

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

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

August 2015

North Palm Beach Edition - Monthly

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**FREE**



**TOP SIX REASONS  
Why Your Hair  
Regrowth Treatments  
Aren't Working**

**Freezing FAT**

**What Are  
FLOATERS  
and FLASHES?**

**If I Never Get Cavities,  
Do I Need  
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*If you're serious about losing weight, Don't wait.*

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**TOP  
SIX  
REASONS**

# ***Why Your Hair Regrowth Treatments Aren't Working***

By Alan J. Bauman, M.D.

**D**eciding to undergo treatment for hair loss isn't always easy. Particularly for women, there is often a lot of embarrassment and confusion that goes along with this condition. Admitting to yourself that you have female- or male-pattern hair loss is sometimes a tough pill to swallow, but coupled with this is the nagging fear that the treatments won't work.

This is why it's so important for patients to feel confident about the effective treatment options that are available and what time and effort is needed to achieve results.

By the time hair loss becomes visible to the naked eye, over 50% of your hair may have already been lost. So, getting started early on treatments and sticking to your doctor's medical plan and follow-up appointments are critical to reversing hair loss.

While occasionally men and women may feel like the treatments "aren't working," it's important to get a clear perspective on why this may - or may not - be the case. Having realistic expectations about what these treatments will do and how long they will take is also critical. After all, the main reason why treatments fail is that patients give up too soon... long before the results are visible to the naked eye. Good things come to those who are consistent and "wait." Treating hair loss is a marathon, not a sprint.

Since August is National Hair Loss Awareness Month, I thought it an important time to address this common question among hair loss sufferers.

Here are six reasons why your hair loss treatment may not be working:



## **You Think It's Not Working, But It Is.**

First off, let's address the obvious. In many cases, patients don't "feel" like their treatment program is working, when in reality it is. The problem is that hair growth rates are slow (about 1/4-inch per month) — therefore most treatments take at least six months before subtle results are visible to the naked eye, and even with an advanced hair transplant procedure it takes a year or more for the full result to grow in.

I would recommend that hair loss patients always keep in touch with their doctors, because he/she can take scientific measurements and use microscopic analysis of the follicles to determine if the regrowth is taking place as it should. For example, patients undergoing a non-invasive treatment regimen can use baseline and tracking measurements like HairCheck/HairCam evaluations performed by their doctor or a certified HairCoach™ to support or discontinue their treatments.

Also remember that symptoms may be misleading. A temporary increase in shedding may be a sign your new treatment is working so push onward through to that 90-day follow-up visit to find out what's really happening at the scalp.





### **You're Doing It Wrong.**

Sometimes, 'user error' is the reason why a treatment takes longer than it should to show results. For example, sloppy or inconsistent application of a prescription topical medication like Compounded Minoxidil Formula 82M may mean the difference between fair results and great results. But you may also simply be using the wrong treatment. Expecting medical-grade results from an over-the-counter treatment (i.e. Rogaine) or a cheap and weak consumer laser (like some of the ones seen in popular in-flight magazines) vs. physician-only/prescribed laser device simply doesn't make logical sense.

### **Wrong Diagnosis.**

Some rare medical hair loss conditions mimic more common ones, meaning you might be on the wrong treatment regimen. See the right physician. A missed diagnosis of a scarring alopecia for example could spell disaster for your hair in a hurry if left untreated.

### **Hair Loss Risk Factors are Inhibiting Your Results.**

In a perfect healthy world, treatments for hereditary hair loss work for everyone, but in real life hair loss risk factors like stress, poor diet, medications, toxins like smoking and alcohol intake, poor sleep cycles, hormone imbalance, acute and chronic illnesses and more can overwhelm even the best medical hair regrowth regimen. If your doctor glosses over these risks, or worse, adds to the problem like prescribing testosterone while you are at risk for hereditary hair loss, for example, your hair regrowth may suffer.

### **Too Late.**

Many patients have gone from "bare to hair," so while it's never really "too late" to start a hair restoration regimen, sometimes an area of scalp is simply "too far gone" to be helped with traditional non-invasive therapies alone. Meaning, if there is a severe depletion of hair follicles, you will likely need some degree of hair transplantation to reach your goals in that area.

### **Wrong Doctor.**

Your primary doctor, ob/gyn, plastic surgeon or even your dermatologist may not be the best source of advice for the most advanced hair loss evaluations, measurements or treatments. While it is true that dermatologists do study hair loss amongst skin diseases during their schooling, the courses are generally brief and not "all encompassing" as compared to a physician specialist solely focusing on hair and hair loss and is staying abreast of the latest research and the newest treatment options.

After all, while your basic car mechanic may know a bit about your transmission and transmission problems, a transmission specialist is where I'd take my car!

**Seek a doctor  
with expertise specializing  
specifically in hair loss  
and its treatment.**

### **About Dr. Alan J. Bauman, M.D.**

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 15,000 hair loss patients and performed nearly 7,000 hair transplant procedures. A international



**Alan J. Bauman, M.D.**  
Hair Loss Expert

lecturer and frequent faculty member of major medical conferences, Dr. Bauman's work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS-certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.

### **Hair Loss Study Candidates Needed!**

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# Freezing FAT



By Daniela Dadurian, M.D.

There are two types of fat, the first is visceral fat which is the fat that surrounds your organs and the other is the subcutaneous fat. Subcutaneous fat is the fat that is found just below the surface of the skin and is the type of fat that can be targeted. We commonly identify it as the fat that can be pinched or pulled

Through many clinical studies it has been found that fat cells are more susceptible to cooling and that is what the principal of cryolipolysis is based on. Lipolysis is the killing of fat cells and cryolipolysis is a non-invasive application of cooling to selectively remove fat cells without damaging the skin and surrounding tissue.

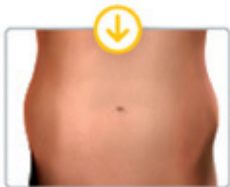


There are so many ways to lose weight and more so, so many diets out there to choose from. Yet so many people struggle with their shape and bulges that don't seem to go away despite all the diet and exercise. There are a lot of factors that contribute to a person not being able to rid a certain area of fat on the body despite weight-loss. Those types of people are still searching and fortunately there are many options to address this issue.

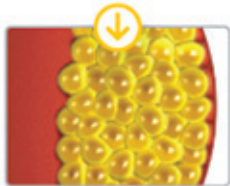




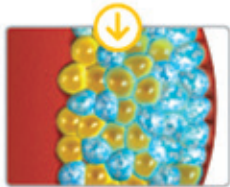
## coolsculpting



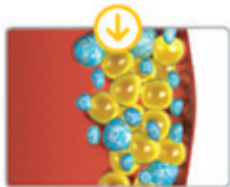
Many of us have bulges of stubborn fat.



Those unwanted bulges contain fat cells, which can be resistant to diet and exercise.



CoolSculpting uses controlled cooling to target and crystallize fat cells.



Crystallized fat cells gradually die, and are naturally eliminated from your body.



In the weeks and months following treatment, the remaining fat cells condense, reducing the fat layer.



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Cool sculpting is an FDA cleared device for noninvasively removing fat cells as the device hand piece is selectively placed over the area to be treated while keeping the skin intact. There is no damage to the surrounding tissue as the cool sculpting selectively freezes the fat. During the treatment the patient may experience some tingling stinging and or mild cramping as this will dissipate as the area becomes numb due to the cold sensation.

Immediately after the treatment the treated area will temporarily feel cold and firm. Some common side effects may include bruising tenderness cramping and a "pins and needles" sensation. These side effects should all resolve within 2 to 3 weeks. The final result may appear within three weeks to up to four months.

The best way to find out if a patient is a candidate is to schedule a complimentary consultation. During this time we can assess whether the patient is a good candidate and if the expectations are realistic. Science is changing the face of medicine and cosmetic treatments. We are excited to introduce this technology as it is changing lives one at a time.

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MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. MDBL's state-of-the-art facility offers Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian's team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

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

# WHAT ARE FLOATERS AND FLASHES?

**Y**ou may sometimes see small specks or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain background, like a blank wall or blue sky. Floaters are actually tiny clumps of cells or material inside the vitreous, the clear, gel-like fluid that fills the inside of your eye.

