seeing a subconjunctival hemorrhage on your eye can be alarming. Yet it is actually a common minor occurrence. It is almost always harmless and will heal on its own. It does not affect vision and generally does not cause pain. There are usually no sensations or symptoms, other than the appearance of the red spot. In fact, you may not even be aware that you have a subconjunctival hemorrhage until someone points it out or you look in the mirror.



Subconjunctival Hemorrhage Causes

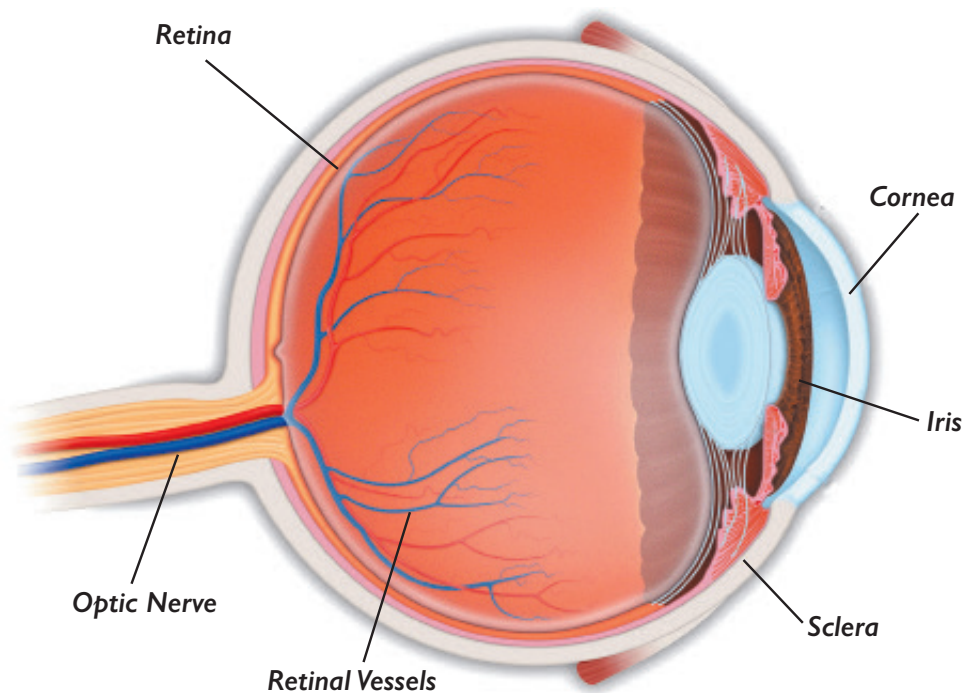
The conjunctiva contains many blood vessels and capillaries, the tiniest blood vessels in the body. These vessels can break, causing blood to leak between the conjunctiva and the sclera. This minor bleeding under the eye's outer membrane is what causes the bright red spot to appear on the white of the eye.

The most common causes are coughing, sneezing, straining, or any similar action that temporarily raises blood pressure in the veins, leading to a small rupture in a blood vessel or capillary. Subconjunctival hemorrhage can also occur because of trauma to the eye — even minor trauma such as rubbing the eye vigorously.

Other common but less frequent causes of subconjunctival hemorrhage include diabetes mellitus, high blood pressure, and excessive amounts of certain medications such as aspirin or blood thinners like warfarin (Coumadin®), which affect the body's bleeding mechanisms.

Much less frequent to rare causes may include blood clotting disorders or other systemic blood disorders.

If you have recurrent or excessive subconjunctival hemorrhages, your ophthalmologist (Eye M.D.) will examine your eyes, assess your risk factors and order appropriate laboratory studies, if needed, sometimes in collaboration with your primary care physician.



Subconjunctival Hemorrhage Treatment

Treatment of a subconjunctival hemorrhage is generally not necessary. Over time, the blood spot will slowly disappear, clearing up on its own. This may take days or weeks, depending on the size of the blood spot. If your eye is irritated, your ophthalmologist may recommend that you use over-the-counter artificial tears.



In general, if you have a subconjunctival hemorrhage, you can expect your ophthalmologist to reassure you that the blood spot will go away. Although subconjunctival hemorrhage can seem alarming, it is usually a temporary, harmless condition that your Eye M.D. can assess appropriately for you.



The Retina Institute of Florida

Lauren R. Rosecan

M.D., Ph.D., F.A.C.S.

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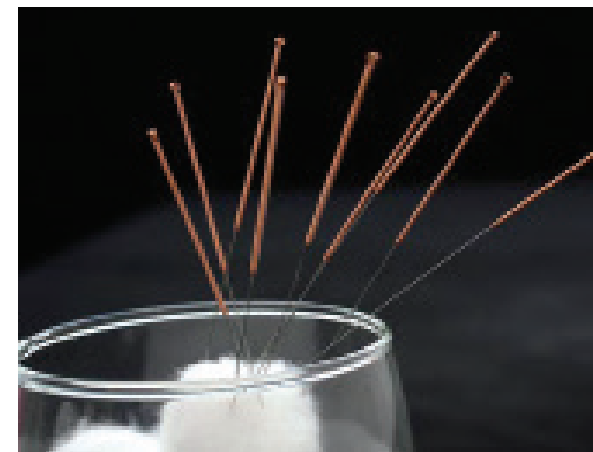
How Acupuncture Corrects Functional Flow and Increases Weight Loss



Patients have long touted the effectiveness of acupuncture for weight loss, and the scientific community finally agrees. Acupuncture for weight loss has often been questioned as to whether it is scientifically valid even though millions have had benefit from the effects of acupuncture for weight loss. However a recent meta-analysis in the International Journal of Obesity proved that weight loss can be obtained without the side effects of the anti-obesity medication using instead Traditional Chinese Medicine (TCM). Acupuncture and Chinese herbal medicine are the two chief components of TCM.

The primary outcomes of the research used changes in body weight, changes in body mass index (BMI), changes in waist and hip circumference, and changes in body fat percentage to verify the results of the research. It was also revealed that the acupuncture trials had more benefit than placebo and lifestyle modification.

Many patients coming to Dr. Meng often ask if the benefits of acupuncture for weight loss have a long lasting effect. Researchers have confirmed that the relapse of weight gain was more common in the control groups than in the Chinese herbal medicine or acupuncture treatment groups.



Sounds great, but how does it work?

Acupuncture works by addressing imbalances in your body, and correcting them removes the impediments to lose weight. This is why; it is not surprising that the research has shown the weight loss from acupuncture to be of benefit for the longer term.

Some people have a qi (pronounced chi) imbalance. Qi is the body's energy, if you have too little qi, then it is hard for you to lose weight. Qi also circulates in the body, and stress can lead to the slowing of this circulation, also called qi stagnation.

Correcting these imbalances will lead to more energy and an increased in your ability to take off pounds. Dr. Meng is trained in determining the correct imbalance in your body and addressing it.

It's powerful, it's a little mysterious, and it is safe.

