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January 2016

North Palm Beach Edition - Monthly

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HEART RATE

There's nothing better than a good workout to get your heart rate up and your stress levels down. But if you're not sure how to get started, here are some tips to help you get going.

1. Start with a warm-up. This will help your muscles get ready for the workout and prevent injury.

2. Choose a workout that you enjoy. This will make it easier to stick to.

3. Set realistic goals. Don't try to do too much too soon.

4. Listen to your body. If you're feeling tired or sore, take a break.

5. Stay hydrated. Drink plenty of water throughout the day.

6. Get enough rest. Your body needs time to recover from workouts.

7. Be consistent. Regular exercise is key to seeing results.

8. Find a workout partner. This can help you stay motivated.

9. Celebrate your progress. Even small achievements are worth celebrating.

10. Remember, it's about health, not just weight loss.

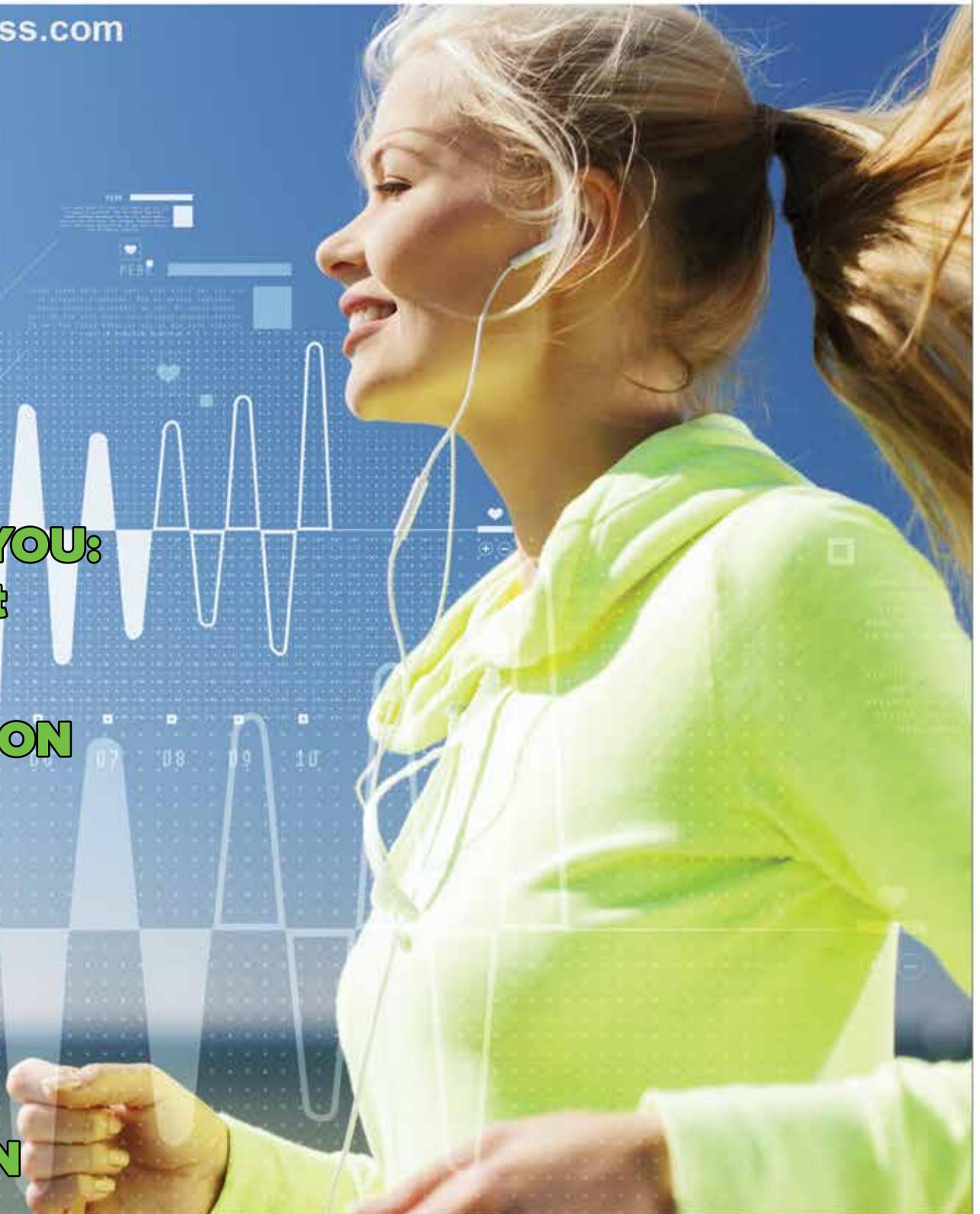
**NEW YEAR, NEW YOU:  
Make 2016 a Great  
Hair Year!**

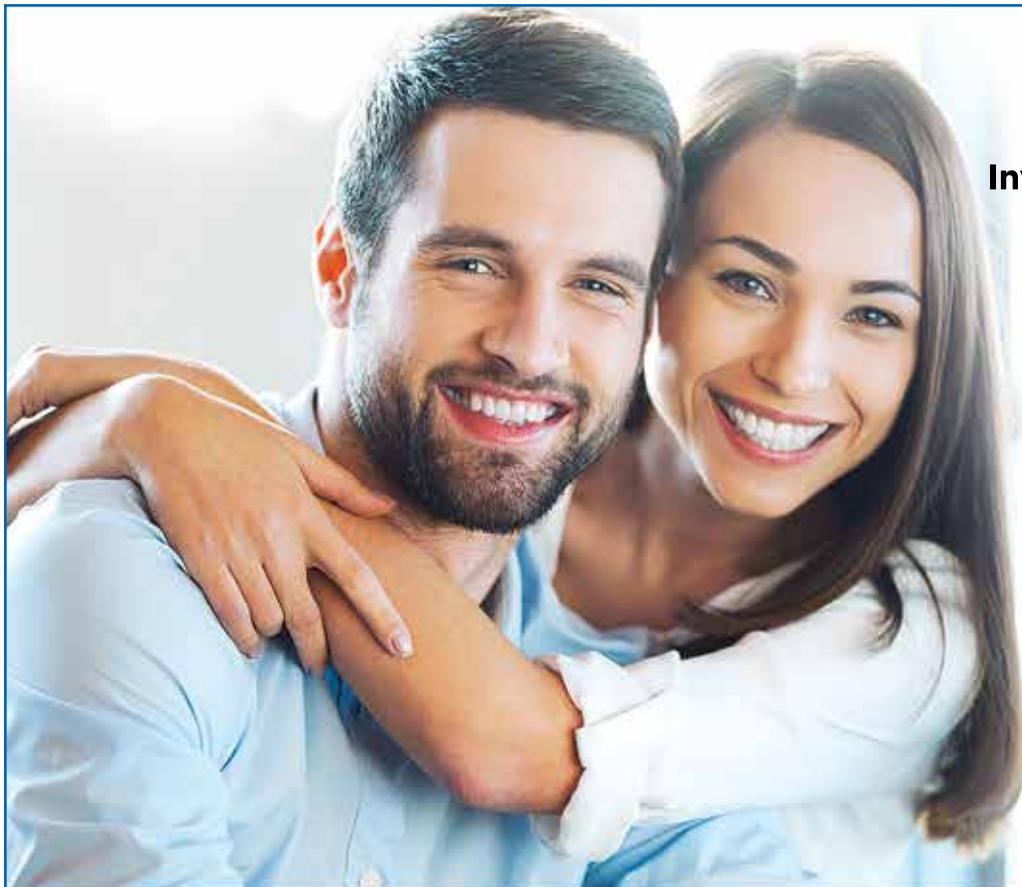
**LASER LIPOSUCTION**

**HEAL OTHERS,  
HEAL YOURSELF**

**HEARING CARE  
IS HEALTH CARE**

**HOLIDAY STRESS  
AND WEIGHT GAIN**





# KICK OFF THE NEW YEAR WITH A NEW LOOK

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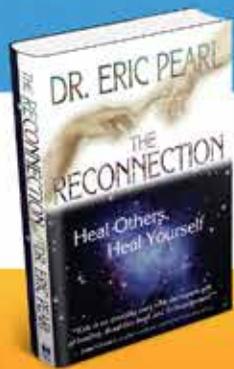


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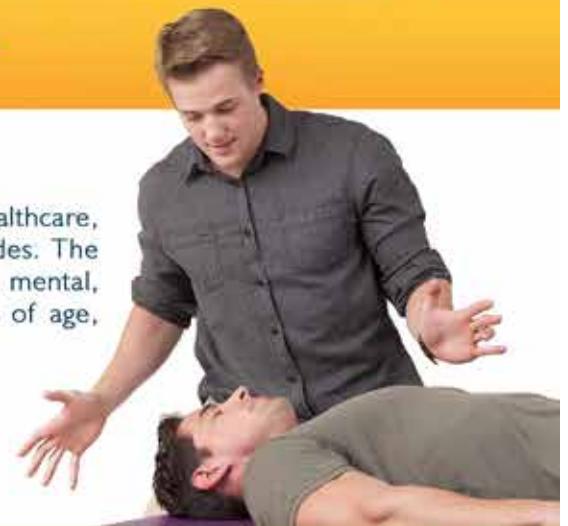
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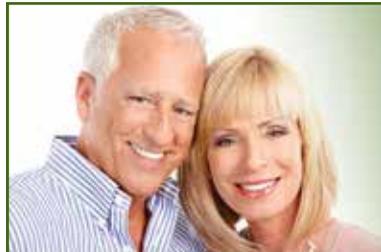


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# NEW YEAR, NEW YOU: Make 2016 A Great Hair Year!