While these objects look like they are in front of your eye, they are actually floating inside it. What you see are the shadows they cast on the retina, the layer of cells lining the back of the eye that senses light and allows you to see. Floaters can appear as different shapes, such as little dots, circles, lines, clouds or cobwebs.

When the vitreous gel pulls on the retina, you may see what look like flashing lights or lightning streaks. These are called flashes. You may have experienced this same sensation if you have ever been hit in the eye and seen "stars." The flashes of light can appear off and on for several weeks or months.

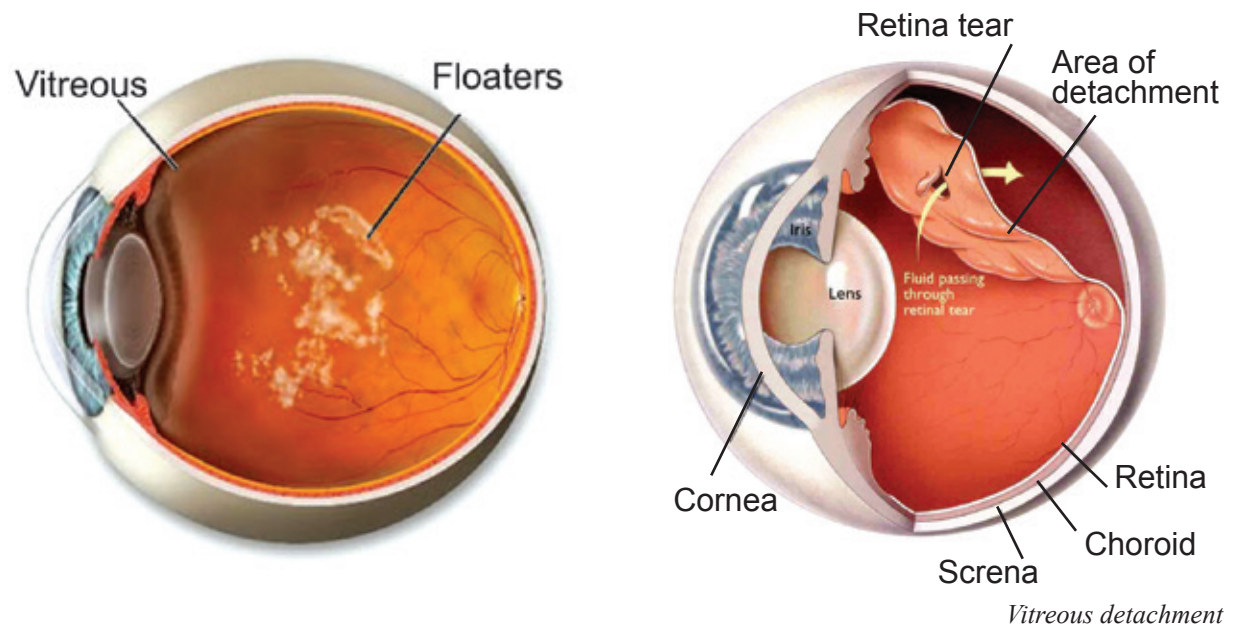
As we grow older, it is more common to experience floaters and flashes as the vitreous gel changes with age, gradually pulling away from the inside surface of the eye.

## CAUSES OF FLOATERS AND FLASHES

As we grow older, it is more common to experience floaters and flashes. When people reach middle age, the vitreous gel may start to shrink, forming clumps or strands inside the eye. The vitreous gel pulls away from the back wall of the eye, causing a posterior vitreous detachment. This is a common cause of floaters.

Floaters and flashes are also caused by posterior vitreous detachment, where the vitreous gel pulls away from the back of the eye. This condition is more common in people who:

- *Are nearsighted;*
- *Have undergone cataract operations;*
- *Have had YAG laser surgery of the eye;*
- *Have had inflammation (swelling) inside the eye.*
- *Have had an injury to the eye.*



The appearance of floaters and flashes may be alarming, especially if they develop very suddenly. To find out if a retinal tear or detachment is occurring, you should call your ophthalmologist right away if you notice the following symptoms, especially if you are over 45 years of age, have had an injury to your eyes or head, or if you have substantial nearsightedness:

- ***A sudden increase in size and number of floaters***
- ***A sudden appearance of flashes***
- ***Having a shadow or curtain appear in the periphery (side) of your field of vision***
- ***Seeing a gray curtain moving across your field of vision***
- ***Having a sudden decrease in your vision***

#### **FLOATERS AND FLASHES SYMPTOMS**

Symptoms of vitreous floaters include seeing small specks or clouds moving in your field of vision, or seeing dots, circles, lines or "cobwebs." Symptoms of flashes include seeing flashes of light or seeing "stars."

If the vitreous gel shrinks and pulls away from the wall of the eye, the retina can tear. This sometimes causes bleeding inside the eye that may appear as new floaters.

A torn retina is always a serious problem, since it can lead to retinal detachment. You should see your ophthalmologist (Eye M.D.) as soon as possible if you suddenly see an increase in the size and number of floaters, and/or you suddenly see flashes of light.

Some people experience flashes of light that appear as jagged lines or "heat waves" in both eyes, often lasting 10 to 20 minutes. These are not flashes from the vitreous gel pulling on the retina; instead, these types of flashes are usually caused by a spasm of blood vessels in the brain, called a migraine. If a headache follows the flashes, it is called a migraine headache. However, jagged lines or heat waves can occur without a headache. In this case, the light flashes are called an ophthalmic migraine, or migraine without headache. Contact your ophthalmologist if you experience these symptoms.

If you notice other symptoms, like the loss of side vision, you should see your ophthalmologist.

#### **FLOATERS AND FLASHES DIAGNOSIS**

Vitreous floaters and flashes become more common as we grow older. However, while not all floaters and flashes are serious, you should always have a medical eye examination by an ophthalmologist to



make sure there has been no damage to your retina. When an ophthalmologist examines your eyes, your pupils may be dilated (enlarged) with eyedrops. During this painless examination, your ophthalmologist will carefully observe areas of your eye, including the retina and vitreous. If your eyes have been dilated, you will need to make arrangements for someone to drive you home afterward.

#### **FLOATERS AND FLASHES TREATMENT**

Vitreous floaters may be a symptom of a tear in the retina, which is a serious problem. If a retinal tear is not treated, the retina may detach from the back of the eye. The only treatments for a detached retina are a laser procedure or surgery.

Other floaters are harmless and fade over time or become less bothersome, requiring no treatment. Surgery to remove floaters is almost never required. Vitamin therapy will not cause floaters to disappear.

Even if you have had floaters for years, you should schedule an eye examination with your ophthalmologist if you notice a sudden increase in the size or amount of floaters or a sudden appearance of light flashes — especially if these symptoms are accompanied by any change in your vision.

#### **Know your risks. Save your sight.**

The American Academy of Ophthalmology recommends that adults with no signs or risk factors for

eye disease get a baseline eye disease screening at age 40 — the time when early signs of disease and changes in vision may start to occur. Based on the results of the initial screening, an ophthalmologist will prescribe the necessary intervals for follow-up exams.

For individuals at any age with symptoms of or at risk for eye disease, such as those with a family history of eye disease, diabetes or high blood pressure, the Academy recommends that individuals see their ophthalmologist to determine how frequently their eyes should be examined.



