

SOUTH FLORIDA'S

Health & Wellness

MAGAZINE

October 2015

South Palm Beach Edition - Monthly

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FREE



SAFETY:
What you can't hear
CAN hurt you.

TREATING HAIR LOSS:
The Second Opinion

FACET JOINT INJECTIONS
FOR BACK PAIN

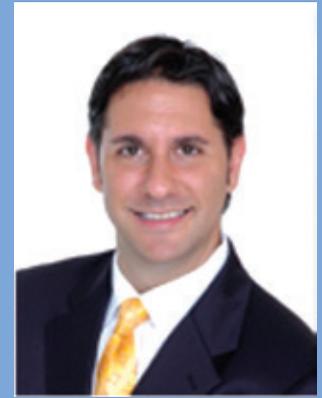
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- Joint Osteoarthritis
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- Rib Pain/Fractures & More...



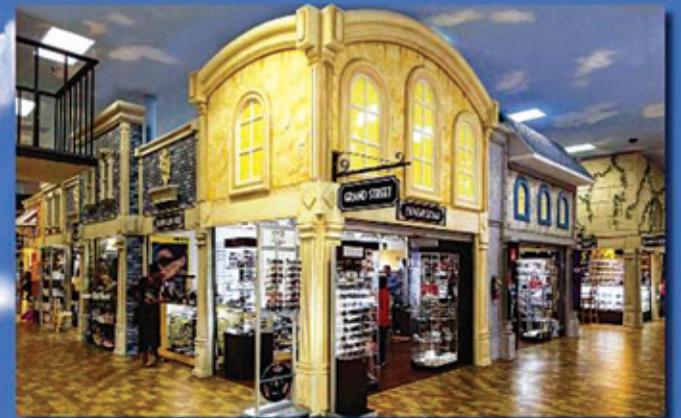
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SAFETY:

What you can't hear CAN hurt you.

In the United States today, there are 36 million people living with untreated hearing loss. There are many reasons why each and every one of them should seek hearing care, including improvement of quality of life, but the foremost reason is SAFETY.

Studies have shown that hearing impairment not only affects business, social and personal relationships, it also causes reduced alertness, and increased risk to personal safety and the safety of others.

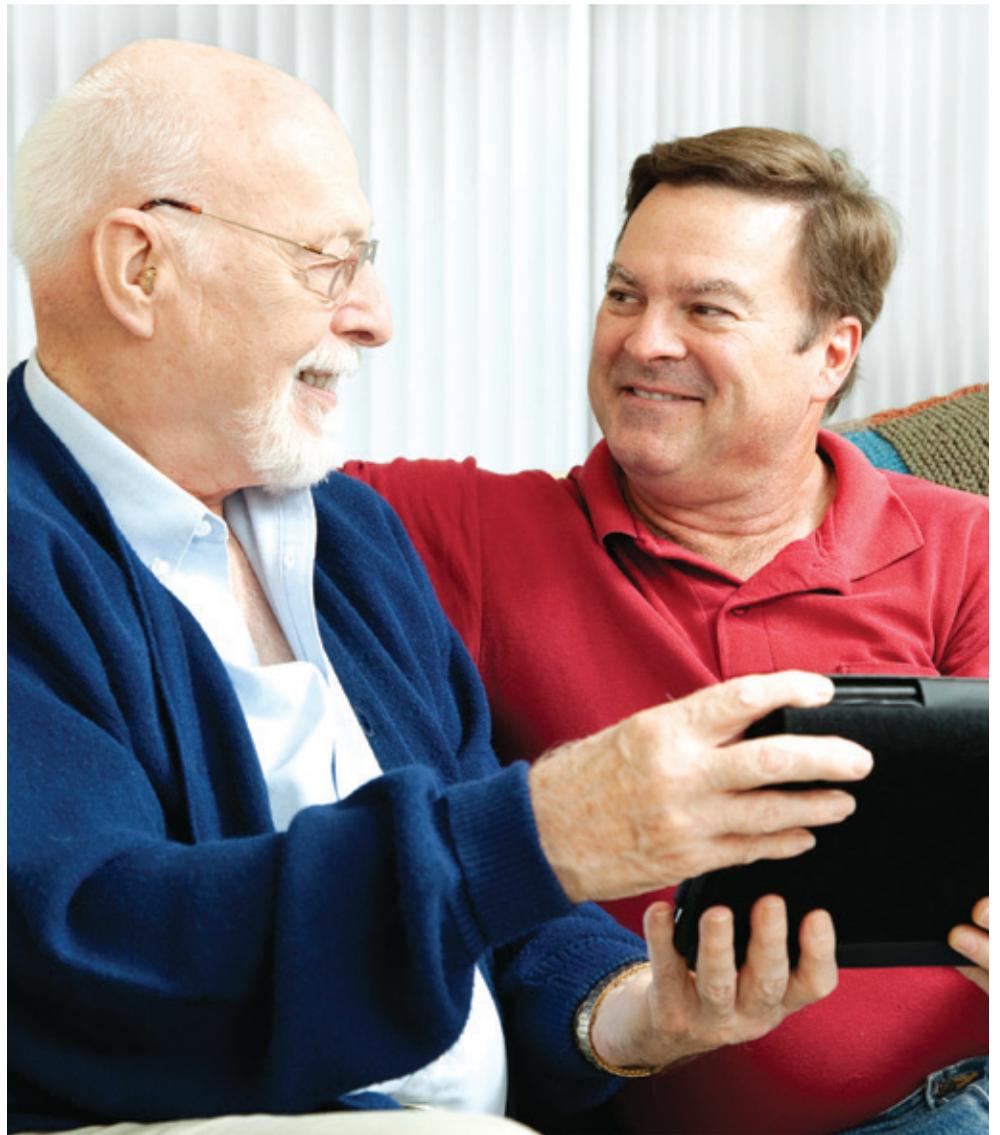
The truth is, although one in ten Americans have hearing loss it is older men and women who are much more likely to suffer from this life-altering condition. *In fact, the failure to hear smoke detectors and take quick action is the major reason adults 65 and older are more than twice as likely as any other age group to die in a home fire.*





**SOME OTHER EXAMPLES
OF WHAT YOU MIGHT NOT HEAR
THAT CAN PUT YOU,
AND YOUR FAMILY, AT RISK.**

- *A family member or friend crying out for help*
- *An intruder who has broken into your home*
- *A fire engine or ambulance using a siren and trying to pass you*
- *A friend or family member calling you in an emergency*
- *Your passenger calling out to warn you of danger while you are driving*
- *Someone ringing your bell or pounding on your door to warn you of a fire or other emergency*
- *A 911 operator who is trying to give you direction in an emergency*
- *A doctor trying to explain important information about you or your spouse's illness or medication*



Also keep in mind weather alerts and area disasters. People with hearing loss must be able to hear the weather and news alerts. The increased stress of any weather or area disaster taxes the brain. For those that manage without hearing aids, the hearing loss makes these types of events harder to handle. For example, someone who has hearing loss and does not have hearing aids, his or her brain is stressed trying to both hear and focus on the messages from the news media and emergency managers while feeling anxious and stressed. Using hearing aids would help an individual cope with preparations and aftermath recovery by making it easier for him to listen.

