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October 2015

North Palm Beach Edition - Monthly



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# TREATING HAIR LOSS: *The Second Opinion*

By Alan J. Bauman, M.D.

**A**fter discovering the dreaded first signs of hair loss, men and women often seek a ‘first opinion’ from a friend, family member, spouse, or even their hair stylist. But hair loss, like other medical conditions, must be addressed by a trained professional.



One of the reasons for this is that unlike many medical conditions, the early signs of hair loss are often so minimal that they are either dismissed, or overlooked entirely, so by the time the patient seeks treatment, it is possible that they’ve already lost 50 percent of hair volume in that area. If they turn to their primary care physician, or even a dermatologist, as their ‘second opinion’, he or she may be able to diagnosis hair loss, and offer insight into possible medical causes, such as anemia, medications, illness, etc., but in most cases, they won’t have the training and expertise needed to properly map out an effective hair regrowth treatment plan that will ensure long-term success.

Which is why you should be very careful when soliciting the ‘second opinion’.

Whether it was suggested by your spouse, friend, stylist or physician, or something you noticed after looking at a few old pictures of yourself, once it has been determined that the hair loss process has started, your next phone call or email needs to be to an experienced full-time hair restoration physician—a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss. These specially trained physicians have had extensive training and board certification specific to treating hair loss, and have up-to-date knowledge of the newest treatment options. Before choosing your doctor, it is important to know their qualifications, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions.

Once you’ve found a full-time board certified hair restoration physician, he or she will help you assess where you are in the hair loss process, which is a lot harder than merely looking for bald spots. Unlike primary care physicians, hair restoration physicians will use advanced scalp microscopes and other diagnostic tools, like the HairCheck device, which helps to accurately assess hair loss, growth and breakage on any area of the scalp. By tracking these numbers, it can help determine the extent and rate of your hair loss and/or breakage and inform you of any changes over time. These tools and the information they gather have made it infinitely easier to catch hair loss before it becomes too significant and also to be sure your prescribed hair regrowth treatments are working.





**Before and After  
NON-INVASIVE THERAPY**



**Before and After  
POST TRANSPLANT**

Once your hair restoration physician has diagnosed the extent of your hair loss and the causes behind it, they may recommend one or more treatments to address your hair loss problems. Medical treatments that will help mitigate hair loss may include a specially compounded prescription minoxidil solution called Formula 82M, platelet-rich plasma injections (PRP, also called the ‘vampire hair growth treatment’), prostaglandin analogs, low-level laser therapy, and nutritional supplements. In advanced cases, hair transplantation may be the patients’ best strategy for treating their hair loss. New microsurgical no-scalpel/no-stitch harvesting techniques like NeoGraft FUE or Follicular Unit Extraction allow for a minimally-invasive “follicle-by-follicle” approach. This advanced and artistic process allows for diminished downtime and discomfort while avoiding the pluggy look and linear scars which traditional ‘old-style’ hair transplants left behind. In addition to having access to the latest medical and surgical treatments, hair restoration physicians also often work closely with companies that make custom medical-grade hair replacement systems or hair and scalp prosthetics for those who are not candidates for transplants. These are new advances that are only offered through a small number of highly qualified physicians in the world.

While hair loss can present differently from patient to patient, in most cases, the best hair restoration physicians use a multi-therapy approach. This should also include routine follow-ups for tracking purposes to see what’s working, and what isn’t, and adjusting the treatment regimen as necessary to achieve optimal results.

In the end, it doesn’t matter who you talk to first about your hair loss, what matters is that your second opinion is from someone with the proper tools and experience to help get to the root of the problem, stop the progression, and give you the best chance of saving the hair that you have and restoring the hair you’ve lost.

### HAIR LOSS SIGNS & SYMPTOMS

- Excessive Shedding
- Thinner, Weaker Hair
- Smaller Ponytail Thickness
- Loss of Hair Volume
- Difficulty Styling or Creative Styling Needed
- Seeing More Scalp or Widening Part-Line
- Using Cosmetic Camouflage Powder
- Receding Hairline and/or Temples
- Sunburned Scalp

### TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A hair restoration physician is someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment.
- Look for physicians who are board-certified in hair restoration by the American Board of Hair Restoration Surgery and recommended by the American Hair Loss Association.
- Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and or consult long-distance.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions.
- Primary care doctors, as well as dermatologists, may not be fully equipped to diagnose, treat and track your hair loss process with the latest tools and technology.

### 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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# miraDry™

## DON'T SWEAT IT!

By Daniela Dadurian, M.D.

**E**ver been caught in a business meeting, presentation or even just a dinner date, and you're secretly keeping in a condition that may be causing you to have anxiety in social settings? Well, millions of people are suffering from a condition called hyperhidrosis, also known as excessive underarm sweating. The only relief for this condition has been antiperspirants that were not very effective or Botox. Botox for the treatment of underarm sweating has been the only real solution to this problem, however it requires multiple treatments per year.





#### WHAT IS THIS PROCEDURE?

The miraDry delivers electromagnetic energy to the area under the arm where the sweat glands reside and heats and eliminates the sweat glands. Since the sweat glands do not regenerate...results are lasting and immediate. This FDA approved procedure is noninvasive with little downtime, so patients can go about their normal routines after treatment.