As stated above, there is science behind the effectiveness of acupuncture and how it assists with weight loss by correcting functional imbalances. Once the imbalance is corrected, the treatments help to boost metabolism. Acupuncture has also been shown to stimulate the brain and to release neurochemicals and hormones. This helps you relax, and gives you more energy. Also, for many, poor digestion and constipation lead to weight gain, which acupuncture is great at addressing.

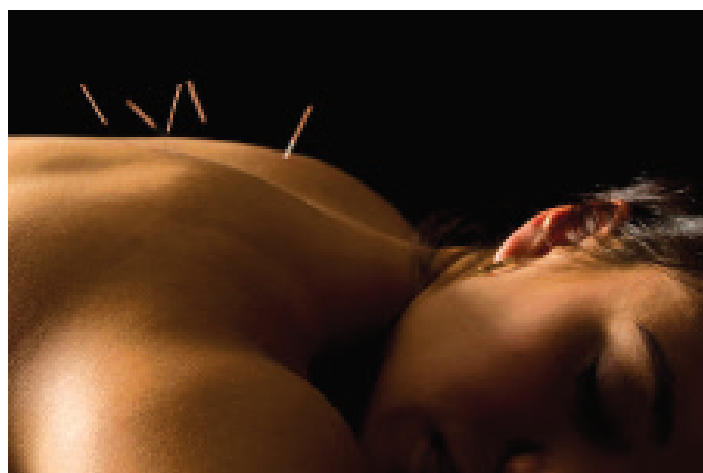
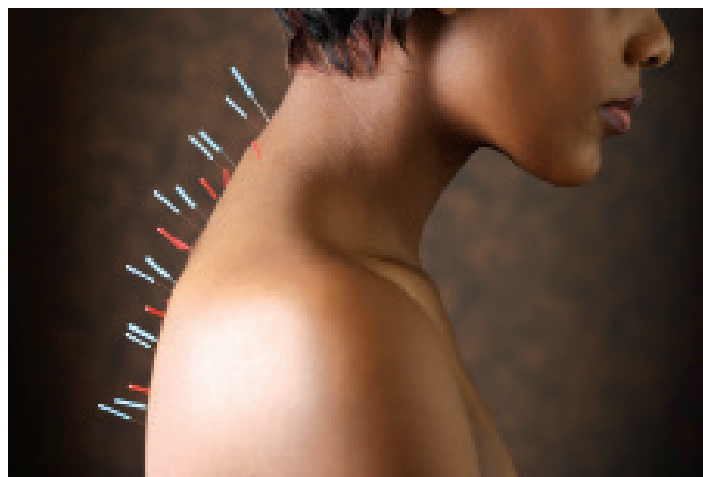
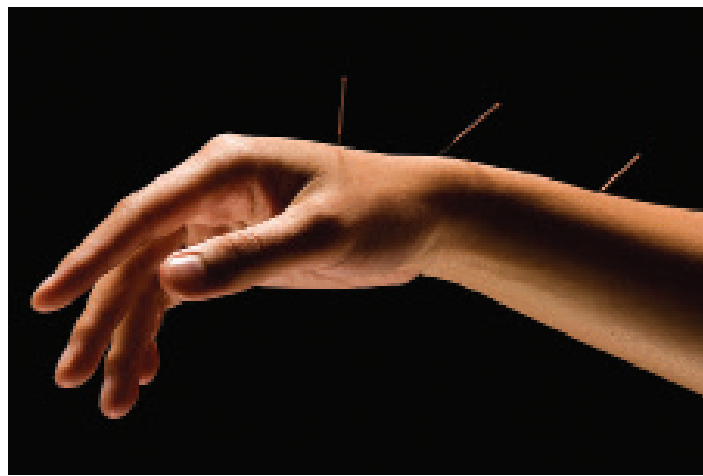
Any side effects from the acupuncture and Chinese herbal medicine in the treatment of acupuncture are negligible when compared to modern pharmaceuticals.

The same acupuncture points and the same Chinese herbal medicines have been used for over 2000 years for weight loss and they have never been taken off the market.

Pulling it all together to improve qi and achieve the best results.

Acupuncture is only a part of a weight loss plan. After determining what the root cause of your imbalances, Dr. Meng develops an individualized plan that includes acupuncture points and herbs that together will maximize weight loss. 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, 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.

Derived from TCM, Dr. Meng's weight loss program not only helps with weight loss and stress, but also improves sleep, increases energy, and promotes an overall sense of well-being. All this is accomplished by using a combination of acupuncture, herbal formulas, and food therapy.

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.

If you are interested in learning more about your qi and the roll acupuncture can have in achieving weight loss goals, call Meng's Acupuncture Medical Center at 561-656-0717 for a free consultation.

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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Afraid of Falling?

LifeCall® FallAlert™ Helps Reduce Your Fear of Falling

Sherwood David Graham

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

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

She made the decision to get a LifeCall™ FallAlert® medical alert system. Virginia says, "During the years that I have worn the LifeCall button, I have

had only two occasions to use it. The second call saved my life. On March 18 I fell and struck my head. I bled profusely." With one press of a button on her LifeCall pendant, the LifeCall emergency response center contacted paramedics and, according to Virginia, "they were by my side within minutes. They took me to the Trauma Center in Delray Beach where I lost consciousness."

The Fear of Falling

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

LifeCall®...If you do fall

LifeCall in-home health care monitoring solutions give you the ability to summon prompt assistance right at your fingertips. In the event of a fall you can get help quickly, which reduces medical complications that result from being immobile for prolonged periods of time. Life-Call will get you help in two ways.

The LifeCall Response Center is the only center where all operators are Certified Emergency Medical Technicians. It 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 provides fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year.



FallAlert™...When you can't call

LifeCall's FallAlert provides additional protection by automatically placing a call for help if a fall is detected and you can't push your button because you are disoriented, immobilized, or unconscious. This enhanced service option can provide even greater security and peace of mind.

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

FallAlert can provide you with a comprehensive way of managing your risk of falling 24 hours a day and the peace of mind that comes from knowing that if you are unable to respond to an emergency you can still receive help. While automatic fall detection can detect more than 95% of falls, some movements may not be detected. In the event of a fall, if you are able, you should always press the button on the Medical Alert pendant to get help.

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

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

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

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

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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IT COULD BE THE MOST IMPORTANT CALL YOU'LL EVER MAKE.

Tips for Preventing Falls at Home

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

1. Make your home safer

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

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

2. Have your vision checked

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

3. Have your doctor review your medicines

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

4. Begin a regular exercise program

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

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Health & Wellness MAGAZINE

HEARING LOSS Didn't Stop DERRICK COLEMAN From Achieving His Dreams

Submitted by Dana Luzon, Au.D. CC-A, FAAA
Written by Abbye Callender, Au.D.

Seattle Seahawk fullback, Derrick Coleman, has been recognized throughout the nation for something truly inspiring. Despite the odds, he has worked very hard to live the life that he always dreamed of! You see, Derrick Coleman is the first known NFL player to be considered legally deaf. His inspirational Duracell commercial on his turbulent yet beautiful journey to the 2014 Super Bowl has been viewed more than 22 million times on YouTube.