For your own safety, and for the safety of your family, friends and coworkers, taking a few minutes for a hearing-loss screening can pay enormous dividends.



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TREATING HAIR LOSS: *The Second Opinion*

By Alan J. Bauman, M.D.

After 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. An international



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

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

Hair Loss Study Candidates Needed!

Bauman Medical is currently enrolling qualified candidates for exciting Hair Loss Studies. Please visit www.844GETHAIR.COM for more details.



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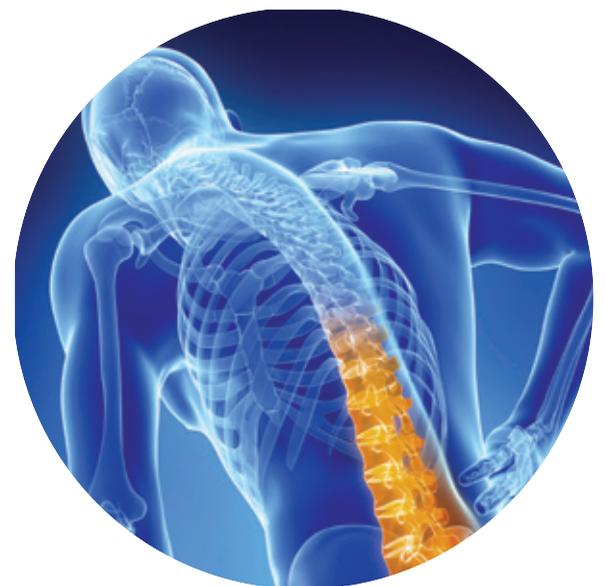
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FACET JOINT INJECTIONS FOR BACK PAIN



By Aaron Rosenblatt, MD

Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialists, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a double board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 10 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.



Facet joint injections link the bones of the spine together in the posterior or back part of the spine. Two facet joints are in the present at each spinal segment. They are named after the spinal bones that they connect. Because there are two joints per level, there is a right and left joint. The facet joints are important in restricting the motion of the cervical and lumbar spine, but they also allow twisting, flexion, and extension motions.

Facet joints are common sources of neck pain and lower back pain and also go under diagnosed and under treated. Trauma and arthritic changes can cause the release of pain generating substances that sensitize nerve endings located in the joint. This is easily treatable.

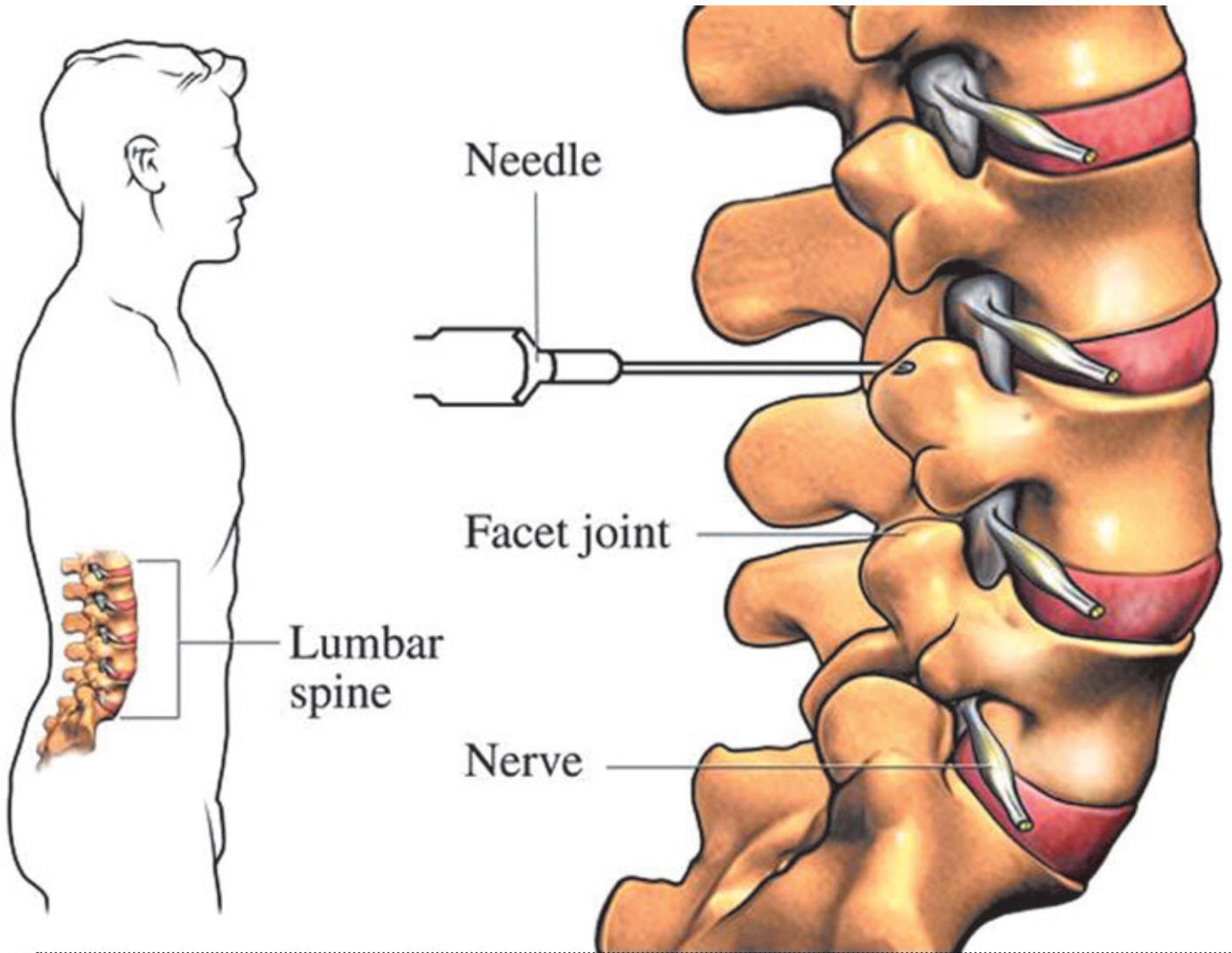
For patients with facet joint pain from the lower back, complaints usually consist of pain or tenderness in the lower back slightly over to one or both sides, pain with lower back extension, pain with twisting, and radiation of pain to the buttocks or back or front of the thighs. Similar symptoms can be found in the mid back and neck with pain, headaches and shoulder discomfort.