### **The Retina Institute of Florida** **Lauren R. Rosecan**

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

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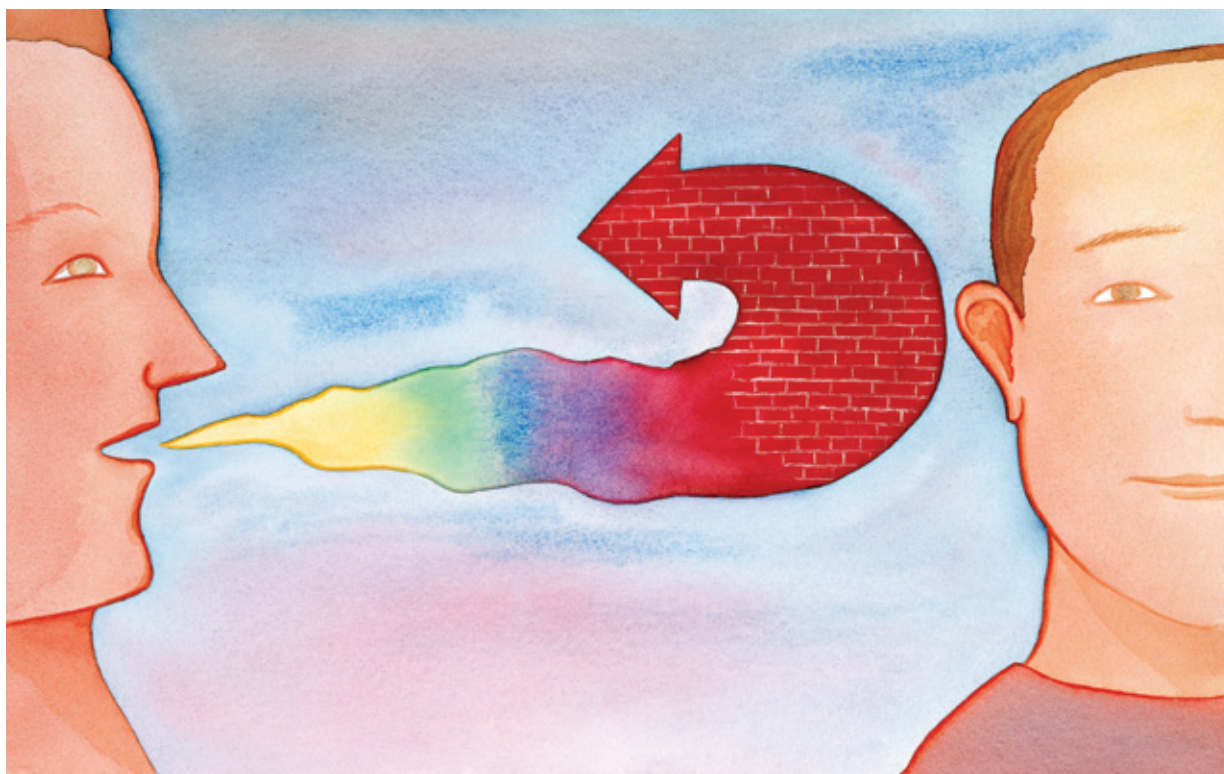
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# A Frequently Asked Question



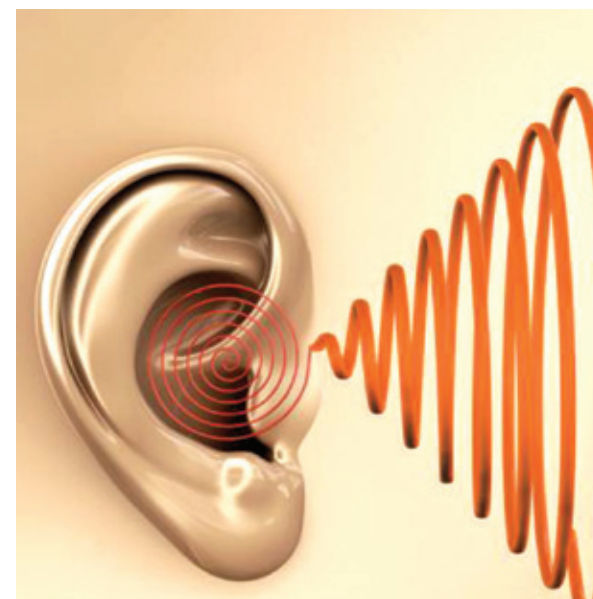
Submitted by Dana Luzon, Au.D. CC-A, FAAA  
Written by Kevin Amdahl, MS

**Q** ■ “I’ve noticed that I’m not hearing things that I used to. I feel like recently things have ■ been quieter, and I’m just missing things that I usually don’t. Why the sudden change?”

**A:** This is actually a question we hear often. Sound Void.

Many of our patients will report that their hearing has decreased just in the last few months to a year. However, if you ask their family or friends, they will tell you that the hearing problem has been going on for significantly longer.

So why would there be such a difference of opinion? In most cases, people lose their hearing only in specific frequencies or pitches. AudigyCertified™ providers refer to this phenomenon as a Sound Void™. To better explain this, think of your hearing like a piano. Our ears are able to hear high notes, low notes, and everything in between. In the case of a Sound Void, hearing only decreases in a part of that range. Most times this results in a momentary lack of clarity, creating difficulty hearing only specific people or difficulty hearing in noise.





From the patient’s viewpoint, it may not sound like their problem at all. In fact, the patient may feel as though it is the fault of the speaker, even going so far as to accuse them of mumbling, not speaking clearly, or telling them to enunciate what they’re saying. Since Sound Voids develop gradually, patients may not realize that the problem is their hearing until so many voices are being affected that it no longer can be overlooked. Even so, since the patient has only been aware of it being their issue for a short period of time, to them the problem has only existed since they noticed it.

On the other hand, if a patient experiences true sudden loss, like waking up in the morning with little or no hearing in one or both ears, it is extremely important to act quickly. This type of situation can be very serious, so what I tell patients (and anyone else who will listen) is that if this ever happens, your local audiologist is not the place to go. In a case like this, the patient needs to get to a physician — particularly one that specializes in ears — as soon as possible. Many of these cases will also involve dizziness and/or loud ringing in the ears. Remember, your medical doctor or the emergency room is the place to go in cases of sudden hearing loss.



For the most part, Sound Voids develop slowly over time and may be tough to recognize, especially for the patient. Because they process very slowly, it may be difficult to realize that sounds are being missed. The good news is that they are very treatable. If you begin to notice that you or a person you love seems to be having trouble hearing, be sure to have your hearing checked. You’ll be happy you did.



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

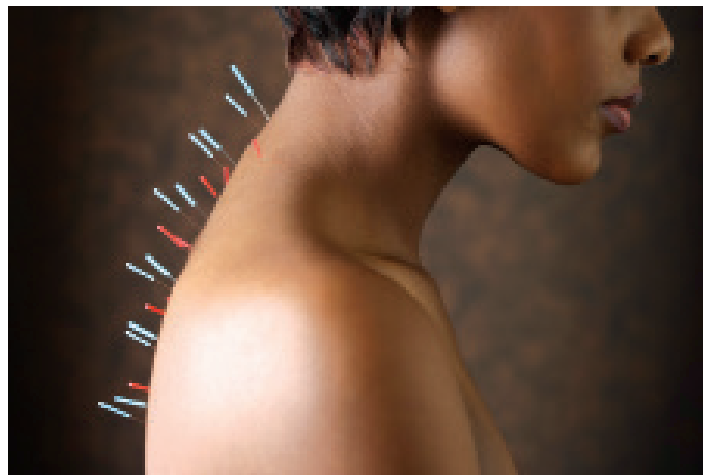
Any side effects from the acupuncture and Chinese herbal medicine in the treatment of acupuncture are negligible when compared to modern pharmaceuticals.

*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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By Richard A. Reiner, D.C.

# Life Brings Stress, Pain and Health Issues: Isn't it Time to Fight Back

**De-stress, Detox, Cleanse and Rejuvenate  
for a Balanced and Healthy Lifestyle.**



**T**he new "Buzz" word in Health Care today is DETOX. There are more articles written every month about Detox than ever before, but most articles are 20% based on facts and 80% the opinion of the author. Television shows like Dr. Oz have episodes every month on someone's method to detox the body and books are published like Suzanne Somers, Tox-Sick. All are well intended to educate the public, but the problem they all have in common is that they refer to symptom based detoxification, not necessarily cause based.

We should follow the example set by farmers. After harvesting their crops, they don't fertilize and plant seeds. They prep the land by tilling and removing the old "stuff" from the ground. Then, and only then, can they plant the next season's crop. We shouldn't treat our bodies any differently. How do we "prep" our bodies? After all, toxins have been absorbed by our cells, pores and organs over time. Don't expect to drink or eat something and have it disappear. It's as if you have a teflon coating in your body. Products don't get absorbed, they just slide through.

