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

March 2015

North Palm Beach Edition - Monthly

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**FREE**



**Insomnia**

**Shedding Light  
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**Chronic Anxiety?  
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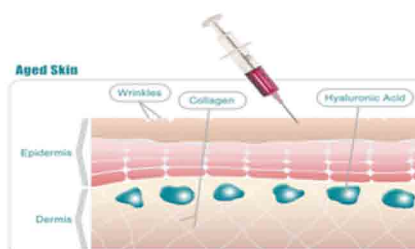
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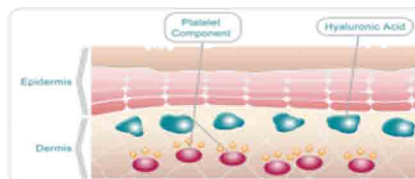
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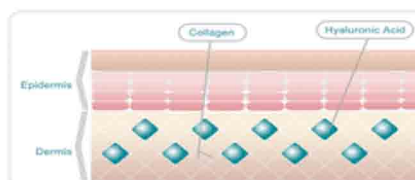


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# Insomnia



In my neurological practice, the most common sleep disorder by far is Insomnia. Insomnia is generally defined as either difficulty initiating sleep, difficulty maintaining sleep, or early-morning awakening with inability to return sleep. In order to make the diagnosis of insomnia, there must be some impairment of daytime functioning. This may include fatigue, difficulty concentrating or memory impairment, mood disturbances or irritability, poor motivation, headaches or even simply concerns or worries about sleep. The prevalence can range from 10%-15% in the general population. However, in a neurology clinic setting, that number is likely to be closer to 50%. Insomnia is particularly prevalent in patients with headaches, epilepsy, neurodegenerative disorders as well as multiple

sclerosis. Studies suggest that insomnia may contribute to medical conditions such as hypertension and glucose intolerance while comorbid conditions such as depression and anxiety are common.

An evaluation of insomnia must include a thorough history, both from the patient as well as the bed partner or roommate. Helpful tools may include sleep logs/diaries, sleep questionnaires, psychological and mood inventories and actigraphy. An actigraphy unit is a hi-tech, medical device that functions as a movement and sleep detector. It is worn at the wrist, like a watch, and is a useful tool to objectively monitor sleep-wake activity while communicating the data to the doctor's computer. The patient wears it for 3-7 days, or longer, and

it can aid in the diagnosis of insomnia subtypes and circadian rhythm disorders. After wearing the actigraphy device for the designated period of time, the patient will return to the office and the doctor will read and analyze the report that was generated by the actigraphy. Following the digital information generated from the report, an individualized, custom made, plan of action will be put into place to assist the patient with developing healthy sleep patterns.

There are four primary components for treatment of insomnia. The first is optimal sleep hygiene, which means developing good sleep habits to promote healthy sleep. This includes limiting caffeine and alcohol use, as well as exercising regularly.



The second is utilization of cognitive behavioral therapy (CBT). Behavioral therapies include stimulus control (associating the bedroom with sleep), sleep restriction and relaxation therapy. The cognitive component is learning to get rid of negative thoughts regarding sleep. One of the current challenges is the limited availability of qualified nurses who are skilled at administering CBT for insomnia.

The third component is the judicious use of sleep modulating agents. This may include non-specific agents (temazepam) and specific agents (Ambien); one exciting new development is the brand new FDA-approved agent called suvorexant, an antagonist of hypocretin, the neurochemical which is often found deficient in narcolepsy. The fourth component is adequately treating comorbid conditions such as depression.

A comprehensive, neurological evaluations by a board certified neurologist is needed to rule out sleep conditions which may present as insomnia, such as sleep apnea, circadian rhythm disorders, restless legs syndrome and narcolepsy. Contributing medical and psychiatric conditions, as well as medications' side effects must be identified as possible triggers. Once insomnia is diagnosed, a combination treatment using all four components discussed above is recommended for best results. Gardens Neurology is setting in motion and looking forward to putting together an insomnia center which will effectively treat all patients suffering from this disabling sleep condition. Insomnia is often inadequately treated and we are trying to reverse that trend and offer the newest medical as well as holistic treatments.

How nice will it be to say "good night, sleep tight" and know that even if the bed bugs bite, we will wake up in the morning after a good night sleep...

Insomnia is a very common disorder with important negative health consequences. Dr. David Silvers, and the staff at Gardens Neurology, are proud to announce the opening of an insomnia center for adults and adolescents 13 years of age and older. With our recent office expansion at 3401 PGA Blvd., and the addition of a qualified, CBT trained, nurse practitioner, Gardens Neurology will start evaluating and treating patients for insomnia. All patients will initially be screened by Dr. David Silvers for secondary causes of insomnia. Following a thorough initial consultation, a trained nurse practitioner will evaluate all patients with insomnia by taking an in-depth history, instructing patients on keeping a sleep diary and utilizing a hi-tech wrist actigraphy device. Once all studies have been completed, and with Dr. Silvers' supervision, our providers will manage and follow patients with insomnia using a multimodal approach which will include:

- **Sleep hygiene education**
- **Cognitive-behavior therapy for insomnia (CBT-I)**
- **Appropriate use of sleep promoting agents**
- **Addressing comorbid conditions including anxiety and depression**

Another important addition to our facility is offering patients with cognitive disorders special therapy through cognitive remediation. Many conditions can cause memory loss, but with cognitive remediation and therapy, improvements are possible.

Our expanded neurology center also treats patients suffering from a wide scope of neurological issues. Some of Dr. Silvers' expertise include mild cognitive issues, Parkinson's Disease, headaches, multiple sclerosis, stroke, epilepsy, peripheral neuropathy, movement disorders, Alzheimer's Disease, neuromuscular disorders and concussion.

**Dr. Silvers** is board certified in neurology, neuromuscular medicine and electrodiagnostic medicine. All EMG's and EEG's that are ordered by Dr. Silvers are performed in the comfort of our office.

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# Shedding Light on Hair Loss

By Alan J. Bauman, M.D.

Over the past decade or so, doctors have begun to see lasers in a new light, specifically, hair restoration physicians. Low-level laser therapy (LLLT), once viewed with skepticism, is now one of the key tools used to treat hair loss. Today's top practitioners rely on drug-free laser therapy with or without other treatments to provide optimum results for both male and female patients. With the FDA clearances and strong clinical evidence supporting its efficacy in treating hair loss, low-level lasers have become an important tool those seeking to restore their locks.

Laser therapy is the use of visible wavelengths of light (e.g. 'red'), which have a biological effect on cells. It is known that wavelengths of light produced by the diodes of the LaserCap are associated with an increase of energy production within the cells which may be the primary mechanism for helping patients hair follicles grow hair and produce thicker, healthier looking hair. In addition to hair loss, clinical studies have found low level or 'cool' lasers to have a number of medical applications - including faster wound healing, pain abatement, treatment of brain injuries, and lipolysis (fat loss).

At Bauman Medical Group, we've incorporated LLLT into our multi-therapy regimens for the past 15 years, and we've seen first-hand how effective this side effect-free treatment can be for hair growth in both men and women with hair loss.

While LLLT does facilitate hair growth, it is important to understand that it doesn't regrow hair that is dead and gone, which is why early detection and intervention is essential for optimal results. Laser therapy can jumpstart areas where hair is thinning and can also be effective for hair growth when used in combination with other medical treatments like compounded topical minoxidil and/or oral finasteride, platelet-rich plasma plus stem cell injections, prostaglandin analogs, nutritional supplements and NeoGraft FUE hair transplants.





One of the most exciting breakthroughs in laser therapy is the LaserCap, the hands-free device which offers the power of a clinical laser therapy unit in a cordless, rechargeable and discreet treatment device. LaserCap literally 'fits under your hat' providing the freedom to receive a non-chemical, non-invasive, pain-free treatment almost anywhere, anytime. The LaserCap is unique among the other popular at-home low level laser therapy devices because it doesn't require the patient to stand in front of a mirror for 10-15 minutes manually 'combing' the areas of concern, as with hand-held laser combs. Instead, hair loss sufferers can easily and discreetly treat their hair loss or thinning and not be tied to an AC wall outlet via a power cord.

For those with hair loss or hair thinning, keep in mind, these may be influenced by many factors including heredity, medications, illness, stress, nutrition, lifestyle, etc., and left untreated only gets worse with time. Because so many factors can influence one's hair loss status, it is essential to undergo a thorough medical consultation with a specialist before initiating any hair restoration regimen.

Laser therapy, like other non-invasive hair growth treatments, is no 'miracle cure,' but it is an important tool in the treatment of damaged hair, thinning hair and hair loss. The good news is that with appropriate diagnosis, scientific measurements, appropriate expectations, correct dosing regimens and clinical follow-ups, the vast majority of hair loss patients can be helped by low-level laser therapy.

For more information on what kind of results you might achieve with laser therapy or how laser therapy can be added to your 'multi-therapy' hair restoration regimen, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 1-877-BAUMAN-9 or (561) 394-0024.

### Low Level Laser Therapy:

- Several in office and at-home low-level laser therapy devices have been FDA-cleared for the treatment for hair loss.
- Low-level laser therapy improves hair growth by reversing the miniaturization of hair by improving blood flow and increasing energy production at the follicle.
- Low-level laser therapy increases mitochondrial membrane potential at the cellular level through a process called photobiomodulation.
- Laser therapy is a drug-free, chemical-free, side effect-free non-invasive treatment option for hair thinning for both men and women.
- LaserCap, embedded with over 220 laser diodes, provides complete coverage of the scalp and easily fits discreetly under any hat or under a bandana or scarf.
- Available through physicians only, LaserCap was the first clinical strength, 100% hands-free, portable, cordless and rechargeable laser device on the market.
- In addition to LaserCap, there are numerous other products currently out on the market, such as laser combs and brushes, large helmets and clinical laser 'hoods.'

