

SOUTH FLORIDA'S

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February 2016

North Palm Beach Edition - Monthly

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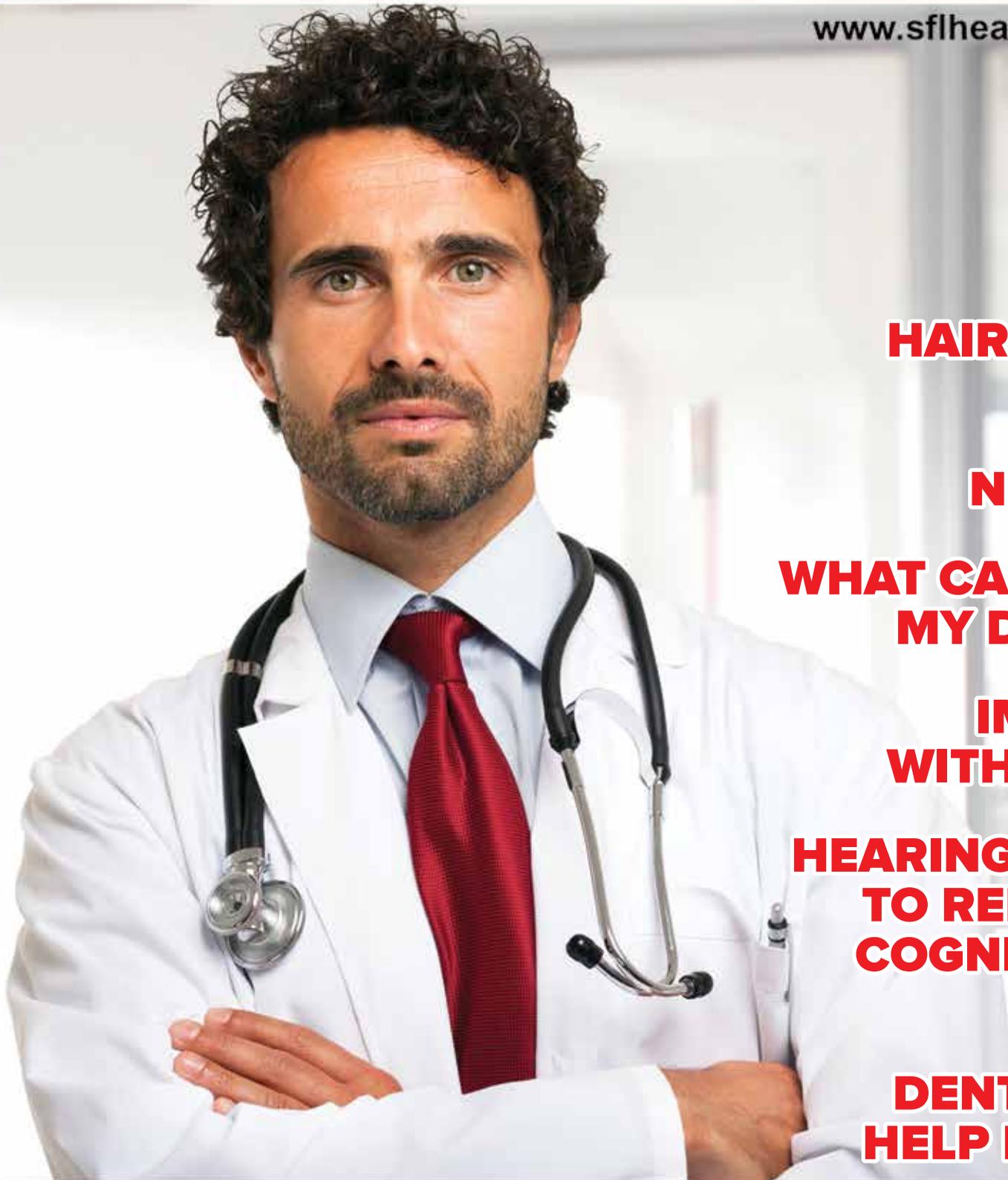
**HAIR TRANSPLANT
SURGERY:
WHAT YOU
NEED TO KNOW**