How do you know if your body has toxins in it? If you eat, drink and breathe, you have toxins. It's the toxins once absorbed that cause the body to go through degenerative changes. When you turned 30, did you feel as flexible as you did at age 20? When you turned 40 did you feel like you did at 30, etc... of course not. The wear and tear on your body is due in part to toxicity. This leads to degenerative conditions such as arthritis, fibromyalgia, peripheral neuropathy, immune disorders, joint pain and even cancer.





Once you make the commitment to Detox, the only real way that gives you visible results is to follow a very specific treatment protocol. There are no short cuts. Anyone over the age of 14 is eligible to do it. The only restrictions are: women who are pregnant or nursing, anyone with a battery implant like a pacemaker, anyone with an organ transplant, or cancer patients undergoing chemotherapy.

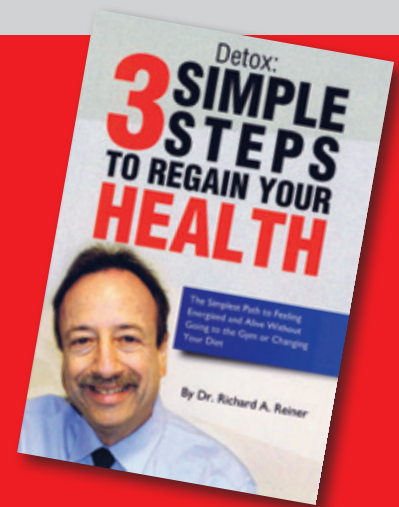
OK-What is the treatment to DETOX? Remember, the basis to cleanse is not to add products to a body that is clogged; it's to remove the blockages. You're going to give your body a "roto-rooter." After all, when your sink is clogged you don't add more stuff to it expecting it to drain; you have to remove the blockage. What a concept!

We start with a lymphatic drainage massage to increase lymphatic flow in the body, moving stagnant fluids to reduce swelling and inflammation. The far infra-red sauna emits waves into your body to stimulate cellular metabolism and breaks up water molecules which hold toxins, allowing the body to expel the toxins through perspiration. The ionic foot bath has the water go through electrolysis to become negatively charged ions. These negative ions attract the positive ions which are the toxins in our bodies, pulling them out through the pores of your feet. Enhanced air is provided to enable the body to function better. You'll feel relaxed, lighter and experience a greater sense of well being.

**You deserve a Balanced and Healthy Lifestyle.  
To schedule your Detoxification Session, call Dr. Richard A. Reiner, DC  
at 561-689-4700.**

**Our office is called  
REINER  
CHIROPRACTIC  
AND WELLNESS  
CENTER,  
we are located at  
5768 Okeechobee Blvd.  
in West Palm Beach, FL.**

**When you call, be sure to say  
you want to schedule an  
appointment for the Detox  
evaluation SPECIAL.**



If you sign up for a series of treatments,  
you'll get a personalized  
autographed copy of my book,  
**Detox: 3 Simple Steps  
To Regain Your Health.**

**Call 561-689-4700  
www.ReinerChiro.com**

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THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT. DUE TO FEDERAL AND STATE REGULATIONS, MEDICARE/MEDICAID PATIENTS ARE NOT ELIGIBLE FOR THIS OFFER.

# If I Never Get Cavities, Do I Need Regular Check-ups?

**P**atients are aware that it is recommended to have dental check-ups typically twice a year. Often these appointments are delayed or skipped by individuals who rarely, if ever, get cavities. The rationale makes sense... If I never seem to get cavities, then postponing really should not make a difference. It is important to realize that checking for cavities comprises only half the dental check-up appointment. An evaluation of the gums and jaw bone, along with an appropriate level of cleaning and polishing the teeth, are also a key part of this visit.

## What is so important?

An important part to maintaining our teeth and smile is the care for our gums and jaw bone. If the gums and jaw bone start to shrink away, ultimately an increase in tooth loss or cavities may occur (which typically means the need for more dental treatment). In other words, the foundation of the teeth is just as important as the teeth themselves.

Recent research has revealed that **1 in 2 adults over the age of 30 have some form of periodontal (gum) disease. That means every other person reading this article likely has gum disease.**

There are a number of forms of periodontal disease, such as gingivitis (inflammation of the gums themselves) and periodontitis (destructive loss of the supporting jaw bone). Typically, this disease is not painful until it reaches advanced stages and can easily be overlooked. An example of gingivitis is bleeding gums. What I find amazing is the response patients often give when asked, "Do your gums bleed". The frequent answer is, "yes, they always bleed when I brush" or "they have bled for years". Can you imagine being asked that question regarding another part of your body (let's say your belly button). I am fairly certain that bleeding from anyone's belly button would trigger the need to see a doctor immediately. The mouth is no different. Bleeding from the gums also requires evaluation and treatment.

In addition, a link has been discovered between periodontal disease and other important diseases such as Diabetes, Cardiovascular Disease (heart attacks and stroke), along with a variety of others. Managing the health of the gums and jaw bone may help protect the other systems in the body from the bacteria and inflammation that can initiate in our mouths.



## What can be done?

At your check-up and hygiene appointments, your dentist will evaluate the health of your gums and jaw bone. This will consist of measuring the gum spaces around your teeth and reviewing current dental x-rays. The exam is considered by most to be painless.

Early periodontal disease, such as gingivitis (gum inflammation) can often be treated and reversed with scaling and root planing (many patients call this "deep cleaning"). In some cases, the disease progresses to a point of periodontitis (the irreversible loss of gum and bone). This type of disease requires more advanced care and is often referred to a specialist. The goal of treatment is to slow the disease and help preserve the teeth. Periodontal procedures are not necessarily uncomfortable. A great example is "LANAP" or laser periodontal therapy. In this case, the disease is treated without the use of a scalpel or sutures.

In summary, checking for cavities is only half the battle when visiting with your dentist. Regular check-ups also include the evaluation of your gums and jaw bone. Since the incidence of gum disease is so high, it is important to have your gums and jaw bone evaluated on a regular basis in order to help keep your teeth and maintain your smile.

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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# Stem Cells Take Center Stage

By David Ebner  
Staff Writer

The world will never forget the fate-filled day when four young men from Liverpool, England walked onto the stage of the Ed Sullivan show in 1964. The bright stage lights and the squeals from the crowd rained down on the smiling group, and that grainy black and white image was pinned as a moment of transformation in music history.

The introduction of stem cell research onto the world stage was not filled with as much fanfare. There were no screaming fans or standing ovations when the first stem cell therapy was conducted in the form of a bone marrow transplant in 1956. The long hours that scientists spent diligently researching and studying cells in laboratories across the world were not recorded in the pages of Life Magazine. Even in 2012, when the two scientists who discovered the application of stem cells as the building blocks for human life won a Nobel Prize, the response was limited mostly to the medical community.

The introduction of stem cell research to the world community may seem dwarfed in comparison to that of the Beatles or Elvis Presley, but its impact on the healthcare and medical industry is anything but small. Although embryonic stem cells have a long history of being in the public spotlight, adult stem cells, those that are already inside the body of a fully grown adult, are not as well known. These stem cells live in the blood, fat, bone marrow and other areas of the body and can be extracted, and reintroduced into a different part of the body. This results in the stem cells specializing as whatever type of cell they are near. For example, if the stem cells from a patient's abdominal fat were removed, cleaned and separated, and then reintroduced to the lungs of the patient with a progressive

lung disease like chronic obstructive pulmonary disease (COPD), the stem cells would become lung cells. The difference is that the new cells would be disease free and would regenerate into even more healthy lung cells, inevitably increasing lung function. For someone suffering from a debilitating disease, a stem cell treatment like the one described above could mean the difference between struggling for air and breathing easier.

The physicians at a medical clinic called the Lung Institute have been performing such procedures for some time now and boast that they have treated over 800 patients and have a 70 percent success rate in increasing the quality of life among their patients. The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells for over 15 years, said, "Stem cells are very important because they offer a different approach. Instead of just treating 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."