#### WHAT CAN I EXPECT?

Local anesthesia is injected under your arm for the comfort of the device. A temporary grid is placed on the underarm and the miraDry hand piece is then applied for the thermal penetration.

#### HOW MANY TREATMENTS WILL I NEED?

This in office hour procedure requires a total of 2 treatments spaced 3 months apart. (95% decrease in sweating after 2nd treatment). Even after the 1st treatment you should experience 70-75% decrease in sweating.

#### WHO IS A CANDIDATE FOR THIS PROCEDURE?

Anyone over the age of 18 who suffers from excessive underarm sweat.

#### DON'T I NEED MY UNDERARM SWEAT GLANDS?

Your body contains over 4 million sweat glands, with only about 2% located under the arms. Eliminating this 2% will not affect the body's ability to cool itself.

#### WHAT ARE THE SIDE EFFECTS?

You may experience a decrease in hair growth under the arm. You may experience tenderness, redness and swelling for several days. You may apply ice to the underarms after the treatment and take a mild analgesic if needed.



For more information call 561-655-6325 or visit [www.mdbeautylabs.com](http://www.mdbeautylabs.com).



#### Medical Director, Daniela Dadurian M.D.

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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.

# Choroidal Neovascular Membranes

**C**HOROIDAL NEOVASCULAR MEMBRANES (CNVM) are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss. CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.



CNVM

## CHOROIDAL NEOVASCULAR MEMBRANES SYMPTOMS

If you have CNVM, you may experience painless vision loss. You may notice blank spots in your vision, especially your central vision. Your vision may be distorted, so that straight lines appear bent, crooked or irregular.

## WHO IS AT RISK FOR CHOROIDAL NEOVASCULAR MEMBRANES?

Because wet age-related macular degeneration accounts for most patients with CNVM, they are most commonly found in people age 50 and older, with the risk growing with age.

However, people with risk factors for different eye diseases or who experience eye trauma may develop CNVM at a younger age.

## CHOROIDAL NEOVASCULAR MEMBRANES DIAGNOSIS

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs

of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have choroidal neovascular membranes.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps in detecting abnormal blood vessels.

## CHOROIDAL NEOVASCULAR MEMBRANES TREATMENT

Treatment of CNVM may vary depending on the underlying disease. Treatment for CNVM includes anti-VEGF treatment or/and thermal laser treatment. Depending on the progress of your disease, you may receive with one or more of these treatments.

## ANTI-VEGF TREATMENT

A common way to treat CNVM targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of CNVM, slows their leakage, helps to slow vision loss and in some cases improves vision.

Your ophthalmologist administers the anti-VEGF drug directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic to numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.





#### THERMAL LASER TREATMENT

Another form of treatment for CNVM is with thermal laser therapy. Laser treatment is usually done as an outpatient procedure in the doctor's office or at the hospital.

The laser beam in this procedure is a high-energy, focused beam of light that produces a small burn when it hits the area of the retina to be treated. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few weeks. A scar forms where the treatment occurred, creating a permanent blind spot that might be noticeable in your field of vision.

Usually the abnormal blood vessels are destroyed by laser treatment. However, patients who receive this laser procedure often need a re-treatment within three to five years.



## The Retina Institute of Florida

### Lauren R. Rosecan

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# Sclerotherapy

By Victoria Zimmer



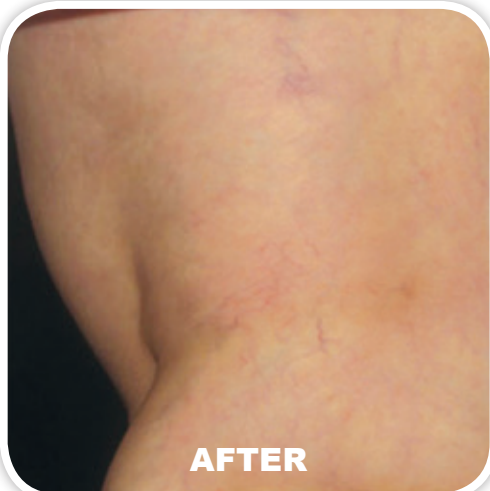
For men and women plagued with unsightly spider and varicose veins the choice to wear shorts or sandals may be non-existent. There are a variety of treatments available claiming to eliminate these pesky veins, however, sclerotherapy remains the “gold standard” for elimination. Sclerotherapy is the art 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, 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.

#### OUR MISSION STATEMENT

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 practitioner that truly cares about your health and satisfaction, we are determined to provide you with the absolute best in customer service and patient care.

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Oceanside Vein Center



# October is National Audiology Awareness Month

Submitted by Dana Luzon, Au.D., CCC-A, FAAA  
Board Certified Doctor of Audiology



Over 36 million American adults have some degree of hearing loss.

That is over 4 times the amount of people who live in New York City.

**T**he statistics are shocking and even more so knowing that over half of those 36 million Americans are under the age of 65. Hearing loss is an increasing health concern in this nation. Make an appointment with an audiologist this October during National Audiology Awareness Month.