A facet joint block involves the injection of a local anesthetic into or next to the joint itself. This is always done under fluoroscopic guidance so Dr. Rosenblatt can see exactly where the medication needs to be placed. A local corticosteroid is commonly administered as well to provide extended relief. This simple procedure, which takes less than 5 minutes to perform, is done to help diagnose where the

pain is generated from and then to also treat the painful condition. Patients normally resume their usual activities immediately after this minimal procedure.

Dr. Rosenblatt explains, "This simple procedure to help people of all adult ages is extremely easy to perform and provide an immense amount of relief." In Dr. Rosenblatt's interventional pain man-

agement clinic in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!



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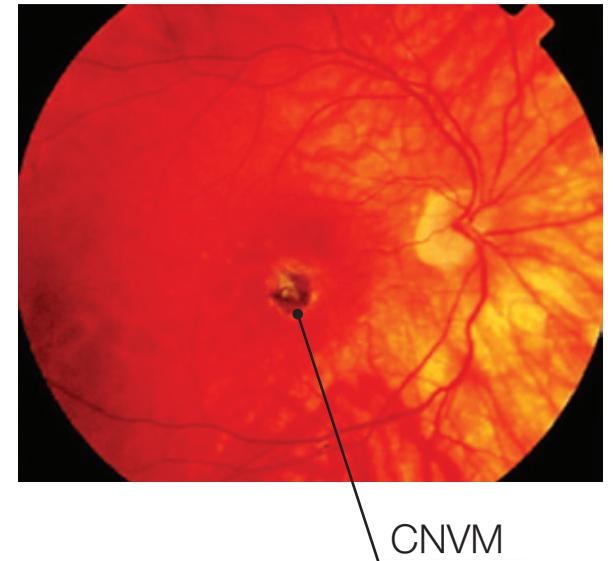
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By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

Choroidal Neovascular Membranes

CHOROIDAL 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.



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.

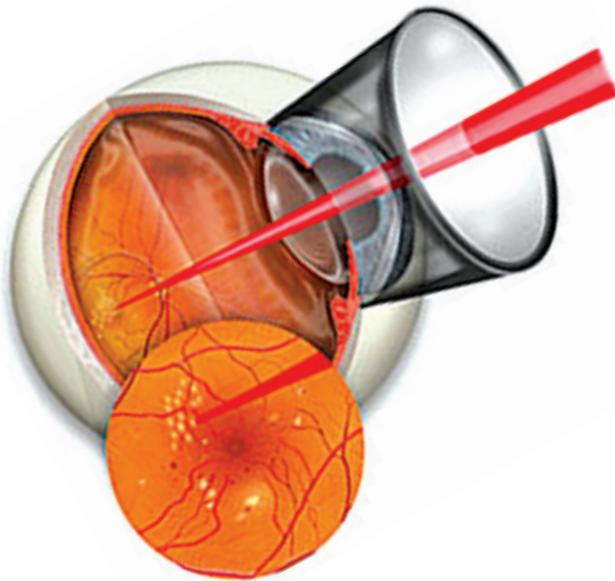
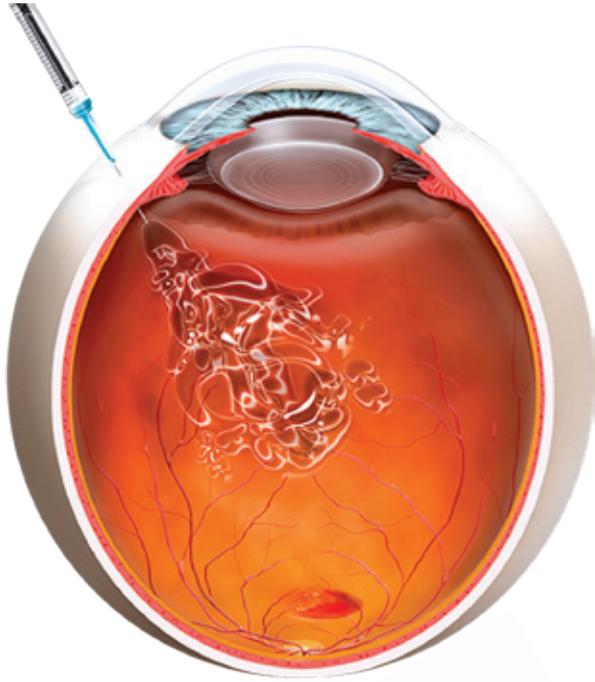
CHOROIDAL NEOVASCULAR MEMBRANES TREATMENT

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

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

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KEEP AN EYE ON YOUR HEALTH!

They say eyes are the windows to our soul yet many people don't take care of one of our most important attributes, our sight! The average American waits until they have an issue with their sight before getting an eye checkup. Don't wait and follow this checklist for the health of your eyes.

2015 CHECKLIST FOR AN EYE-HEALTHY YEAR



1. Eat healthy. The holidays can be especially tempting for poor diet choices. Make sure you eat plenty of leafy greens, colorful fruits and omega-3 fatty acids for better eye health.

2. Quit smoking. No butts about it: Smoking is harmful to almost every organ in your body, including your eyes. Those who smoke are up to four times more likely to go blind in old age. If you are a smoker, make a New Year's resolution to kick the habit.

3. Wear Eye Sun Protection. It's important to wear sunglasses all year long, but summertime is great for purchasing new shades for your whole family. Even little eyes need protection from the sun's harmful UV rays. Remember that UV rays can damage eyes even on cloudy days. Wearing sunglasses whenever you are outside can reduce your risk for cataracts and macular degeneration.

Time for new glasses? Eyewear Bazaar located within The Big Apple Flea Market offers the most popular modern styles and deeply discounted designer name brand sunglasses such as RayBan, Bolle', Serengeti and many other well-known designers at deeply discounted prices along with readers, eyeglass accessories that can take years off your appearance.