It's difficult to imagine a medical breakthrough taking center stage over a story about the newest trending celebrity. However, that isn't to say that advancements in medical therapies, like stem cell treatments, aren't occurring every day and won't completely change the longevity and quality of our lives. The people that have sought these innovative treatments are already seeing these advancements in action, and although they may not be screaming like the crazed Beatles fans of the sixties, the stem cell fan base is growing every day with people that can now breathe easier.



The Beatles changed the world of music; stem cells are changing the world of medicine.

## Stem Cells: The Next Big Thing

Lung disease accounts for the loss of 150,000 lives every year and is the third leading cause of death in the United States.

Specialists using stem cells from the patient's own body can offer treatment for people suffering from lung diseases like:

- COPD
- Pulmonary Fibrosis
- Emphysema
- Interstitial Lung Disease
- Chronic Bronchitis

With clinics located in Scottsdale, Arizona; Nashville, Tennessee; Pittsburgh, Pennsylvania; and Tampa, Florida, the physicians at the Lung Institute are able to treat patients from anywhere in the United States and around the world.

If you or a loved one suffers from a chronic lung disease, contact the Lung Institute to find out if stem cell treatments are right for you

**Call (855) 914-3212 for  
more information or visit  
[lunginstitute.com/health](http://lunginstitute.com/health)**



# Are You Chronically Anxious? Wish it could just stop?

**Have medications failed, or do they have side effects?**

By Michael Cohen, Founder, Center for Brain

## **DO YOU OR SOMEONE YOU KNOW SUFFER FROM ANXIETY?**

- *Do you get fearful, tense, or overwhelmed?*
- *Do you have racing thoughts?*
- *Have you lost hope of getting rid of anxiety?*

At Center for Brain, we have a unique program for adults and children who have tried everything to help their anxiety. Many of our clients have been

to the best doctors, therapists, and have tried many approaches and medications to keep their anxiety at bay and their symptoms under control. And still, nothing works well.

We use a very different approach. Rather than trying to medicate, we use a unique combination of neurofeedback and biofeedback technology. They are powerful tools to help you learn to calm and quiet your nervous system. With practice and reinforcement, you can train your brain and your body to control how you respond to stress. You don't have to learn to live with it.

When you learn to quiet your nervous system, you learn how to break the anxiety "habit." It may sound strange, but many people become excellent at being anxious. They are quite skilled at it. You can train to become good at NOT having anxiety. You just don't know how. When you combine biofeedback technology with other approaches, you train your nervous system to respond differently. 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 surprisingly short period of time.

Many people with chronic anxiety or panic attacks have tried multiple medications to feel better or to calm down. Medications may reduce but not eliminate your symptoms, and they don't teach your brain to make permanent changes.

Unfortunately for sufferers of chronic anxiety, many health professionals are unfamiliar with neuro and biofeedback, even though it has such a big impact on anxiety. The health field changes slowly. More and more clinicians have heard about the positive clinical results, even if they haven't had time to read all the research. When you combine multiple approaches with neuro and biofeedback technology it can help really change chronic patterns.

## **WHAT CAN BIOFEEDBACK DO?**

Biofeedback and neurofeedback have 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. Patients are often surprised how much better they feel with biofeedback, particularly since they've tried many approaches with limited relief.

## **Consider the experiences of three patients:**

**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.



### 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.

**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.

### 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. Neither 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 in changing brain patterns, and in quieting the nervous system. For example, neuro-biofeedback measures the brain's rhythms. It 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."*

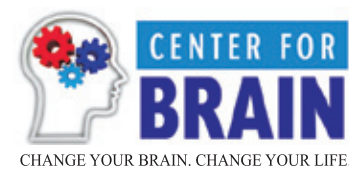
Michael Cohen, President and Founder, Center for Brain

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.



By Michael Cohen, Founder, Center for Brain

President and Founder of the Center for Brain Training, is a leading expert in neurotechnology and biofeedback, with 20 years of experience. He's taught courses to over 2000 health professionals, including psychiatrists, neurologists and psychologists, helping them incorporate biofeedback for use with chronic pain, anxiety and mood disorders, ADHD and neurological problems.

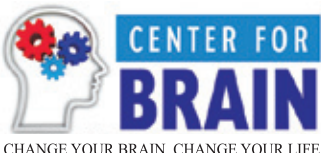


Jupiter Office 561.744.7616

[www.CenterforBrain.com](http://www.CenterforBrain.com)

## Chronic Sleep Issues?

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# FEED YOUR LEG TO HEALTH

Everyone is concerned with having beautiful legs and everyone is concerned about their weight. People are also concerned with how to slow down the aging process. I consider myself as a medical investigator. Patients that see me need my help to feel better, so it's my job to conduct enough research to fully understand and come to an effective solution. One of my first recommendations to the patient is to tell me a list of foods or supplements they are currently taking. I like to call this, "bettering the leg health".



By Dr. Navarro



**M**ore often than not, people are reluctant to divulge their diet and exercise regimen to doctors. The typical answer I get from most of my patients is that they are trying to be good; they are attempting to eat right. They say the obvious and accessible supplements, like Vitamin C and fish oil, but after that they stop. What should come after that answer is one fundamental supplement that everyone should consume on a daily basis, and that's protein!



The most important nutrient to everyone's diet regimen is protein because protein feeds muscles and muscle health is crucial to beautiful looking veins. Specifically, the hamstrings and gluteus maximus are the two most important muscle groups to focus on. Keeping these muscles activated and lean is necessary for good leg health or as I like to call it, "feeding your legs."

The best protein for good leg health is the dark meat of chicken, turkey and occasionally, lean beef. The amino acids in proteins are extremely important and vital to help build, maintain and sustain in large muscle groups, such as the gluteus and hamstrings which in turn keeps the veins healthy. Additional nutrients that are important to leg health are coenzyme Q 10, niacin, rutin, Diosmin and especially vitamin B 12. The following including protein helps with sustaining energy levels as well.

Patients come in and have swollen hamstring and calves and may have edema due to poor venous circulation. This can occur for a number of reasons, but also just by standing for long periods of time. I like to implement a holistic approach to this type of leg health. I often recommend natural diuretics such as fresh parsley, watercress, spinach and kale and teach patients that this should be part of their daily intake of vegetables. This is also very helpful for anyone who has spider varicose or a history of swelling in the legs.



Bone health is also crucial. Too much Vitamin C will actually chelate the bones and not enough will diminish the calcium. I encourage patients to take plenty of absorbable magnesium and calcium in the right proportions and that implementing micro minerals, such as strontium vanadium and boron will help make the bones knit properly and strong. I would say this is one of the most important, yet under prescribed holistic approach to leg health.

Additionally, consider the use of cucumbers, beets, celery and parsley in your daily diet. These contain vitamins and enzymes needed to maintain optimal venous and arterial circulation in the legs. If you want to grow and sustain beautiful legs, you must feed them properly. Remember, "bettering the leg health" helps you fit and looking beautiful longer.

# Crave Protein and Osteobroth are the Healthy Way to Go For Those Seeking Real Chicken Protein on the Go

**C**HICAGO, IL – July 27, 2015 – Knowing what the body truly hungers for, a Chicago-based fitness trainer has come up with the perfect healthy solution. Crave Protein ([www.craveprotein.com](http://www.craveprotein.com)) is the first real chicken protein (RCP) in supplement form. Derived from whole food and made from 100% USDA-inspected chicken, Crave is free from chemicals and highly processed isolates.

Interested in health and wellness his entire life, creator David Crooch first started with the idea of a chicken-based protein powder back in May of 2011. “As a personal trainer, I saw the need for a convenient source of real protein for active people like myself,” said Crooch. He put his creative thoughts into motion, and by June 2015, Crave Protein became a reality.

Crave Protein is not a broth or stock, but a protein supplement that mixes easily with water. Similar to whey and soy protein, Crave conveniently provides your body with the nutrition it needs to build muscle and help maintain a strong physique. “What makes Crave Protein so unique is that it comes from the actual food source. It’s like eating a piece of chicken without all the preparation,” said Crooch.