“Hearing loss can be caused by exposure to loud noises, trauma, or ear disease; harm to the inner ear, illness and deterioration due to the normal aging process,” explains Dr. Dana Luzon. The amount of noise Americans are exposed to today plays an important role in the recent increase of hearing loss across the nation. It is no longer just a health concern for seniors.

#### Some tell signs of hearing problems are:

- trouble hearing conversation in a noisy environment such as restaurants
- difficulty following along in group conversations
- Increasing the volume on the television and the sound still not being clear
- difficulty or inability to hear people talking to you without looking at them
- withdrawal from social gatherings

If you think you may have a hearing loss, you need to see a Doctor of Audiology. A hearing evaluation will determine the degree of hearing loss you have and what can be done. Although most hearing loss is permanent, an audiologist can determine the best treatment.



In response to the growing number of Americans suffering from hearing loss, the American Academy of Audiology in conjunction with Audiology and Hearing Aids of the Palm Beaches have launched National Audiology Awareness Month this October.

In celebration of Audiology Awareness Month, Audiology & Hearing Aids of the Palm Beaches is having a Better Hearing Event, October 13th-15th. During this special 3 day event, they will be offering:

- Complimentary consultations and hearing screenings
- Video Otoscopy
- In-depth counseling on hearing test results and your best options for treatment
- A listening demonstration with new hearing technology

Space is limited for this event and attendees should RSVP before 10/9 by calling **561-627-3552.**



#### ABOUT AUDIOLOGY AND HEARING AIDS OF THE PALM BEACHES

Being the only "Audigy Certified" 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. We take great pride in our unsurpassed patient care standards and take a personalized concierge approach to hearing care.

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***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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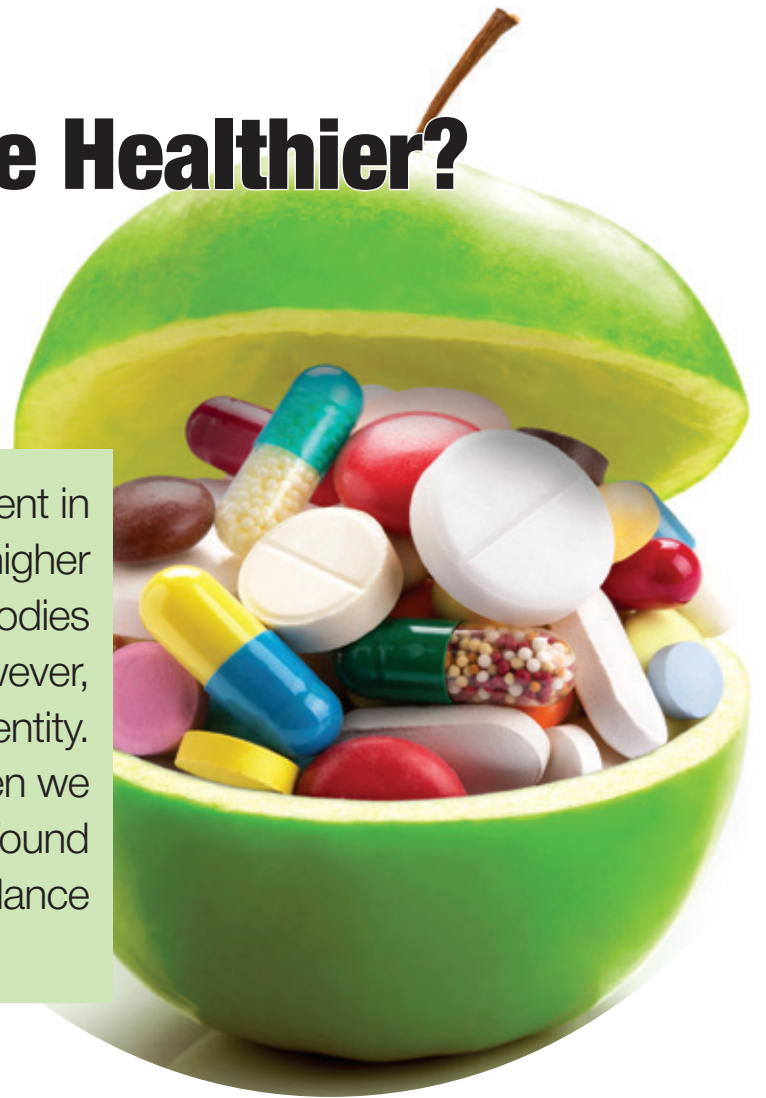
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# VITAMINS the More the Healthier?

## Not so fast....

We live in a super-sized culture. This truth is ever evident in how our nation views vitamin supplementation. The higher the dose the healthier – right? Well not so fast. Our bodies need vitamins, minerals and nutrients to survive and thrive. However, our immune system is precisely that – a system not a single entity. In order to function well we require balance and harmony. When we take vitamins and supplements in high doses – doses not found through natural plant based foods we are disrupting that balance and causing more harm than we may even realize.