**WHAT CAN I DO ABOUT
MY DOUBLE CHIN?**

**IMAGINE A LIFE
WITHOUT ANXIETY**

**HEARING AIDS SHOWN
TO REDUCE RISK OF
COGNITIVE DECLINE**

**HOW CAN
DENTAL IMPLANTS
HELP MY DENTURE?**





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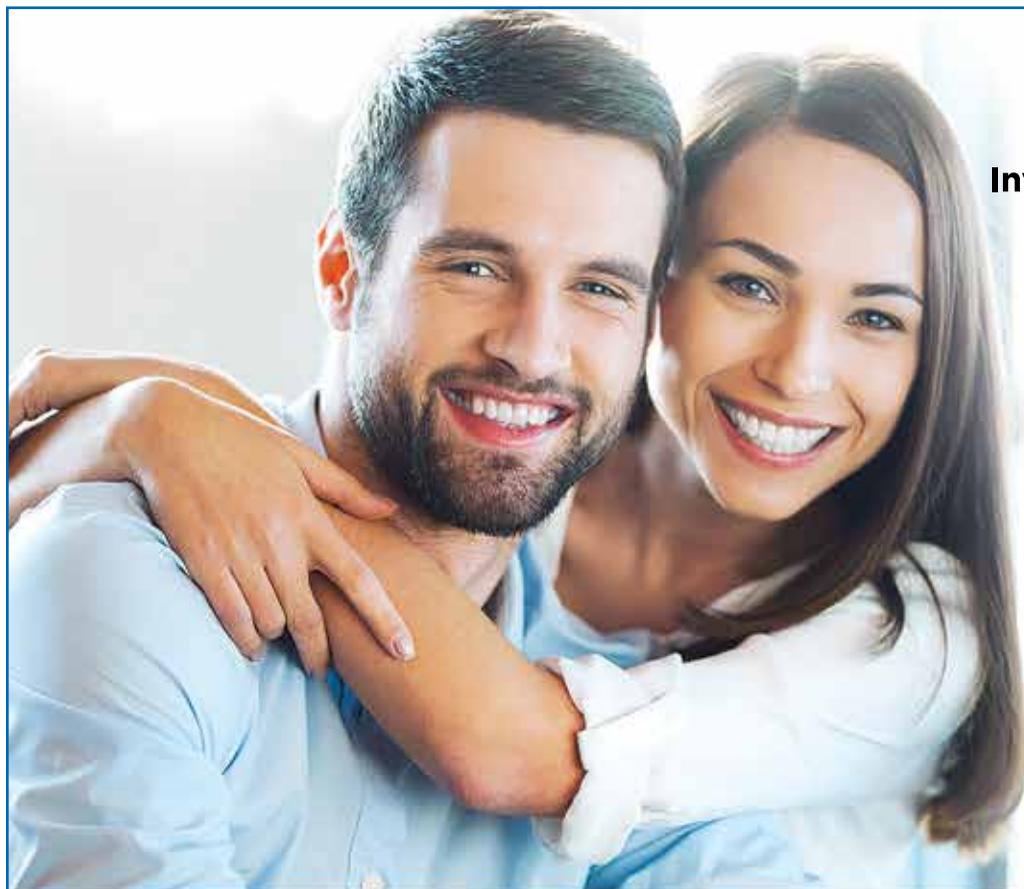
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HAIR TRANSPLANT SURGERY: What You Need to Know

By Alan J. Bauman, M.D.



transplant process. Other hand-held surgical devices, like NeoGraft FUE, also help doctors to perform a hair transplant surgery with remarkable precision, less trauma as well as help extract the grafts from the scalp. For many patients, robotic-assisted ARTAS and NeoGraft FUE in combination is used in order to achieve optimal results and maximize the amount of grafts transplanted during a single FUE hair transplant session.

FUE is an effective surgical option for patients that allows for a quicker, more comfortable recovery, less post-op activity restrictions, as well as avoiding the telltale linear scar associated with traditional linear or “strip-harvest” hair transplants. Artistic planning and placement of the harvested hair follicles by the physician and his team allows for a completely natural, permanent restoration of living and hair. FUE is also an option for “touch-up” procedures

for patients who have had transplants years ago—and even for many who have been told they didn’t have enough donor hair for another procedure.

NEOGRAFT FUE:

The FDA-approved NeoGraft FUE hand-held device can be used to extract individual hair follicles from the donor area located 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 are used while harvesting and no long, linear scar. The FUE hair transplant has been available for more than a decade, but prior to NeoGraft, it was too time-consuming and expensive for most patients to utilize. Now that the FUE process can be accurately and efficiently performed, surgeons can perform the “Cadillac” of hair transplants in considerably less time, and at less expense for patients, all with excellent quality of hair regrowth.

KEY BENEFITS OF THE NEOGRAFT FUE:

- Minimally invasive = no ‘telltale’ linear scar where the donor hair is harvested
- No stitches or staples to be removed = shorter, more comfortable recovery
- Less activity restrictions after surgery = quicker return to athletic activity so workouts resume in days, not weeks
- No telltale linear scar = Very short haircuts are possible after surgery
- Excellent hair growth results in experienced hands
- Soft, feathery hairlines can be created for a natural result

ARTAS ROBOTIC SYSTEM:

The FDA-cleared ARTAS robot is an exciting state-of-the-art medical device that assists hair transplant surgeons 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. The system features precision robotics—utilizing special cameras and software to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with harvesting based on specific algorithms programmed by the surgeon.