By Alan J. Bauman, M.D.

Is hair loss standing in your way of becoming a "new you" in the New Year?

If thinning hair is an issue you're hoping to tackle in this year, you are in luck, because there are an abundance of options available to treat hair loss at every stage. From the first signs of thinning to advanced hair loss, recent medical advancements have made stopping hair loss and restoring hair growth a medical reality.



## GIVING YOUR HAIR A BOOST

Whether your problem is thinning hair, a dry and flaky scalp, or hair that has simply lost its luster, here are a few simple steps you can take to put a little life back into your locks.

- **Start With Your Scalp** – Healthy hair starts with a healthy scalp. So if you want to grow healthy hair, first you need to have a healthy scalp. With a Scalp Makeover, women undergo a simple skin diagnostic test to see if their sebum, pH, hydration, toxin and cortisol levels are imbalanced, and then depending on the results, a variety of scalp therapies are provided, ranging from sebum-regulating topical serums (as well as hydration, anti-hormonals and blood microcirculation stimulants) to scalp steaming, scalp massage, electrotherapy stimulation, and hair boosting dermal patches.

- **Eat for Healthy Hair** – Your body needs vitamins and nutrients to grow, and so does your hair. How you eat can determine how healthy, or unhealthy, your hair is. Women and men who lack these key vitamins are more at risk of thinning: biotin, antioxidants, zinc, iron, Vitamin B and protein. Another good tip is to avoid extreme diets, these "crash" diets can lead to major shedding, and temporary hair loss. For those really looking to give their hair an added boost, nutritional supplements can be extremely effective in stimulating growth.

## STIMULATING GROWTH & SLOWING DOWN HAIR LOSS

For those who are already experiencing hair loss and thinning, you may need to consider a regimen that both stimulates healthy hair growth and slows the progression of hair loss. Today, there are several highly effective treatments available for both men and women.

- **PRP – Cell Therapy:** Helping the body heal itself through cell therapy is a hot trend today in medicine. The use of autologous PRP (platelet rich plasma) for wound healing after hair transplants and as a stand-alone treatment for enhancing hair growth is becoming more widespread as research continues.

- **Laser Therapy:** Over the past few years, the FDA has given the "nod of approval" to more than a few low-level lasers for regrowing and improving hair

growth-and not just for men, but for women too. From combs to caps, and other hands-free devices, laser therapy offers a discreet hair loss treatment that is non-chemical, non-invasive, and pain-free.



- **Latisse for Hair Loss:** Latisse (Bimatoprost) is already FDA-approved to grow longer eyelashes. Allergan is currently in phase II clinical trials to use it on male and female pattern hair loss as well. If it succeeds, it will be only the second topical treatment to receive FDA approval for hair loss. A small but growing number of doctors are prescribing prostaglandin analogs like bimatoprost for off-label use on the scalp in certain patients and seeing positive results.

- **Formula 82M** – Aside from the generic minoxidil or brand name Rogaine you find on the shelf at the pharmacy, a growing number of off-label, customized, compounded versions of the medication can be obtained with a doctor's prescription. Sophisticated minoxidil formulas such as Formula 82M may offer a dramatic improvement over the aging Rogaine/minoxidil recipe with fewer side effects, which is good news, since medical studies have found that the efficacy rate for over-the counter minoxidil is just 38.3 percent!

#### HAIR TRANSPLANTS

Medications, laser therapy, Platelet-Rich-Plasma, nutritionals, etc. can help make hair follicles grow thicker, healthier hair; however, once the follicle is dead and gone; the only option for regrowth in that area is a hair transplant.

- **NeoGraft FUE** – The FDA-approved NeoGraft FUE machine is used to extract individual hair follicles, via a suction-based system, from the donor area at the back of the patient's scalp - which are then implanted into the bald areas of the scalp. This means no scalpels, sutures, or staples for the patient. It also replaces the older "strip harvest" method of hair transplantation, which removes a large strip from the back of the patient's scalp, resulting in a long linear scar. The FUE procedure has been available for several years, but prior to the NeoGraft machine, it was too time consuming and expensive for most patients to utilize. Now that the process is automated by NeoGraft, surgeons can perform the "Cadillac" of hair transplants in considerably less time, and at less expense for patients.

- **ARTAS Robotic-Assisted FUE Hair Transplant** – The ARTAS robot is a state-of-the art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot's precision allows patients to benefit from an unprecedented level of safety; efficacy and comfort during their hair transplant procedure. The innovative ARTAS robotic FUE system uses advanced digital imagery to map and analyze the hair in natural groupings on the scalp.

#### MAKE THE COMMITMENT

One of the hardest parts of treating hair loss in both men and women, is helping the patient understand that it is a long-term process. Just like hair loss, initial changes in hair regrowth take time and can be subtle before they are noticeable to the naked eye. When treating hair loss, it is important to keep in mind that it can take more than a year to see the full, final results from treatment, which is unfortunately longer than many patients are willing to wait, so many end their treatment early, disrupting any progress that had been made.

Regular follow-ups should be performed every 90 days while undergoing treatment. These appointments can help ensure patients are responding to their treatment regimen and getting the best results possible.

#### THE SOONER YOU START, THE SOONER YOU'LL SEE RESULTS...

To learn more about any of these treatments, or to assess your personal hair loss risk, contact a hair restoration physician who can work with you to determine the most effective treatment regimen for your specific needs. Patients should look for a specialist who is board-certified by the American Board of Hair Restoration Surgery, recommended by the American Hair Loss Association and a Fellow of the International Society of Hair Restoration Surgery. Only a qualified and experienced hair restoration physician can perform natural-looking hair transplants and prescribe the most effective multi-therapy treatment options, including the latest available products.

### 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](http://www.844GETHAIR.COM) for more details.



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# Laser Liposuction

Laser Liposuction has been around for many years and should have made traditional liposuction obsolete by now, however many physicians are still performing traditional liposuction for several reasons. It can be performed under general anesthesia, and there is no large investment involved as there is with a laser technology. When a patient is put under general anesthesia, the trauma that is caused during the procedure only becomes evident after we wake up. We consider liposuction to be surgery and we expect to have post-surgical consequences which include pain, bruising, swelling, and downtime for several weeks if not more. No pain, no gain right? Not necessarily.

**LASER LIPOSUCTION HAS MANY ADVANTAGES OVER TRADITIONAL LIPOSUCTION.**

## Less Downtime

With traditional liposuction, a cannula is forced under the skin to manually break up the tissue. This movement and force can cause trauma that is comparable to an impact that is felt by a severe car crash. However, the laser fiber that is used during the laser liposuction, replaces this technique and gently melts the fat without the abrupt force. Since we only create a tiny incision that is 1.5mm in size there is minimal scarring. Although swelling and bruising and pain can occur it is minimized. We do not use drains or even stitches and patients are fully ambulatory after the procedure.

## Flexible Fiber

Laser liposuction is performed with a laser that uses a fiber that is as small as the stem of an ink pen. It is flexible in nature so it allows for more precise angles and movements to target the hard to reach areas such as the area surrounding the rib cage. As I've seen in many cases, clients who visit me after liposuction performed years prior, there is often a fat bulge that runs along the ribcage because it cannot be reached safely without the possibility of puncturing a lung. So physicians usually steer clear of that area to avoid the risks. With the small flexible laser fiber, we can safely reach those similar types of areas with only minimal risk involved.