And then, the day before last year's big game, Derrick Coleman volunteered at a service mission sponsored by the Starkey Hearing Foundation at Yankee Stadium. The Seattle Seahawks player was one of many other celebrity volunteers dedicated to helping those in need. During the two-day mission, more than 100 people received free hearing aids!



Yes, Seattle won 43-8. That's quite an accomplishment! And let's not forget Seattle's much heralded 12th Man! Seattle's home games have been measured to get up to 136 dB of volume. That's some LOUD and proud support! So... if you happen to go to a Seahawk (or other NFL team) game, you may just want to bring along some earplugs – you'll be glad that you did.

Thank goodness for people like Derrick Coleman. Because of his ability to tell his story, we as a society can become more educated on hearing loss and its effects. There needs to be better appreciation of the unique sets of challenges that hearing-impaired people face every single day. If you have hearing loss, don't let it stand in the way of your dreams. Hearing loss shouldn't hinder anyone from living the life that they want to live. Just ask Derrick Coleman.

HE INSPIRES

Since his commercial aired, the awareness of hearing loss has spread like wildfire! In fact, upon hearing his story, two courageous young girls with hearing loss came forward to write a letter to Derrick Coleman. True to form, he responded, thanking them for their bravery and support! Their heartfelt letter sparked even more nationwide media attention. Days before last year's big game, the hearing instrument organization, Oticon, invited these girls to pre-game media events. The girls even supported their team wearing their blue-and-green hearing aids!

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www.hearingcarefl.com



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.



Reversing Skin Aging using Your Own Platelet Rich Plasma (PRP)

By Suheil Khuri M.D.

1 Platelet Rich Plasma (PRP) Injections

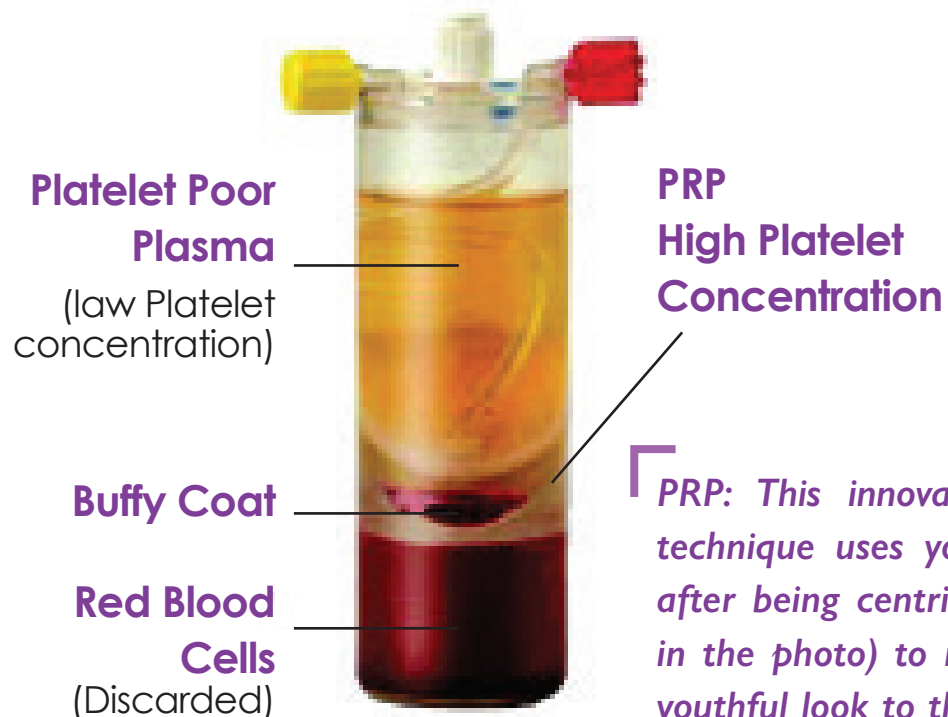
Platelet-Rich Plasma (PRP) is a facial rejuvenation procedure using your own blood that is so cutting edge, it is still offered by only a few practices. Totally natural with no foreign material used or injected.

Platelets are small cells that circulate in the blood. The main function of platelets is to cause clotting of your blood when you bleed.

Recent research has shown that platelets have another major roll. They produce various growth factors (substances capable of stimulating cellular growth, new cell formation and healing) as well as play a significant role in new blood vessel formation.

We start first by removing a small amount of blood (20 cc's) from your arm (similar to a blood test) and placing the blood in a special centrifuge (made specifically for PRP extraction) for 9 minutes. During this process the platelets are concentrated with many other growth factors and proteins. Using a special device that concentrated area is removed thus creating what is known as platelet rich plasma (PRP).

When PRP is extracted, activated and then injected into an area it induces new cell formation, stem cell migration to the area, new blood vessel formation, production of new and healthier tissues leading to NATURAL healing and rejuvenation of that area.



PRP: This innovative anti-aging technique uses your own blood after being centrifuged (as seen in the photo) to restore a more youthful look to the face by promoting local tissue growth and repairing damaged tissue.