Millions of people today are taking vitamin supplements to prevent nutritional deficiencies, believing that it actually compensates for poor eating habits and bad diets. The highest pound-to-pound vitamin consumers are fitness advocates, athletes, the sick and the elderly, who have been told that their vitamin requirements are higher than normal. What remains largely overlooked is one single fact: there is no evidence that people who take vitamin supplements are doing better than those who don't. In fact, there are some indications that vitamin supplementation may actually shorten life span and may even increase cancer probability, such as in the case of synthetic vitamin E and beta carotene. As you'll soon see, the evidence shows that vitamin supplements can become toxic to the body if they're synthetically produced, taken in overly high unnatural dosages, and are not specifically depleted in your body. Recent research has highlighted the damage super size vitamin dosages can cause in the long term.

### Vitamins C & E

Vitamins C and E supplements are commonly used together by many who want to improve health and

athletic performance. However Dr. Paulson, a researcher at the Norwegian School of Sport Sciences (NIH) found that these supplements actually hinder muscle development and stamina during exercise. In fact, researchers found that the muscles' natural ability to burn fat during endurance training is reduced with the intake of vitamin E and C supplements. Researchers explain these vitamins act as an antioxidant and take away oxidative stress which blocks muscular endurance development.

### Omega - 3

In one of the largest and longest studies to date, Dr. Emily Chew and team found that omega-3 supplementation did not protect against cognitive decline. While there is data supporting omega-3's benefits in eye, brain and heart health this does not hold true for cognitive function decline associated with aging and dementia related disorders.

### Fat Soluble Vitamins – A,E,D & K

Because these vitamins are fat soluble, they can be stored in fat cells and accumulate in the body creating high levels of toxicity over time, we tend to be a bit more aware of not over consuming

these supplements. Toxic side effects of excess fat soluble vitamins:

- **Vitamin A:** abdominal pain, vomiting, headache, lethargy, eczema, patchy hair loss, edema, anemia, respiratory tract infection, chronic liver disease
- **Vitamin E:** allergic reaction, breathing impairments, swelling of the tongue, fatigue, headache, nausea, blurred vision, excessive bleeding, increased hypertension, decreased life span
- **Vitamin K:** supplementation with a synthetic form of vitamin K Menadione has been associated with liver damage. Some reports indicate a significant association between high intramuscular levels of vitamin K and cancer.
- **Vitamin D:** even though vitamin D poisoning is rare, toxicity can occur under certain medical conditions such as primary hyperparathyroidism, tuberculosis and lymphoma. Note that vitamin D is completely safe when produced by the body itself through UV sunlight exposure.