## Less Risk

Since we are able to locally anesthetize the patient without putting them under, the risks that are associated with general anesthesia are eliminated. There is minimal risk of blood clots compared to traditional liposuction since patient are up and about immediately after surgery. Also, the patients are able to drive home if narcotic prescription medica-

tions are not taken. In most cases, patients choose not to take any.

## Skin Tightening

After traditional liposuction, the fat is removed and then what? Loose hanging skin is left? That is exactly what can happen. If you are a young individual then chances are you will have good skin retraction, but with laser liposuction we are able to use a specific wavelength once the fat is removed that is very effective for skin tightening. The skin tightening will continue to improve for up to six months after the procedure.

## Even Results

With manual disruption of fat cells, it is not possible to evenly break up the fat. Often times there are ripples that are left under the skin. By using a laser to melt the fat cells, we can keep treating the area until all the fat is evenly melted and dislodged, thereby achieving more even and precise results. In order to assess whether or not a patient is a candidate, a complimentary consultation is recommended.



BEFORE



AFTER

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 for a complimentary consultation.



### 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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## THE POWERFUL ALL NATURAL SOLUTION FOR READILY CONQUERING ANXIETY AND STRESS!

By Dr. Steve Lanoff and Cyndi Menaker LMT, MAT

In today's fast paced world where time is always running and there's not a moment to loose, with cell phones ringing, traffic building, deadlines ticking, and the new server at Starbucks hesitating... Who's not suffering from stress?

**S**tress negatively impacts your sleep, your mood, your diet, how you look and how you feel. Stress also impacts your health on a cellular level and is the precursor to most diseases. Each of us copes with stress in different ways but the impacts of stress on our internal systems is universally damaging. It is critical for your health to manage your stress by keeping your oxygen levels from depleting and your nervous system balanced. As medical researchers and doctors are now becoming aware many maladies such as heart attacks, anxiety, digestive disorders and cancers are brought about from chronic stress. It breaks down the immune system, causes acidosis, and continually depletes oxygen levels in the body's cells.

The good news is that a new scientific brake through has come to the forefront by Neuroscientist Dr. Blake Holloway who after nine long years of research, developed and patented a system called NuCalm. NuCalm rebalances the Autonomic Nervous System, relaxing the brain and restoring the body's ability to heal.

### HERE'S HOW IT WORKS!

The Autonomic Nervous System, otherwise known as the ANS, has two parts, the parasympathetic and the sympathetic systems. The sympathetic system is the part that kicks in under stressful situations and causes a "fight or flight" reaction. Cortisol and adren-

aline levels soar causing a powerful reactive energy resulting in over stimulation similar to a turbo drive in a car engine. It requires a prolonged relaxing stress free period for the blood hormone levels to return to normal and the parasympathetic system to stabilize.

The parasympathetic system works passively running all the body's functions maintaining a healthy and balanced state of well-being. This system is responsible for balancing our neuro transmitters and hormones. Our lungs, heart, digestion, immune system and all healing activities in our body are all controlled by our parasympathetic system.

Due to our demanding, never ending workdays and the stressful, chemically toxic lifestyles of today, our sympathetic system is always on alert. This means, instead of running on a healthy source of energy from burning fat and creating a good quality fuel through the Krebs Cycle, we get our energy from the adrenal fuels, cortisol and adrenaline.

These are limited fuel sources that can lead to thyroid and adrenal "burn out". Without an efficiently functioning endocrine system, the body cannot produce and regulate hormones, which play a major role in every system of the body. Without hormones we have a weakened immune system and are left with impaired defenses and a diminished ability to heal.

The NuCalm modulator naturally relaxes the body without any drugs using biochemistry, physics and neurophysiology. It reliably brings brainwave function to a state of deep relaxation allowing the brain and body to restore and rejuvenate. The beneficial results occur quickly. It functions by turning off the switch controlling stress and adrenal dominance through the regulation of neurotransmitters.

As living beings, we are always dependent on the body's ability to acquire and effectively utilize oxygen for all our metabolic functions. Chronic stress and anxiety, shallow breathing, numerous chemicals in our food, GMO's, EMF's, all gradually erode and breakdown the body's intrinsic ability to replenish and oxygenate our cells.

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# The Reconnection®

## Heal Others, Heal Yourself

### Reconnective Healing: ‘Information Medicine’ in the 21st Century

*This is New, this is Different, this is Real!*

By Jackie Lapin

**T**oday's headlines are filled with stories that chronicle our broken medical system, the people who suffer because of a failed safety net, or who cannot afford the care that would help them. And still more people are written about who can afford medical treatment, but modern medicine seems not to allow them to heal or even eliminate their pain and suffering. Even alternative healthcare is found to be only mildly beneficial.



We wonder, “What if there was another way, one so simple and easy that it defies present day belief? A method so effective that many chronic health conditions and emotional traumas could be eliminated, in many cases, virtually immediately? A method that anyone can learn in a weekend and can use it to help others?”

This is not a futuristic scenario. It's known internationally as Reconnective Healing, a remarkable new transformative paradigm in healing that has been learned by 100,000 people in more than 75 countries. It's the cutting edge of what researchers are calling “Information Medicine.” Scientifically documented frequencies, credited with bringing about a state of restored health. You can learn how to access these frequencies to heal others, and to heal yourself as well. Stanford Professor Emeritus

Dr. William Tiller says that when information carried through these frequencies is introduced, it creates coherence and order. The result: dramatic reports of regeneration instead of degeneration and numerous accounts of seemingly unexplainable, often instantaneous and life-long healings from medically documented cancers, epilepsy, cerebral palsy, arthritis and more.

These bandwidths – comprised of energy, light and information – appear to innately “know” what needs to be done. You are returned to an optimal and appropriate state of balance merely by experiencing or interacting with this healing continuum. The trained Reconnective Healing practitioner simply facilitates the process. By feeling the frequencies and playing with them physical and emotional health shifts suddenly come about. The information-laden frequencies reconnect us to our original fullness as human beings and seemingly restore us to a more complete connection with the universe.

Tiller and other scientists such as Dr. Gary Schwartz (University of Arizona) and Dr. Konstantin Korotkov (St. Petersburg Technical University) have been studying Reconnective Healing practitioners and the charged environment that results in the rooms where this work is taught. As a result, these world-renowned researchers are now measuring and validating the frequencies, and the impact that Reconnective Healing has on humans, plants, water and more.

Dr. Pearl is the first to tell you that he is not a scientist. He was a very successful chiropractor for 12 years before his life took a dramatic turn. As he recounts, “I left my office on a Friday, thinking I was I chiropractor, I came back on a Monday, and I was something else...” Then his humor begins to show as he adds, “My parents always told me that I was ‘something else,’ but this was probably not what they had in mind!” Over that weekend he had an

experience that introduced an ability within him to facilitate this work. When his patients arrived, they told him that they could feel his hands on them even though he wasn't physically touching them – and they could report accurately where he held his hands! They suddenly began relating astonishing healings from physical conditions that may have been present for 10 years or more, and had been crippling their lives.

It became clear to him that this was something that needed to be shared with the world. Eric's book, *The Reconnection: Heal Others, Heal Yourself*, has now been published in 39 languages and he teaches people around the globe how to do this work. What is especially exciting about this is that it also appears to have benefits to the healer. In other words, as you heal others, you also heal yourself!

Reconnective Healing has given many people the joy of personally helping those they know, love and care about to heal physically, emotionally and spiritually.

“I feel deep gratitude for having been the person entrusted to bring Reconnective Healing into the world. But this is not about me. It's truly about you and your Reconnection to your complete and vital self in this new era of ‘information medicine.’”

Dr. Eric Pearl is the worldwide bestselling author of *The Reconnection: Heal Others, Heal Yourself*, now in 39 languages, and is considered today's leading authority in energy healthcare. The Reconnection, is leading the way in teaching the transformative new paradigm in healing, Reconnective Healing, to people around the globe. For more information on the upcoming Reconnective Healing Training Programs visit [www. TheReconnection. com](http://www.TheReconnection.com), to see a video clip, click [www. youtube. com/TheReconnectionTV](http://www.youtube.com/TheReconnectionTV).