2 Microneedling Therapy

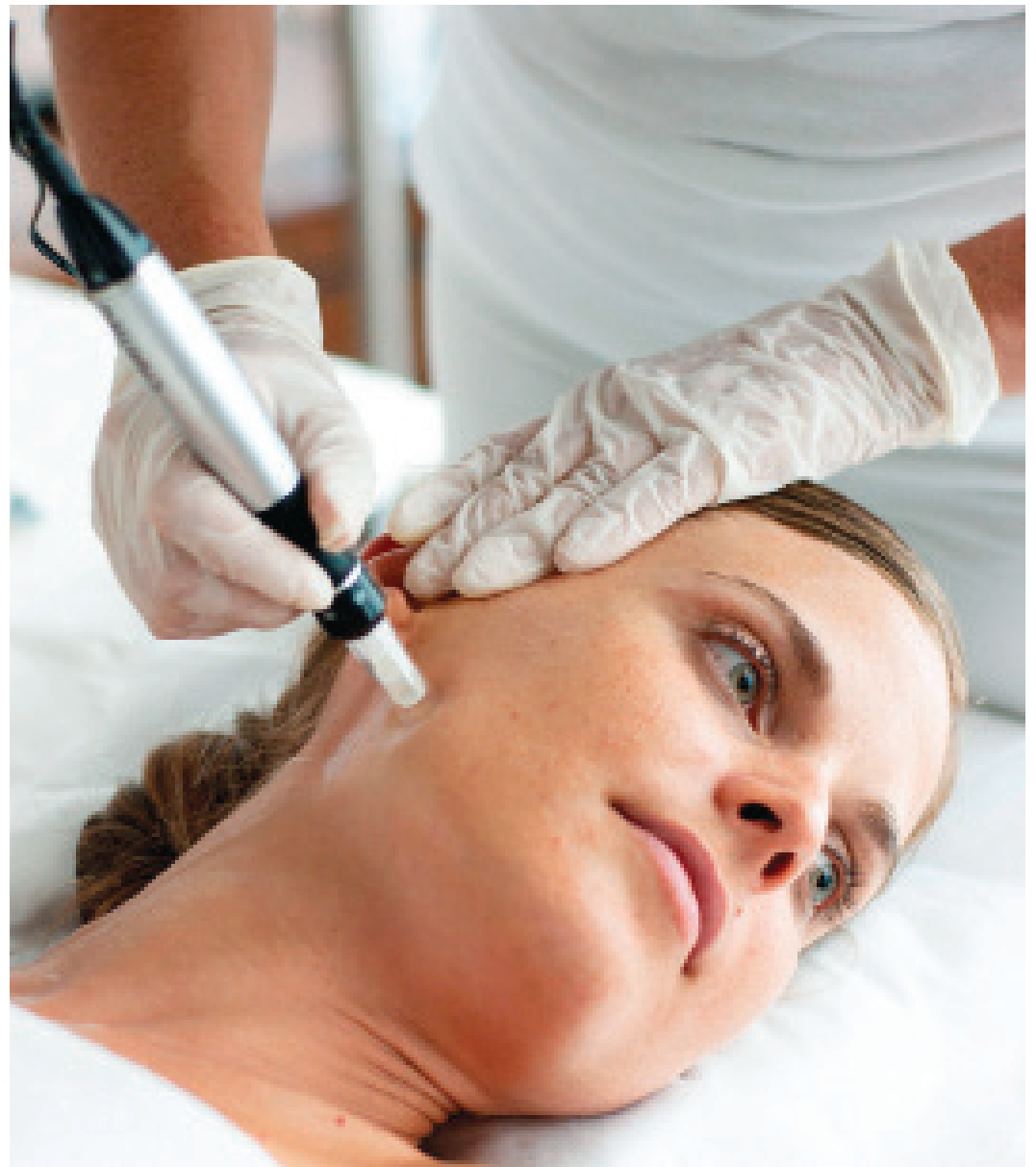
Microneedling Therapy is an advanced technique of introducing serum nutrients into the skin. It uses a pen-like device with multiple tiny needles (a disposable cartridge) to create microscopic openings in the skin. These openings provide a clearer channel for the skin to better absorb hyaluronic acid, platelet rich plasma (PRP) or other healing nutrient serums. It is not a painful procedure since an anesthetic ointment is used before any microneedling session.



Microneedling therapy also promotes the production of collagen and elastin for an overall improvement in the appearance of your skin that continues for a period of months after your sessions.

The channels close naturally and the growth factors stimulate healing. The result is visibly tightened skin, improved texture, tone and a clear reduction in pore size, fine lines and wrinkles.

The combined use of PRP injections in the skin followed by microneedling can reverse the aging process in a natural way, and give you the younger look you are looking for. For best results 2-3 treatments may be needed given few months apart.



To learn more about Natural skin rejuvenation and anti aging skin care options call us for a free consult at:

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SHOULDER INSTABILITY

and its Link to Sports Injuries and Arthritis

Popular sports in south Florida, like tennis, golf, and swimming, require a delicate balance of shoulder mobility and stability in order to meet the demands of the sport. The way shoulder pain is addressed can mean the difference between a good game and a great game, or having to give up the game all together.

SHOULDER MOBILITY – HOW MUCH IS TOO MUCH?

The shoulder joint is essentially a free-floating ball suspended in a ring of ligamentous tissue. It is held into the joint by the glenoid labrum and the glenohumeral ligaments. (See Figure.) The shoulder joint is the “loosest” joint of the body and is made for movement. While joint hypermobility can be advantageous for the athlete, to have good reach and range of motion, too much laxity in the shoulder ligaments can leave it unstable. The rotator cuff muscles are the structures that move the shoulders. When the supporting ligaments around the shoulder become excessively hypermobile, the rotator cuff muscles are called upon to stabilize the shoulder, as well as move it. Eventually these structures fatigue and the person is left with a rotator cuff tear, injury, or tendinopathy. If the training schedule is not altered and the athlete continues training the same way, this can lead to shoulder subluxations, dislocations, or glenoid labral tears.

When shoulder pain and hypermobility go from physiologic to pathologic and becomes a performance problem, what is an athlete to do?

1: Stop extra activities that increase shoulder joint laxity.

Activities that include passive stretching of the shoulder should be discontinued.

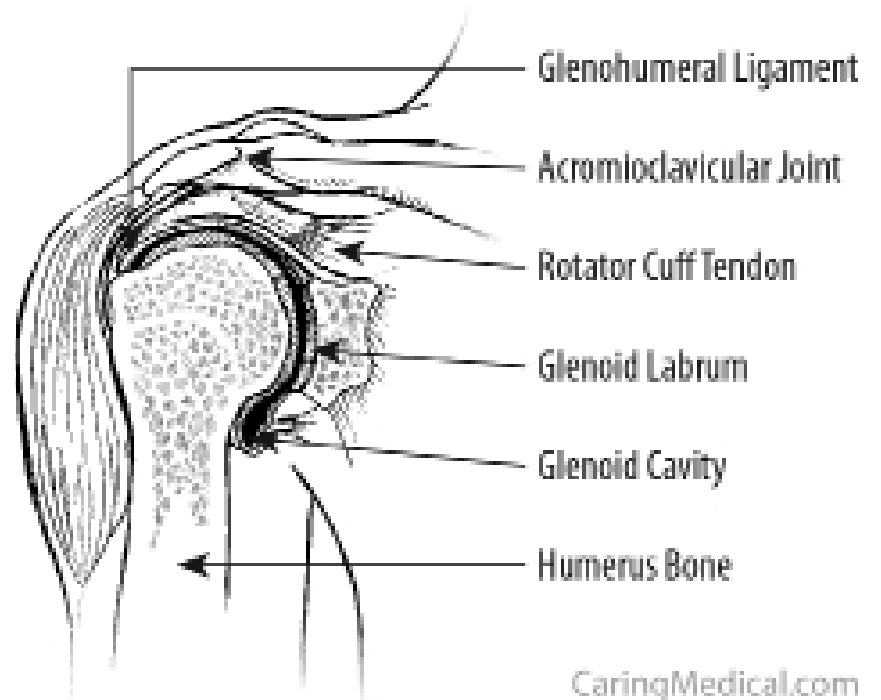
2: Allow time for ligaments to tighten after workouts.

Aggressive training exercises cause ligaments to elongate. If an athlete’s training regimen is appropriate, sufficient time will be allowed for the exercised joint structures to remodel and repair. The amount of time required for this to occur is individualized for each person. For instance, in a swimmer with shoulder hypermobility problems, swimming training hours may need to be reduced or altered so as to allow for proper rest time between workouts that focus on the same muscle groups.

3: Add appropriate strength training.