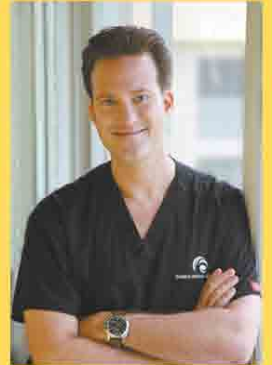


### FDA Clinical Study on Laser Therapy and Hair Regrowth

**Thinning Hair?** Dr. Alan J. Bauman is currently recruiting patients for an FDA-registered clinical trial using LaserCap, which aims to help patients and physicians better understand what results hair loss sufferers are likely to receive from this treatment. Male and female participants of various ages and stages of hair loss meeting certain criteria and accepted into the study will receive a device to wear every other day for 30 minutes for 16 weeks. Neither the participants nor study investigators will know whether the participants have received an active laser device or a non-laser "placebo." At the end of the trial, each participant will receive a brand new, **FREE LaserCap (a \$3,000 value)**. Interested individuals should visit [www.844gethair.com](http://www.844gethair.com) or call 844-GET-HAIR for more information.

### 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.

### Hair Loss Study Candidates Needed!

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



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# Chronic anxiety? Panic attacks? Wish it could just stop?

## Have medications failed? Too many side effects?

Maybe it's time to consider  
the Biofeedback Solution

By Michael Cohen, Founder, Center for Brain

### **FEELING OVERWHELMED?**

You don't have to live with chronic anxiety anymore, and you don't need to live with feelings of being overwhelmed or burned out. There's something new that can change how you feel and help you take back control of your life.

Biofeedback, enhanced by 21<sup>st</sup> century technology, helps you feel better, manage stress better and improves your ability to handle the challenges of everyday living – without being overwhelmed.

Biofeedback is one of the most powerful methods available today for minimizing anxiety and panic attacks. With practice and reinforcement, you can train

your brain and body to respond more calmly to stress and significantly reduce the need to try to avoid it or live with it.

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

Most people with anxiety have tried medications to feel better, often with disappointing results. Medications may not eliminate your symptoms and don't teach your brain and body to make permanent changes. Medications don't help you learn to quiet your mind or to be calm without them. Unfortunately for sufferers of anxiety,

many doctors are unfamiliar with treatments other than medication. Other approaches like nutritional changes and acupuncture can have disappointing results as well.

### **WHAT CAN BIOFEEDBACK DO?**

Biofeedback has been proven to greatly reduce or even eliminate anxiety symptoms. For people taking medication, biofeedback can help lessen reliance on medicines. In some cases people are able to stop taking anxiety medication entirely.

Consider the experiences of three patients who sought the Biofeedback Solution from Center for Brain.



**52-year-old Cecily** had suffered from depression and anxiety since her late 20s following a car accident. She was taking medications for depression and sleep, but over time these didn't help. Doctors ran out of ideas, and her anxiety surged. Cecily became increasingly fearful and anxious of everything in her life, stopped participating in normal activities, and felt completely overwhelmed. An intensive and comprehensive intervention of biofeedback therapy, an adjustment of her hormones and acupuncture broke her cycle of anxiety and depression. Today she is sleeping without medication and living a calm and peaceful life.



**24-year-old Brett** had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function. After one month of biofeedback sessions 3-4 times per week his panic attacks and extreme anxiety diminished and he was able to drive again. Now that he knows how to calm himself he reports feeling "completely normal."

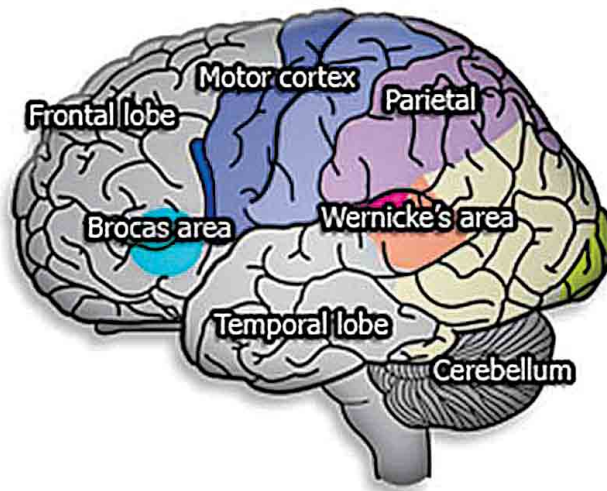


**Melissa, 47**, had anxiety so severe that she was unable to drive, couldn't pay attention to anything and was afraid to leave her house. She took numerous medications for anxiety and sleep but she did not get better. At the time she came to Center for Brain she had been suffering extreme anxiety for a solid year with very little relief. After a month of biofeedback she began feeling much calmer and was sleeping better. She started leaving the house and was even able to get and keep a job. Following three months of treatment she appeared in our office bright, cheerful and engaging without any anxiety symptoms.

**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, right? 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 emotional pattern.



**CAN YOU LEARN TO BE CALMER?**

Absolutely! Biofeedback is one of the most powerful technologies in the world for reducing anxiety and panic attacks. It helps the brain 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.

Biofeedback worked for 65-year-old Jacob who developed severe agoraphobia (fear of leaving the house). Antidepressants didn't help. Either did Valium, other calming medications and even daily medical marijuana. He suffered through eight months of non-stop anxiety. He fantasized about "walking in front of a bus" rather than go on living the way he was. Center for Brain provided biofeedback services to him at home, five times a week for two weeks. Within ten days he had stopped the medical marijuana. Over the course of three months he significantly reduced his other medications and once again was able to leave his house.

*"We've developed a unique comprehensive program to help those with chronic Anxiety and Depression to change their life. It helps your brain to manage mood and anxiety successfully."*

Michael Cohen, President and Founder, Center for Brain

**HOW DOES BIOFEEDBACK WORK?**

Biofeedback training helps change brain patterns. It measures the body and brain's rhythms and rewards you when you make healthy patterns. With repeated training, the brain and body learn to maintain those healthier patterns. Correcting anxiety with biofeedback takes practice and reinforcement. The more your brain learns how to be calm through biofeedback, the more it becomes a normal state in everyday life.

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

Michael Cohen, President and Founder, Center for Brain

We also offer other 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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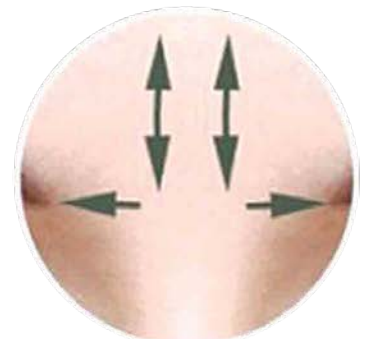
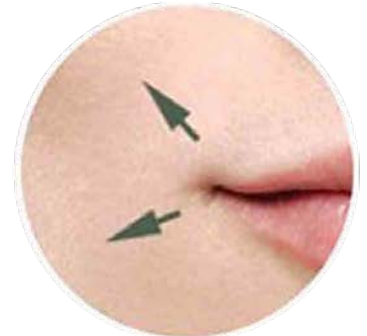
# Skin Tightening Legacy

**S**kin laxity affects millions of people and doesn't necessarily discriminate against race or age. Skin laxity can be a result of excessive weight loss, pregnancy, aging or simply genetics. Deciding whether to treat the issue or just let it be is a personal choice. The many options may weigh heavy for some and for others having an option is a luxury.

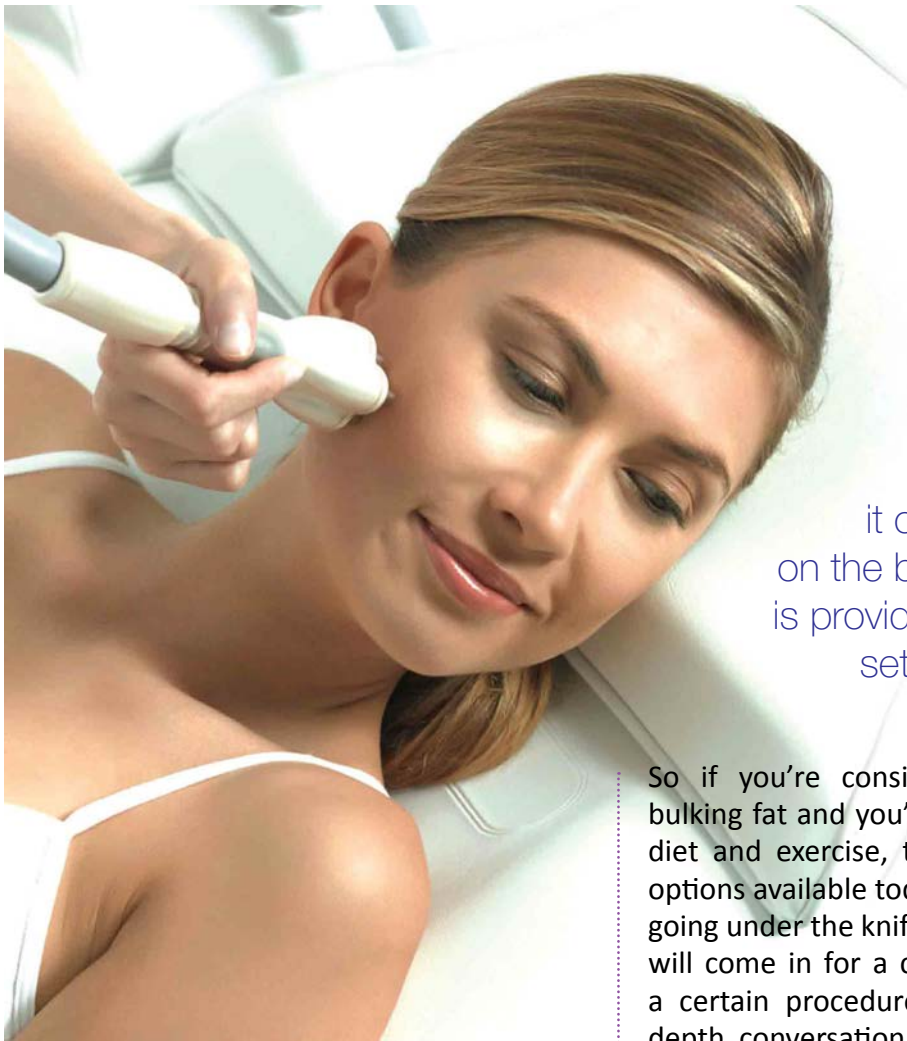
Plastic Surgery may seem like the only option; for some that is very true, and for others it can certainly be avoided. So having technology that requires no downtime and no incisions is a luxury that you simply cannot afford to miss out on. The technology that is most popular is radiofrequency.