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# What are **FLOATERS** and **FLASHES?**

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

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

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

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

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



right away if you notice the following symptoms, especially if you are over 45 years of age, have had an injury to your eyes or head, or if you have substantial nearsightedness:

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

## **FLOATERS AND FLASHES SYMPTOMS**

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

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

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

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

## **CAUSES OF FLOATERS AND FLASHES**

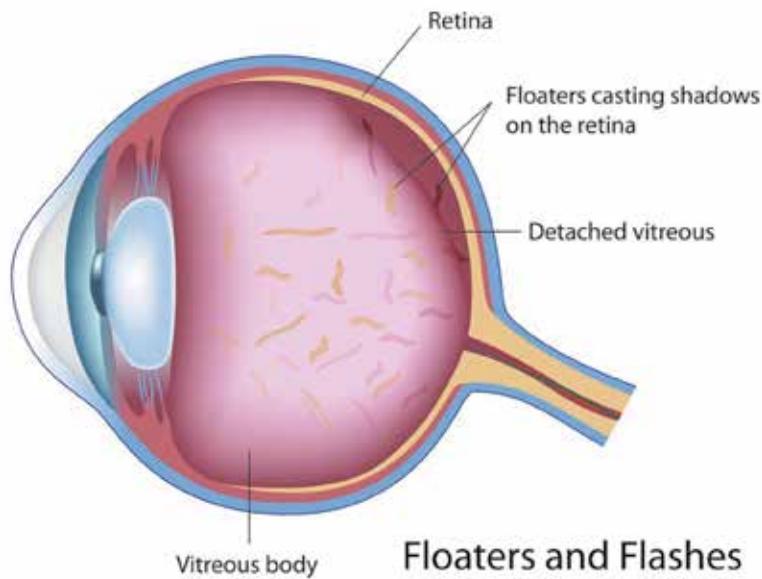
As we grow older, it is more common to experience floaters and flashes. When people reach middle age, the vitreous gel may start to shrink, forming clumps or strands inside the eye. The vitreous gel pulls away from the back wall of the eye, causing a posterior vitreous detachment. This is a common cause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

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

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

## **VITREOUS DETACHMENT**

The appearance of floaters and flashes may be alarming, especially if they develop very suddenly. To find out if a retinal tear or detachment is occurring, you should call your ophthalmologist



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

**FLOATERS AND FLASHES DIAGNOSIS**

Vitreous floaters and flashes become more common as we grow older. However, while not all floaters and flashes are serious, you should always have a medical eye examination by an ophthalmologist to make sure there has been no damage to your retina.

When an ophthalmologist examines your eyes, your pupils may be dilated (enlarged) with eyedrops. During this painless examination, your ophthalmologist will carefully observe areas of your eye, including the retina and vitreous. If your eyes have been dilated, you will need to make arrangements for someone to drive you home afterward.

**FLOATERS AND FLASHES TREATMENT**

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

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

Even if you have had floaters for years, you should schedule an eye examination with your ophthalmologist if you notice a sudden increase in the size or amount of floaters or a sudden

appearance of light flashes — especially if these symptoms are accompanied by any change in your vision.

**KNOW YOUR RISKS. SAVE YOUR SIGHT.**

The American Academy of Ophthalmology recommends that adults with no signs or risk factors for eye disease get a baseline eye disease screening at age 40 — the time when early signs of disease and changes in vision may start to

occur. Based on the results of the initial screening, an ophthalmologist will prescribe the necessary intervals for follow-up exams.

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



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**Lauren R. Rosecan**

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

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Delray Beach, FL 33445

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#### COCONUT CREEK

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# Low Level Laser WEIGHT CONTROL

**L**ow Level Laser Therapy (LLLT) is the application of a coherent cold laser light to treat certain conditions. It has been used to successfully treat many kinds of musculoskeletal injuries, because it promotes healing and tissue repair. LLLT has also been found to be an extremely successful treatment for alcohol & drug addiction, smoking cessation, and weight control.

## HOW DOES LLLT WORK?

It works along the same principle as acupuncture but of course, no needles. The laser light easily penetrates through the layers of your skin to activate healing responses by your cells and to stimulate your nerve endings to produce endorphins. Endorphins such as serotonin are produced normally by your body and are nature's natural mood lifter and help keep you from feeling anxious or moody.

The treatment of specific points on the body helps to reduce the desire to eat, providing a natural satiation without food. The laser helps to balance organ and glandular functions that regulate weight. LLLT quickly helps to activate the bodies innate cellular communication system and positive immune, enzyme and endorphin response.

A series of treatments is usually recommended after the initial consultation.

## WHAT POINTS ON THE BODY ARE USED FOR WEIGHT CONTROL?

Applying the laser to various points on the body can facilitate weight loss by giving the person a feeling of well being, which can suppress the desire for excessive and inappropriate food. The laser can also stimulate metabolism and thereby enable the body to utilize food efficiently instead of storing it as fat.

Each patient is custom-treated according to his or her specific and unique diagnosis. Usually a combination of body, hand, and ear acupuncture points are used that are believed to influence the organs and energetic pathways associated with weight management and hunger control.

Diet and exercise are helpful in any program of weight reduction. Most people who come for the laser treatment for weight control, however, have been given diets and exercise regimens before. They may have good knowledge of what they should and shouldn't eat, but they feel depressed or irritable when they try to stay on a diet. The laser should relieve such problems and increase will power.

## WHAT WEIGHT LOSS RESULTS CAN BE ACHIEVED USING LLLT?

The weight loss to be expected is about ten to fifteen pounds per month. Weight loss should continue after the treatments are completed until normal weight is achieved. The effects of the laser usually last at least 6 to 8 months following your last treatment.

A succession of three laser treatments over a three to six week period is recommended initially. You may require additional treatments, depending on desired weight loss goals. Sometimes a couple of treatments within the first weeks are necessary to get things started.

## IS LLLT SAFE?

LLLT is a safe, painless and medication-free treatment with virtually no negative side effects. It has been used in England, Canada and Europe for over 20 years with no documented adverse side effects. Laser therapy is a non-medical procedure and is respected by many physicians as a highly effective treatment. Several companies are currently participating



in a study by the FDA to validate the effectiveness of LLLT. Countless patients are raving about their successful medication free treatment.

## DOES LLLT HURT?

No. LLLT is completely painless. In fact, most people describe an extremely relaxed feeling after being treated.

Weight loss is enhanced when LLLT is combined with a healthy diet and regular exercise. It has been found beneficial to drink at least 8 glasses of pure water per day to help flush out toxins, eat 5 small meals per day to help control blood sugar. The glycemic index diet is worth looking at. For the best long term results avoid sugar, refined foods, sodas and saturated fats. Instead, eat plenty of fresh fruits, vegetables, whole grains, fish, lean poultry and use cold pressed flax oil and extra virgin olive oil.

If you have tried everything and are tired of failing to control or lose weight, Low Level Laser Therapy may be just the treatment for you! For more information or to schedule a consultation, call 614-838-7257!



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Ask About Our Seminars!

# NEW YEAR, NEW YOU!

Let's start the New Year off right with the help of **FLORIDA BARIATRICS AND WELLNESS CENTER.** It is time to lose the weight and improve your health.

- Are you overweight with a BMI of 35 or higher?
- Do you have serious health problems due to your weight?
- Have you been unable to lose weight on your own with diet and exercise?
- Are you ready to make major lifestyle changes to facilitate your weight loss?



Dr. Ariel Rodriguez

**I**f you answered “YES” to any of these questions, then you are ready to start the conversation with Dr. Ariel Rodriguez about the benefits of metabolic and bariatric surgery! It is the time to rid yourself of the things that do not benefit you any longer. Weight loss/Bariatric surgery succeeds when New Year’s Resolutions tend to fail. Start your new life now. There is still HOPE.

The physical changes are just one part of the weight loss surgery equation, adding years and quality to your life are additional benefits. Losing weight has a positive effect on diabetes, heart disease and orthopedic injuries in overweight individuals. There are many reasons that motivate people to begin the Weight Loss Surgical process such as: trying and failing to lose weight on your own, a major health scare, and caring for other individuals (children and family). Research shows that the health risks associated with obesity can

grow more severe over the long term. Cancer, diabetes, high blood pressure, heart problems and sleep apnea have all been identified as serious medical issues linked to obesity. Although staying obese does not necessarily mean one will experience these specific conditions, at the very least it will lead to poor health and, in many cases, low self-esteem or depression.

The surgeons at Florida Bariatrics and Wellness Center are highly credentialed, board certified, fellowship trained and have extensive experience performing bariatric surgeries. Dr. Ariel Rodriguez, MD is a Board Certified General Surgeon who specializes in bariatric procedures. The staff at Florida Bariatrics and Wellness Center will personally navigate your experience to help you understand your expectations and achieve realistic goals in your quest to improve your health and lifestyle. Our patients can visit one of our five



# Weight Loss Surgery \$4900\*

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\*Patients must first qualify for this surgical procedure.