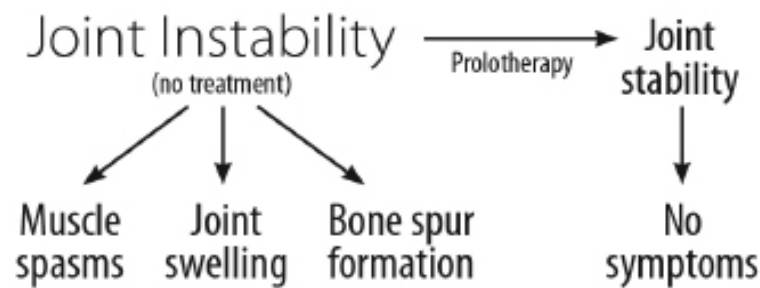
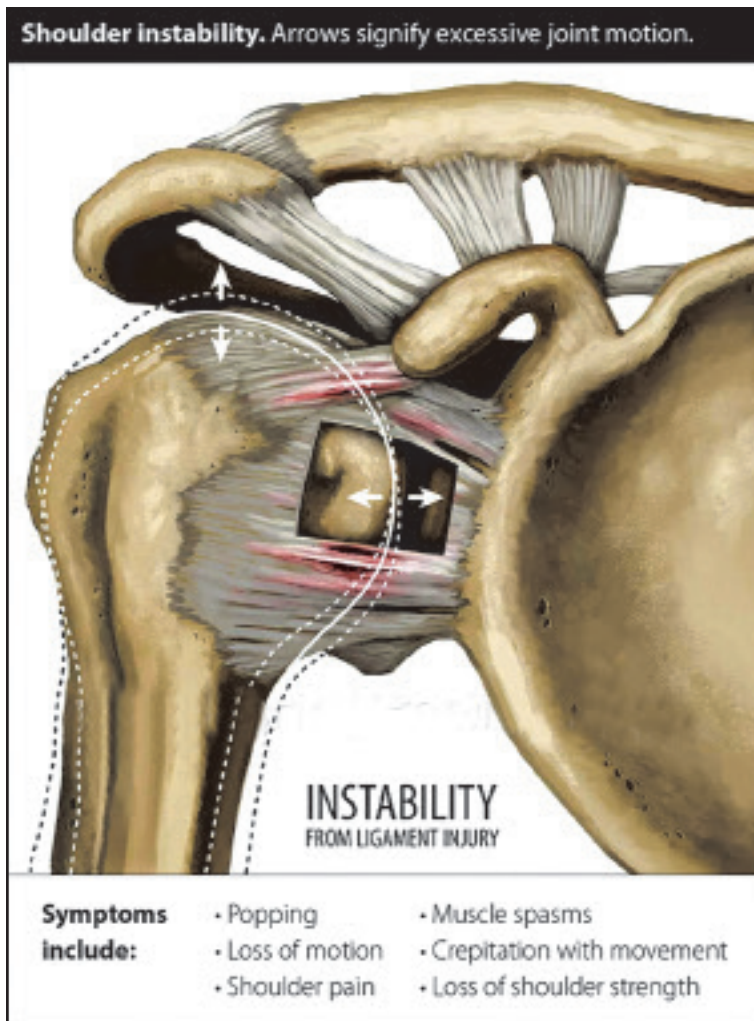
Exercises that work all the shoulder muscles within a pain-free range, including the scapula stabilizers should be incorporated. Strength training causes muscles to tighten, which can have a protective effect for the athlete with problematic hypermobility.

Anatomy of the shoulder.



4: Assess technique.

For the athlete with a painful shoulder, certain techniques should be checked to ensure that excessive stress is not being placed on the shoulder during the swing or stroke.



5. Address contributing factors to the pain

Consider possible contributing factors outside of the primary sport. For instance, athletes can aggravate shoulder pain by sleeping on the bad shoulder. Another commonly overlooked stressor is extended computer usage. If you have shoulder pain on your dominant side, simply switch which hand you use to control the computer mouse. If you are right-handed and have right shoulder pain, this means switching the mouse set up to the left side of the keyboard and using your left hand to operate it. This surely takes some getting used to. But it is a good test to see if, after a couple days, the shoulder improves.

SHOULDER CLUNKING – IS YOUR GAME SUFFERING BECAUSE OF IT?

When the shoulder becomes unstable, it can start making a clunking or clicking noise. When the shoulder clunks or clicks with every stroke or swing motion, it can indicate a more severe, multidirectional shoulder instability. (See Figure.) Symptoms

that an athlete will begin to notice can include loss of shoulder strength and motion, in addition to increased pain and muscle spasms. If this happens, the problem should be addressed at the source, not covered up with medication like ibuprofen or other NSAIDs. One of the problems with using drugs to cover up shoulder pain is that it masks the true extent of the problem, only causing more damage in the long run.

STABILIZING THE SHOULDER JOINT

The body can try to stabilize the joint in different ways: swelling, overgrowing bone (leading to arthritis), or overuse of the surround-

ing muscles (leading to muscle fatigue and spasms). Because the ligaments and tendons have a poor blood supply, they have weak healing properties. Once damaged, they often need a treatment that restarts the repair cascade. This is why shoulder instability and pain can be successfully addressed with regenerative medicine techniques like Prolotherapy. (See Figure.) This is a natural injection therapy that stimulates joint repair—specifically of the ligament, tendon, and labral tissue—and therefore creating a more stable, strong, and pain-free shoulder for the athlete to take their sport to the next level.

PROLOTHERAPY SPECIALISTS:

Ross A. Hauser, MD.

Danielle R. Steilen, MMS, PA-C

Timothy L. Speciale, DO

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Laser Periodontal Therapy: Saving Your Teeth Without Traditional Surgery

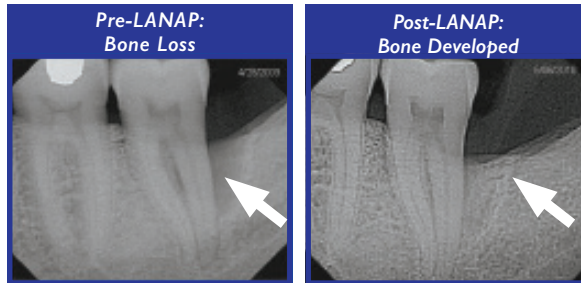
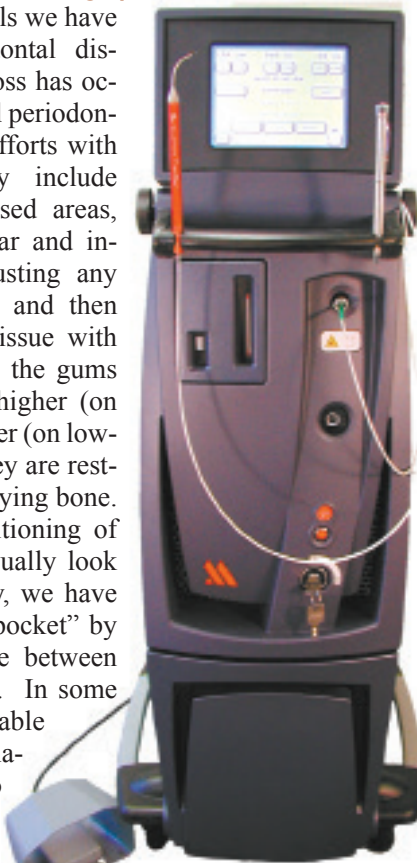
By Lee R. Cohen, D.D.S., M.S., M.S.