Radiofrequency has been around for the past decade and hasn't always been the most comfortable treatment, but as time has evolved it has been perfected into a more comfortable, tolerable, treatment with effective results.

The technology that we use is called the Venus Legacy. The Venus Legacy is the newest skin tightening device that is an upgrade from its prior version the Venus Freeze. The Venus Legacy is a device for skin tightening that works by using a combination of Radio Frequency and Multi-Polar Magnetic Pulse that uniformly distributes deep heat to the underlying layers of the skin. This process triggers the skin to heal naturally while stimulating the production of new collagen, elastic fibers and the formation of new blood vessels. The treatment delivers a highly uniform energy that reaches multiple depths under the skin to allow for better treatment outcomes. The Venus Legacy is superior because it is able to penetrate deeply into the skin, and precisely measure the distributed heat so that the body reaches therapeutic temperatures. It also has built in suctioning hand piece that has multiple levels of suction. The suction helps to increase blood supply and distribute the heat uniformly.



The technology that we use is called the **Venus Legacy**. The Venus Legacy is the newest skin tightening device that is an upgrade from its prior version the Venus Freeze. The Venus Legacy is a device for skin tightening that works by using a combination of Radio Frequency and Multi-Polar Magnetic Pulse that uniformly distributes deep heat to the underlying layers of the skin.



We are able to use it on almost every part on the body. This treatment is provided in a comfortable setting and is tolerable and pain free.

So if you're considering options for de-bulking fat and you've tried all you can with diet and exercise, this is one of the many options available today that does not require going under the knife. In many cases patients will come in for a consultation and request a certain procedure, however after an in-depth conversation we sometimes find we can sometimes determine that there are different treatment options available that may be affordable than what one initially thought. We pride ourselves in having those options available to people in a friendly clean environment that is up to date with the latest technology.

The treatment is performed in a luxury spa environment with no pain and no downtime. The Venus Legacy® is indicated for Anti-Aging, Skin Tightening, Wrinkle Reduction, Cellulite Reduction and Circumferential Reduction. Although one treatment will yield results, it is normally recommended in a series.

The production of collagen produces skin tightening results. The other benefit of having the deep level of heat penetration with precise temperatures is that we are able to de-bulk the fat layer as well. So we are able to produce results such as circumferential reduction, improved fat bulges, belly bulges, love handles and most notably we use the technology for skin tightening on crepey skin, loose sagging skin, post pregnancy and excessive weight loss. We are able to use it on almost every part on the body. This treatment is provided in a comfortable setting and is tolerable and pain free. In order to assess if you are candidate, a complimentary consultation is recommended. Consultations help to provide insight on past medical history and cosmetic surgical history. We are able to identify medical issues that may eliminate someone as a candidate, but there are few contraindications which include pregnancy and having a pacemaker.

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**Health & Wellness** MAGAZINE

# WHAT IS AN AUDIOLOGIST?

By: Dana Luzon, Au.D., CCC-A, FAAA,  
Board-Certified Doctor of Audiology

**A**n audiologist is a healthcare professional specializing in identifying, diagnosing, treating, and monitoring disorders of the auditory and vestibular systems of the ear. Audiologists are trained to diagnose, manage, and/or treat hearing or balance problems. Audiologists with a master's degree are currently able to practice in the field; however, as of 2012, audiologists must earn a Doctor of Audiology (Au.D.) degree. The profession of audiology is dedicated to the diagnosis and rehabilitation of hearing loss.

*An audiologist can provide you with answers to questions like these:*

- What do you do when you find out that you or a loved one has a hearing loss?
- Who do I turn to for quality hearing health care?
- Can my hearing loss be helped with hearing aids?
- What are the different types of hearing loss?

An audiologist is the professional who specializes in evaluating and treating people with hearing loss. They have extensive training and skills in evaluating the hearing of adults, infants, and children of all ages. Audiologists conduct a wide variety of tests to determine the exact nature of an individual's hearing problem, and they present an array of treatment options to patients with hearing impairment. They dispense and fit hearing aids, administer tests of balance to evaluate dizziness, and provide hearing-rehabilitation training. Audiologists refer patients when the hearing problem needs medical or surgical evaluation.

## Why should someone with hearing loss be evaluated by an audiologist?

Audiologists hold master's or doctoral degrees from accredited universities with special training in the prevention, identification, assessment, and nonmedical treatment of hearing disorders. They are now required to attend at least a one-year full-time internship and pass a demanding national competency examination. By virtue of their graduate education, professional certification, and licensure, audiologists are the most qualified professionals to perform hearing tests, refer patients for medical treatment, and provide hearing-rehabilitation services.

## What do audiologists do?

Audiologists perform comprehensive diagnostic hearing tests. They use specialized equipment to obtain accurate results about hearing loss. These tests are typically conducted in sound-treated rooms with calibrated equipment. The audiologist is trained to inspect the eardrum with an otoscope, perform earwax removal if necessary, conduct diagnostic audiologic tests, and check for medically related hearing problems.

Hearing loss is caused by medical problems about 10% of the time. Audiologists are educated and trained to recognize these medical problems and refer patients to ear, nose, and throat physicians (ENTs; also known as otolaryngologists) if necessary. ENTs cannot medically or surgically treat 90% of hearing loss cases. Most persons with hearing impairment can benefit from the use of hearing aids, and audiologists are knowledgeable about the latest applications of hearing aid technology.

## Audiologists also provide:

- Hearing services and counseling
- Hearing aids and assistive listening devices
- Hearing conservation programs
- Hearing research

Finding a local audiologist can be as easy as answering a few simple questions. First, is there a licensed and experienced audiologist on staff?

## Then consider:

1. In determining whether a hearing device is appropriate, will the audiologist speak to you clearly about your hearing loss, lifestyle, manual dexterity, and budget?
2. Will you receive assistance and training regarding how to wear and care for your hearing devices, as well as how to adjust to wearing them?
3. Does the clinic offer lengthy trial periods, warranties, and loss-and-damage protection?
4. Will they provide follow-up care at least every six months?

If you have answered "Yes" to all of these questions, you can rest assured that you have taken the right steps in finding a reputable audiology clinic. Once you find a clinic you are comfortable with, schedule an appointment for an initial consultation and hearing test.

## What is unique about Audiology and Hearing Aids of the Palm Beaches?

Being the only AudigyCertified™ audiology practice in the Palm Beach County area requires us to keep the highest standards of care in the nation with the highest level of credentialing in America. Dr. Luzon is a board-certified doctor of audiology and keeps current on changes in the hearing care industry. Our mission is to provide high-quality hearing solutions in order to improve the quality of life of our patients and their families. This can only be received through Audiology and Hearing Aids of the Palm Beaches.

## We offer at No Extra Charge:

- 75-day retraining periods
- 3-year repair warranties
- 3-year loss-and-damage protection
- 3 years of office visits and service
- Free batteries for the life of the devices



**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.

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# Is Your Qi Imbalanced?