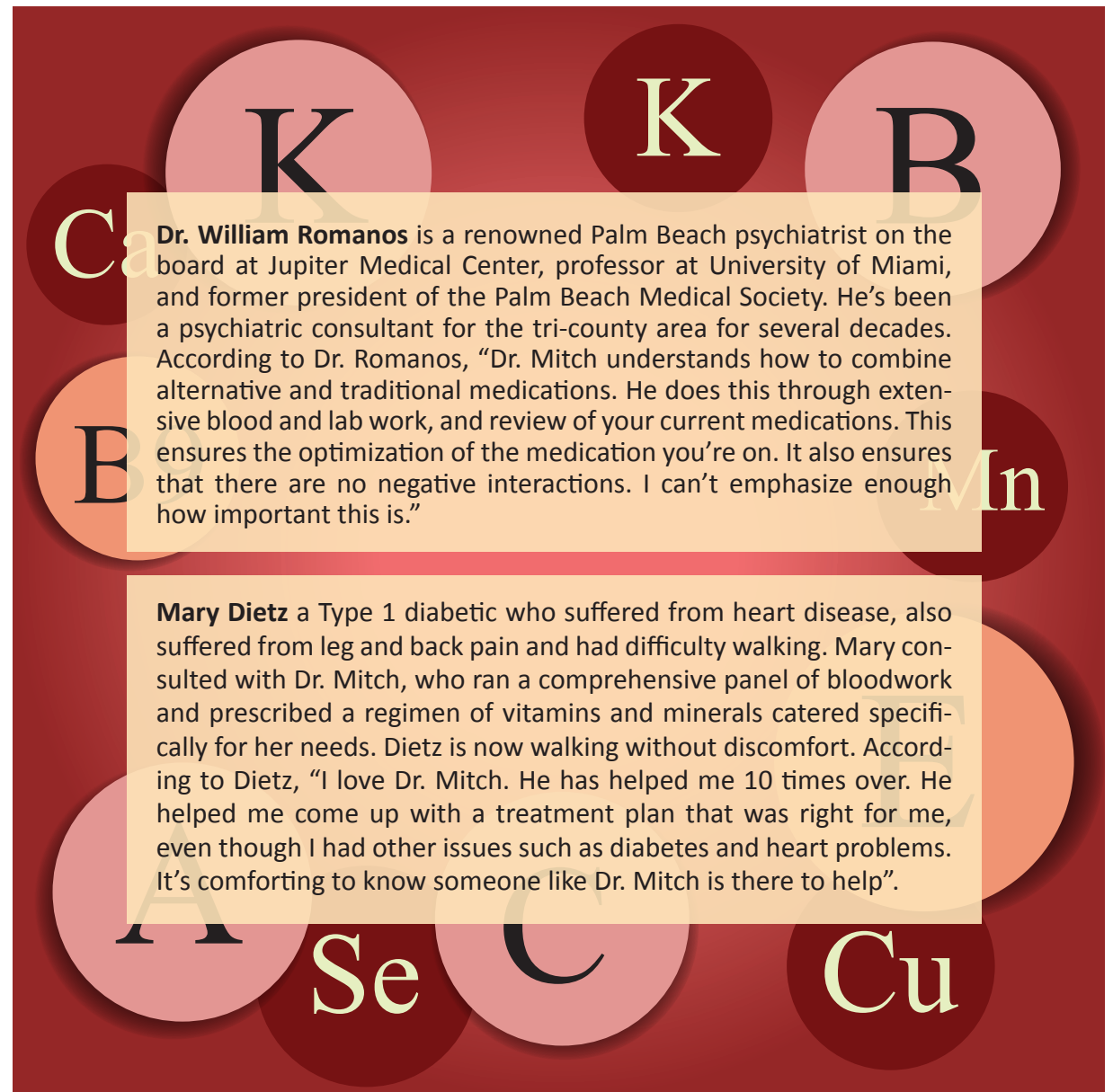


## The B Vitamin Syndrome

B vitamins are popularly regarded as the powerhouse vitamins with claims to aid in energy, endurance, weight loss and stamina. However, B vitamin supplements in large concentrations are now gaining the reputation as risky substances. Most notably over supplementation on one B vitamin can cause depletion of other B vitamins, as well as toxic side effects.

Excessive vitamin B1 can deplete other B vitamins, disrupt insulin and thyroid production. Excessive vitamin B3 has shown to cause liver damage. Large niacin has also shown to adversely affect individuals who suffer from glaucoma, gout, liver disease and peptic ulcers. Note this dosage has been commonly prescribed today as an alternative medicine to lower cholesterol levels. Excess of synthetic vitamin B6, pyridoxine, has shown to cause liver damage when used in long term "therapeutic" dosages (over 200 mg/daily). These so-called therapeutic potencies of B6 are currently available over the counter in stores nationwide. Even folic acid, which is regarded as safe and highly beneficial, could turn to be toxic in high doses (5-10 mg) with symptoms including bloating, nausea and upset stomach. High dosages of folic acid may also result in increased occurrence of seizures among individuals suffering from epilepsy.

Let's not throw the baby out with the bath water – not all vitamins & mineral supplementation is harmful. Actually, supplementing your diet with the specific vitamins and minerals your specific body needs can be life changing. Trying to read a Web Page, newsletter or relying on a layperson without the proper training, may have long term deleterious effects on your cellular health. The only way to get a more precise understanding of what your needs are specifically for you, is to have a comprehensive evaluation of your blood to start. Then other cellular function tests might be required. So where do you turn for the advice you can trust? Dr. Mitch Ghen is a South Florida doctor specializing in integrative medicine, and has been in practice for 37 years. He has dedicated his life to understanding the human body. He has spent a majority of his career understanding nutrition



**Dr. William Romanos** is a renowned Palm Beach psychiatrist on the board at Jupiter Medical Center, professor at University of Miami, and former president of the Palm Beach Medical Society. He's been a psychiatric consultant for the tri-county area for several decades. According to Dr. Romanos, "Dr. Mitch understands how to combine alternative and traditional medications. He does this through extensive blood and lab work, and review of your current medications. This ensures the optimization of the medication you're on. It also ensures that there are no negative interactions. I can't emphasize enough how important this is."

**Mary Dietz** a Type 1 diabetic who suffered from heart disease, also suffered from leg and back pain and had difficulty walking. Mary consulted with Dr. Mitch, who ran a comprehensive panel of bloodwork and prescribed a regimen of vitamins and minerals catered specifically for her needs. Dietz is now walking without discomfort. According to Dietz, "I love Dr. Mitch. He has helped me 10 times over. He helped me come up with a treatment plan that was right for me, even though I had other issues such as diabetes and heart problems. It's comforting to know someone like Dr. Mitch is there to help".

and vitamins and how they work with the human body. Dr. Mitch realizes the critical importance of educating people about understanding which vitamins work for their body chemistry. Dr. Mitch has trained thousands of doctors, and written four textbooks. He has his own nationally syndicated TV and radio show, and is the foremost expert on vitamins and nutrition. Dr. Mitch is one of

the top 10 doctors in the world who specializes in this field. His practice focuses on getting people the correct vitamins they need for their individual bodies. Dr. Mitch Ghen is available to private consultation for those of us in Palm Beach County at Dr. Mitch's Longevity & Wellness Institute. Contact his team to schedule your consultation today at **561-508-3095**.



**Dr. Mitchell Ghen**  
**The Doctor's Doctor**  
 Consultant to Physicians  
 Worldwide  
**561.508.3095**

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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 metaanalysis 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.