One of the most common diseases we face in our lifetime is periodontal disease. This typically painless disease involves infection and loss of the supporting gum and bone around our teeth. As the gum tissues become inflamed and bone is lost, the chances of losing our teeth increases considerably.

Many of us routinely see our dentist and hygienist on a regular basis. At these appointments, measurements to evaluate our gum “pockets” are recorded. The numbers we hear our hygienist calling out represent how inflamed our gum tissue is and how much bone has been lost around our teeth. In cases where the depths below the gum line are significantly deep (more than 4mm usually), the hygienist can no longer reach the bottom of the “pocket” therefore leaving the potentially dangerous bacteria undisturbed. Such situations typically require more advanced treatment. The goal of any periodontal therapy where bone is being lost is to arrest the disease, slow the progression of the bone loss and try to maintain one’s teeth for years to come. Today we have two primary advanced treatments for periodontal disease.

Traditional Periodontal Surgery:

One of the best tools we have to combat periodontal disease where bone loss has occurred is traditional periodontal surgery. Our efforts with traditional surgery include opening the diseased areas, removing any tartar and infected tissue, adjusting any bone irregularities and then closing the gum tissue with sutures. Typically the gums are placed either higher (on upper teeth) or lower (on lower teeth) so that they are resting near the underlying bone. Due to this repositioning of the gums, teeth usually look longer. Ultimately, we have shrunk the deep “pocket” by reducing the space between the gum and bone. In some situations, we are able to add bone graft material in an effort to grow some of the lost bone back.



Laser Periodontal Therapy (LANAP®):

The simplest comparison would be how LASIK revolutionized eye surgery. Laser Assisted New Attachment Procedure (LANAP) is the only FDA approved laser protocol that has been shown to successfully treat periodontal disease while regenerating new gum and bone. LANAP requires NO INCISIONS and therefore NO SUTURES. Due to this fact, post-operative swelling and recovery are almost non-existent.

The goal of LANAP is exactly the same as traditional periodontal surgery, but the approach is completely different. In this procedure, a specialized laser (only one laser and protocol have been approved for this patented procedure) is used to vaporize the diseased tissue. The wavelength of the laser is only attracted to the dark, diseased gums and leaves the healthy tissue virtually undisturbed.

Once this unhealthy tissue is vaporized, the entire area is cleaned and tartar deposits removed. In the small space between the gum and tooth tiny clots are formed that help stimulate the growth and development of new, healthy gum and bone tissue. As the gum reattaches to the tooth (almost like zipping a zipper between the gum and tooth) the deep “pocket” decreases in size. Therefore, in the case of LANAP, the teeth typically do not look any longer when the procedure is completed. Additionally, minimal to no post-treatment swelling or discomfort is typically seen.

Treatment Comparison:

Research has shown that 5 years after treatment there is no statistical difference between the results of traditional surgery or LANAP. It is important to understand that not everyone is a good candidate for LANAP and that both traditional and laser therapy cannot guarantee success. It is clear that many patients are aware that they have these painless, deep “pockets” but opt not to treat their disease due to the potential issues associated with surgery. LANAP offers patients a chance to help keep their teeth and treat their disease without having to undergo traditional surgery.

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

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



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

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

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



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CAN ALZHEIMER'S AND INDEPENDENCE GO HAND IN HAND?

While some treatments are being introduced to combat the effects of Alzheimer's, currently there is no cure. About 5 million Americans are living with Alzheimer's. This number is expected to rise dramatically over the next few decades. No one wants to hear they have this debilitating disease; it can be frightening and full of unknowns. For family members, the news usually invokes the same response.

WHAT IS ALZHEIMER'S?

Alzheimer's is the most common form of dementia. It makes up approximately three quarters of all dementia cases. It is commonly found in the elderly, but a small percentage of people are diagnosed as young as 40. One of the misconceptions about this disease is that it is a normal part of the aging process. The notion that everyone will eventually get dementia as we get older is wrong. Many believe that Alzheimer's is something mild, like forgetting where your car keys are, or forgetting someone's name from time to time. The fact is that Alzheimer's symptoms do gradually get worse with time and eventually lead to death. By the time symptoms present themselves, the average life expectancy is approximately ten years. Though, there have been cases of people living more than 20 years after diagnosis.

Being aware of the signs early can help give you a head start on what to expect. A disruption in daily life due to memory loss is easily one of the first and most common symptoms of Alzheimer's. Short term memory is affected more than long term; anything that has just been learned, such as someone's name can be immediately forgotten. Having more trouble than usual working basic objects around the house like the radio or television can be a telltale sign of the disease. Post-it notes and reminders can be crucial to help remember dates, names, or phone numbers.



One of the most difficult symptoms of Alzheimer's for the patient and their loved ones is difficulty with conversation. During a single encounter, an afflicted person may stop speaking midway through because they don't know how to continue their thought. They may begin to speak differently, forgetting certain words and repeating what they had just said. Mood swings, anxiety, and fear of their surroundings can lead its victims becoming more and more reclusive. Many times, they do not want to go out into public and avoid social settings.

Treatment is available to help reduce the symptoms of Alzheimer's like memory loss, behavioral problems, and sleep changes. Medications can help, but they will not reverse or stop the process. For spouses and other loved ones, watching over them can be a full-time job. Excellent Care sees the frustration and feeling of hopelessness first

hand. We are an in-home care agency providing all your loved ones needs from skilled nursing care to help with daily chores, hygiene, running errands, and medical reminders.

If you have any question regarding Alzheimer's or the assistance that you and your loved ones can receive from Excellent Care contact us 561.404.0456. Our commitment to conierge caregiving is unparalleled, we will work with you individually to develop a care plan for your specific needs.



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By Michael Cohen, Founder, Center for Brain

Overwhelmed? Chronic anxiety...Panic Attacks?

Have medications failed?
Too many side effects?
Maybe it's time to consider
neurofeedback as an alternative.

Neurofeedback is one of the most powerful methods for reducing anxiety and panic attacks, and it can even help reduce or eliminate anxiety medication. With practice and reinforcement, you can train your brain to control how you respond to stress rather than try to avoid it or live with it.

The Center for Brain has helped countless people (both children and adults) to get control of their anxiety and take charge of their life again, often in a fairly short time.

OVERWHELMED?

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

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

Are There Alternatives to Medications? Yes. One alternative is neurofeedback.

Neurofeedback has been proven to greatly reduce or even eliminate anxiety symptoms. For people currently taking medication, using neurofeedback can help lessen a reliance on meds, and some people are able to stop taking anxiety medication entirely.

"I've struggled for years with severe anxiety, and with constant obsessing over problems which often gets out of control. I've tried a lot of psychiatrists and every medication they can think of. None ever really worked. Neurofeedback has made a huge difference. The obsession and anxiety are under control. I've been able to cut back my medications. It's taken a while, and I'm not done. But I'm better able to live my life now."-TK (Jupiter, Florida)

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

WHY CAN'T YOU SIMPLY TALK YOURSELF OUT OF ANXIETY?