Crave Protein comes in two flavors: Chicken Soup (24 g. protein) and Fruit Punch (22 g. protein). According to the Institute of Medicine’s reference to complete protein, Crave Protein RCP has a superior amino acid profile compared to whey or soy powders currently on the market. Crave is also free of common allergens, contains a complete amino acid profile, supports healthy muscles and comes in a convenient, ready-to-eat powder form.



David Crooch is also the founder of Osteobroth, a nourishing chicken bone broth which is also sold in a convenient powdered form. Each 13 gram serving of Osteobroth Premium Bone Broth contains 12 grams of protein and only 50 calories, making it an efficient source of complete protein.

Both Crave Protein and Osteobroth are FDA approved, processed in a USDA-inspected facility and are manufactured in the United States. For more information or to place an order, please visit [www.craveprotein.com](http://www.craveprotein.com) or [www.osteobroth.com](http://www.osteobroth.com).



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*"Lung Cancer knocked me down,  
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# Helping Your Child Cope with Back-to-School Anxiety

**A**nxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting kindergarten. This transition can be stressful and disruptive for the entire family! Prior to the first day of school, your anxious child may cling, cry, have temper tantrums, complain of headaches or stomach pains, withdraw, and become sullen or irritable.

Worries are Common. Anxious children and teens worry about many different school-related issues, such as teachers, friends, fitting in, and/or being away from their parents.

## **Some common worries include:**

- *Who will be my new teacher?*
- *What if my new teacher is mean?*
- *Will any of my friends be in my class?*
- *Will I fit in?*
- *Are my clothes OK?*
- *Will I look stupid?*
- *Who will I sit with at lunch?*
- *What if I miss the bus?*
- *What if I can't understand the new schoolwork?*
- *What if something bad happens to mom or dad while I am at school?*

## **How To Deal With Back-to-School Worries**

Below are some general strategies parents can use to deal with back-to-school worries, followed by a schedule leading up to the first day of school.

### **Look after the basics.**

Nobody copes well when they are tired or hungry. Anxious children often forget to eat, don't feel hungry, and don't get enough sleep. Provide frequent and nutritious snacks for your child. During this time, you also need to build in regular routines, so that life is more predictable for your child. These routines can involve the morning and bedtime habits, as well as eating schedules.

### **Encourage your child to share his or her fears.**

Ask your child what is making him or her worried. Tell your child that it is normal to have concerns. Before and during the first few weeks of school, set up a regular time and place to talk. Some children feel most comfortable in a private space with your undivided attention (such as right before bed, or during mealtime). Teens often welcome some sort of distraction to cut the intensity of their worries and feelings (such as driving in the car, or taking a walk).



**Avoid giving reassurance...instead, problem-solve and plan!** Children often seek reassurance that bad things won't happen in order to reduce their worry. Do not assure them with "Don't worry!" or "Everything will be fine!" Instead, encourage your child to think of ways to solve his or her problem. For example, "If (the worst) happens, what could you do?" or "Let's think of some ways you could handle that situation." This gives you the opportunity to coach your child on how to cope with (and interpret) both real and imagined scary situations. You will also be giving your child the tools he or she needs to cope with an unexpected situation that might arise.

**Role-play with your child.** Sometimes role-playing a certain situation with your child can help him or her make a plan, and feel more confident that he or she will be able to handle the situation. For example, let your child play the part of the demanding teacher or bullying classmate. Then, model appropriate responses and coping techniques for your child, to help them calm down.

**Focus on the positive aspects!** Encourage your child to re-direct attention away from the worries, and towards the positives. Ask your child, “What are three things that you are most excited about on your first day of school?” Most kids can think of something good, even if it’s just eating a special snack or going home at the end of the day. Chances are that the fun aspects are simply getting overlooked by repetitive worries.

**Pay attention to your own behavior.** It can be anxiety-provoking for parents to hand over care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and comfort you can model, the more your child will understand there is no reason to be afraid. Be supportive yet firm. When saying goodbye in the morning, say it cheerfully – once! Ensure you don’t reward your child’s protests, crying, or tantrums by allowing him or her to avoid going to school. Instead, in a calm tone, say: “I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it.” Chances are, your child is anxious about something that requires a little problem-solving, role-playing, planning, and/or involvement from the teacher.

### **Timeline Leading Up to the First Day of School**

(You may not need to take all of these steps)

#### ***At least one week before:***

- Start your child on a school-day routine – waking up, eating, and going to bed at regular times. Explain that everyone in the family needs to adjust to the new schedule, so he or she doesn’t feel alone with these changes.
- For older children who are having troubles getting up and out of bed, give them a “big person” alarm clock, and let them practice using it.
- Ask your child to help plan school lunches for the first week.
- Create a list of school supplies together and plan a fun shopping trip.
- Teach and practice coping skills to use when feeling nervous, see “How to Do Calm Breathing” and “Developing and Using Cognitive Coping Cards” on the [anxietybc.com](http://anxietybc.com) website.



#### ***A couple days before school:***

- Go to school several times – walking, driving, or taking the bus. For young children taking the school bus, describe and draw out the bus route, including where the bus goes and how long it takes to get to school. Talk about bus safety.
- For new students, take a tour of the school. Show your child the classrooms, the cafeteria, and the bathrooms. If possible, meet your child’s teacher with your child present.
- Ask your child to help choose the outfits for the first week of school. Let your child wear his or her favorite outfit on the first day.
- Together with your child, pack up the schoolbag the night before, including treats.
- For younger children who are nervous about separating, suggest taking a special object to school that reminds him of home. A reassuring note in a child’s lunch can also help ease separation anxiety.

#### ***The first day of school:***

- Have your child go to school with a friend for the first couple of days.
- Tell the teacher that your child is having some separation anxiety – most teachers are experts in this area, and have years of experience!
- Most importantly, **praise and reward your child for brave behavior!**

Source: [anxietybc.com](http://anxietybc.com)

# Sclerotherapy

By Victoria Zimmer



For men and women plagued with unsightly spider and varicose veins the choice to wear shorts or sandals may be non-existent. There are a variety of treatments available claiming to eliminate these pesky veins, however, sclerotherapy remains the “gold standard” for elimination. Sclerotherapy is the art and science of collapsing or closing veins. A very tiny needle is carefully placed in the lumen or middle of the vein and medication is slowly injected to close the vein. The outcome of treatment depends on two things: the skill of the injector and the medication injected. Healthcare providers that have performed large numbers of sclerotherapy are, of course, more skilled in this procedure than those who perform this procedure less often.

You may wonder if sclerotherapy interferes with circulation. The answer is no. Once you visualize ugly spider and varicose veins they are no longer doing their job appropriately. Veins have tiny valves inside that work to bring blood back to the heart. The veins that you can see are no longer working effectively to bring blood back to the heart, but rather allowing blood to flow away and then back. In essence, a one-way valve becomes an ineffective and inefficient two-way valve. You still have miles of appropriately functioning veins deep within your legs and feet. The risk of sclerotherapy includes bruising and ulceration. The bruising that results is due to your body’s unique ability to eliminate waste. Once a vein is closed your body sends cells that gobble up and eliminate the un-needed end product as waste. The bruising clears up within a matter of weeks. Eventually, the unsightly veins will disappear and the person will have clear legs and feet again! Unfortunately, insurance does not pay for this procedure, as sclerotherapy is considered “cosmetic.” Sclerotherapy was once considered financially unattainable for the average person. Now there is an option for those who desire clear legs and feet at an affordable price.

Oceanside Vein Center in Jupiter, Florida prides itself in improving the lives of others at affordable prices.

Victoria Zimmer, MSN, Family Nurse Practitioner—certified by the American Association of Nurse Practitioners—has over 20 years of experience in Palm Beach County working in various facilities in the emergency room, intensive care unit, open heart step-down unit, recovery room, telemetry,



**BEFORE**



**AFTER**

and home health care. She has years of experience injecting and treating others.

Victoria maintains and performs services using the most current evidence-based guidelines and uses only FDA-approved medications. Through her work as an adjunct clinical instructor at a local university, Victoria remains current and up-to-date in the latest FDA recommendations and esthetics guidelines, while motivating baccalaureate prepared nursing students to excel in a wide variety of clinical endeavors. Victoria has extensive experience injecting unwanted veins in legs. This procedure is known as "sclerotherapy." In addition, Victoria is extremely proficient in providing Botox and dermal fillers in order to maintain or achieve a beautiful face. Love your legs and face!