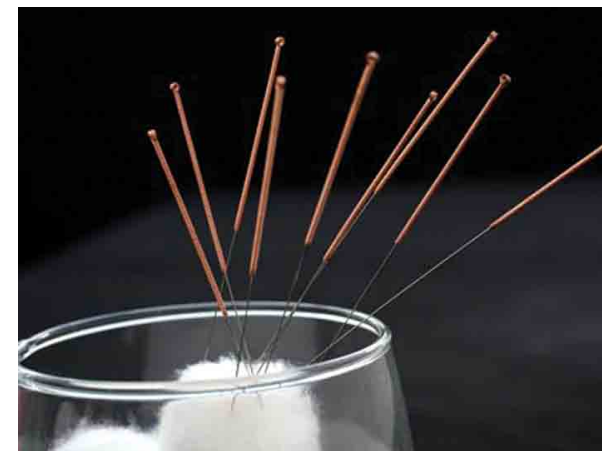
## How Acupuncture Corrects Functional Flow and Increases Weight Loss



**P**atients 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.

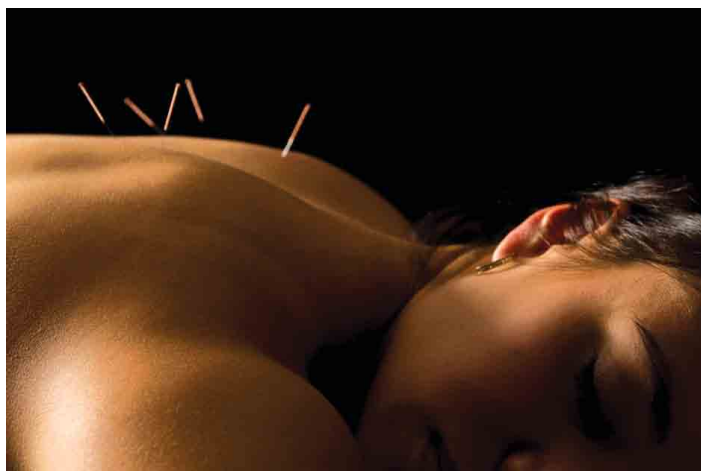
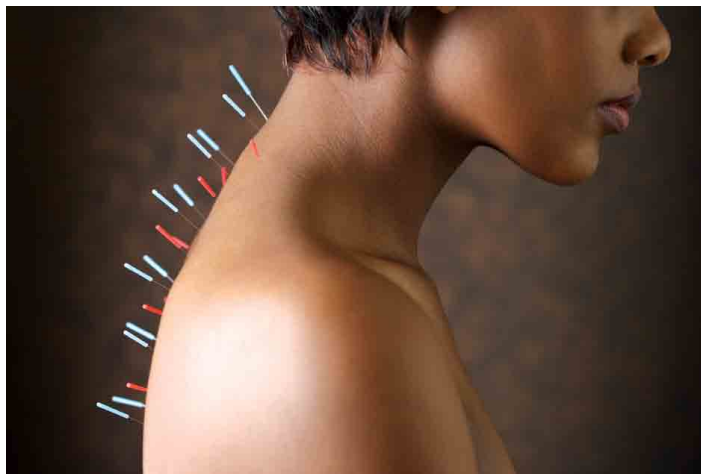
Any side effects from the acupuncture and Chinese herbal medicine in the treatment of acupuncture are negligible when compared to modern pharmaceuticals.

*The same acupuncture points and the same Chinese herbal medicines have been used for over 2000 years for weight loss and they have never have 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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# WHAT IS DIABETIC RETINOPATHY?

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

Diabetic retinopathy, the most common diabetic eye disease, occurs when blood vessels in the retina change. Sometimes these vessels swell and leak fluid or even close off completely. In other cases, abnormal new blood vessels grow on the surface of the retina.

**T**he retina is a thin layer of light-sensitive tissue that lines the back of the eye. Light rays are focused onto the retina, where they are transmitted to the brain and interpreted as the images you see. The macula is a very small area at the center of the retina. It is the macula that is responsible for your pinpoint vision, allowing you to read, sew or recognize a face. The surrounding part of the retina, called the peripheral retina, is responsible for your side—or peripheral—vision.

Diabetic retinopathy usually affects both eyes. People who have diabetic retinopathy often don't notice changes in their vision in the disease's early stages. But as it progresses, diabetic retinopathy usually causes vision loss that in many cases cannot be reversed.

## DIABETIC EYE PROBLEMS

There are two types of diabetic retinopathy:

### Background or nonproliferative diabetic retinopathy (NPDR)

Nonproliferative diabetic retinopathy (NPDR) is the earliest stage of diabetic retinopathy. With this condition, damaged blood vessels in the retina begin to leak extra fluid and small amounts of blood into the eye. Sometimes, deposits of cholesterol or other fats from the blood may leak into the retina.

NPDR can cause changes in the eye, including:

- Microaneurysms: small bulges in blood vessels of the retina that often leak fluid.
- Retinal hemorrhages: tiny spots of blood that leak into the retina.
- Hard exudates: deposits of cholesterol or other fats from the blood that have leaked into the retina.
- Macular edema: swelling or thickening of the macula caused by fluid leaking from the retina's blood vessels. The macula doesn't function properly when it is swollen. Macular edema is the most common cause of vision loss in diabetes.
- Macular ischemia: small blood vessels (capillaries) close. Your vision blurs because the macula no longer receives enough blood to work properly.

Many people with diabetes have mild NPDR, which usually does not affect their vision. However, if their



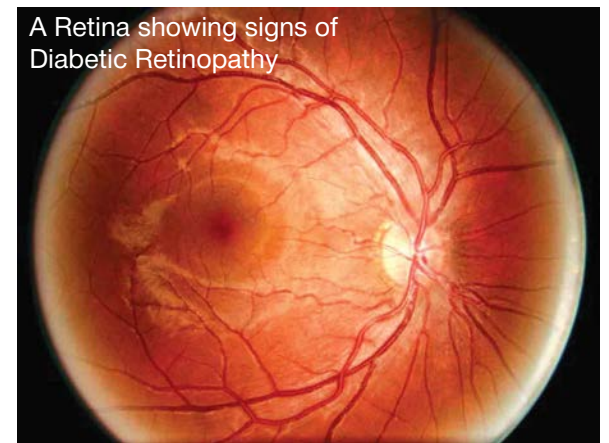
vision is affected, it is the result of macular edema and macular ischemia.

### Proliferative diabetic retinopathy (PDR)

Proliferative diabetic retinopathy (PDR) mainly occurs when many of the blood vessels in the retina close, preventing enough blood flow. In an attempt to supply blood to the area where the original vessels closed, the retina responds by growing new blood vessels. This is called neovascularization. However, these new blood vessels are abnormal and do not supply the retina with proper blood flow. The new vessels are also often accompanied by scar tissue that may cause the retina to wrinkle or detach.

PDR may cause more severe vision loss than NPDR because it can affect both central and peripheral vision. PDR affects vision in the following ways:

**Vitreous hemorrhage:** delicate new blood vessels bleed into the vitreous — the gel in the center of the eye — preventing light rays from reaching the retina. If the vitreous hemorrhage is small, you may see a few new, dark floaters. A very large hemorrhage might block out all vision, allowing you to perceive only light and dark. Vitreous hemorrhage alone does not cause permanent vision loss. When the blood clears, your vision may return to its former level unless the macula has been damaged.



**Traction retinal detachment:** scar tissue from neovascularization shrinks, causing the retina to wrinkle and pull from its normal position. Macular wrinkling can distort your vision. More severe vision loss can occur if the macula or large areas of the retina are detached.

**Neovascular glaucoma:** if a number of retinal vessels are closed, neovascularization can occur in the iris (the colored part of the eye). In this condition, the new blood vessels may block the normal flow of fluid out of the eye. Pressure builds up in the eye, a particularly severe condition that causes damage to the optic nerve.

## DIABETIC RETINOPATHY SYMPTOMS

You can have diabetic retinopathy and not be aware of it, since the early stages of diabetic retinopathy often don't have symptoms.

As the disease progresses, diabetic retinopathy symptoms may include:

- Spots, dots or cobweb-like dark strings floating in your vision (called floaters);
- Blurred vision;
- Vision that changes periodically from blurry to clear;
- Blank or dark areas in your field of vision;
- Poor night vision;
- Colors appear washed out or different;
- Vision loss.

## DIABETIC RETINOPATHY SYMPTOMS USUALLY AFFECT BOTH EYES.

See a simulation of what vision with nonproliferative diabetic retinopathy and vision with proliferative diabetic retinopathy look like.

Careful management of your diabetes is the best way to prevent vision loss. If you have diabetes, see your eye doctor for a yearly diabetic retinopathy screening with a dilated eye exam — even if your vision seems fine — because it's important to detect diabetic retinopathy in the early stages. If you become pregnant, your eye doctor may recommend additional eye exams throughout your pregnancy, because pregnancy can sometimes worsen diabetic retinopathy.

Contact your Eye M.D. right away if you experience sudden vision changes or your vision becomes blurry, spotty or hazy.

## DIABETIC RETINOPATHY DIAGNOSIS

The only way to detect diabetic retinopathy and to monitor its progression is through a comprehensive eye exam.

There are several parts to the exam:

### Visual acuity test

This uses an eye chart to measure how well you can distinguish object details and shape at various distances. Perfect visual acuity is 20/20 or better. Legal blindness is defined as worse than or equal to 20/200 in both eyes.

### Slit-lamp exam

A type of microscope is used to examine the front part of the eye, including the eyelids, conjunctiva, sclera, cornea, iris, anterior chamber, lens, and also parts of the retina and optic nerve.

### Dilated exam

Drops are placed in your eyes to widen, or dilate, the pupil, enabling your Eye M.D. to examine more thoroughly the retina and optic nerve for signs of damage.

It is important that your blood sugar be consistently controlled for several days when you see your eye doctor for a routine exam. If your blood sugar is uneven, causing a change in your eye's focusing power, it will interfere with the measurements your doctor needs to make when prescribing new eyeglasses. Glasses that work well when your blood sugar is out of control will not work well when your blood sugar level is stable.

Your Eye M.D. may find the following additional tests useful to help determine why vision is blurred, whether laser treatment should be started, and, if so, where to apply laser treatment.

### Fluorescein angiography

Your doctor may order fluorescein angiography to further evaluate your retina or to guide laser treatment if it is necessary. This is a diagnostic procedure that uses a special camera to take a series of photographs of the retina after a small amount of yellow dye (fluorescein) is injected into a vein in your arm. The photographs of fluorescein dye traveling throughout the retinal vessels show:

- Which blood vessels are leaking fluid;
- How much fluid is leaking;
- How many blood vessels are closed;
- Whether neovascularization is beginning.