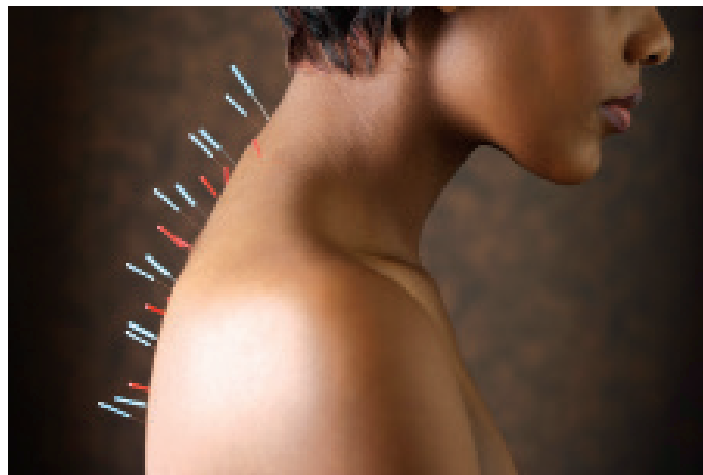
Any side effects from the acupuncture and Chinese herbal medicine in the treatment of acupuncture are negligible when compared to modern pharmaceuticals.

*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.

Lose Weight, Reduce Stress,  
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# DETOX WORKSHOP

**THURSDAY AFTERNOON  
OCTOBER 15, 2015 AT 5:30P.M.**

If you or a loved one are suffering from Fibromyalgia, Neuropathy, Chronic Fatigue Syndrome, Mold Exposure, Immune Disorders or long term effects of Chemotherapy, then this WORKSHOP could be the start to a new and healthier life.

Seating is limited to the first 20 Participants, so **call TODAY at 689-4700** to reserve your seat.

## Here's What Our Patients Say...



**Recognized author of  
Detox:  
3 Simple Steps  
To Regain  
Your Health.**

*Natalie:* "I was a research chemist when I developed severe fibromyalgia through exposure to many chemicals. My family doctor suggested that I apply for disability benefits, but I wasn't ready to stop working. Dr. Reiner's treatments helped me overcome my pain and I'm enjoying life again."

*Dion:* "One year ago I was diagnosed with Stage Four breast cancer with metastasis to bone. My hips and shoulder were affected; I needed assistance with a cane for six months before and after my radiation. Lactic acid build-up in both legs and hips caused excruciating pain in the day and worse at night. Dr. Reiner put me on intensive care treatment. After just two weeks, I got rid of the pain and the lactic acid in my legs dissipated."

*Melissa:* "I was in search of a chiropractic holistic doctor due to heavy metal poisoning. Getting in touch with Dr. Reiner has been my biggest lifesaver; I've gone for one treatment already and feel a HUGE difference! Looking forward to my upcoming detox sessions! He truly cares about your wellbeing and health!"

These testimonials are to show you how Dr. Reiner's Body Cleanse and Detoxification Program have helped them. There are no guarantees that the Program will help you, but it is certainly worth coming to the WORKSHOP to learn more. If our treatment improved their life, it can improve yours too!

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# Causes For Limb Swelling

By Alyssa Parker

**F**inding the source of your edema is vital to getting the proper medical care. Chronic edema left untreated without a clinical diagnosis may lead to a variety of problems. Patients with chronic edema may start the day out with painless swelling in their limbs that progress's throughout the day leading to a sensation of heaviness in the limb by the evening. Common condition's where edema may be a symptom is venous insufficiency, post-operative trauma, infection, and lymphedema. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

## Lymphedema and Chronic Venous Insufficiency

Lymphedema is the body's inability to transport lymph fluid through the lymphatic system resulting in chronic swelling. Lymphedema may manifest after a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) ; due to its slow progression it may take years or months to recognize. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers for lymphedema include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb is outcome of venous insufficiency as well as other cardiovascular diseases. Venous insufficiency may cause secondary lymphedema when the lower region of the leg becomes permanently swollen



from the trapped protein rich fluid which may then begin to harden. Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein rich fluid. The lower region of the leg may then become permanently swollen and may start to harden.

It is imperative that any type of limb edema is treated quick and effectively, regardless of the severity. Individuals have shown the best results when treatment is started when the first sign of a edema is present . Many patients use diuretics or compression stockings receiving temporary reduction in swelling. If your compression stockings get worn out over time many patients aren't receiving the needed compression. Diuretics may be harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema.



## Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rythmatic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief.

## Specialists in Acute Wound Care

Remember, ANY swelling is an indication of an overloaded Lymphatic system. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. For more information and articles on this topic, Google "Acute Wound Care," visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com), or call 239-949-4412 and speak with a specialist. Remember, nothing heals faster than an educated patient.

## ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call

**239-949-4412**

and speak with a specialist.



# Missing Teeth Has Made Chewing More Difficult- What Can Be Done?

**F**requently patients come into our office complaining of difficulty chewing. I am not referring to painful chewing, but difficulty due to missing teeth. Unfortunately, patients often look at their teeth in a very different fashion than the rest of their body. Many patients will have teeth removed without replacing them, with the thought that there are many more in the mouth that can be used to chew. These patients often will allow this to occur with multiple teeth which ultimately leads to problems with chewing or speech.

## What Occurs:

As teeth are removed or lost, a number of issues can occur over time. Research has demonstrated that approximately 25% of the jaw bone in the area can be lost within the first year of tooth removal. This loss will likely continue at a slower rate indefinitely. This change in bone structure might impact the neighboring teeth on either side causing bone loss (and support loss) to these teeth as well.