One of the most exciting features of the ARTAS System is the ARTAS Hair Studio, an interactive software program that allows the surgeon to create a digital 3D preview image which will help “paint the picture” for patients to ensure that they have realistic expectations about their results, *before* going into surgery.

KEY BENEFITS OF ARTAS ROBOTIC-ASSISTED FUE HAIR TRANSPLANTS

- Precise accuracy of FUE graft harvesting using image-guided robotics
- Reduced harvesting time and no “human-fatigue” factor

Thankfully, artificial looking “hair plugs” are a thing of the past. With today’s advanced surgical techniques and a surgeon’s artistic skills, hair transplants consistently produce undetectable natural-looking results.

Hair restoration saw a game-changing revolution with the advent of the no-linear-scar Follicular-Unit Extraction or “FUE” technique, but few could have predicted the impact the procedure would have on the industry. As more professional athletes, celebrities and other high-profile individuals have gone public with their results from minimally invasive hair transplants, FUE has been a key driving force behind the increasing demand for hair transplant procedures in men and women.

FUE is a less-invasive method of harvesting hair follicles and “follicular units” individually, virtually eliminating the antiquated linear or ‘strip’ harvest approach to transplantation. This meticulous process has been made more efficient through robotics, semi-automatic devices and well-trained surgical teams. ARTAS, the first FDA-approved robotic-assisted hair transplant harvesting system recently became available, and advanced clinics are using this machine to assist in the hair

- Computerized selection of FUE grafts to maximize hair yield and minimize donor area usage
- More accurate and efficient harvesting of grafts from the sides of the scalp
- More accurate and efficient harvesting of grafts in patients with atypical hair characteristics and certain ethnic patients
- Can assist in creating recipient sites according to the artistic plan designed by the surgeon.

WHAT TO LOOK FOR

One of the biggest problems with hair transplants is that many unqualified doctors offer this procedure and/or perform procedures infrequently. The risks for hair transplant patients include increased discomfort, surgical complications, infections, scarring, poor density and unnatural looking results. Another problem is that many doctors and large national clinics still mostly (or only) perform the "strip" or "linear" harvest technique instead of advanced, less invasive FUE procedures. When looking for a hair transplant surgeon, make sure you consult with an experienced *minimally-invasive* hair restoration physician—someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and performs FUE hair transplantation on a daily basis.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their artistic ability. Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask for patient testimonials.

To find a qualified hair restoration specialist, start by visiting the American Board of Hair Restoration Surgery or the International Society of Hair Restoration Surgery.

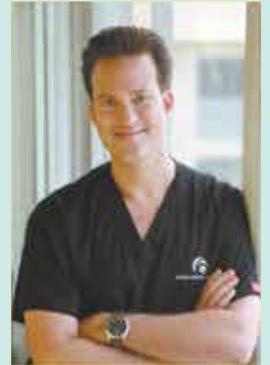
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About Dr. Alan J. Bauman, M.D.

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.

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TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment.
- Look for full-time hair transplant surgeons who are board-certified in hair restoration by American Board of Hair Restoration Surgery, and recommended by the American Hair Loss Association.
- Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and or consult long-distance.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions.
- Ask for a referral from your primary care doctor or dermatologists to a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.



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What Can I Do About My Double Chin?

by Daniela Dadurian, M.D.



Weight gain is never a happy subject for someone who has put on an excessive amount of weight. What is the result? Love handles or muffin top, a belly, back fat or chin fat. We can camouflage or hide most of it except for the fat on the face. Those who gain weight in their face aren't able to cover it up, so the only alternative is to lose weight. However, many people struggle with chin fat and it may have nothing to do with their weight at all. Previously the only alternative was liposuction. While liposuction is still a smart choice, many people do not want to have any type of incisions or downtime. The downtime is minimal if you have laser liposuction vs. traditional liposuction, but the very thought of it makes some people nervous.



A new solution that has recently been approved by the FDA is called KYBELLA®. KYBELLA® is the first and only FDA approved injectable drug that contours and improves the appearance of submental fullness or otherwise known as “chin fat.” It is comprised of deoxycholic acid. Deoxycholic acid is a naturally occurring molecule in the body that aids in the breakdown and absorption of dietary fat. Once KYBELLA® is injected into the fat layer it causes destruction of fat cells. Once the fat cells are destroyed, they cannot regenerate.

Some of the side effects may be bruising and swelling, but most patients are comfortable even without a local anesthetic. One to two treatments are recommended, however each treatment is customized depending on the person.

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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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CHOROIDAL NEOVASCULAR MEMBRANES

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



CHOROIDAL NEOVASCULAR MEMBRANES (CNVM)

are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss.

CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.

CHOROIDAL NEOVASCULAR MEMBRANES SYMPTOMS

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

WHO IS AT RISK FOR CHOROIDAL NEOVASCULAR MEMBRANES?