### Optical coherence tomography (OCT)

OCT is a non-invasive scanning laser that provides high-resolution images of the retina, helping your Eye M.D. evaluate its thickness. OCT can provide information about the presence and severity of macular edema (swelling).

### Ultrasound

If your ophthalmologist cannot see the retina because of vitreous hemorrhage, an ultrasound test may be done in the office. The ultrasound can "see" through the blood to determine if your retina has detached. If there is detachment near the macula, this often calls for prompt surgery.

### When to schedule an eye examination

Diabetic retinopathy usually takes years to develop, which is why it is important to have regular eye exams. Because people with Type 2 diabetes may have been living with the disease for some time before they are diagnosed, it is important that they see an ophthalmologist (Eye M.D.) without delay.

The American Academy of Ophthalmology recommends the following diabetic eye screening schedule for people with diabetes:

**Type 1 Diabetes:** Within five years of being diagnosed and then yearly.

**Type 2 Diabetes:** At the time of diabetes diagnosis and then yearly.

**During pregnancy:** Pregnant women with diabetes should schedule an appointment with their ophthalmologist in the first trimester because retinopathy can progress quickly during pregnancy.

## DIABETIC RETINOPATHY TREATMENT

The best treatment for diabetic retinopathy is to prevent it. Strict control of your blood sugar will significantly reduce the long-term risk of vision loss. Treatment usually won't cure diabetic retinopathy nor does it usually restore normal vision, but it may slow the progression of vision loss. Without treatment, diabetic retinopathy progresses steadily from minimal to severe stages.

### LASER SURGERY

The laser is a very bright, finely focused light. It passes through the clear cornea, lens and vitreous without affecting them in any way. Laser surgery shrinks abnormal new vessels and reduces macular swelling. Treatment is often recommended for people with macular edema, proliferative diabetic retinopathy (PDR) and neovascular glaucoma.

Laser surgery is usually performed in an office setting. For comfort during the procedure, an anesthetic eyedrop is often all that is necessary, although an anesthetic injection is sometimes given next to the eye. The patient sits at an instrument called a slit-lamp microscope. A contact lens is temporarily placed on the eye in order to focus the laser light on the retina with pinpoint accuracy.

### VITRECTOMY SURGERY

Vitrectomy is a surgical procedure performed in a hospital or ambulatory surgery center operating room. It is often performed on an outpatient basis or with a short hospital stay. Either a local or general anesthetic may be used.

During vitrectomy surgery, an operating microscope and small surgical instruments are used to remove blood and scar tissue that accompany abnormal vessels in the eye. Removing the vitreous hemorrhage allows light rays to focus on the retina again.

Vitrectomy often prevents further vitreous hemorrhage by removing the abnormal vessels that caused the bleeding. Removal of the scar tissue helps the retina return to its normal location. Laser surgery may be performed during vitrectomy surgery.

### MEDICATION INJECTIONS

In some cases, medication may be used to help treat diabetic retinopathy. Sometimes a steroid medication is used. In other cases, you may be given an anti-VEGF medication. This medication works by blocking a substance known as vascular endothelial growth factor, or VEGF. This substance contributes to abnormal blood vessel growth in the eye which can affect your vision. An anti-VEGF drug can help reduce the growth of these abnormal blood vessels.

After your pupil is dilated and your eye is numbed with anesthesia, the medication is injected into the vitreous, or jelly-like substance in the back chamber of the eye. The medication reduces the swelling, leakage, and growth of unwanted blood vessel growth in the retina, and may improve how well you see.

Medication treatments may be given once or as a series of injections at regular intervals, usually around every four to six weeks or as determined by your doctor.



## The Retina Institute of Florida

### Lauren R. Rosecan

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

*The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.*

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# IMPROVING NUTRITION CAN IMPROVE CHRONIC PAIN



Food fuels and affects every aspect of the human body. For instance, our eating habits can influence how well we heal, and in some cases, can increase joint pain. For those suffering with chronic pain, taking an honest look into understanding and improving diet habits, as well as investigating regenerative treatments for joint pain, can be the key to unlocking better health and a more active lifestyle.

**Always choose fresh, real food!** Find these by shopping along the periphery of the grocery stores and at a local farmers' market. Aim to eat fresh vegetables and fresh protein, such as poultry, fish and/or meats, whole grains, occasional organic dairy and fruits.

**Get unstuck from the junk food rut.** Packaged foods may be inexpensive, but are full of unhealthy filler ingredients and preservatives. They have very little nutritional value. When junk foods are consumed, the body recognizes them as toxins and essentially attacks itself. This results in an overproduction of insulin and increased fat storage.

**Eliminate soda.** This includes both regular soda, and sugar-free beverages that use artificial sweet-

eners. Eliminating excess sugar in addition to "diet" sugar substitutes helps to halt the attack on the body and reduce the detrimental effects on your health.

**Incorporate healing foods.** To heal any bodily structure, essential nutrients are needed. This includes the spectrum of amino acids, fatty acids, vitamins, minerals, and trace elements. Some foods help to specifically decrease the systemic inflammation that can hinder the body's immune system and healing.

- Salmon is a well-known source of omega-3 fatty acids. The fatty acids, specifically eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), may improve functional ability and diminish the pain in a myriad of diseases.

- Onions and garlic both possess anti-inflammatory agents that help with chronic pain.
- Berries are excellent sources of antioxidants.
- Sweet potatoes have a beautiful orange color which indicates its high amount of carotenoids, a powerful antioxidant that fights systemic inflammation.
- Ginger and turmeric are spices that create delicious flavor and also act as analgesics, or pain relievers, among other health benefits. These ingredients are often found as nutritional supplements. Potency matters and will differ greatly from brand to brand. Seeking advice from a healthcare practitioner who works with pharmaceutical grade supplements can be worthwhile for people who would like to begin a natural supplement regimen for pain.

Ginger and turmeric are spices that create delicious flavor and also act as analgesics, or pain relievers, among other health benefits. These ingredients are often found as nutritional supplements.



**Avoid food sensitivities.** Sensitivities to the food we eat can cause pain and prevent the body from healing. When we are sensitive to a particular food, our immune system responds adversely, because our body mistakes a particular food as a dangerous substance. This may result in a systemic inflammation that can produce long-term resistance to healing, as well as fatigue, bloating, body pain, and other symptoms. Some healthcare practitioners may recommend a person to follow a hypoallergenic diet free of common food allergens such as wheat, dairy, and eggs. In addition, some may find it helpful to do specific blood tests with a practitioner that look for delayed immune reactions from specific foods.

**Lose excess weight.** Excess weight places increased pressure on ligaments that hold our joints together, especially in the lower back, hip, and knee areas. When these ligaments stretch and weaken, joint instability can occur, beginning the degenerative process leading to osteoarthritis. Weight loss is often effective for decreasing joint pain because it diminishes the stress on the joints.

**Address residual joint instability.** When a person has tried making dietary adjustments as well as other lifestyle changes, but still suffers with chronic joint pain, a regenerative medicine approach may be helpful. Prolotherapy

is a natural injection treatment that stimulates the body to repair painful areas by encouraging the growth or regeneration of injured tissue. It is used for treating sports injuries, arthritis, back pain, and all types of painful conditions. Prolotherapy restarts the healing cascade in joints, which requires the work of a strong immune system. Therefore, Prolotherapy is an ideal treatment for people who wish to maintain a healthy diet and active lifestyle.

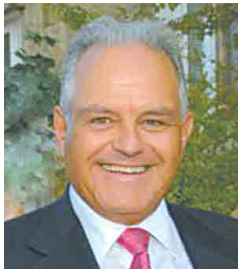
**Never underestimate the power of food.** Chronic pain may persist due to eating processed foods, consuming too much sugar, having food sensitivities or nutritional deficiencies and being overweight. When coupled with joint instability, injury, or arthritis, this can be a painful and debilitating mix. Working with regenerative medicine practitioners who specialize in developing individualized treatment and nutrition plans may help increase mobility and alleviate pain.

Prolotherapy is a natural injection treatment that stimulates the body to repair painful areas by encouraging the growth or regeneration of injured tissue.



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By Suheil Khuri M.D.