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conveniently located offices throughout South Florida. Our caring staff is dedicated to assisting patients in their weight loss journey; from the initial choice of consulting with a physician throughout the entire process and even following your procedure. The staff will be with you every step of the way. Florida Bariatrics and Wellness Center offers medical and surgical weight loss interventions including: Intra-gastric Balloon Placement, Laparoscopic Adjustable Gastric Banding, Laparoscopic Sleeve Gastrectomy, and Roux-en-Y Gastric Bypass.

If you have questions or would like to set up a consultation, please call us at **561-500-HOPE (4673)** or visit our website [www.weightlosshope.com](http://www.weightlosshope.com).

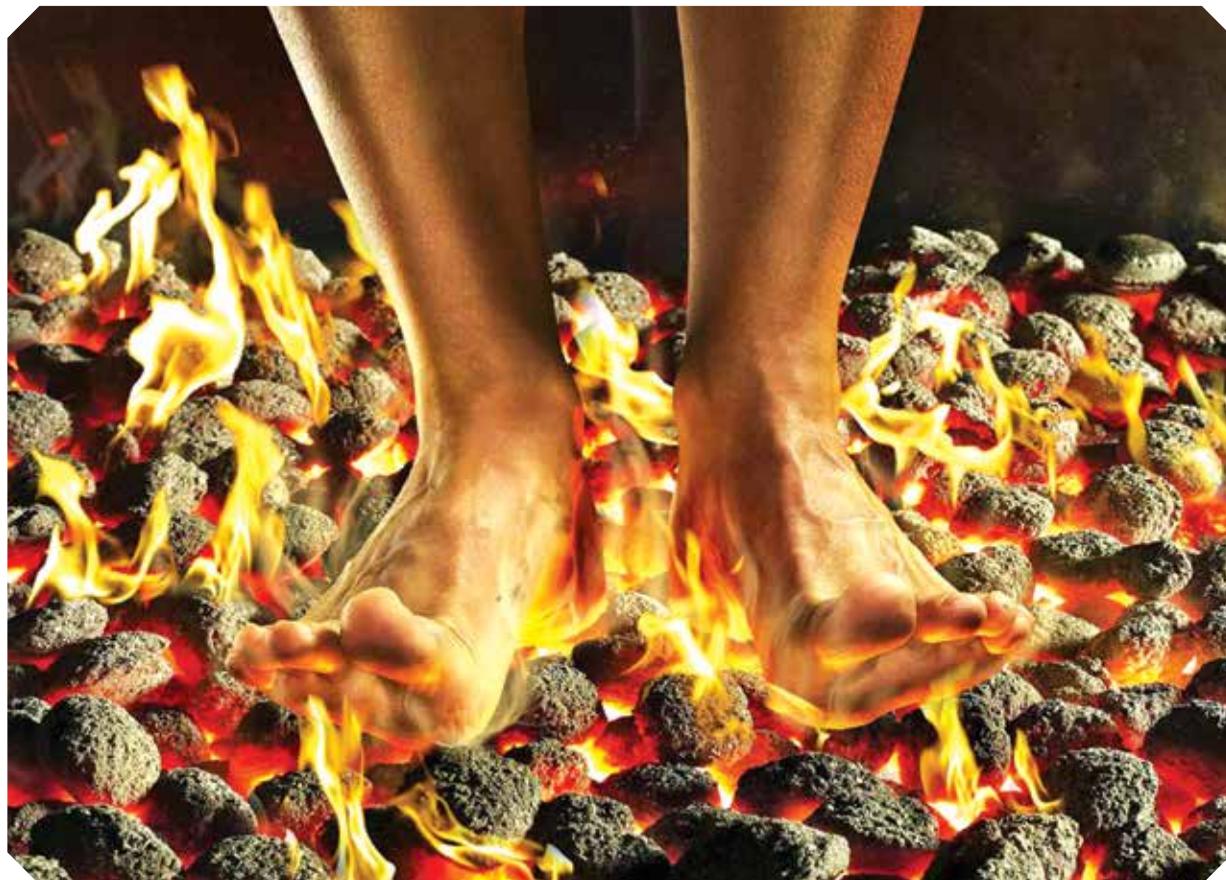


# If You're Suffering From Nerve Problems In The Arms And Legs, You Must Read This Immediately!

By Richard A. Reiner, D.C.

**N**umbness, tingling and pain is an extremely annoying problem. It may come and go...interrupt your sleep...and even makes your arms and legs feel weak. Maybe you've even been to other doctors and they claim all your tests indicate you should feel fine.

**IF YOU READ NOTHING ELSE, READ THIS:** More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions. Its time to get help by someone trained to correct the major cause of peripheral neuropathy. Read the following facts;



## **MORE PILLS ARE NOT THE SOLUTION:**

A common treatment for many nerve problems is to take some pills and "wait and see." While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications and anti-depressants—all of which have serious side effects.

## **THE LIKELY CAUSE OF YOUR PROBLEM:**

Our practice has been helping people with neuropathy and nerve problems for over 30 years. Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck down to the tailbone. The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves. By using gentle techniques, I'm able to release the pressure that has built up on the nerve and the symptoms go away. What this means is that you could soon be enjoying life... without those agonizing and aggravating nerve problems.



**COULD THIS BE YOUR SOLUTION?** It's time for you to find out if chiropractic will be your neuropathy solution. We want to turn your disabilities into possibilities.

**HERE'S WHAT OUR PATIENTS HAVE TO SAY:** *"I woke up one morning with numbness in right hand. Dr. Reiner told me that I must have slept wrong and pinched a nerve in my neck, causing the numbness in my hand. After a treatment, it loosened up my neck and arm, and the numbness was gone."* – Loni D. *"I recently relocated to the area and chose Dr. Reiner because of location, and I'm glad I did. He takes his time and explains everything. I had burning pain going down my legs, especially after playing golf. His treatments made my recovery so much faster than I ever expected. I highly recommend him."* – Ronald R.

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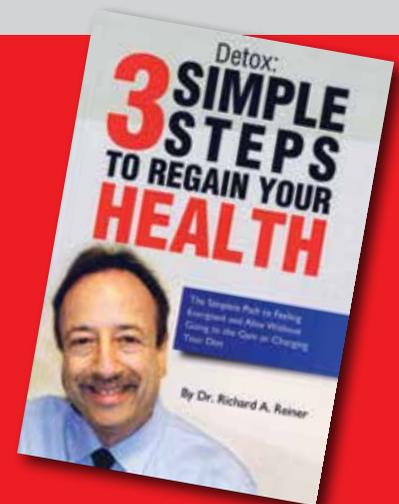
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THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO ADVERTISEMENT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

# Hearing Care Is Health Care

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

**W**hen choosing a doctor for any healthcare need, how do you find someone who will take care of that health issue? Doctors, friends, and family members often have someone they know and trust who can help with your hearing care needs. But when it comes to finding a hearing healthcare provider, how do you decide who is right for you? Investment in better hearing should be measured by the results you experience every day.



**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.

According to leading consumer research, two out of every three hearing aids are improperly fit.

Hearing devices are not calibrated automatically; by themselves, they are not effective. They are not a "retail purchase" and are not one size fits all. The ability to integrate your devices with your lifestyle is essential to achieving better hearing, and a doctor of audiology is the most qualified, trained professional to do this. They set up the aid, teach you how to use it, and manipulate it specifically for you and the listening environments that are most important to you. Hearing loss is a health problem, requiring a health care professional to treat it.

At Audiology and Hearing Aids of the Palm Beaches, we take a concierge approach to hearing care. We work closely with you to make sure we meet all of your hearing healthcare needs. Included with the treatment plan are a 75-day trial and adjustment period, 3 years of office visits, 3-year manufacturer warranty including loss insurance, free batteries for the life of the devices, and a home for your hearing healthcare.

I would like to share this true story from a current patient:

"I met with two audiologists before contacting Dana Luzon. Neither of them remotely compare to her.

First, her knowledge of what hearing aids are available greatly surpassed theirs. Second, her professional ability to help me select which manufacturer and model was perfect for me far exceeded the abilities of the other audiologists I spoke with. The difference in them and her is like comparing a Ferrari to a Ford. Third, she makes time available for you when you need her. The other specialists made me wait up to a week if I needed service. I like the fact that she has only one patient in the office at a time, so that she can concentrate on them.

She is without question the doctor of choice for hearing in the Palm Beaches. I am writing this testimonial as a thank-you to her for all she has done for me. In addition, it will mean a lot to me to help you receive the hearing aids that are best for you and save time, effort, and unnecessary stress in doing so."