People who don't understand anxiety may tell you to calm down and not let things bother you. If it were that easy, you'd already do it. When you have anxiety, the parts of your brain that are supposed to keep you calm aren't working very well.

As a result, anxiety sufferers are often overwhelmed, exhausted, and feel the people around them don't understand. You can't talk yourself out of an entrenched brain pattern.

CAN YOU LEARN TO BE CALMER?

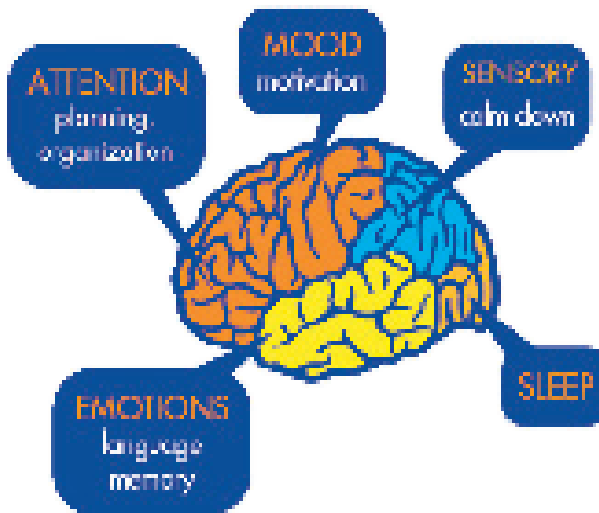
Neurofeedback is one of the most powerful technologies for reducing anxiety and panic attacks by helping the brain to change the stuck patterns that cause the anxiety. While everyone experiences anxious moments, with chronic anxiety, your brain gets stuck in that state, and it's difficult to change it.

Elizabeth is just one client whose life benefited from neurofeedback. Elizabeth, age 35, experienced severe anxiety and had up to 5 panic attacks a day. She said they were "taking over my life." She had been having problems with anxiety and panic attacks since age 17. After 10 neurofeedback training sessions, she had no panic attacks for almost 6 months. Training her brain helped her change the unhealthy pattern. Another client (a licensed therapist himself) is a very wound-up man. He's hyper and anxious most of the time, though you'd not know by looking at him. After one 30-minute neurofeedback session, he said "I haven't felt this calm in my whole life."

That doesn't mean one session solves the problem – his brain didn't know how to be calm. He was able to rapidly learn, but it takes more time to become a new habit. He had tried therapy and medications for years. Only when he learned to calm his brain did it calm his mind. Neurofeedback helped him learn to change his chronic pattern – in his case, quite rapidly.

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

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



HOW DOES NEUROFEEDBACK WORK?

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

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

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

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

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

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.



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NCDHM

National Children's Dental Health Month
by Carol Chapman, Clinical Coordinator, FSW Dental Hygiene Clinic



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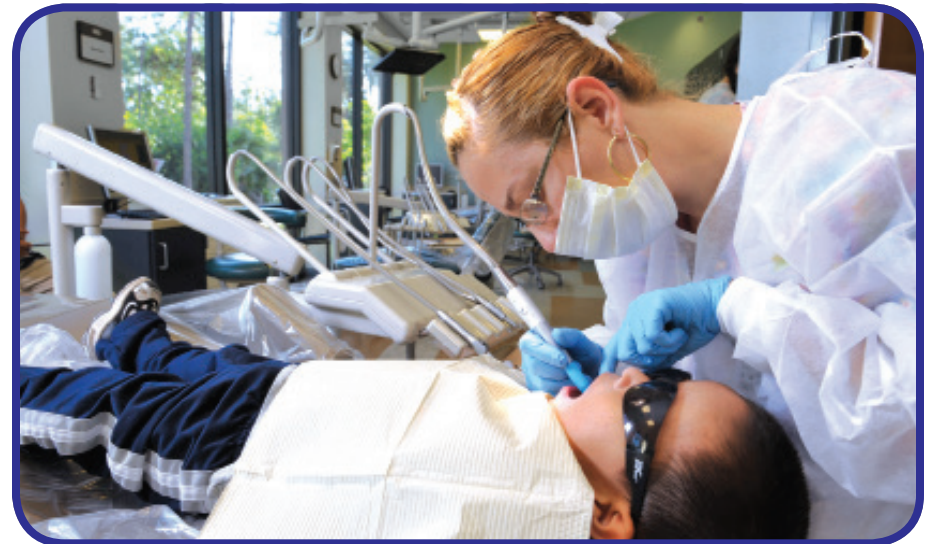
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It's that time of year again! February is designated as National Children's Dental Health Month (NCDHM). It is a time when emphasis is placed on promoting children's oral health. Tooth decay is the most common chronic childhood disease according to the Academy of Pediatric Dentists. It is five times more common than asthma, four times more common than early childhood obesity, and 20 times more common than diabetes. For children ages 2 to 5, 70% of dental decay is found in only 8% of the population. Unfortunately that 8% is concentrated among socially disadvantaged children, especially those who qualify for Medicaid coverage.

six or younger be supervised when tooth brushing and flossing to ensure the correct technique is being employed. The appropriate use of toothpaste should also be monitored for young children.

Give Kids a Smile Day is conducted nationwide each February. The Florida SouthWestern State College (FSW) dental hygiene clinic will be conducting its annual Give Kids a Smile Day for children age 17 and under on February 14th. The clinic's dentists, dental hygienists and dental hygiene students will be joined by local dentists and dental hygienists in providing dental examinations, cleanings, radiographs (x-rays), tooth sealants and fluoride treatments. The dental hygiene clinic is located in Building A on the first

FSW dental hygiene students provide quality care to patients of all ages in its state-of-the-art dental clinic. At a minimal fee, patients receive preventive care supervised by staff dentists and dental hygienists. In addition to clinical tasks, students provide guidance and instruction so patients can maintain optimal oral health for a lifetime. From diet choices to selection of a toothbrush or other oral-care devices, dental hygiene students are well-qualified to impart dental care. How do we know FSW dental hygiene students are well-qualified? For twenty years students have maintained a 100% pass rate on the National Board Dental Hygiene Examination (NBDHE).



Did you know that children with cavities are more likely to miss school as well as perform poorly in school? Preventive measures such as a dental prophylaxis (cleaning) every six months, dental sealants and fluoride treatments can help keep children's teeth strong and healthy. Children that are cavity-free are healthier, happier and better able to perform well at school.

"Defeat Monster Mouth" is the campaign slogan the American Dental Association (ADA) has chosen for 2015. The mouth monsters are the bacteria that cause tooth decay. How can children defend against them? Floss once a day, brush twice a day for two minutes and eat a healthy diet limited in refined processed food. It is recommended children age

floor. Doors will open at 9:00am and services will be delivered until 3:00pm and it will operate on a "first come, first serve" basis. Tables will be set up in the hallway outside the clinic where first-year dental hygiene students will be presenting information on various topics concerning children's oral health as well as providing fun events as the children wait to be seen in the clinic.