# Non – Surgical Skin Tightening Using Radiofrequency

The main factors that contribute to our body losing or disrupting the collagen and elastin fibers in the skin leading to it becoming loose and sagging are:

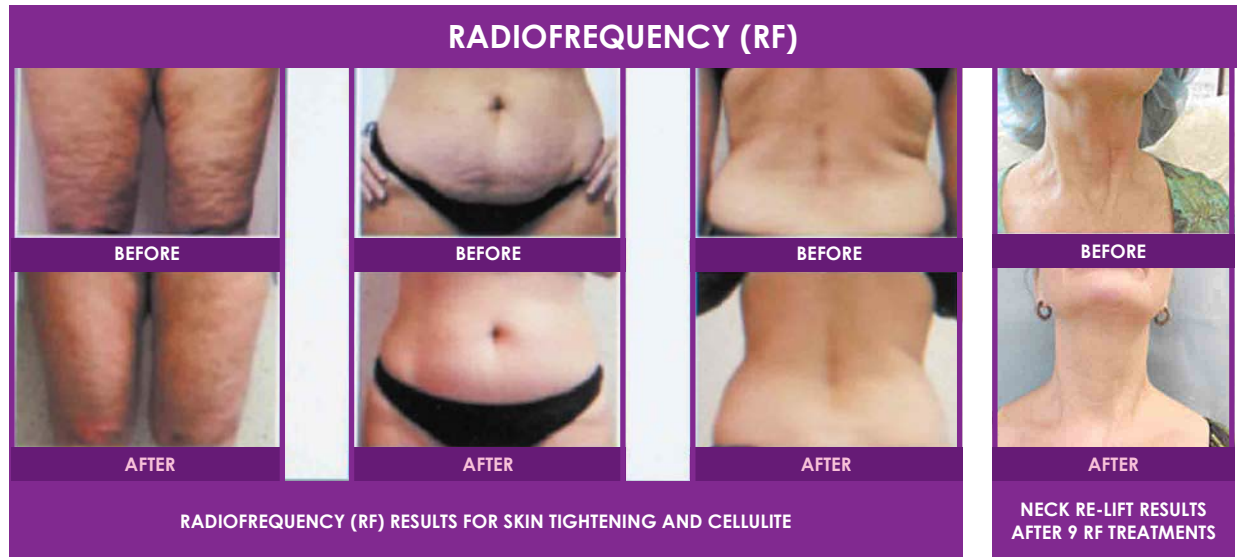
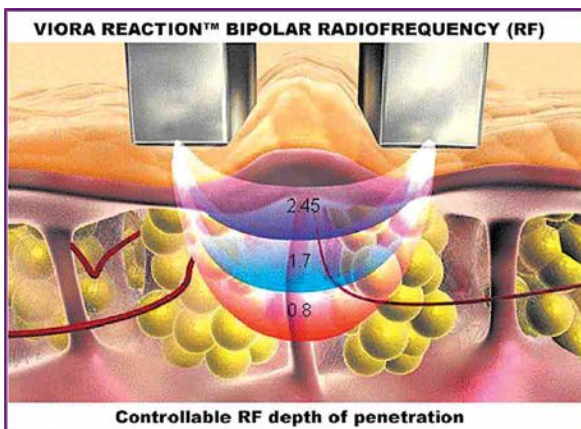
1. Aging
2. Smoking
3. Sun Damage
4. Poor Health & Nutrition
5. Excessive weight loss
6. Genetics
7. Others

Surgery like face-lift and abdominoplasty has been the gold standard for the treatment of loose skin. In recent years non-surgical skin tightening alternatives have become very popular, as they are less invasive and quite effective procedures to correct skin laxity, wrinkles and volume loss and bring back the younger look that you are looking for.

These newer non-surgical procedures are good for:

- A. Those with mild to moderate skin laxity in the face, neck, arms, thighs and abdomen. Severe and excessive skin laxity will usually require surgical intervention.
- B. Skin laxity after weight loss, surgical procedures, or pregnancy
- C. Those looking for improvement in their skin quality

Radiofrequency (RF) is one of those non-aggressive, non-invasive and quite effective methods used for skin tightening.



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

1. Increase blood circulation and induce the formation of new blood vessels
2. Increase natural lipolysis (breakdown of triglycerides)
3. Stimulate the fibroblast to produce collagen
4. Enhance the elasticity of collagen and the septae (tight bands) in the skin

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

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

Among the more technologically advanced RF machines is the Viora Reaction™ machine. The Viora Reaction™ is a bipolar RF device with vacuum suction that has the ability to deliver RF energy to a specific depth in the upper or lower dermis (deeper skin layer). This leads to skin tightening, contouring and rejuvenation.

The ability to control the depth of penetration and the amount of heat generated, associated with controlled vacuum suction makes the use of this device for skin tightening very safe and effectively useable in many areas of the body. Thus it can be used in the: face, neck, arms, abdomen, thighs, hips, love handles and other areas.

Depending on the size of the area and the amount of laxity usually one area will need several RF sessions (4 – 6 or more) done 1-2 weeks apart for best results.

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# a small space that offers **GREAT DANGER**

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

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

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



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

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

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

The bath is slippery when wet, and without proper safety, a fall can happen in an instant. Safety should come first. There are precautionary measures that one can take in the bathroom. Excellent Care home health agency can provide Occupational Therapy in the home to work with the client and his or her caregivers to scan the home environment for hazards and evaluate the individual for limitations that contribute to falls

and facilitate proper home safety measures. In addition, Physical Therapy can help with balance and strength training to help with fall prevention to those who qualify for Home Health services. Contact Excellent Care to let us help you design a safer environment and provided professional and trained support during those times falls are most likely to occur. **Please call 561-290-1143 today.** We are here to help in any way that we can.



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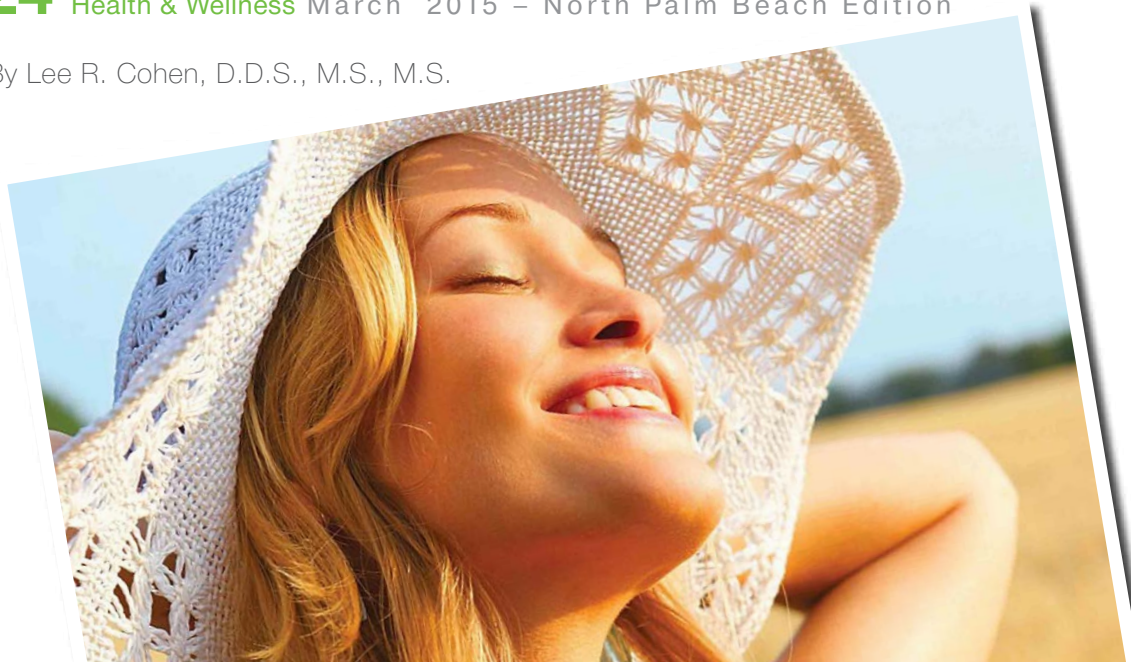
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Lic #30211700

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



## I Want a Dental Implant But I Will Be Leaving Soon For the Summer... What Can I Do?

**M**any of our “snowbird” patients run into this dilemma during the late winter and early spring. This particular question is one we are asked routinely with good cause. Understanding the steps of dental implant therapy can help simplify the decision process when it comes to timing treatment around your schedule.

### THE PROCESS:

Dental implants can be used in many different ways. They can serve to replace a single tooth, multiple teeth or even help restore a smile and chewing function for your whole mouth. The easiest way to understand a basic dental implant is to think about a single tooth. A tooth has 2 parts: the crown (which you see when you smile) and the root (which anchors the tooth in the bone). A dental implant is nothing more than a replacement root.

Once the tooth is extracted, a new root (the implant) can be placed in the empty socket where the old root used to live. The implant is typically hidden under the gum tissue and is not visible. As the area heals, the implant “glues” to the bone. This typically occurs with a high probability of success, but as with any procedure, there are no guarantees. It is also important to remember that medical issues and personal habits, such as smoking, can impact if the dental implant “takes”. The time for this healing and gluing can vary. The range of time is determined by a number of factors based on your individual situation, but often ranges from 12 weeks to 6 months. After successfully gluing to the bone, the implant root is ready to have your dentist fabricate the crown.

### THE WAIT:

In a typical treatment, time is needed for the implant or implants to glue to the jaw bone. If the implant and bone have not fused and a crown is attached, it is possible to injure the site and require the implant to be removed and replaced. This can be compared to pouring wet concrete around a pipe and moving the pipe before the concrete sets. On the other hand, waiting slightly longer than necessary for the implant to fuse, does not carry the same risk.

The fact that implants need time to fuse to the bone actually fits very well with the schedules of our snowbird patients. Many of them choose to have their implants placed prior to leaving for the summer. This option allows them to use the summer months to let the area heal while forgetting the treatment has been started. When returning to the area in the fall or winter, the implants are typically fused to the bone and ready to have the dentist fabricate the permanent crowns. This sequencing is similar to baking a cake. The initial work is completed and then forgotten about until the timer is up. Spacing treatment to utilize the summer months as healing time can be an effective way to continue your treatment without delaying the final results.

Every patient’s treatment needs are not the same. A complete examination is necessary to develop a plan that will meet your individual desires. In many cases, the use of the summer months as healing time can help keep your treatment on track without unnecessary delays.

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 formerly served 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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# Physical Exercise

## *Life Is Motion*

By Ronna L. Clements,  
Natural Health  
& Wellness Innovator

**W**e are designed to move. Our design is *motion design*.

Physical exercise is so important for the proper functioning of our heart, muscles, circulatory system, removal of toxins and wastes, and for increasing the whole body's efficiency.