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

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

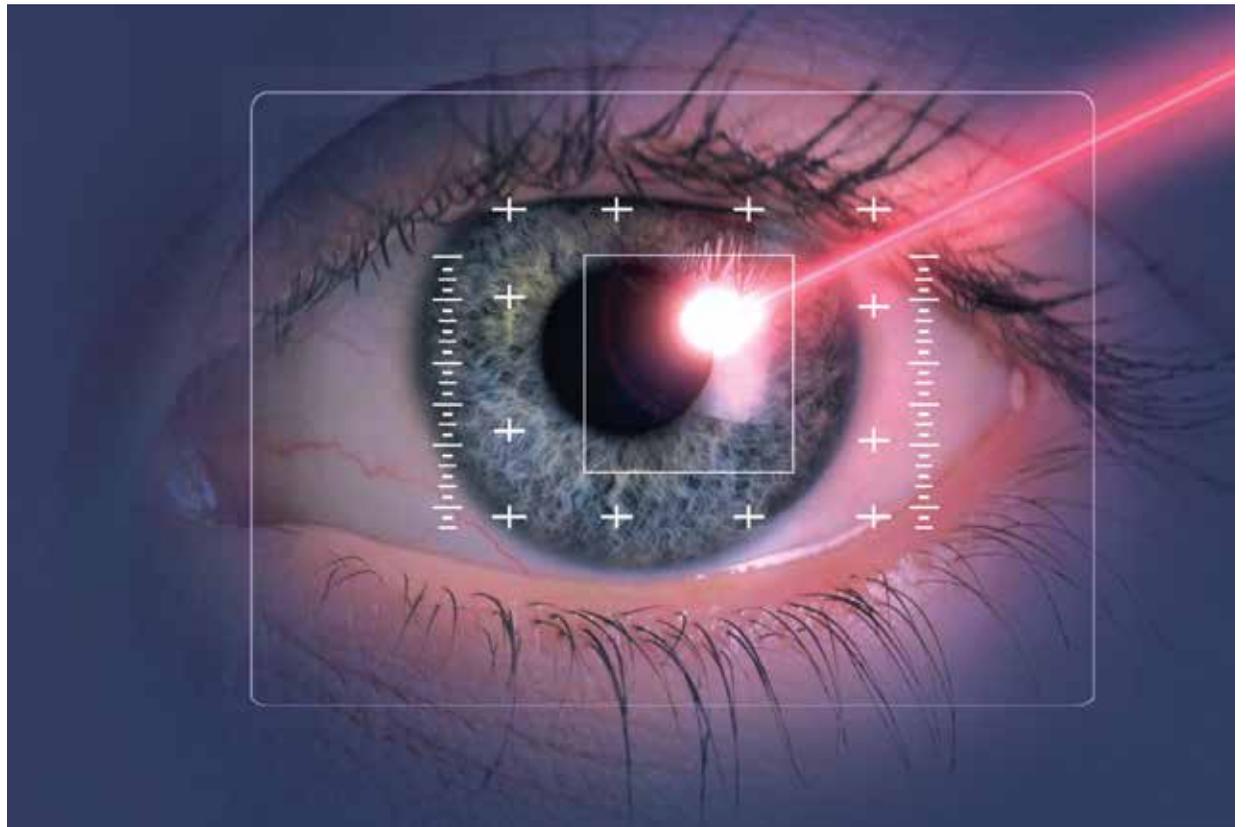
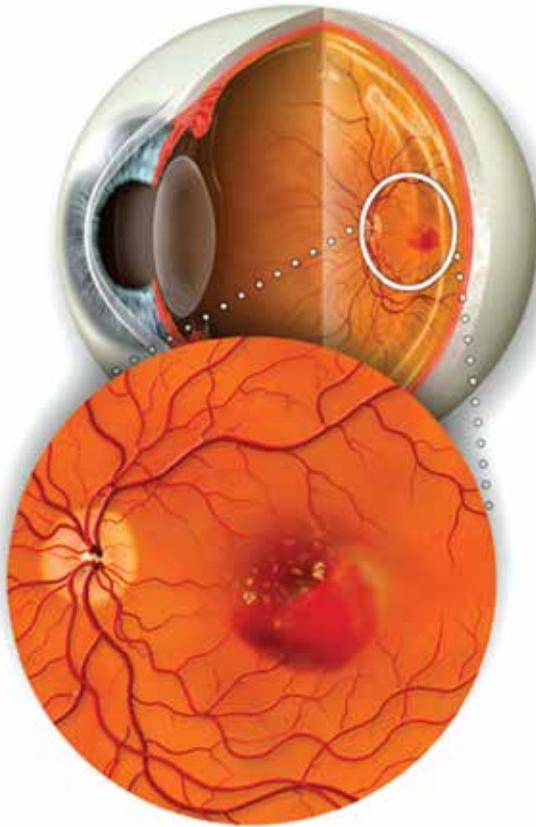
CHOROIDAL NEOVASCULAR MEMBRANES DIAGNOSIS

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs of your eye using fluorescein angiography and optical coherence tomography (OCT).