4. Sports eyewear. Almost 90 percent of sports-related eye injuries are preventable with protective eyewear. The Eyewear Bazaar offers sports glasses which offer eye protection, color enhancement, light control and more for adults and children.

Make sure your children wear sunglasses that block 100 percent of UV rays when outdoors.

5. Polarized lenses. Don't let glare from the sun ruin outdoor activities like boating, golfing and even jogging. Polarized lenses for sunglasses can help control glare and provide a clearer view with a special filter that blocks intense reflected light.

6. Eye exams. Before school starts, make sure your kids have comprehensive eye exams to help detect any vision problems that could affect their learning. In-school vision screenings are not a substitute for eye exams.

The Eyewear Bazaar works closely with many Optometrist and Ophthalmologists in the area and will be happy to refer you and then will be able to fill you prescription for glasses at a 50-70% off retail prices. They specialize in Varilux Progress, Crizal Antireflect and Transition lenses.

7. Rest your eyes. If you're spending more time indoors on a computer, or sit in front of a computer at work, remember to rest your eyes. Take a break every 20 minutes and look at objects at least 20 feet away for at least 20 seconds to relieve computer vision syndrome. This is the "20-20-20" rule.

8. Shopping. Planning to take advantage of the deals on Black Friday or Cyber Monday? Why not come and see Lou Gross, Owner of Eyewear Bazaar in The Big Apple Flea Market.

Remember to include new eyewear on your shopping list. Let your child pick a frame, and have an optician make sure it fits properly. It's a good idea to purchase a back-up pair, too, in case of accidents. While you're shopping for new eyewear, consider buying a low vision aid for any friends or family who have impaired vision. Gift ideas like portable magnifiers or distance vision aids can change someone's life all available at The Eyewear Bazaar within The Big Apple Flea Market!

9. Stay active. Don't let the weather keep you from exercising regularly. Staying active is good for your



entire body and can help protect against diabetes, macular degeneration and more.

10. Drink lots of water. The fall season brings with it lots of yummy coffee and hot cocoa flavors, but don't forget to continue to drink lots of water.

For a limited time, The Eyewear Bazaar is offering \$25.00 off all in the lowest priced in stock items for even more savings! Don't miss out on this optical opportunity to take care of your most precious gift, the gift of sight!



The Eyewear Bazaar and The Big Apple Flea Market is located at
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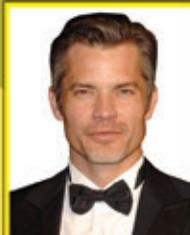
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Physical Therapy – WE GET YOU MOVING AGAIN!



October is National Physical Therapy Month, so let's take a closer look at physical therapy and the professionals who practice it. Physical therapy is aimed at the treatment and curing of certain physical ailments through exercise and stretching, while at the same time preventing the chances of any re-occurrences further on down the road. Its primary aim is to bring back the patient to their normal self, free from pain or suffering, so that they can then lead a normal life; performing all of their daily activities with minimal or no difficulty. Physical therapy deals with cardiopulmonary and neurological conditions as well.

Physical therapists undergo years of training and education which separates them from trainers and massage therapists. Their aim for the patient is to return balance and functional movement patterns to their lives inasmuch as is possible. Because of this training and education, physical therapists have become increasingly specialized, much as doctors have specialties. At Florida Movement Therapy Center, the therapists have advanced training in neurological and movement disorders such as Parkinson's disease, stroke and MS. Just as you would not seek out a podiatrist for a cardiac issue, your choice of a qualified physical therapist for your particular issue is equally as important.

Using a holistic approach which decreases the need for pharmaceutical and/or surgical intervention, physical therapy has become the conservative course of treatment of choice. Physical therapists are evidence-based health care professionals who offer cost-effective treatment that improve mobility and relieves pain, reduces the need for surgery and prescription drugs, and allows patients to participate in a recovery plan designed for their specific needs.

IMPROVE MOBILITY & MOTION

Physical therapists are experts in improving mobility and motion. Pain-free movement is crucial to your quality of daily life, your ability to earn a living, your ability to pursue your favorite leisure activities, and so much more.

For example:

- Movement is essential to physical activity, which is necessary to prevent obesity, which is responsible for at least 18% of US adult deaths.
- Mobility is crucial for physical independence, and studies suggest that walking alone can reduce the risk of heart attack and stroke, hip fracture, and knee arthritis, among other benefits.
- Consistent movement is vital to maintaining a healthy balance system, which can help prevent costly falls.

AVOID SURGERY AND PRESCRIPTION DRUGS

While surgery and prescription drugs can be the best course of treatment for certain diagnoses, there is increasing evidence demonstrating that conservative treatments like physical therapy can be equally effective (and cheaper) for many conditions.

For example:

- Low back pain is routinely over-treated despite abundant evidence that physical therapy is a cost-effective treatment that often avoids advanced imaging scans like MRIs that increase the cost of care and the likelihood for surgery and injections.
- Physical therapy has proven as effective as surgery for meniscal tears and knee osteoarthritis, rotator cuff tears, spinal stenosis, and degenerative disk disease, among other conditions.

PARTICIPATE IN YOUR RECOVERY

Physical therapists routinely work collaboratively with their patients. Treatment plans can be designed for the patient’s individual goals, challenges, and needs. Receiving treatment by a physical therapist is rarely a passive activity, and participating in your own recovery can be empowering. In many cases, patients develop an ongoing relationship with their physical therapist to maintain optimum health and movement abilities across the lifespan.



Physical therapy is generally required for those with permanent disabilities, those who have had a major injury or accident and are in a recuperation phase, or for those who are suffering from crippling diseases such as arthritis, lower back pain, or Parkinson’s disease. In certain instances, some diseases or medical conditions impair the patient so much that it becomes necessary to teach them how to function within the limitations of their condition, by building upon the residual capabilities left.

Since October is National Physical Therapy Month it is a great time to either get acquainted or get reacquainted with these important health care professionals. Since a doctor’s prescription is generally required for most treatment, you should probably start there. But you can always consult with a qualified physical therapist and always feel free to ask your doctor and/or therapist about the best course of treatment or facility for your rehabilitation. They should always work together to get you moving again!



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NO MORE DENTAL DREAD

Going to the dentist doesn't have to be scary anymore. In fact, it can be (dare I say?) fun!

By Dr. Richard J. Staller, D.D.S., F.A.G.D., F.I.C.O.I., F.A.S.D.

Let's face it: Going to the dentist is never going to be a walk in the park or a day at the beach. But that doesn't mean it needs to be an altogether unpleasant experience. In fact, in the right setting, it can be nearly as enjoyable as taking in a movie or socializing with trusted friends at your favorite coffee shop.