— Larry

Most of my patients find that having a home for their hearing healthcare, being seen on time for their appointment, and having convenient appointment times in a friendly and quiet atmosphere suit their needs best. Quality patient care is important in helping you achieve better hearing. What is the VALUE of a professional hearing healthcare provider? There's price and then there's priceless. You have to decide what's best for you!



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**DENTAL IMPLANTS ARE A LONG-TERM SOLUTION.**

Traditional, tooth-supported dental bridges only last five to seven years. At some point they may need to be replaced. While dental implants may need periodic adjustments, they can last a lifetime when properly placed and cared for over time.

**ENJOY LIFE WITHOUT WORRYING ABOUT YOUR TEETH!**

No need to stay home or feel uncomfortable in public, embarrassed because your smile looks different, or worrying that missing teeth will limit your ability to join in the fun or that removable dentures or tooth-supported replacement teeth will loosen or fall out when you talk, eat or laugh. Teeth restored with dental implants are teeth that let you enjoy your life.

**RETAIN YOUR NATURAL FACE SHAPE, AND SMILE.**

A face without teeth can sag and appear sunken and sad. Dental implants allow you to maintain the natural shape of your face and smile.

**KEEP YOUR TEETH IN YOUR MOUTH – NOT IN A CUP.**

Dental implants allow you to keep your teeth where they belong – in your mouth. No more

worrying that your dentures might slip or fall out. Dentures may slip when you eat, talk, smile, laugh, kiss, yawn or cough. Dental implants are fixed in place and fuse naturally with your jawbone, meaning your replacement teeth won't move, click or shift.

**EAT YOUR FAVORITE FOODS!**

Taste and enjoy the foods you love without hesitation. You can bite naturally, eat virtually anything you want and, unlike removable dentures that can feel uncomfortable, you can experience the full taste of the food you eat with dental implants, too.

**PROTECT YOUR HEALTHY TEETH.**

Placing a tooth-supported bridge requires grinding away the teeth on one or both sides of the missing tooth or teeth. This damages healthy teeth to restore those that are missing. Dental implants go in the jawbone, in the spot where your missing tooth root was, without impacting healthy teeth.

**MORE PREDICTABLE THAN OTHER REPAIR AND RESTORATION METHODS.**

Dental implant treatment has a track record of reliable, long-term successful outcomes and is

often considered more predictable than other treatments to repair or replace missing teeth, including bridgework, removable appliances and retreatment of failing root canal teeth.

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The dental team at Drs. Lerner and Lemongello's office is available to ensure your comfort and safety and are available to answer any of your concerns. So whether it is for a dental check up, a simple tooth restoration, a smile makeover, dental implants, or complete mouth restorations our team is ready to help you achieve the smile you deserve and the dental health you want.

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# HOLIDAY STRESS and WEIGHT GAIN:

The combination most dreaded by American's can be avoided with a few simple steps.

There are a number of claims made in the literature about how much weight people gain during the holidays. Depending on whom you read or listen to about it, the amount of weight gain from Thanksgiving to New Year's Day could range from 1-10 pounds. Here are ways to avoid this trap. Try these simple strategies and you can still eat, drink, and be merry without ending up looking as plump as Santa Claus:

## HYDRATE:

While rushing around shopping and preparing for guests it's easy to forget to drink plenty of water. Try to get in at least eight glasses a day. Your body easily confuses being hungry and being thirsty, so drinking water regularly will keep you from eating when what you really need is to hydrate.

## LIMIT ALCOHOL INTAKE:

Alcohol calories add up fast. A 12-ounce beer has 140 calories and a 5-ounce glass of wine has 100. Plus having too many drinks lowers your inhibitions, so when you imbibe you're likely to eat more. Decide how many drinks you will have at holiday parties beforehand and stick to your decision. Or plan to be the designated driver, and avoid alcohol all together.

## EAT SLOWLY:

Research shows that slow eaters tend to eat less food. Try this: Swallow each mouthful before taking the next bite and chat with a table mate in between forkfuls.

## BE SELECTIVE, NOT RIGID:

Don't declare all party food off-limits. It's a strategy that's bound to backfire: if you decide to deprive yourself of all treats, you may end up overindulging out of frustration and rebellion. Instead, be honest with yourself about what foods you're really looking forward to and enjoy those in moderate amounts; at the same time cut back on high-fat and calorie-bomb snacks and fillers you really can live without.

## STAY ACTIVE:

Exercise is probably the first thing to fall off your to-do list during the holidays, but it's your best ally in the battle against holiday bulge—as well as holiday stress and depression. Don't worry if you can't maintain your regular workout routine due to travel or other commitments. Simply challenge yourself to add some physical activity to your day.

## INCORPORATE ACUPUNCTURE:

While people seek out acupuncture for a variety of health problems and often come in with a long list of complex issues they want to address, many of them will ask if acupuncture can also help them lose weight. The answer is yes – along with healthy changes to diet and movement, acupuncture has been shown to dramatically impact weight in number of ways.

### Where does acupuncture fit into a weight loss plan?

Acupuncture can address just about every one of these aspects and greatly improve the results of a multi-faceted weight loss program. Let's take a closer look at what acupuncture has to offer.

### 1. Acupuncture reduces food cravings and regulates appetite

Ear acupuncture is one of the most successful methods for addiction treatment, including food addiction and emotional eating where bingeing or constant nibbling serves to stuff down difficult emotions like sadness, anger, boredom and loneliness; or where sensations like pain, fatigue and thirst are mistaken for hunger.

Ear acupuncture stimulates the vagus nerve, the longest cranial nerve that is part of the involuntary nervous system and controls such automatic functions as regular heart rate and digestion.

In a randomized study by Sabina Lim and others (Graduate College of Basic Korean Medical Science at Kyung Hee University, Seoul, South Korea), 91 obese persons were randomly assigned to a group receiving stimulation of a five-needle protocol on the outer ear, a group receiving a single ear acupuncture point, or sham (fake) acupuncture. The five-needle group achieved the largest drop in waist circumference, as well as drop in body fat, followed by the one-needle group, and no change in the control group. The study was published in *Acupuncture in Medicine* on Dec 16, 2013.

### 2. Acupuncture regulates hormones

Acupuncture's balancing effect on overall body chemistry, including hormones, is well-established. Acupuncture lowers stress hormones. It regulates sexual and reproductive hormones and is widely used in addressing menstrual, fertility and menopausal concerns.

It was not surprising to learn that holiday weight gain ranked second in what people dread most about the holidays. Gaining weight is on the minds of many Americans and for good reason. According to the National Center for Health Statistics (NCHS) of the Centers for Disease Control and Prevention (CDC), the National Health and Nutrition Examination Survey (NHANES) revealed, when adjusting for age, an estimated 34.2% of American adults 20 years of age and older were overweight, while 33.8% were obese (Ogden & Carroll, 2010). The overall prevalence estimates for overweight and obesity when combined for adults 20 years of age and older (BMI 25) was a stunning 68.0% (Ogden & Carroll, 2010). Another way to think about the overweight and obesity epidemic is that less than a third of adults (i. e. , 31.6%) in the United States are at a healthy weight.

An area of particular interest is the effect of acupuncture on obesity hormones.

Hunger and satisfaction are regulated by two hormones: grehlin stimulates hunger and initiates eating, while leptin suppresses food intake. Surprisingly, in obese people leptin in the bloodstream is increased, while grehlin is decreased. Obese people are considered not only insulin-resistant, but also grehlin-resistant. (Obesity Review, Jan 2007)

In a Turkish study reported in *Acupuncture in Medicine*, September 2012, 40 obese women were randomly assigned to receive acupuncture on five common points twice weekly for five weeks for a total of 10 sessions. The results showed that acupuncture lowered insulin and leptin levels and increased plasma grehlin in the treatment group, compared with a control group receiving sham acupuncture. Acupuncture also reduced the BMI (basic metabolic index).

The conclusion is that acupuncture can help normalize obesity hormones and the hunger response and contribute to improving metabolism.

**3. Acupuncture reduces inflammation and pain**

Acupuncture is mostly known for – and researched for – its ability to relieve pain, reduce inflammation and heal injuries.

Acupuncture promotes blood flow, which brings oxygen, nutrients, immune substances, hormones, pain killers and anti-inflammatories to the compromised area. Acupuncture needles create “micro traumas” that stimulate the body’s natural healing response. Acupuncture releases natural painkillers such as endorphins and enkephalins. Acupuncture relaxes tense muscles that put pressure on joints and impinge nerves.