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

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps





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

THERMAL LASER TREATMENT

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

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

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

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



The Retina Institute of Florida

Lauren R. Rosecan

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

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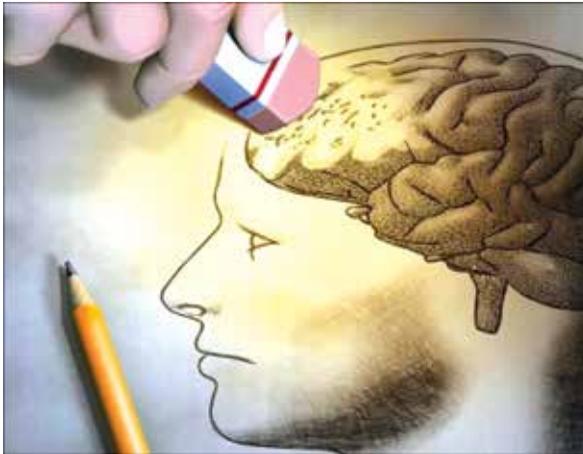
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Hearing Aids Shown to Reduce Risk of Cognitive Decline

Submitted by Dana Luzon, Au.D. CC-A, FAAA
Written by Eastside Audiology & Hearing Services



Hearing loss has been shown to be associated with a number of different health problems, from diabetes to cardiovascular problems. This really makes hearing loss a window into your overall health. Audiologists and other hearing health professionals have long believed that there is also a connection between hearing loss and cognitive decline. Due to a new study that was recently published in the Journal of the American Geriatrics Society, there is now strong evidence to support this idea.

The study, “Self-Reported Hearing Loss, Hearing Aids, and Cognitive Decline in Elderly Adults: A 25-year Study,” was published in the October 2015 edition of the journal. It was found that the use of hearing aids actually reduces the risk of cognitive decline in adults with hearing loss. The trajectories of cognitive decline among an older group of adults using hearing aids and an older group of adults with hearing loss who did not use hearing aids were compared. A group of individuals who had no reported hearing loss was used as a control. The study followed 3,670 adults who were 65 years or older for a 25-year period. The participants were given a questionnaire to assess their hearing loss, and cognitive decline was measured using the Mini Mental State Examination (MMSE).

When comparing the control group with the group of hearing aid users, no difference was found in the rate of cognitive decline. The group with untreated hearing loss, however, had significantly lower scores and greater decline when their cognitive function was tested. This data suggests that there is a strong connection between untreated hearing loss and the rate of cognitive decline.

The information this study provides is truly invaluable. No study has ever before found that those with hearing loss who use hearing aids have similar rates of cognitive decline as individuals with no hearing loss. The results show us the importance of diagnosing and treating hearing loss, as well as the consequences of ignoring hearing problems. Hearing health care providers should be sure to discuss with their patients the ways that hearing aids can provide benefit in all aspects of their health — brain health included.



**Dana Luzon, Au. D. , CCC-A, FAA,
Doctor of Audiology**

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University’s residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.



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Low Level Laser WEIGHT CONTROL

Low 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 improve 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 9 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 6 small meals per day to help control blood sugar. The glycemic index diet is worth looking at. For the best long term results avoid sugars, 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 Laser Light Therapy may be just the treatment for you! For more information or to schedule a consultation, call 614-638-7957!



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USEFUL INFORMATION ON DENTAL IMPLANTS

A dental implant may be the best option for restoring your smile when you have lost or broken a tooth. Learn more about dental implants and when they are right for you.

NEXT BEST THING TO HEALTHY, NATURAL TEETH.

Strong and stable, a dental implant restores a lost tooth so that it looks, feels, fits and functions like a natural tooth. Other options can lead to bone deterioration, and may interfere with eating, smiling, speaking and other activities.

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.

THE RIGHT CHOICE

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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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

If 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



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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.

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HOLIDAY STRESS and WEIGHT GAIN:

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



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.

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. There 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 over-indulging 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.

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

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



Yanhong Meng, AP, DOM

Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.

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How Can Dental Implants Help My Denture?

Many patients suffer with loose and non-retentive dentures. This movement can cause a number of issues ranging from difficulty chewing food to embarrassing speech (or even the accidental falling of the denture out of one's mouth). Quick fixes often include using dental adhesive glue or having the dentist reline the denture to help try and improve stability. In many cases, these attempts only slightly or temporarily help the problem. The use of dental implants can offer dramatic improvement with these stability issues.