Exercise is especially important for ill people. An ill body actually needs more physical exercise than a healthy one. If one suffers from let's say, circulatory problems, he or she should exercise regularly and strengthen their body to withstand this factor.

Here is one simple truth: A physically active lifestyle not only protects us from becoming ill, but it also helps to eliminate many disorders that some of us currently have today.

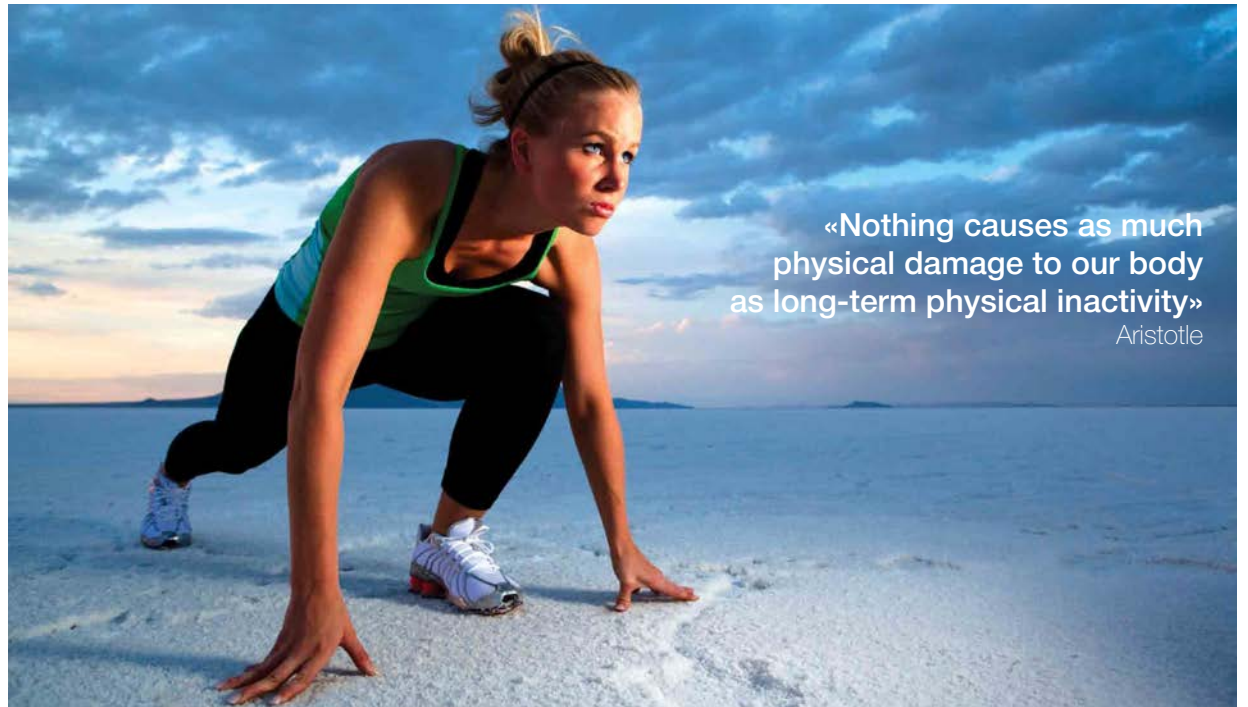
What stops people from exercising? Well, for some, it is pure laziness and lack of motivation to become fit. But, for many others, they just don't know where to go or how to get started on a proper exercise routine. It can be a little bit overwhelming to think about all of the exercise options that exist and a lot of the time, people are intimidated and scared to take the first step.

Another reason some people may not exercise is due to cost. Not all of us can be fortunate enough to afford many of the fitness luxuries that exist today; health clubs, fitness franchises, one-on-one personal training and pilates, yoga memberships, martial arts training, cross-fit gyms, golf and tennis memberships. The list could go on and on with costs of fitness related activities. I have a solution to this as you will soon read below.

None-the-less, an exercise program or activity should be designed for your individual body, age, and health goals. If you choose something that is enjoyable, you'll look forward to doing it and then you'll make good progress along the way.

There is nothing worse than choosing a type of exercise that you do not care for just because it may be "in vogue" at the time. Choose something you enjoy so you can stick with it.

I'll let you in on a little secret I have come to realize recently.



«Nothing causes as much physical damage to our body as long-term physical inactivity»  
Aristotle

Over the course of the 40 years of my personal exercise experience, through trials and tribulations of practicing many different forms of exercise options I have chosen along the way, I have settled on believing that walking is one of the safest and best forms of exercise to perform.

That's right – plain and simple – walking. And what is one of the best parts about walking? *It's free!*

It is very important to invest in a quality pair of walking shoes, though, that will support your feet and entire body structure.

Human beings are naturally meant to walk. We are bipedal, upright organisms with bodies designed for locomotion. Walking is actually a complex behavior that requires functional integration of a great deal of sensory and motor experience; it exercises our brains as well as our musculoskeletal system.

When you walk, the movement of your limbs is cross-patterned: the right leg and left arm move forward at the same time, then the left leg and right arm. This type of movement generates electrical activity in the brain that has a harmonizing influence on the whole central nervous system – a special benefit of walking that you do not get from other kinds of exercise.

Many of the healthiest people I have met are dedicated walkers.

For all of us who live here in sunny south Florida, we have the wonderful opportunity that many others do not have to walk outside in the warm weather whether it be on the ocean or just outdoors among the oxygen rich air which is provided by all of the palm trees.

Walking in the early morning is energizing for the rest of your day or you can choose to walk in the evening under the beautiful Florida sky.

So, there you have it. No matter what form of exercise you choose, just get moving!

Not only will you feel better, but you'll usually sleep more soundly at night.

**Remember,  
our body is designed to move.  
Life is Motion.**

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By Dr. Robert R. Jones

# Community Partnerships the Key to Success

economy. Along with our sister institution, Florida Gulf Coast University (FGCU), we enjoy transferability of courses. The state of Florida enabled this by establishing the common course numbering system, allowing similar courses to easily transfer to other state colleges and universities.

Additionally, FSW's School of Business and Technology partnered with FGCU and Hodges University to establish a Workforce Now, a regional research initiative that was created to provide better information about regional workforce

gaps, skills, and characteristics to both educators, employers, and the public. The project identifies needed skills colleges can include in their program training and provides regional economic and business information to help expand and recruit businesses to the area.

In some cases, we have even reached beyond our local community and have established partnerships with organizations such as the University of Florida (UF). This partnership, along with the Naples Children and Education Foundation

**F**or any community-based organization, your success is only as strong as the relationships you build. At Florida SouthWestern State College (FSW), we strive to provide high-quality, low-cost educational opportunities, programs and services for our students. Often, this is only possible through the partnerships we share with other community-based organizations.

The numerous partnerships FSW has established throughout our community and the five counties we serve have helped develop and grow many of our programs, some of which would not be possible without these partnerships.

FSW's School of Health Professions is one of the top 25 largest producers of Registered Nurses (RNs) in the country. This is thanks to the many local hospitals and medical facilities, such as Naples Community Hospital, that provide onsite clinical training to our nursing program students. Our students train on the same equipment they will use and with the same healthcare professionals they will work with when they begin their own healthcare careers.

While we may appear to be competitors, we have also built many partnerships with other local higher educational institutions, bringing additional benefits to both our students and the





(NCEF), has helped build the NCEF/ UF Pediatric Dental Center, providing both low cost dental services to over 8,000 children a year and establishing a pediatric dental residency program for UF dental students.

One of FSW's biggest and most recent partnerships is with Suncoast Credit Union. While the most talked about benefit of our partnership has been the naming rights of FSW's new athletics arena, it goes far beyond just that. Together we will provide financial literacy education for our students and the public, provide staff training for Suncoast employees, and create scholarships for our talented students.

When organizations have common goals, taking advantage of each other's talents and working together to compound those resources can often create win-win arrangements for everyone. This ultimately means improving services and making a greater impact in the community.



The mission of Florida SouthWestern State College is to inspire learning, and it is with the help of our many local partnerships and supporters that we are able to do just that.

*Dr. Robert R. Jones is the Collier Campus President/ Regional Vice President Economic & Community Development at Florida SouthWestern State College.*



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MARCH 2-8 IS SLEEP AWARENESS WEEK

# What is Your Sleep IQ?

## True or False?

*During sleep, your brain rests.*

**False.** While your body rests, your brain doesn't. An active brain during sleep prepares us for alertness and peak functioning the next day.

*Sleeping just one hour less a night can prevent you from learning or functioning normally.*

**True.** Most adults need around eight hours of sleep to function at their best. To determine your sleep need, sleep until you wake on your own...without an alarm clock. Feel alert? That's your sleep need. You can teach yourself to sleep less, but not to need less sleep.

*Boredom makes you feel sleepy, even if you have had enough sleep.*

**False.** Sleep loss causes sleepiness. Boredom, like a warm or dark room, merely unmasks it.

*Resting in bed with your eyes closed cannot satisfy your body's need for sleep.*

**True.** Rest is not a substitute for sleep. Sleep is as necessary to health as food and water. When you don't get the sleep you need, your body builds up a sleep debt. Sooner or later, this debt must be paid... with sleep.

*Snoring is not harmful as long as it doesn't disturb others.*

**False.** Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnea. People with sleep apnea snore loudly and wake up repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness. Many people with sleep apnea are unaware they have this condition.

*Everyone dreams every night.*

**True.** Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM or rapid eye movement sleep.

*The older you get, the fewer hours of sleep you need.*

**False.** Sleep need remains unchanged throughout adulthood. Older people who sleep less at night tend to sleep more during the day. If poor sleep habits, pain or health conditions make sleeping difficult, a physician can help.