Remaining teeth can shift over time due to the loss of teeth and supporting bone structure. This shifting can change the way you bite. In fact, if you remove a tooth but still have an opposing tooth (i.e.- remove an upper molar while still having the lower molar below), it is possible that this tooth will grow out of the bone (as if it were trying to reach to contact something).

Any of these issues can significantly alter the way we chew, speak or look.

## What Can Be Done Right Away:

Addressing the loss of teeth can be done a number of ways. One of the most important things to consider immediately is having your surgeon place a bone graft (typically a powder) in the area the tooth or teeth are being removed at the time of the procedure. The placement of this graft can help slow or prevent bone loss in the area. In addition, it may help preserve the jaw bone for future tooth replacement options such as a dental implant. This grafting can often be performed at the same time tooth replacement procedures such as dental implants are being performed.

## Options:

A variety of options exist when considering tooth replacement. Some patients opt for a removable denture. This device can fill in the spaces where a missing tooth or teeth are located. A removable denture typically is composed of acrylic (or another material) and may have clasps that attach it to remaining teeth. This appliance is taken in and out of the mouth. In some situations, the denture may move when speaking or chewing as it is not truly locked into place.



Crowns and bridges are another option to help replace missing teeth. In this case, the remaining teeth in the area can be prepared for a crown (AKA a “cap”). Often times, multiple teeth can be crowned and connected. A common example is a 3 Unit Bridge. Here the teeth on either side of the missing tooth space are prepared for a crown. When the laboratory creates the 3 crowns, they are all connected in a row. The middle tooth is actually a fake tooth that is supported on either side by the crowns resting on tooth roots. This treatment can be very successful, but does have some downsides. If the neighboring teeth are weak, already have restorations or are clean and healthy, then using them as support for a bridge may not be ideal.

Another common treatment option are dental implants. The implants (also known as root replacements) can be placed in the site where your original tooth root lived. The implants are left to heal for a number of months while the bone fuses to them. This fusion typically occurs with a 97% success rate. Once the implant has fused, your dentist can proceed to make a crown that will be seated on it. This is often the treatment that most closely resembles the function of your original tooth. Bone quality and quantity are critical to implant success. Research has shown implants may remain in place for the rest of your life. Although you cannot get a cavity on a dental implant (it is made of titanium), you can lose bone around the implant just like you can around a tooth root. A 3D CT scan can help determine if you are a good candidate for dental implant therapy.

Removing teeth without considering replacement may lead to significant problems and jaw bone loss. A number of options to replace teeth exist. Discussing your specific desires with your dentist and surgeon may help provide you with the most ideal long term plan.

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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# 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.

**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. 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.



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# Find Unique Handmade Items at Local Craft Fair

**A**re you on the look-out for a nearby arts and crafts fair? No matter what you might be looking for, chances are you will find it at the Buckler Craft Fair being held at the South Florida Fair Expo, Saturday, October 17 and Sunday, October 18.

Annual Arts and Craft Fairs attract artisans and crafters from across the country, providing attendees with a diverse collection of handcrafted and homemade items. The highlights at these events are the one-of-a-kind and unique items that cannot be found anywhere else. Shoppers can browse through a variety of vendor booths searching for the perfect home accent, piece of jewelry or special gift to give for personal celebrations or holidays.

One of the largest craft fairs in the state, the Buckler Craft Fair features both local and national artists to display and offer their finest works for sale. This craft fair features everything from clothing, accessories, candles, sweet treats, woodwork, paintings and lots of holiday items and home décor. There is sure to be something for everyone at this event.

As you can see, there is no need to wait for the holidays to shop for the perfect unique gift for the special people on your list.

The fair opens at 10am on both Saturday and Sunday. Parking is free and admission to the arts & crafts fair is only \$7.00 per person and children 12 and under are free with a paid adult.

Be sure to bring a canned good for Harry Chapin Food Bank for \$2.00 off Admission price. Visit [www.BucklerCraftFair.com](http://www.BucklerCraftFair.com) for more information.

**Buckler's 25th Annual Holiday**

# Craft Fair

**OCT. 17 & 18** Sat. 10am-5pm  
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# How **Super Oxygen** can change your life

By Dr. Steve Lanoff and Cyndi Menaker, LMT

**O**zone, as used in Super Oxygen Therapy, is a game changer in caring for your health and slowing the ageing process. If you have been looking for a way to look younger, feel younger and be younger...You've just found it!

At the BiO2 Energy Zone, we help you get more energy through Super Oxygen. Every cell in our body needs abundant amounts of Oxygen to keep you strong and active. After a series of Super Oxygen sessions you'll have more strength, endurance and stamina for athletic performance and intimate activities. It's also nature's prime anti-biotic! When Super Oxygen floods the body through transdermal application, it stimulates cellular respiration and destroys harmful bacteria, viruses and microorganisms that are suppressing the immune system.

Dr. Otto Warburg won the Nobel Prize twice in the 1930's for discovering the fact that a lack of oxygen at the cellular level is the primary cause for most diseases.