Victoria is passionate about providing excellence in your personal treatment. Whether you are coming in for sclerotherapy (spider vein treatment), Botox, or dermal fillers, she guarantees your personal satisfaction.

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At Oceanside Vein Center, we pledge to deliver quality services at an improved price. Our hours and scheduling are convenient for patients, and our easy-to-find, beautiful location is directly across from the Jupiter Maltz Theatre on East Indiantown Road. Our convenient parking is at the rear of the building, notably the south side. The south entrance is most convenient to locate our Suite 106-B (on the first floor). As a brand-new business owned by a nurse

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# Protecting Your Eyes

By David A. Goldman MD

**P**rotecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

## Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

### *For all eye injuries:*

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

### *If your eye has been cut or punctured:*

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

### *If you get a particle or foreign material in your eye:*

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

### *In case of a chemical burn to the eye:*

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

### *To treat a blow to the eye:*

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

### *To treat sand or small debris in the eye:*

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

## 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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**T**wo years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

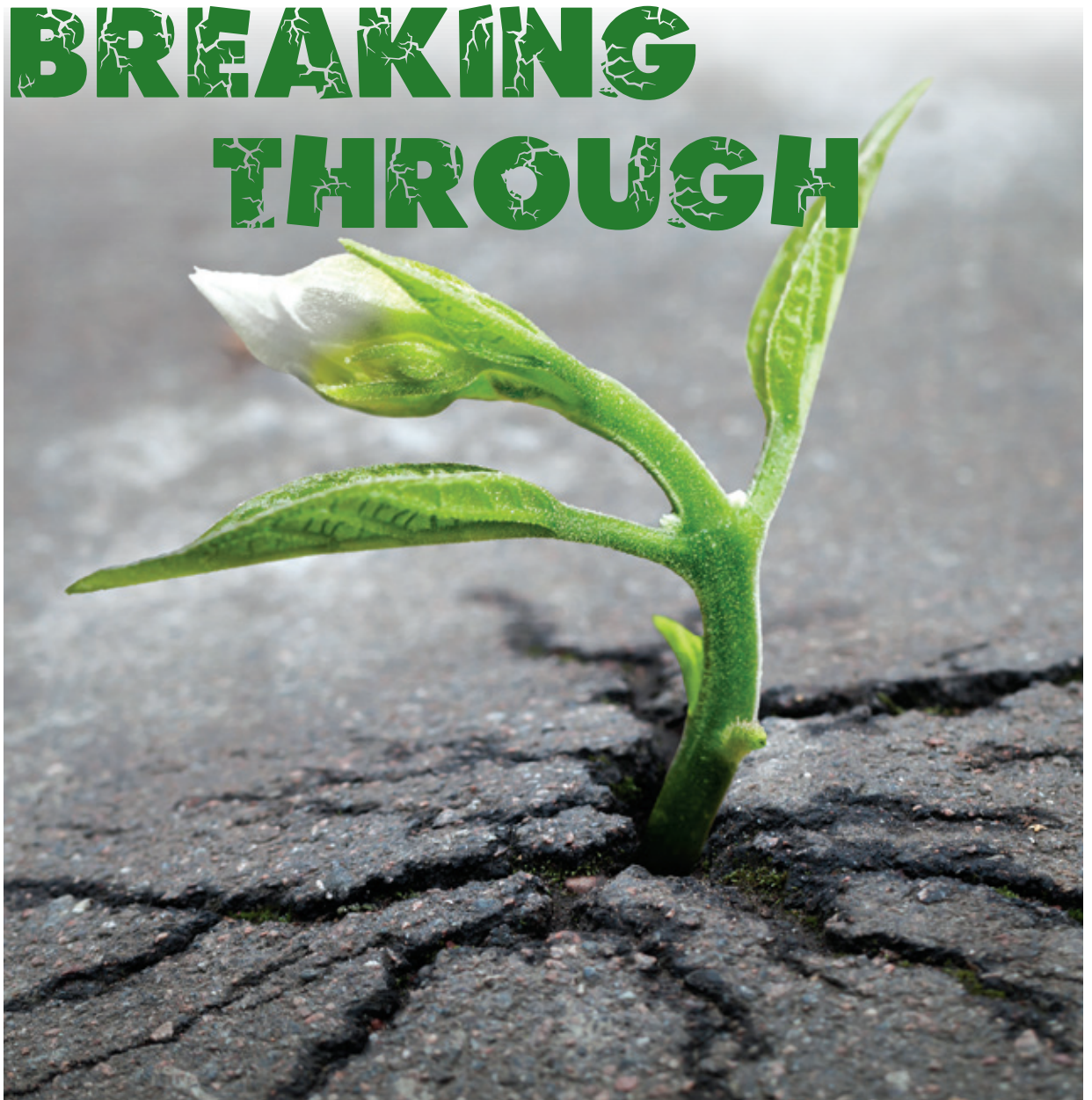
Looking back I've learned that there are four things we can do when needing a breakthrough.

**1. DON'T HAVE ALL THE ANSWERS.** It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

**2. LISTEN.** Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

**3. WRITE IT DOWN.** When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

## BREAKING THROUGH

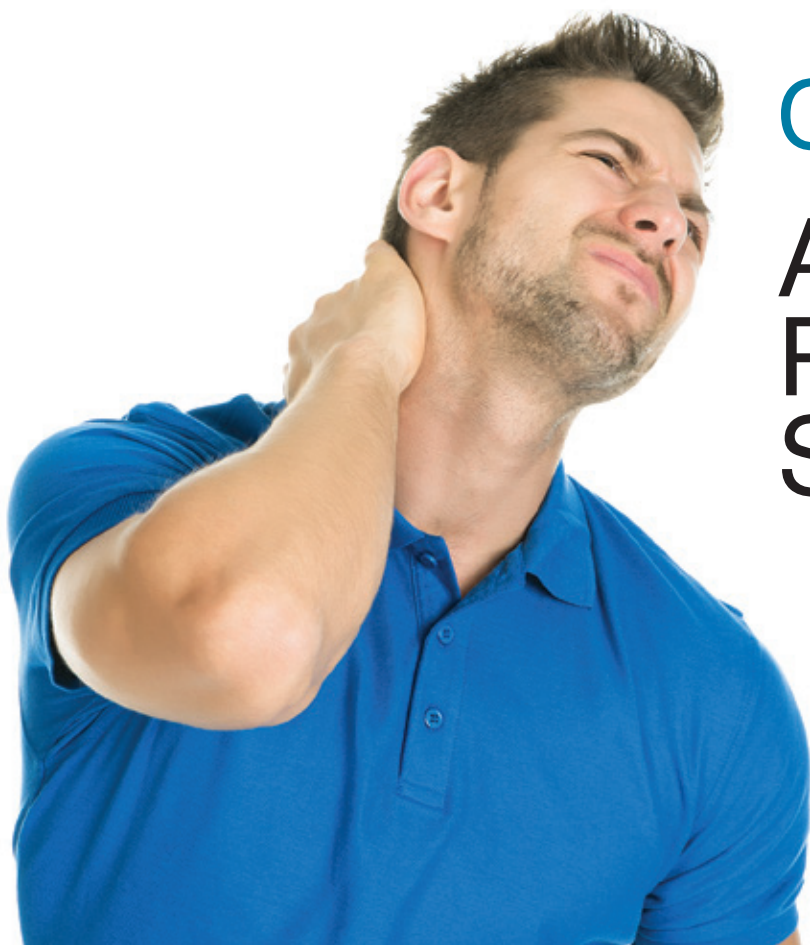


**4. DO IT.** Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



# CERVICAL INSTABILITY: A Consideration in Post-Concussion Syndrome

**H**AVE YOU SUFFERED A HEAD OR NECK INJURY that has left you with chronic pain and debilitating, baffling symptoms that continue to worsen? Finding a specialist in cervical instability may provide answers.