*No matter how sleepy you are, you can force yourself to stay awake.*

**False.** If you're sleepy enough, you can fall asleep anywhere. It's also possible to fall asleep for a few seconds and not even realize it. These "microsleeps" can be dangerous if they happen when you're driving.

*If you're sleepy, raising the volume of your radio is a great way to stay awake while driving.*

**False.** Playing a radio, chewing gum, and opening windows are not great ways to keep sleepy drivers alert because their effects are short-lived. If you're having trouble staying awake while driving, try to pull over at a safe place and take a short nap or have a caffeinated drink. The best solution is to drive after a good night's sleep.

*Most sleep disorders go away even without treatment.*

**False.** Sleep disorders don't disappear without treatment. Treatment may be behavioral (for example, going to sleep and waking at the same time every day), pharmacological, surgical or a combination. Untreated sleep disorders may have serious consequences that worsen your health, quality of life, school and work performance, and relationships. Worse, untreated sleep disorders can lead to accidents and death.

**How'd you do?** It's probably safe to say that most Americans are not getting the amount of sleep that they need. Sleep is crucial at all ages. Sleep provides an opportunity for the body to repair and rejuvenate itself. In one experiment, animals deprived entirely of sleep lost all immune function and died in just a matter of weeks. Many of the major restorative functions in the body like muscle growth, tissue repair, protein synthesis, and growth hormone release occur mostly, or in some cases only, during sleep.

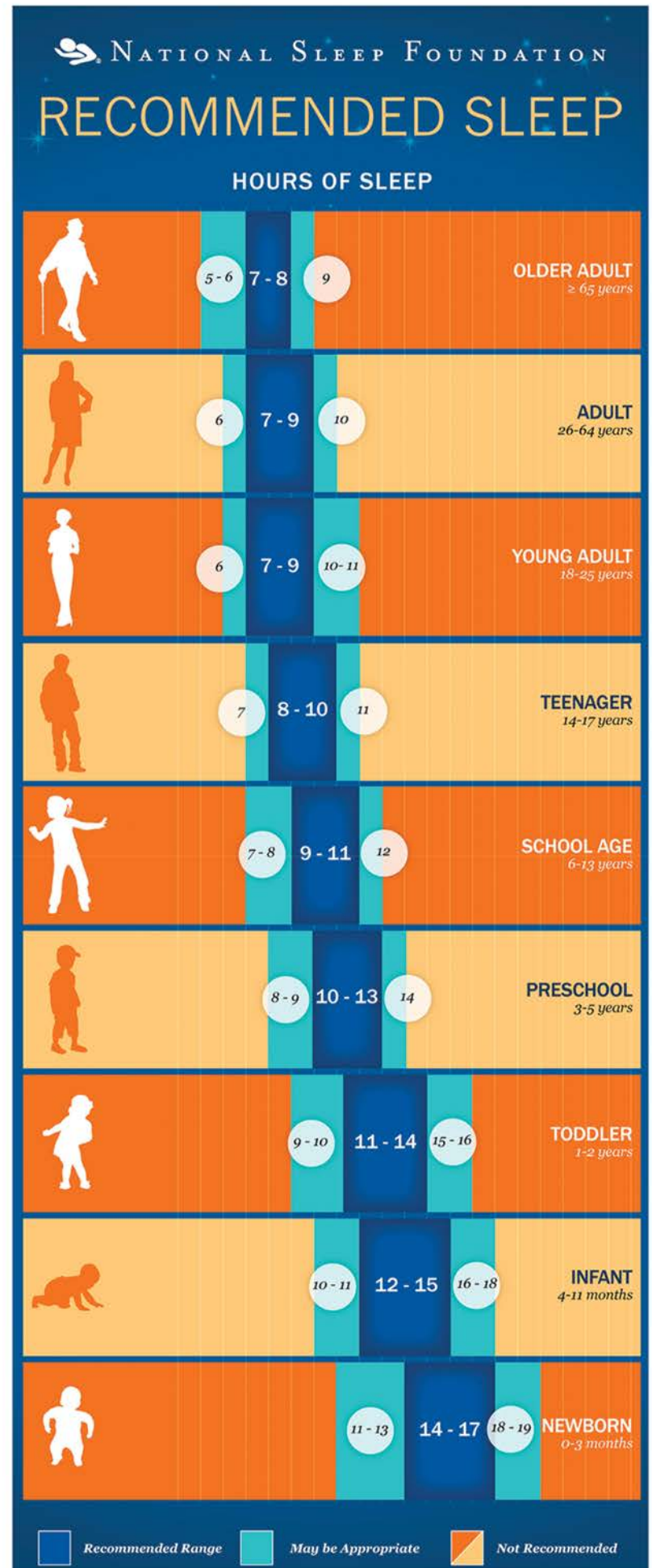
### Benefits of Adequate Shut-eye:

- Improve memory
- Live Longer
- Curb Inflammation
- Spur Creativity
- Improved Athletic Performance
- Improved Learning
- Better Attention
- Improved metabolism
- Lower Stres
- Improved mood

### Here Are Some Tips for a Good Night's Sleep:

- Avoid caffeine after 2:00 PM
- Avoid a heavy meal right before sleeping.
- Keep lights lowered in the evening.
- Try gentle stretching and deep breathing right before bed.
- "Unplug" from all electronics one hour before bed and keep all electronics in another room after bedtime
- Make your bedroom a calming, comfortable haven. Clear it of all distractions and stress.

Sources: Sleepfoundation.org  
<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/health.com>



# National Poison Prevention Week is March 15-21

**M**ore than 2 million poisonings are reported each year to the poison control centers across the country. More than 90 percent of these occur in the home. The majority of non-fatal poisonings occur in children younger than six years old. And, poisonings are one of the leading causes of death among adults. National Poison Prevention Week is a week nationally designated to highlight the dangers of poisonings and how to prevent them using the following Medicine Safety Tips.

## Medicine Safety Tips



- Ask babysitters, visitors, and houseguests to keep purses, briefcases or bags that contain medicines up high, away and out of sight from your children. The same rule applies when your children are visiting a friend or relative's home.
- Buy products in child-resistant packaging whenever possible. But remember, child-resistant is not childproof, and is designed to keep children away from the product for a short time before a parent notices.


- Use child-resistant packaging properly by closing the container tightly after use.
- If you think someone has been poisoned, call 1-800-222-1222 to reach your local poison center. This national toll-free number works anywhere in the U.S. 24 hours a day, 7 days a week, 365 days a year.
- Keep the poison center toll-free number near your phone, or program 1-800-222-1222 into your home and mobile phone.
- Read medicine and product labels before each use and follow directions exactly.
- Tell children what medicine is and why you must be the one to give it to them.
- Never call medicine "candy" to get a child to take it.
- Never leave medicine out on a kitchen counter or at a sick child's bedside.
- Always turn the light on when giving or taking medicine. Check the dosage every time.
- Put on your glasses to read the label when you need to take a medicine so that you know you have the correct amount of the right medicine.
- Avoid taking medicine in front of children.

- Never take more than the prescribed amount of medicine.
- Never "borrow" a friend's medicine or take old medicines.
- Tell your doctor what other medicines you are taking so you can avoid harmful or dangerous drug interactions. This includes prescriptions, over-the-counter medicine, vitamins and herbal products.
- Clean out the medicine cabinet periodically, and safely dispose of medicines that are expired or no longer needed.
- Always relock the safety cap on a medicine bottle. If the medicine has a locking cap that turns, twist it until you hear the click or you cannot twist any more.
- Don't remove medicine from a child-resistant package and put it in another type of easy to open container.
- Read the labels of prescription and over-the-counter medicine carefully to make sure you are not taking more than one product at a time with the same active ingredient.
- Use only the measuring device (dosing cup, dosing syringe, or dropper) that is included with your medicine. If a measuring device is not included or you do not receive one, ask for one from your pharmacist. Don't substitute another item, such as a kitchen spoon.
- If you don't understand the instructions on the medicine label, or how to use the dosing device (dosing cup, dosing syringe, or dropper), talk to your pharmacist or doctor before using the medicine.
- Never share or sell your prescription medicines.
- Monitor the use of medicines prescribed for children and teenagers, such as medicines for attention deficit disorder, or ADD.
- Keep medicines in their original bottles or containers whenever possible. If you transfer medicines to another container, such as a pill minder or organizer, store them in a place that is too high for a child to reach or see, since these containers are often not child-resistant. If possible, ensure the storage location has a safety latch.
- Some medicines are dangerous when mixed with alcohol. Consult your doctor or pharmacist before drinking alcohol if you are taking a prescription or over-the-counter medicine.
- Talk to your doctor before taking any vitamins or herbal supplements. They can interact with your medicine.



**NATIONAL POISON PREVENTION WEEK**  
2015: March 15-21  
[poisonprevention.org](http://poisonprevention.org)

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# A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“**CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.**”

**By David A. Goldman, M.D.**

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit [www.CentraSight.com](http://www.CentraSight.com) or call Dr. Goldman’s office at (561) 630-7120.



# Spring (Change) is in the Air

Brent Myers

**S**pring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”* (Romans 12:2)

Note what Paul says:

**Act differently.** *“...don’t copy the behavior and customs of this world...”* Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

**Think differently.** *“...a new person by changing the way you think...”* There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

**Be different.** *“...let God transform you into a new person...”* Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!  
Change is here!  
Hope is here!  
Embrace it.  
Love it. Live it.*

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