One of our main goals at Advanced Dentistry South Florida is to lessen the anxiety and negativity normally associated with dental care. A caring, hospitable staff educated by Ritz Carlton trainers, soothing colors, natural lighting, a coffee bar, movies shown on plasma screens these are a few of the ways we strive to make it that much less stressful to walk through the front door. It is also a good feeling to know that there is a staff of highly trained doctors including general dentists and dental specialists.

Perhaps massaging chairs, warm blankets, and scent machines aren't enough to entice you to stop avoiding the dentist like so many tend to do. If that is the case, you might want to chew on the fact that many systemic disorders, including those of the heart and lungs, are linked to the health of your teeth and gums. Nowadays, even a hip or joint replacement can't be performed without a dentist's declaration of a healthy mouth.

Not convinced yet? Consider this: An investment in your smile is one of the soundest you can make. It not only changes how you look, but boosts your self-confidence, opens professional doors, and betters how you are perceived by society. In our practice, we strive to maximize the treatment and minimize the cost. You can't put a price on that, nor an age limit. We've seen patients 99 years of age wondering why they ever waited so long!

For many people, anxiety about going to the dentist stems from more than just fearing painful procedures. It can also be worrying about choosing the right provider. Here are some tips on navigating this all-important decision:

1. Don't assume that the one who recommends the least treatment is giving the best treatment. It can be tempting to choose the easier path, but just because a practitioner tells you there's no issue doesn't mean there isn't one. We try to be honest and always tell the truth, not just what you want to hear. Sometimes we might lose patients that way, but it's the only way we will do business.

2. Trust your instincts. See how you're treated from the time you make your first phone call. Is it with respect, patience, understanding and compassion? If not, keep looking. You want a dental office that makes you feel safe, secure, and in the best possible hands.

3. Conduct an interview. Review credentials and ask questions. How long have they been in business? How many patients do they see in a day? Are they using the latest technology? How do they clean their instruments? For example, in our "beyond state-of-the-art" facility, we have 18 treatment rooms, take all images in digital format, use LED for optimal lighting conditions, and utilize the latest in heat sterilization technology for our instruments, as well as having all of our equipment monitored by the manufactures via the Internet. In a small town like ours, word gets on the street. Don't be afraid to ask around.

4. Consider "one-stop shopping." A team approach gives you successful and predictable dentistry, and happy healthy patients. There are lots of good practitioners around, but there's nothing like having everyone in one place at one time. We have two general dentists, an endodontist, two oral surgeons, a periodontist and four dental hygienists plus a dedicate private surgical suite. Much like a hospital setting such as Johns Hopkins or Cleveland Clinic, we get together and review each case so we can come up with a definitive diagnosis and treat the patient to the best of our ability.

Prioritizing, rather than procrastinating about dental care, is easier than ever, thanks to technological advancements and the wealth of information at your disposal. Once you research and select the right practitioner, it actually is possible to relax and even enjoy, going to the dentist. Espresso anyone?



Dr. Richard J. Staller is on staff at Delray Medical Center, Boca Raton Regional Hospital and West Boca Medical Center where he performed the hospital's first operating room general dentistry case. Dr. Staller is also on the faculty for Florida Atlantic University's School of

Medicine and is the FAU Team Dentist. He maintains a busy lecture schedule, speaking extensively all over the United States on topics such as implants, cosmetic and restorative dentistry.

Dr. Staller has appeared on network television and radio numerous times. He also has done research and presentations on dental lasers and has authored articles that have appeared in notable dental publications. Dr. Staller is a member of such prestigious societies as: The American Academy of Cosmetic Dentistry, A Fellow in the Academy of General Dentistry, The American Academy of Implant Dentistry, The International Academy for Sports Dentistry, A Fellow in the International Congress of Oral Implantologists.

Advanced Dentistry South Florida is dedicated to giving back to the community by participating in Habitat for Humanity, Boca Helping Hands, Alzheimer Walks, and giving 10% of profits to charity. They are honored to have been named Best Place to Work by South Florida Business Journal in 2015, and Best Dentist in Delray Beach by the Sun Sentinel in 2013 and 2014.



October is National Breast Cancer Awareness Month

Breast Cancer Facts

October 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 ½ 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%.

Hand Veins



When most people think of having veins treated, they are usually concerned with spider veins and varicose veins on their legs. However, with increasing frequency over the last ten years, there is a growing interest in eradicating ugly hand veins and with the advent of modern venous treatment techniques such as laser and sclerotherapy, hand veins can be safely treated in the office under local anesthesia.

Although both men and women develop prominent hand veins with age, women are usually more self-conscious about them. Hand veins tend to become larger and more obvious due to loss of fat volume and muscle tone that occurs with the aging process. In fact, the same tissue deflation that occurs in the aging face occurs in the aging hand. The areas that are the telltale signs of aging are the face, neck and hands.

There are basically two types of hand veins, smaller and larger. Smaller veins can be treated by sclerotherapy (injecting them with a solution) and the larger veins are best treated by inserting a laser into the vein (endovenous) and dissolving the vein just as is done in treating leg veins. This procedure is done under local anesthesia and cosmetically very satisfactory.

The procedure to treat hand veins requires about one hour (one half hour per hand). Both hands are done at the same time and several follow up visits may be necessary. There is essentially no downtime with return to full activities the next day. Usually overnight compressions of the hands is required with an ace bandage and no pain medicine is required.

By John P Landi, MD, FACS, RPVI, RPhS, Diplomate of The American Board of Venous and Lymphatic Medicine



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What is CBD

AND THE MEDICAL TREATMENT IT PROVIDES



CANABIDIOL—CBD—is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually counteract the psycho activity of THC. The fact that CBD-rich cannabis is non-psychoactive makes it an appealing option for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions without disconcerting feelings of lethargy or dysphoria.

Scientific and clinical research—much of it sponsored by the US government—underscores CBD’s potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its anti-cancer properties are currently being investigated at several academic research centers in the United States and elsewhere.

Extensive preclinical research—much of it sponsored by the U.S. government—indicates that CBD has potent anti-tumoral, antioxidant, anti-spasmodic, anti-psychotic, anti-convulsive, and neuroprotective properties. CBD directly activates serotonin receptors, causing an anti-depressant effect, as well.

Here are five facts that you should know about this unique compound:

1. CBD is a key ingredient in cannabis

CBD is one of over 60 compounds found in cannabis that belong to a class of molecules called cannabinoids. Of these compounds, CBD and THC are usually present in the highest concentrations, and are therefore the most recognized and studied.