HOW A DENTURE WORKS:

In a typical situation, when the teeth are removed an impression of the mouth is taken. This mold is a snapshot of what the gum and bone structure are at that very moment. The laboratory then fabricates the denture and the dentist fits it for you. Initially (in most occasions), the denture is stable and is held in place by a snug fit against the gums.

Over time, gum and bone tissue shrink after teeth are removed. We typically see 25% loss in the first year and then slow continuous loss after that time. It makes sense that a denture would start to loosen as the shape of the gum and bone changes and shrinks. This is where the paste or dentist relining can help, but they do not completely resolve the problem.

HOW DENTAL IMPLANTS CAN HELP:

Many patients associate implants with replacement of individual teeth. Dental implants can be used in a variety of fashions, including the stabilization of dentures. As a simple reminder, a tooth consists of 2 parts: the crown (the part you see when

you smile) and root (the anchor in the bone). When a tooth is removed, a dental implant can be placed in the empty socket under the gum (it will act as a new root). Over time, the implant and bone fuse together and the implant itself can now have a variety of things attached to it. In some cases, a new crown is made and attached to the implant root. This example most closely simulates replacing a missing tooth.

Implants can also be used in a very different fashion. A simple example is to consider the way in which a ball and socket connect (like a trailer hitch). Imagine a few implants have been placed across the upper or lower jaw. Once they have healed, a "ball" can be attached to the implant roots. At the same time, "sockets" can be added to the underside of the denture. This allows a patient to actually snap the denture in place. The denture does not move or rock when speaking or chewing. In addition, the attachment can be made so that the denture can be removed for cleaning and then locked back into place.

Patient satisfaction when using implants to support and lock in dentures is amazing. Frequently, we hear comments such as, "I can eat whatever I want again."

It is important to remember that every patient has a different set bone and gum issues. A 3D CT scan and evaluation by your surgeon and dentist can help determine what options are available to you.



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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The "Gold Standard" For Eliminating Spider Veins



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

You may wonder if sclerotherapy interferes with circulation. The answer is no. Once you visualize ugly spider and varicose veins they are no longer doing their job appropriately. Veins have tiny valves inside that work to bring blood back to the heart. The veins that you can see are no longer working effectively to bring blood back to the heart, but rather allowing blood to flow away and then back. In essence, a one-way valve

becomes an ineffective and inefficient two-way valve. You still have miles of appropriately functioning veins deep within your legs and feet. The risk of sclerotherapy includes bruising and ulceration. The bruising that results is due to your body's unique ability to eliminate waste. Once a vein is closed your body sends cells that gobble up and eliminate the un-needed end product as waste. The bruising clears up within a matter of weeks. Eventually, the unsightly veins will disappear and the person will have clear legs and feet again! Unfortunately, insurance does not pay for this procedure, as sclerotherapy is considered "cosmetic." Sclerotherapy was once considered financially unattainable for the average person. Now there is an option for those who desire clear legs and feet at an affordable price.

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

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

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

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



OUR MISSION STATEMENT

At Oceanside Vein Center, we pledge to deliver quality services at an improved price. Our hours and scheduling are convenient for patients, and our easy-to-find, beautiful location is directly across from the Jupiter Maltz Theatre on East Indiantown Road. Our convenient parking is at the rear of the building, notably the south side. The south entrance is most convenient to locate our Suite 106-B (on the first floor). As a brand-new business owned by a nurse practitioner that truly cares about your health and satisfaction, we are determined to provide you with the absolute best in customer service and patient care.

Schedule your appointment today at:
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*We look forward
to meeting you!*



Oceanside Vein Center



By Dr. Mitchell Ghen

CURCUMIN

THE ULTIMATE ANTI-INFLAMMATORY

I'm often asked what are the pillars of every single nutritional program. I typically answer that a good multiple vitamin, vitamin D, a probiotic, essential fatty acid, and coenzyme Q10 occupy that space. However, I believe that the addition of curcumin is as if not more important than the others above. As a matter of fact if someone would ask me the question that I would be stranded somewhere for a year or more and I only had one item as far as health to take with me certainly it would be an ample quantity of curcumin.



CURCUMIN is an anti-inflammatory molecule of turmeric root and it is a relative to the well known herb ginger. It is been used for thousands of years for medicinal use. It is isolated from the yellow pigment turmeric and its structure is similar to other plant pigments especially like grapes, green tea etc. all of these chemicals are polyphenols and are antioxidants.