This year the FSW dental hygiene program will graduate its 20th class! Over those twenty years there has been a rich blend of age, gender and ethnicity representing all corners of the world. From Malaysia to Russia to Cuba and countless countries in between, students have brought life experiences that enrich the learning environment at FSW.



Appointments
can be made by phone at
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or in person at the reception area
in the Dental Hygiene Clinic.

***Come join us and see what
all the bragging is about!***

Are Stem Cells the Next Penicillin?

By David Ebner, Staff Writer

Chances are that you have heard about stem cells—they have been in the news for years. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? Sufferers of diseases like COPD, pulmonary fibrosis, emphysema and interstitial lung disease are receiving life changing stem cell treatments that just a few short years ago had not yet been thought of as possible.

With further advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin both come from humble beginnings and accidental discovery, they are both used to treat life threatening conditions and diseases, and just like penicillin, stem cell biologists have won Nobel Prizes due to the practical uses of their discoveries.

Consider the history of penicillin. In 1939, while Poland was surrendering to Hitler's Blitzkrieg German offensive, a Scottish biologist by the name of Sir Alexander Fleming was on his 10th year of studying his accidental discovery named penicillin. While on vacation with his family for the summer, Fleming left the cultures he was working on out on his lab workstation. Upon returning, he noticed that a fungus had started to grow on one of the cultures and commented, "That's funny." After further study of the fungus, Fleming observed that the mold produced a substance that killed many disease-causing bacteria. Sir Alexander Fleming did not know the magnitude that his mold experiments would have in 1945 when the antibiotic would save thousands of lives on the French beachfront on D-Day. It wasn't until that year, that Sir Alexander Fleming was acknowledged for his service to the medical field by being awarded the Nobel Prize. In the 1950's a synthetic form of penicillin was first designed and mass production began to create the antibiotic at an amazing pace and for a relatively small expense. Since then, penicillin has been used in vast quantities around the world and has saved millions of lives.

Stem cells have also been studied extensively over time and have crept into the national dialogue as a buzz word for certain political agendas, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the same cells that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells (stem cells) have not yet been assigned as a certain type of cell. They are simply blank cells standing by to meet your body's needs. Stem cells being used to treat diseases can be traced back to 1968 when the first bone marrow transplant was used to treat a patient suffering from leukemia. Placing healthy stem cells into a sick individual's body results in the creation of only healthy cells that are not infected with the disease. In turn, these cells replace the diseased ones and start to heal the patient.

Today, one clinic, the Lung Institute, is using adult stem cells harvested from the patient's own fat, blood and bone marrow to provide similar healing results for people with lung diseases. Their website, www.lunginstitute.com, states that they have treated over 500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells before extracting the stem cells from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells since the 1960's, said, "Stem cells are very important because they offer a different approach. Instead of just treating




The discovery of penicillin was an early example of ground breaking medical advancements changing the course of modern medicine.

symptoms and making the patient a little more comfortable, stem cells target the disease and can repair the damaged tissue. It is a whole new ball game and gives people realistic hope that we can challenge the incurable."

Just as people were wary about how penicillin might help fight infections when first developed, there is some hesitation that stem cell technology can help treat diseases. However, just like penicillin was recognized by the scientific community, so have stem cell developments. If the number of people successfully treated with stem cells already is any indication, then it will undoubtedly be heralded, like penicillin, as the ground breaking medical technology of its time.

If you or a loved one suffers from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (855) 914-3212 or visit lunginstitute.com/health to find out if these new treatments are right for you.





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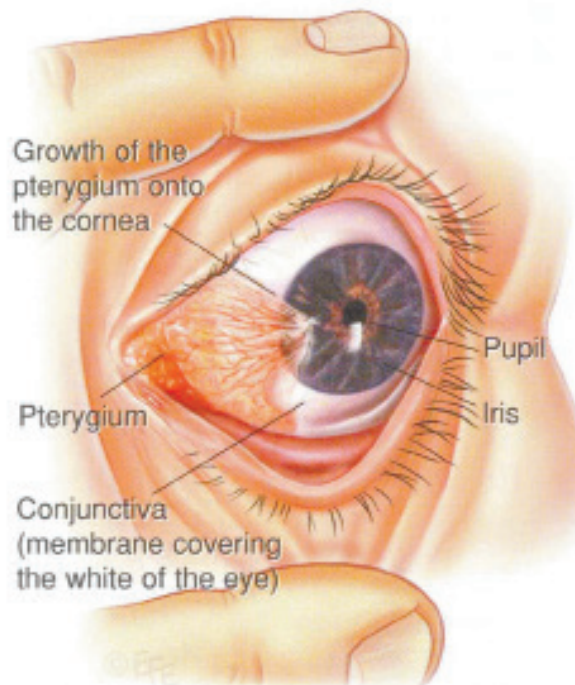
Pterygia and South Florida

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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.

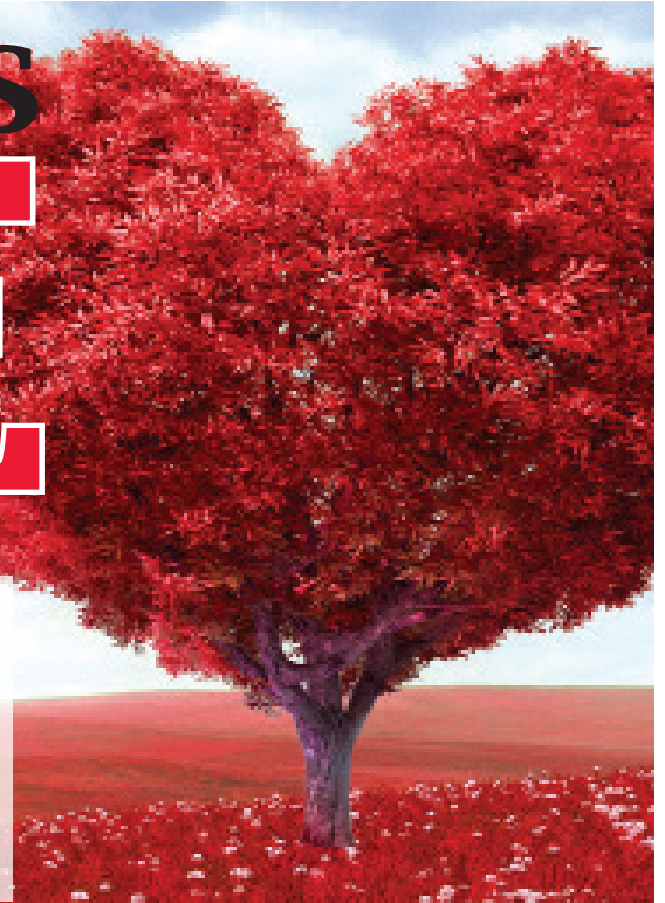
Dr. Goldman speaks English and Spanish.

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All You Need Is LOVE

Brent Myers

In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard’s charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”



What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine’s Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

“Teacher, which is the most important commandment in the law of Moses?” Jesus replied, “‘You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” - Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It’s simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my

relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: *“Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”*. - 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It’s a simple formula – not an easy one.)

So in this month where we set aside a day of love, let’s make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

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