CBD and THC levels tend to vary among different plants. Marijuana grown for recreational purposes often contains more THC than CBD.

However, by using selective breeding techniques, cannabis breeders have managed to create varieties with high levels of CBD and next to zero levels of THC. These strains are rare but have become more popular in recent years.

2. CBD is non-psychoactive

Unlike THC, CBD does NOT cause a high. While this makes CBD a poor choice for recreational users, it gives the chemical a significant advantage as a medicine, since health professionals prefer treatments with minimal side effects.

CBD is non-psychoactive because it does not act on the same pathways as THC. These pathways, called CB1 receptors, are highly concentrated in the brain and are responsible for the mind-altering effects of THC.

A 2011 review published in Current Drug Safety concludes that CBD “does not interfere with several psychomotor and psychological functions.” The authors add that several studies suggest that CBD is “well tolerated and safe” even at high doses.

3. CBD has a wide range of medical benefits

Although CBD and THC act on different pathways of the body, they seem to have many of the same medical benefits. According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

MEDICAL PROPERTIES OF CBD	EFFECTS
Antiemetic	Reduces nausea and vomiting
Anticonvulsant	Suppresses seizure activity
Antipsychotic	Combats psychosis disorders
Anti-inflammatory	Combats inflammatory disorders
Anti-oxidant	Combats neurodegenerative disorders
Anti-tumoral/ Anti-cancer	Combats tumor and cancer cells
Anxiolytic/ Anti-depressant	Combats anxiety and depression disorders

Unfortunately, most of this evidence comes from animals, since very few studies on CBD have been carried out in human patients.

But a pharmaceutical version of CBD was recently developed by a drug company based in the UK. The company, GW Pharmaceuticals, is now funding clinical trials on CBD as a treatment for schizophrenia and certain types of epilepsy.

Likewise, a team of researchers at the California Pacific Medical Center, led by Dr. Sean McAllister, has stated that they hope to begin trials on CBD as a breast cancer therapy.

4. CBD reduces the negative effects of THC

CBD seems to offer natural protection against the marijuana high. Numerous studies suggest that CBD acts to reduce the intoxicating effects of THC, such as memory impairment and paranoia.

CBD also appears to counteract the sleep-inducing effects of THC, which may explain why some strains of cannabis are known to increase alertness.

5. CBD is legal in the US and many other countries:

If you live in the US, you can legally purchase and consume Cannabidiol in any state. Cannabidiol from industrial hemp also has the added benefit of having virtually no THC. This is why it’s not possible to get “high” from CBD. In fact various government agencies are taking notice to the clinical research supporting the medical benefits of CBD. The U.S. Food and Drug Administration recently approved a request to trial a pharmaceutical version of CBD in children with rare forms of epilepsy. The drug is made by GW Pharmaceuticals and is called Epidiolex. According to the company, the drug consists of “more than 98 percent CBD, trace quantities of some other cannabinoids, and zero THC.” GW Pharmaceuticals makes another cannabis-based drug called Sativex, which has been approved in over 24 countries for treating multiple sclerosis. We at Vapor Rocket are not medical doctors, we do pride ourselves on working closely with treating medical physicians, scientists, and leading researchers in the CBD field to ensure we provide our patients with the highest quality CBD to treat identified medical conditions. Owner Jeff Mandell has 20 years experience in medical underwriting and is an advisor to the board of directors for the Miami Beach Community Health Centers. If you are interested in using CBD for treatment of ailment we recommend you consult your doctor to make sure it’s right for you. If you have further questions about CBD or request that we work with your medical professional please contact our knowledgeable staff at **561-200-0122**.

ALZHEIMER'S PREVENTION HOW CLOSE ARE WE?

Alzheimer's disease is an irreversible, progressive brain disease that slowly destroys the memory, causes a decline in the ability to perform routine tasks, disorientation, difficulty in learning, loss of language skills, impairment in judgment, and personality changes. We can all agree that this is a very accurate description of what occurs. In our society at present we typically just refer to it as Dementia or Old Age Forgetfulness, and though it is tied into the aging process it is not normal.

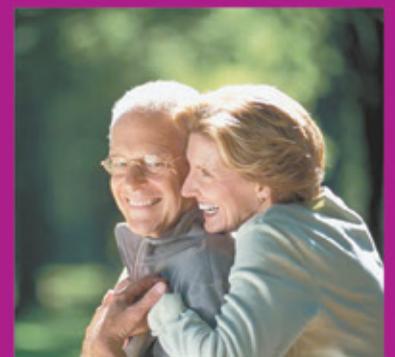
Alzheimer's disease has two hallmark characteristics that occur in the brain. One being an accumulation of a protein called Beta Amyloid, which form into something we refer to as senile plaques. The other is an accumulation of a protein called Tau, which forms into something we refer to as neurofibrillary tangles. These two proteins which form the plaques and tangles in a person's brain who has Alzheimer's disease are the two destructive forces that ultimately are killing the neurons and causing the damage.

Historically we would only be able to confirm the diagnosis of Alzheimer's disease upon autopsy. However recent scientific advancements now enable us to diagnose the disease before a person actually has any symptoms of the disease through the use of specialized tests to measure for Biomarkers within a person's body, PET CT's utilizing a new tracer and specialized CSF analysis are two such biomarkers. This is of significance because it allows us to accurately tell if the process has already started even though one is not noticing the effects of the disease!

If we in fact can diagnose the disease before one suffers any losses it enables us to try to treat the disease proactively and hopefully prevent one from having full blown Alzheimer's disease all together. This is precisely what several pharmaceutical companies are researching at the present time. The hope is that it is diagnosed while one is fully functioning; treat it with a new medication to prevent the two plaques from forming in the brain or removing them, thus halting the progress of this disease ahead of time. That sounds like a treatment and prevention strategy!



These same companies are also currently testing these disease modifying medications on individuals who currently have Alzheimer's Type Dementia with hopes of halting the progress of the disease. For any questions regarding these advancements or to see if you would qualify for possible participation in one of these ground breaking trials please call our office and schedule a free screening, (561) 209-2400.



Find Unique Handmade Items at Local Craft Fair

Are 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, woodworking, 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 for more information.

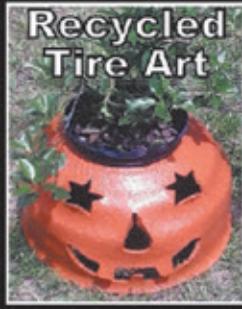


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Is Your Qi Imbalanced?