By definition, turmeric has 5 to 10% of curcumin. In India the average individual eats approximately 125 mg per day, which may explain their lower incidence of Alzheimer's, diabetes, and prostate cancer. Even then national Institute of health has found curcumin to be a potent anticarcinogen. Interestingly enough curcumin has been found to inhibit fat tissue growth, making it part of the arsenal in a weight reduction program. For those of us that work out hard and get a lot of muscle soreness, several studies have also shown that this herb will reduce the post exercise fatigue and muscle soreness. For patients with arthritis

curcumin has been pitted against nonsteroidal anti-inflammatories with extreme success. One study showed just 200 mg of the herb after eight months decreased muscle stiffness pain and is much more tolerable with much less side effects than the nonsteroidal anti-inflammatory counterparts. Although you may not have cancer, for sure your interest in preventing one should bring you again to this nutrient. Prostate and breast cancer has been shown to be caused by the ongoing inflammation, and using curcumin can prevent these cancers to a large degree. Another study demonstrated both stroke and traumatic brain injury can cause significant behavioral and memory deficits; ongoing use of curcumin can reduce them significantly. Recently I did an online webinar for physicians on how to pre-and post treat patients undergoing conventional treatment for hepatitis C. I explained that the use of curcumin can help liver damage that is related not only to the inflammatory component of this disease but also in patients that have fatty

liver infiltrates, and liver damage from type two diabetes. And for the common tendinitis, in which the inflammation, pain, and stiffness can sometimes last for several months, the herb can play a significant role in the reduction of pain and speeding up the healing process. Because Parkinson's is a disease of increased toxins in the brain, curcumin is a perfect addition to whatever protocol of medication the patient is currently taking. State university of Michigan noted that this product prevents the clumping of proteins that occur in Parkinson's. In Japan, university found that the curcumin can improve blood flow and the endothelial function of the artery. This means that blood pressure lowered and the possibility for heart disease was reduced in general. Korean researchers also found that curcumin after eight weeks can lower the blood lipids. University of California researchers demonstrated that this herb reduces anxiety especially if it's used concurrently with an essential fatty acid. Swinburne University in Australia studied 60 women and men ages 62

to 85 and the subjects received either 400 mg of Curcumin or a placebo for four weeks. Those taking the curcumin had decreased fatigue and improved cognition. A quick search on Pub Med database can demonstrate more than 8000 articles that have been written on the subject. In addition to its anti-inflammatory properties it can also rid the body of toxins. It can grab lead out of your system and several other toxic metals.

The national toxicology program demonstrated that curcumin is safe. In animals it is been found that even small doses .6 μmol is sufficient to reduce amyloid, one of the proteins that initiate Alzheimer's disease.

The absorbency for most curcumin currently on the market is not that good, therefore it has a very low capability of getting into brain, The little bit that does get into the system does not stay for long periods of time meaning that it has a very short half-life in the body in general. Previous investigations have suggested that taking curcumin with a fatty meal and adding black pepper increases its absorbency. New formulations that will be discussed shortly have a different approach.

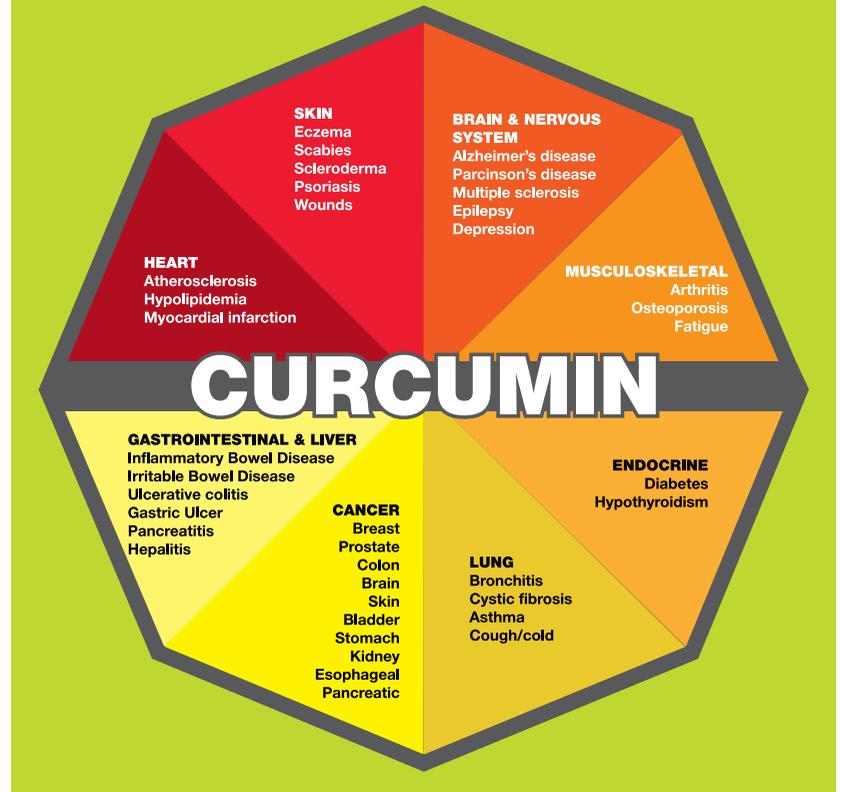
What curcumin can do that other anti-inflammatories can't is to interfere with the inflammatory cycle at many areas. This means, that even at the beginning transcription level of inflammation which includes nuclear factor Kappa Beta, curcumin can stop and prevent the initiation but also the propagation of inflammation.