## THE SCIENCE:

Biochemist Otto Heinrich Warburg, one of the 20th century's leading cellular biologists, discovered that the root cause of cancer is too much acidity in the body, meaning that the pH, potential hydrogen, in the body is below the normal level

of 7.365, which constitutes an "acidic" state. Warburg investigated the metabolism of tumors and the respiration of cells and discovered that cancer cells maintain and thrive in a lower pH, as low as 6.0, due to elevated lactic acid production and elevated CO2, (carbon dioxide), he firmly believed that there was a direct relationship between pH and oxygen. Higher pH, which is **alkaline**, means **higher concentrations of oxygen**...the same oxygen that is needed to maintain healthy cells.

The biggest misconception with Ozone is that people equate it to pollution! Ozone is a powerful cleanser and disinfectant. Ozone levels increase when there are higher amounts of chemical toxins in our atmosphere. When pollution levels are reported, levels of Ozone are referenced because it is the easiest element to measure and it's the least expensive test to perform. The Ozone levels rise when there are massive amounts of toxic chemicals and gases in our atmosphere. It is cleaning the air we breathe. Ozone is what makes our sky blue and also helps protect us from the sun's ultra violet rays.



The 20th century is an age of chemical avalanches. Pesticides, herbicides, synthetic hormones, GMOs, excessive anti-biotics and industrial pollutants have produced a total chemical load that seriously impedes a healthy oxygen metabolism in people, animals and plant life. In the United States we are regularly exposed to an estimated 65,000 different chemicals.

Due to oxygen mal absorption and decreased oxygen utilization in the body, digestive disorders leading to autoimmune diseases, diabetes and even cancer are exponentially increasing in this country. Oxygen is important for all metabolic functions in the body. This is how health can be restored, improved and the aging process slowed down.

At the BiO2 Energy Zone, a non-medical Super Oxygen facility, Dr. Steve and Cyndi offer Super Oxygen sessions as well as other safe and effective ways to energize and protect the body. The BiO2 Energy Zone is the place to get healthy!

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## October is National Breast Cancer Awareness Month

# Breast Cancer Facts

**O**ctober is National Breast Cancer Awareness Month. This is a very personal issue with me because I am a 7-year survivor of breast cancer.

October is also the month of my cancer diagnosis. Every anniversary of my diagnosis is a reason to celebrate. Each year that I am able to walk in the Survivors' Walk at Relay for Life is a fresh victory.

Many great strides have been made in the fight against breast cancer—in both the search for better treatment and more knowledge of how to have early diagnosis of the disease. Women and men alike have struggled with this dreaded diagnosis.

### Key Statistics

Breast cancer is the most common cancer among American women, except for skin cancers. About one in eight US women will develop invasive breast cancer.

The American Cancer Society estimates for breast cancer in the US for 2013:

- About 232,340 new cases of invasive breast cancer will be diagnosed in women
- About 64,640 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive & is the earliest form of breast cancer)
- About 39,620 women will die from breast cancer

After increasing for more than 20 years, female breast cancer incidence rates began decreasing in 2000, then dropped by about 7% from 2002 to 2003. This significant decrease was attributed to the decline in the use of hormone therapy after menopause that occurred after the results of the Women's Health Initiative—a study linking the use of hormone therapy to an increased risk of breast cancer and heart diseases—were published in 2002.

Breast cancer is the 2nd leading cause of cancer death in women, exceeded only by lung cancer. Through earlier detection and increased awareness, as well as improved treatment, death rates from breast cancer have been declining since about 1989.

### Risk Factors

**Aging:** Risk of breast cancer increases as you get older. About one out of eight invasive breast cancers are found in women younger than 45, while about two of three invasive breast cancers are found in women age 55 or older.

**Genetic:** About 5-10% of cases are thought to be hereditary.

**Family history:** Having a mother, sister, or daughter with breast cancer doubles your risk. Having two relatives with breast cancer triples it.

**Personal history:** A woman with cancer in one breast has a 3-4-fold increased risk of developing a new cancer in the same or other breast.

**Race & ethnicity:** White women are slightly more likely to develop breast cancer than African-Americans, but African-Americans are more likely to die of this cancer.

**Having children:** Women with no children or who had their first child after age 30 have a slightly increased risk.

**Birth control:** Women using birth control pills have a slightly greater risk. This risk seems to go back to normal over time once the pills are stopped.

**Hormone therapy after menopause:** Hormone therapy with estrogen combined with progesterone increases the risk and also increases the chances of dying with breast cancer. The risk seems to return to that of the general population within five years of stopping hormone therapy.

**Use of alcohol:** Those who have two to five drinks daily have about 1.5 times the risk of women who don't drink alcohol.

**Overweight/obese:** Being overweight or obese after menopause increases breast cancer risk.

**Physical activity:** Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. In one study, as little as 1.25 to 2.5 hours per week of brisk walking reduced risk by 18%.



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# UNDERSTANDING DRY EYE AND BLEPHARITIS

**D**ry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women  $\geq 50$  years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

  
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# selfie



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

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

And probably more than you even realize.

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

We are God’s selfie.

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

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

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

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

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

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

You are God’s selfie.

Brent Myers



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