How Acupuncture Corrects Functional Flow and Increases Weight Loss

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

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

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

Sounds great, but how does it work?

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

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

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

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

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

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

The same acupuncture points and the same Chinese herbal medicines have been used for over 2000 years for weight loss and they have never 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 trig-

gers 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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Causes For Limb Swelling

Finding 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

Treatment

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.



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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, or call 239-949-4412 and speak with a specialist. Remember, nothing heals faster than an educated patient.

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WHAT IS NEUROFEEDBACK

and how can it help me?

By Maren Auxier

WHAT IS NEUROFEEDBACK?

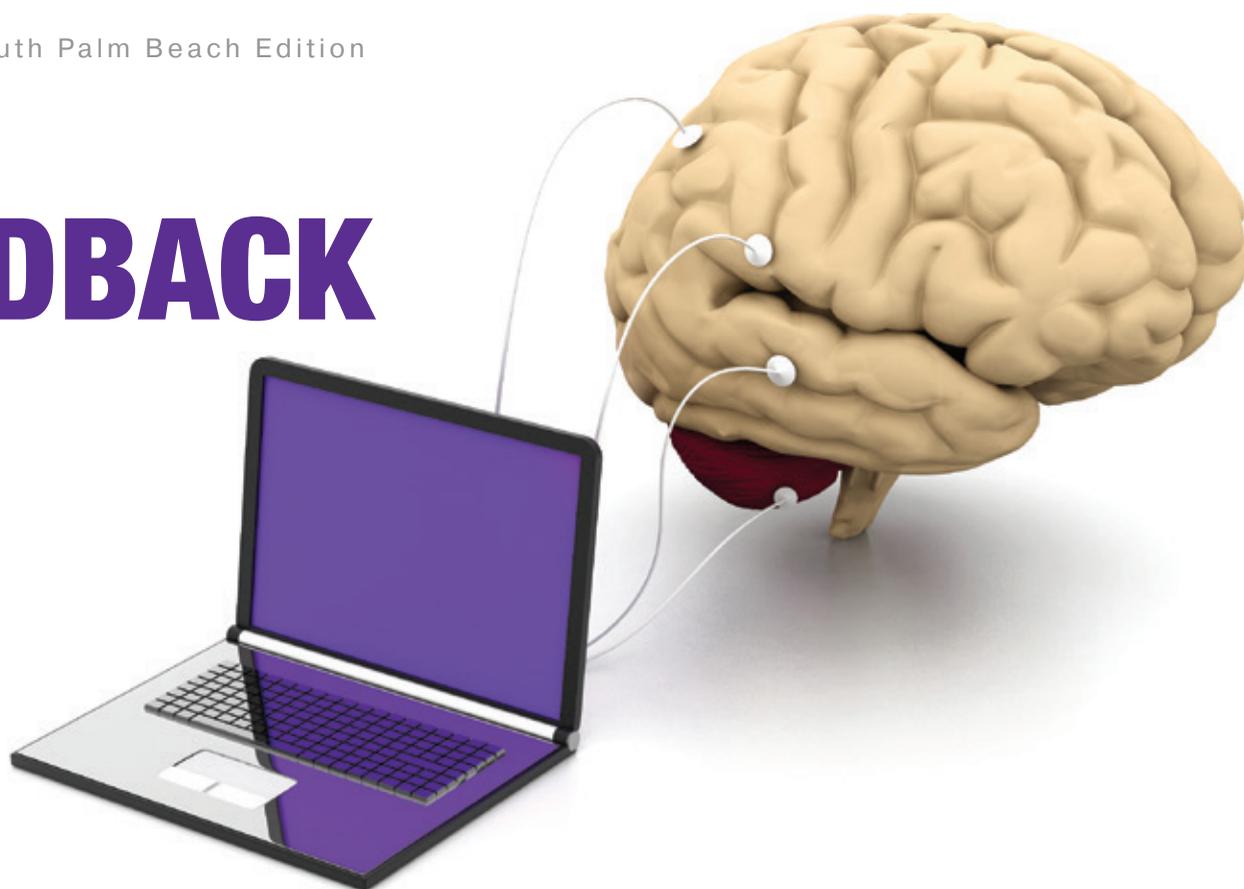
Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

It is important to understand that the neurofeedback approach does not "cure" or "fix" your brain. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time.

HOW DOES A "BEEP" OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave



activity is able to affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down "inner chatter" or activate a "sleepy" brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be of remarkable value with school-age children who experience focus and learning problems. Through

brain training, children can learn to better concentrate on schoolwork, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory overload while seated in a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety Sleep disorders
- Depression
- ADD/ADHD
- Sensory processing disorder
- Bipolar disorder
- Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches
- Traumatic brain injuries
- Stroke
- Cognitive decline
- Peak performance
- Oppositional defiant disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder
- Autism/Asperger's
- Learning disabilities
- Obsessive compulsive disorder



with the prescribing physician. For this reason, neurofeedback practitioners advocate consistent communication between clients and their physicians during training and encourage discussion of their neurofeedback experience with therapists and doctors so accommodations can be made as training progresses.

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It's also called a brain map and

HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions, however we individualize treatment – some people need more and some less.

NEUROFEEDBACK AND MEDICATION

As your brain begins to work more efficiently, medications also work better. For those who cannot take or are only marginally responsive to medication, neurofeedback can offer an alternative or supportive role to drug therapy by stimulating or inhibiting brain activity at the same basic neurological level as medication. Eventually with training, many people find they are able to reduce the dosages or cease taking some prescription drugs, but only after careful consultation and planning

does just that... it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then sent to Advanced Psychological Services in North Carolina to be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don't always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

HOW DO I GET STARTED?

Getting started with Neurofeedback is fairly simple. Call, text, or email our office to set up an intake session. At the intake session, you will receive a clinical interview, treatment plan recommendations, and a Neurofeedback session (if warranted in your treatment plan). We will also discuss the necessity or timing of a brain map or QEEG. It is not recommended that you stop your medication and you can continue your therapies. Call to make an appointment today!



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee attended The University of Central Florida where she received her Bachelor of Arts Degree in Psychology in 1995. She then went on to complete her Master's Degree in Mental Health Counseling with Nova Southeastern University in 2001. She has been a mental counselor in a variety of settings including Outpatient Treatment Agencies, Alternative Education Settings, and Private Practice. Renee received her license in Mental Health Counseling in 2004. Renee decided to enter the field of Neurofeedback because there was very little information made available to people/parents about alternatives to medication. Through the use of Neurofeedback she saw more significant and permanent changes in not only her clients, but also her own family and herself. This inspired her to become the owner/operator of The Wellness Center, located in Boca Raton. At The Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.