About 3 million Americans visit acupuncturists each year, most of them for the relief of chronic pain. Now a new study shows the relief they get may be modest – but real.

The study is a review of previous acupuncture studies that compared the ancient Chinese practice to standard pain care or to sham acupuncture. In the latter, patients are needled in a manner different from (or at spots on the body not tied to) traditional acupuncture.

The researchers found that people who got acupuncture ended up having less pain than those who didn't receive it. And the result was similar among different sources of pain, whether it was chronic back and neck pain, osteoarthritis, or headache.

In the end, their results translate to about 30% less pain compared to people taking pain medications and other standard treatments for pain.

**4. Acupuncture improves digestion and metabolism**

Acupuncture addresses many digestive problems, including GERD, reflux, stomach ulcers, IBS, diverticulitis and colitis. Acupuncture can help regulate digestion and elimination of toxins.

Chinese medicine describes the digestive process as a function of the stomach, which breaks food down, and the “spleen,” which transforms the nutrients from food into usable energy. What is termed the “spleen” here includes functions of the pancreas, the small intestine and the metabolic process on a cellular level. The Western medical equivalent of this spleen function is the mitochondria or the “powerhouses” of the cell that break down glucose and fatty acid for ATP, an energy-carrying molecule. Remember High School biology and the Krebs cycle? People with insulin-resistance have compromised mitochondrial function.

Acupuncture can help restore the body’s homeostasis, bringing back its optimal functioning.

In acupuncture lingo, we call it “Restoring the Qi” or the body’s vital energy.

**5. Acupuncture reduces stress and increases relaxation**

Stress-reduction and increased relaxation are probably the biggest all-encompassing effects of acupuncture. The effects of stress, especially chronic, long-term stress, on lowered immunity, increased depression and anxiety, lack of sleep, and overall compromised health have been well-established.

Increased stress and lack of sleep lead to increased release of the stress hormone cortisol from the adrenal glands. Cortisol makes us feel hungry even when we are full. Loss of sleep also decreases levels of growth hormone, which regulates the proportion of fat to muscle. And lack of sleep interferes with carbohydrate metabolism. Plus, tired people tend to eat more for the short-term energy boost they gain, especially from carbohydrate-rich foods.

As we’ve seen, there are many factors that interfere with successful weight loss. The causes leading to obesity and the difficulties with losing weight are complex. A successful weight maintenance plan must address all these aspects. At Meng’s Acupuncture Medical Center we offer our patients a comprehensive approach to weight loss and pain management. For more information or to schedule a consultation, contact us at **561-656-0717**.

**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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# Laser Periodontal Therapy: Saving Your Teeth Without Traditional Surgery

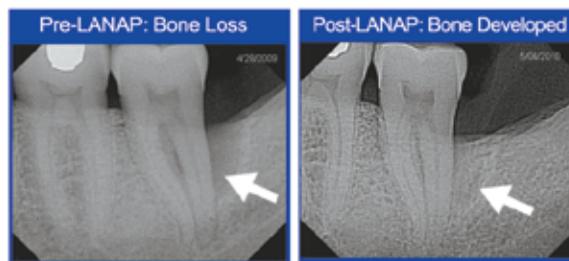
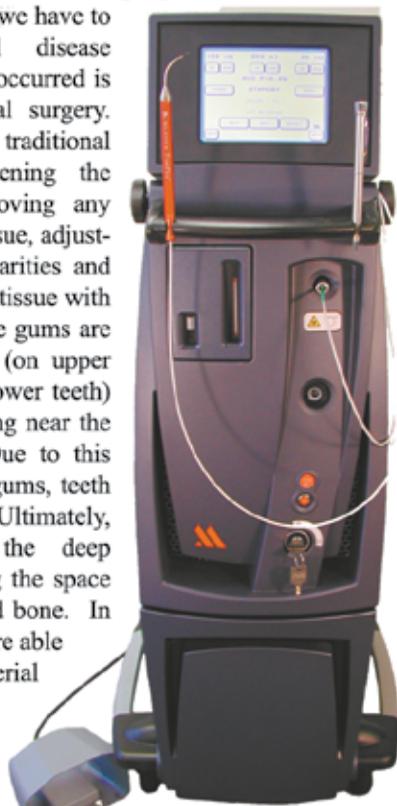
By Lee R. Cohen, D.D.S., M.S., M.S.

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

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

## Traditional Periodontal Surgery:

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



## Laser Periodontal Therapy (LANAP®):

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

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

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

## Treatment Comparison:

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

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

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



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

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

Dr. Cohen 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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# Sclerotherapy

By Victoria Zimmer

**F**or 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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# Imagine if you woke up without Anxiety. Imagine if you didn't worry all the time. How would your life be different?

## MAYBE IT'S TIME TO CONSIDER NEUROFEEDBACK.

By Michael Cohen, Founder, Center for Brain

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

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

Overwhelmed?

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

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

### ARE THERE ALTERNATIVES TO MEDICATIONS?

Neurofeedback and biofeedback have been proven to help people greatly reduce or even eliminate anxiety symptoms. For those on medications, using neurofeedback and biofeedback can help lessen the reliance on meds. Some people are able to stop taking anxiety medication entirely.

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

-TK (Jupiter, Florida)

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

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

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

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

### CAN YOU LEARN TO BE CALMER?

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

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

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

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

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

### HOW DOES NEUROFEEDBACK WORK?

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

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

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

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

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



**Michael Cohen,**  
President and Founder of the  
Center for Brain.

He's one of the leading experts in brain biofeedback. For 18 years, he's taught courses and provided consulting to MD's and mental health professionals around the world to help incorporate new biofeedback technologies that help individuals adapt and strengthen their nervous system through neuroplasticity. This helps sleep, mood, attention and neurological function.



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

# COMPRESSION DEVICES: Effective Treatment for Limb Swelling

By Alyssa Parker

**M**any individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Limb swelling, also known as edema, may be a symptom of an underlying medical condition. Some of the most common conditions where limb swelling is the first symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Clinicians may overlook the cause of your swelling; Lymphedema or venous insufficiency is not always evident in their earliest stages. It's important to seek treatment early on to prevent further complications. 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 IN- SUFFICIENCY

After having a surgical procedure cancer or non-cancer related (example hysterectomy or gall-bladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema. 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 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. From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

## 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 rhythmic 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. 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.

This is where choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical.



Some good questions to ask your physician include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

Remember ANY swelling is an indication of an overloaded Lymphatic system.

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. 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.

## ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit

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By Dr. Mitchell Ghen

# HORMONES ARE FOR LIFE (part 2)

Last month I described in Part one of Hormones the importance and why everyone regardless of age should be interested in determining what their hormones levels are and that they should be brought to as close to youthful levels as possible. As a reminder if you suffer from any of the symptoms or signs below, you might be having these problems secondary to low hormone levels. These include fatigue, irritability, bladder problems with incontinence, joint and muscle aches, loss of muscle mass, breast tenderness, decreased libido, weak bones, mental confusion, cognition difficulties, dry vaginal mucosa, wrinkles on your face, hot flashes, poor sleep, or inability to basically get going in the morning.

There are three ways to test your hormone levels-blood, saliva and urine. Both blood and saliva represent a point in time and therefore need to be tested more often since hormones vary during the day. Yet these two methods are the easiest and cheapest. Saliva has advantage in that it is able to determine the free components of a hormone. Hormones circulate either being bound to sex hormone binding globulin in which event, they are totally inactive, or free which is where the hormone is able to do its job properly.

Urine has a distinct advantage over blood and saliva, in that it represents a 24 hour dynamic evaluation. And it can determine the downstream metabolites of these hormones. The importance of having knowledge of the downstream metabolites is that these are the items that can either improve your health or in certain instances worsen your health. Knowing the exact pathways of the hormones we are able to manipulate them with natural substances, therefore, protecting you from any problems.

Remember, hormones are reported out from the laboratory companies in normals that are associated with your age. We want to try to make our hormones as close to the youthful levels that we had at ages somewhere between 18 and 25 for a male and 18 to 32 for a female. In many cases, this is not possible, but still our goal is to maximize or better optimize hormone levels for appropriate intercellular communication.

Regardless, of the method by which your hormones are evaluated, please make sure that the whole cascade of them are examined. Leaving even one of the prime hormones in the pathway out may lead to some improper conclusions and therefore to a less than effective and safe treatment plan for you. The prime hormones to evaluate are: DH. E. A. (Dehydroepiandrosterone), Pregnenolone, Estradiol, Progesterone, Testosterone (and if by blood, free testosterone), SHBG (Sex hormone binding globulin), and Igf1. All of these play an integral part in your well being.