Cervical instability occurs when the ligaments are lax and elongated from injury, allowing for an inefficient protective barrier. The cervical vertebrae are held in proper position by ligaments, helping to protect the spinal cord, brain stem, and nervous system from excess movement in the cervical spine. Damage to these soft tissue structures of the cervical spine can cause many more problems than just pain in the neck.

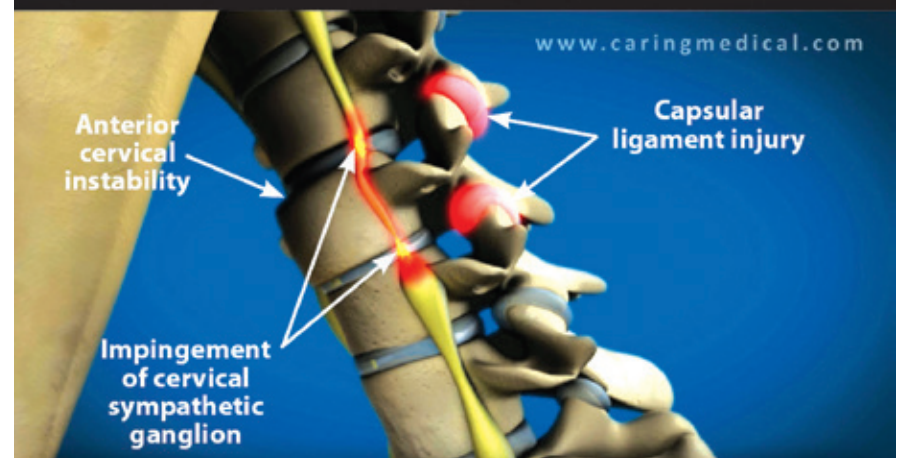
Cervical instability can provoke irritation of both the vertebral and sympathetic nerves. Damage to ligaments and ensuing irritation to the surrounding nerve endings may alter the firing patterns from these nerve endings, which may cause increased activation of the sympathetic nervous system. Even minor damage to ligaments can cause an over-stimulation of the sympathetic nervous system. (See Figure 1.)

## Symptoms of cervical instability

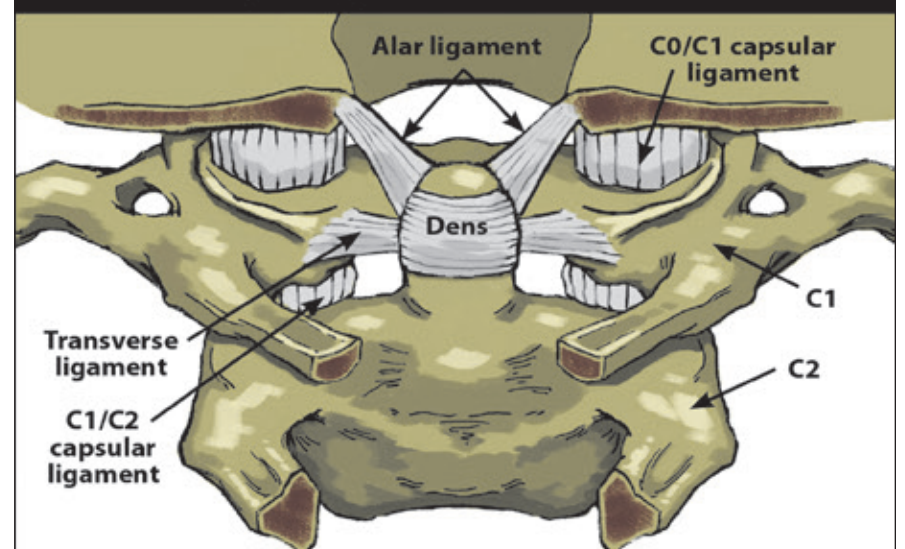
When the capsular ligaments of the neck become unstable, several things occur. For example, instability in the lower cervical spine (C3-C7) can cause muscle spasms, crepitation, and/or paresthesias in addition to chronic neck pain. Instability of the upper cervical spine (C0-C2) can cause numerous symptoms including, but not limited to, nerve irritation and vertebral insufficiency (VBI) with its associated symptoms of neck pain, headaches/migraines, dizziness, drop attacks, vertigo, difficulty swallowing and/or speaking, and auditory and visual disturbances. (See Figure 2.)

Symptoms from cervical instability can occur even after time has lapsed post-trauma, because the spine is destabilized. The destabilization causes aggressive, accelerated degeneration of the cervical spine affected by the trauma. Destabilization of the cervical

**Impingement of cervical sympathetic ganglion from cervical instability.** Capsular ligament laxity causes anterior cervical instability when the person flexes their neck causing impingement of the cervical sympathetic ganglion. Barré-Liéou Syndrome accounts for much of the chronic neck pain, headaches, migraines, vertigo, tinnitus, blurry vision, forgetfulness, and dizziness that people get after neck trauma.



**Schematic of upper cervical region from posterior view.** Facet joints of C0-C2 are stabilized by capsular ligaments. It is these ligaments that are primarily strengthened by Prolotherapy to stabilize the spinal segments.





### 3 MRI of neck showing disc bulge at C5-C6 causing effacement of the subarachnoid space (arrow).

While this sounds and looks bad, physical exam revealed normal spinal cord function. This person's symptoms of neck pain, headaches, swallowing difficulties, sinusitis, balance issues, and a host of other symptoms were due to cervical instability. They have responded quickly to the spinal stabilizing effects of Prolotherapy.



### 4 Prolotherapy of cervical facet joints.

Prolotherapy is the treatment of choice when cervical instability is the cause of a person's chronic neck pain, headaches, migraines, vertigo, ringing in the ears and other symptoms of Barré-Liéou Syndrome. Prolotherapy by stabilizing the cervical vertebral motion, resolves the impingement of the cervical sympathetic ganglion and the resultant symptoms.



spine can be accompanied by severe neurological sequelae such as those seen in instances of Post-Concussion Syndrome (PCS).

Post-concussion symptoms frequently occur following a concussion or mild traumatic brain injury (MTBI). Symptoms can include headaches, chronic neck pain, difficulty with concentration, sleep disturbance, irritability, memory deficits, sensitivity to noise, dizziness, vertigo, blurred vision, anxiety and depression. Symptoms notably similar to those of cervical instability. When this cluster of symptoms persists, the condition is then called Post-Concussion Syndrome. PCS symptoms can range in severity from being slightly annoying to becoming an overwhelming disability. In fact, symptoms have been reported to persist for 15 years or more after the injury. (See Figure 3.)

### PCS, Cervical Instability and the Autonomic Nervous System

Due to the non-specificity of the symptoms of PCS, treatment can be complex. However, it is important to take into account the structures that may have been injured as a result of the jarring motion of the head.

The acceleration-deceleration forces involved in the trauma do not just affect the brain, but also create a significant whiplash injury to the neck and the base of the skull. Within these areas lies the brainstem, an area of the brain that controls our balance and coordination, and supplies nerves to the muscles that control the eyes, ears, face, and portions of our autonomic nervous system (ANS).

The autonomic nervous system controls the bodily processes that occur automatically in the body, including breathing, heart rate, saliva formation, digestion, pain control, and of course, blood flow. Those with refractory PCS have a dysfunction of the ANS, as their physiologic functions fail to return to normal. A head injury resulting from a twisting mechanism or direct trauma to the upper cervical/posterior skull region may damage this ANS regulation.

### Regenerative Therapy Treatments for Post-Concussion Syndrome Caused by Cervical Instability

The cervical spine should be carefully assessed for tenderness, spasm, and range of motion. If cervical instability is diagnosed, treatment would involve correcting the alignment and stabilizing the cervical spine. This can be accomplished with Regenerative Medicine treatment, such as Prolotherapy.

Prolotherapy injections reduce the excessive flexion and extension translation of the cervical spine. It does so by stimulating the repair of damaged structures, such as the ligaments of the cervical vertebrae, and the occipital and sub-occipital regions. (See Figure 4.) This regenerative injection therapy can provide hope and long-lasting, positive therapeutic relief from persistent symptoms associated with Post-Concussion Syndrome caused by cervical instability. Information and research on Prolotherapy for cervical spine conditions is available at [AboutProlotherapy.com](http://AboutProlotherapy.com).

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