Stop Drinking Pesticides In Your Wine !!

“Let him drink, and forget his poverty, and remember his misery no more.” Proverb 31:7

Relaxation and stress-free existence are vital components of Healthy Life Salon and Organic Wine Bar; offering an interesting, international selection of organic and sustainably farmed wines; red, white, and sparkling. These wines are meant to enhance your enjoyment of your time spent at Healthy Life Salon and Organic Wine Bar and, of course in your home.

Many people ask: “Why organic wine?”, “Does it make a difference?” The simple answer to the latter, Yes, it does make a difference to your individual health and that of the environment. Many of us know that everyday products such as spinach, apples, peaches, strawberries, blueberries, etc. have high levels of agricultural pesticides and therefore we purchase organic. Hidden is the fact that grapes are equally, if not more so, heavily sprayed (see ewg.org/foodnews/dirty_dozen_list.php). These pesticides and chemicals then go into the making of our wines. To be labeled organic foods/wines must be free of: toxic persistent pesticides and herbicides, being derived from genetically modified organisms (also known as GMOs), antibiotics, growth hormones, sludge and irradiation. Organic farming emphasizes practices like using manure

compost and biological (non-chemical) pest control. Some wines are labeled as sustainably farmed. Sustainable farming does not require an official stamp or certification of any kind, it is viewed as a way of life. There are a few certifications including “The Lodi Rules” which are California’s first 3rd party certified sustainable wine growing standards*. Healthy Life Salon and Organic Wine Bar carries domestic sustainable wine with this certification. Sustainable standards prioritizes farming without damaging the environment or human health. While organic wines can fall into this category, it does not always. Sustainability puts emphasis on ecological and environmental well being. Sustainable agriculture must be all three; ecologically sound, economically viable and socially responsible. And the three must be in harmony.** “Sustainable” often means:

- Grown using methods that benefit the soil, such as composting, crop rotation, mulching, etc.
- Grown using methods that benefit surrounding land and wildlife.
- Often sold locally and/or direct to consumer to reduce fuel usage and ensure food is fresher.

- Uses sustainable strategies to reduce the need for irrigation and conserve water.

- Animals are raised in a healthy, natural environment.

- Farmers and other parties are paid and treated fairly

Organic certification can vary. The global standard and most common prerequisite is that the wines be made from certified organically grown grapes. For legal, commercial, and even cultural purposes, depending upon the country, some other guidelines may be applied to determine whether or not a wine can be labeled organic. In the USA, following the creation by the USDA of NOP (National Organic Program), an organic wine is defined as “a wine made from organically grown grapes without added sulfites”. By this definition, the majority of what you and I have been calling organic wines should technically be referred to as “wines made from organic grapes” (or organically grown wines), since they may contain up to 100ppm of added sulfites in wine. This is the definition used in Canada, Europe and most wine-making countries except the US, which requires it to be sulfite free.***

All countries monitor the amount of SO₂ present in wines. Sulfur dioxide occurs naturally as a by-product of the fermentation process. Sulfites in wine have been added for hundreds of years as a preservative. Today, over 99% of commercial wines contain sulfites. The wines carried at Healthy Life Salon and Organic Bar do not contain any additional added sulfites. Prepare yourself for what you will read next. Data from the California Department of Pesticide Regulation lists these pesticides and chemicals; which are spread on non-organic vineyards****. They have been shown to cause harm to the environment and to our bodily functions, not immediate, but cumulative over time. They should be eliminated or decreased.

Bird and Bee Toxins

- Boscalid: bee hazard, possible carcinogen 53,340 pounds a year on 239,940 acres
- Chlorantraniliprole: bee hazard 3,877 pounds on 52,626 acres



- Imidacloprid: kills bees and birds
44,040+ pounds spread on 189,885 acres
- Methoxyfenozide: kills bees and birds
28,711 pounds spread on 139,978 acres

Carcinogens - Probable and Possible

- 1, 3 Dichloropropene: probable carcinogen
666,004 pounds on 2,648 acres
This is a mucous membrane irritator causing chest pain and breathing difficulties. Linked to lymphomas and leukemia.
- Mancozeb: developmental toxin and probable carcinogen
9,482 pounds over 6,465 acres
This is a thyroid hormone interrupter.
- Oxyfluorfen: possible carcinogen
71,267 pounds on 209,122 acres
This has liver toxicity and causes anemia.
- Pendimethalin: possible carcinogen
1 42,253 pounds on 68,146 acres
This is a skin and eye irritant. It causes thyroid problems and could disrupt pregnancy.

Neurotoxins

- Chlorpyrifos: neurotoxin
52,341 pounds on 25,359 acres
This blocks enzymes that control the nervous system, especially in children. It causes headaches, agitation, and leads to an inability to concentrate.
- Glufosinate ammonium: neurotoxin
70,701 pounds on 114,843+ acres
This effects central nervous system development and could lead to birth defects

In conclusion, please be aware of the products, foods, and wines that you consume. You personally are the ultimate decision maker for your own future and your own health. It does make a difference!



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With a few,
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In deep revelry,
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(tt, 2015)

Enjoy the good life! Healthy Life Salon and Organic Wine Bar is located in downtown Boca Raton across from the Royal Palm Plaza. Free parking right in front or across the street in the free parking garage makes this newly renovated (eco-friendly) space easily accessible. Wine tastings are every 1st Thursday of the month from 6-8pm. Reservations are recommended. Appointments for hair and nail services can be made by calling

561-891-7527. Healthy Life Salon and Organic Wine Bar is open Wednesday through Saturday 11-6pm. Later evening times are available by appointment.

-
- *www.tortoisecreekwines.com
- **<http://www.westernsare.org/About-Us/What-is-Sustainable-Agriculture>
- ***https://www.organicconsumers.org/old_articles/Organic/OrganicWine.php
- ****<http://www.cdpr.ca.gov>

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UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry 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 ≥ 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.


www.goldmaneye.com 561-630-7120

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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* Studies conducted at University of Northern Colorado (2014) and Oldenburg Horzentrum (2013) showed that Speech Reception Thresholds (SRT) in cocktail-party situations improved up to 2.9dB for wearers with mild to moderate hearing loss using the latest BestSound™ Technology with Narrow Directionality, compared to people with normal hearing. This corresponds to over 25% improvement in speech understanding.