Four separate ways of delivering hormones will now be discussed-oral, troche, creams and pellets. For the most part pellets have a significant advantage over every other type of administration. First, they have been used since 1938. These pellets release hormones at a constant physiological rate, meaning that over the course of 4 to 6 months they release a certain amount every day all day long which is significantly superior to other forms of administration. They exhibit what is known as zero order kinetics, and do not irritate the liver as much as the other forms of delivery.

The pellets insertion procedure is easy, extremely safe, and takes less than five minutes. The patient is typically placed on a physician's exam table on their left or right side and after prepping an area on the hip, Novocain is introduced into area. After the area is numb, a very small incision is

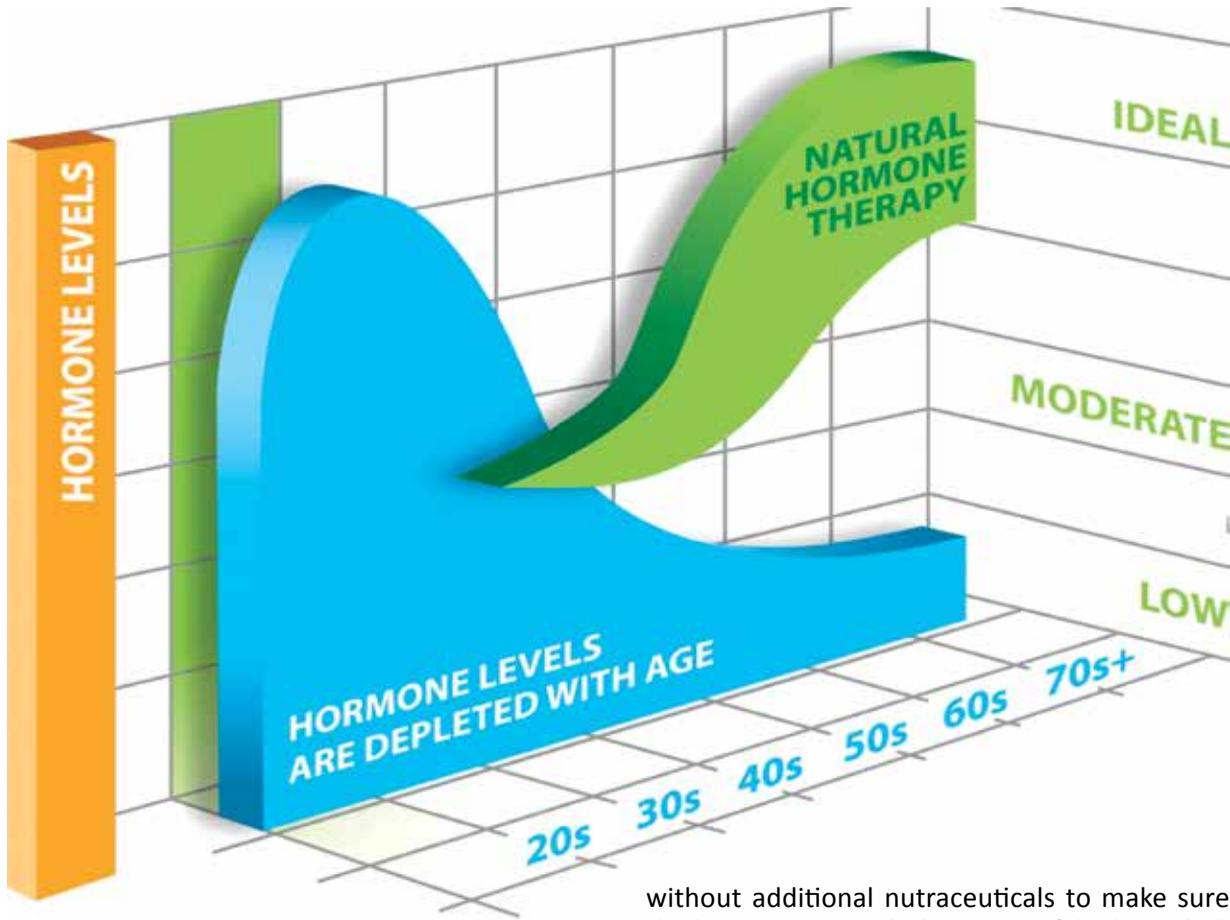
made, one that does not require a stitch. The pellets are then introduced underneath the skin just in the subcutaneous fatty area.

Because pellets do not affect the liver, clotting factors are also not affected, and therefore the possibility of thickened blood is not a problem. Testosterone and estrogen pellets do not affect blood pressure either. And testosterone and estrogen pellets do not increase the risk of breast cancer as does oral estrogen. This has been studied in postmenopausal women; research showed that testosterone replacement did not cause increase in breast cell proliferation. In addition, testosterone pellets do not affect the menstrual cycle.

Pellets are made from either soy or yam and therefore are naturally derived. They are bio-identical hormones, which means that their chemical structure looks exactly like the hormones that are made by your body. Therefore, bio-identical hormones do not provoke an immune response as do the synthetic versions often prescribed by conventional physicians.

Creams can also be prescribed by a physician and made by a compounding pharmacy in a bio-identical way. Unfortunately, the drawback of creams are that they need to be applied daily and therefore the kinetics of delivery is quite different then the pellets. Ups and downs of hormone levels are to be expected.

For the most part one should steer clear of oral estrogen and testosterone due to their possible



irritation of the liver. Injectable testosterone has the same problem and should only be used for a short period of time since liver damage and the potential of liver cancer exist with only the injectable form of testosterone.

Regardless of the method of delivery as described above, make sure that the hormones have been adequately distributed to non-detrimental metabolic pathways. This can be done with the good understanding of hormone physiology. So if you were prescribed hormones

without additional nutraceuticals to make sure the hormones metabolites are safely discarded, you might want to look for a new healthcare provider.

So let's summarize: testosterone, estrogen and progesterone can be for life, regardless of your age and or condition. If your testosterone is low replace it and use the precursor zinc to help the release of testosterone. Also make sure precursor hormones are checked simultaneously. These include DHEA and pregnenolone. Make sure your prescription is bio-identical and naturally derived. Make sure you understand

the advantages and disadvantages of each of the delivery methods. As noted above, pellets of estrogen and testosterone seem to have the greatest advantage, however be aware that once inserted they cannot be removed, although they will dissolve in 4 to 6 months. Each testosterone pellet releases 0.49 mg of testosterone per day. Therefore, women typically will get one pellet to match the 0.5mg of testosterone that is made by ovaries as well as by adrenal glands daily. Men will require as many as 14 pellets to match the 6-9 mg per day the testicles release when they are working at their optimal. Progesterone, is often given by mouth especially if the woman has some sleep disturbance. Only oral progesterone allows the body to convert it to GABA, which is the neuro inhibitory hormone that can help improve the patient's sleep.

What should one expect from long-term use of hormone therapy? Well, all those things that would normally accompany the youthful, healthier you!



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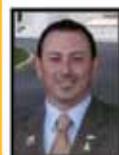
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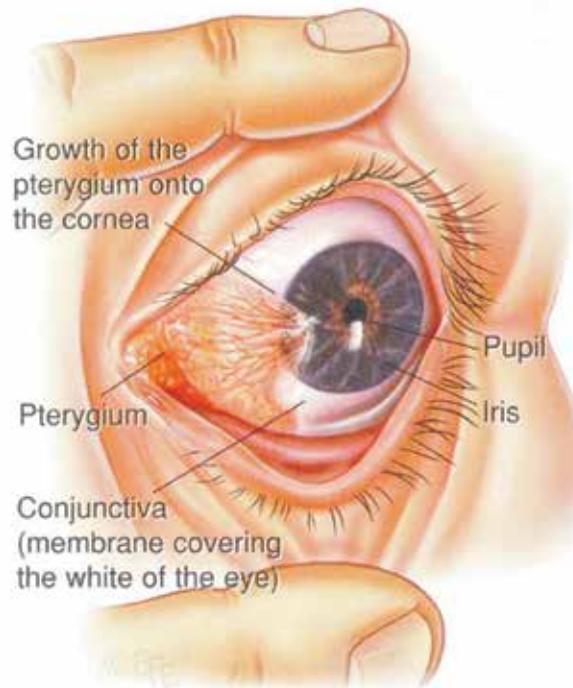
# PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

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

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

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



A pterygium may grow large enough to obstruct vision.

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



Before

After



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2<sup>nd</sup> 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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# SELFIES



- 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.

**P**ersonally, 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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