With all of curcumin's potential, a formulation that allowed it to be bioavailable, could pen-

etrate the blood brain barrier and stay in the bloodstream at a high concentration would mean that we had an integral part of our daily program let alone an important substance to mitigate many of our chronic diseases. Fortunately scientists in California have developed such a formulation which I have currently have made by a manufacturer specifically for my patients. It is about 65 times of the strength of the other products on the market making a 200 mg capsule equal to 13,000 mg of other brands.

In summary, curcumin holds all of the following promises and properties. First, it is one of the most potent anti-inflammatory's with almost no side effects. It is an antioxidant. It exhibits chelation of heavy metals and toxins while holding the capability to be anti-cancer, antiarthritic, anti-parkinson, anti-angiogenesis meaning inhibiting the growth of new blood vessels. This is not only is important to stop cancer growth it also helps to decrease fat, which makes it a perfect addition to any obesity program. Also noted is its importance and capability to decrease muscle soreness, decrease Alzheimer's risk, aid recovery for patients that have had a traumatic brain injury, increase one's cognition abilities, and improve the lining of the arteries. One more

THE MANY DISEASES FOR WHICH CURCUMIN IS EFFECTIVE



thing, it has been shown that curcumin can prevent colon cancer metastasis, because it turns on an enzyme which stops metastasis.

Basically, it makes sense that every individual that wants to remain healthy, or regain their health, take a dose twice a day of the biologically active curcumin, found in the Dr. Mitch's brand.



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Imagine a Life WITHOUT ANXIETY

by Michael Cohen, Neurotechnology Expert

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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Happy Valentines day!

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THERAPEUTIC OPTIONS TO IMPROVE BLOOD CIRCULATION

By Alyssa Parker

Blood circulation is one of the most important components of our overall health and well-being. When clinical symptoms begin to arise due to poor circulation it's vital to seek preventative treatment options to avoid further complications. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness in affected limb. Blood circulation is driven by our heart which supplies our entire body with blood through the blood vessels. When the normal anatomy and function of our venous system has been disrupted that may lead to conditions such as venous insufficiency and lymphedema.



Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital condition, where an individual is born with a compromised lymphatic system. Signs and symptoms of this condition may take years to manifest in an individual.

RISK FACTORS

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one. Risk factors may include

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening

THERAPEUTIC OPTIONS:

COMPRESSION PUMP

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body. Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long term treatment. Compression devices are widely recognized and highly effective treatment. 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. A pneumatic compression device mimics the muscle contraction that

naturally occurs when performing a cardiovascular activity. Compression Devices are a recognized treatment option by Medicare and many commercial insurers.

WOUND HEALING

Chronic wounds are a huge burden on patients as well as health care providers. With poor blood circulation our body's ability to heal itself becomes less efficient. Compromised skin integrity from poor circulation will progress without treatment. At Acute Wound Care we provide patients with specialty dressings that heal the wound quickly and effectively direct to the home.

Remember it is important to seek treatment options to avoid further complications. The compression pump and specialty wound dressings are a therapeutic option 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. Our highly trained staff will assist you in finding the appropriate treatment that will offer you a better quality of life.



ACUTE WOUND CARE

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

www.AcuteWoundCare.com or call

239-949-4412

and speak with a specialist

10 Valentine's Ideas for Your Family

Valentine's Day doesn't have to be just for "couples." Include your kids or grandkids to make this Valentine's Day extra special.

1. Ask the kids to tell you how they think Valentine's Day began. Write down what they say. Then do some research with the children, online or at the library, and see if their ideas are correct.
2. Designate the month of February as a time to show special love in your home. Read the following paraphrase together of 1 Corinthians 13:4-7 (The Message).

Love never gives up. Love cares more for others than for self. Love doesn't want what it doesn't have. Love doesn't strut, Doesn't have a swelled head, Doesn't force itself on others, Isn't always "me first," Doesn't fly off the handle, Doesn't keep score of the sins of others, Doesn't revel when others grovel, Takes pleasure in the flowering of truth, Puts up with anything, Trusts God always, Always looks for the best, Never looks back, But keeps going to the end.

Then discuss each of the above characteristics of love at the dinner table on separate nights. For example, "Love never gives up." How have friends and family stood by one another in good and bad times?

3. Plan a unique scavenger hunt with the kids for Dad (or Mom). Help the children make and hide clues, taping a small chocolate kiss on each one. Have meaningful gifts at the end of the hunt. Possibilities include handwritten notes of love and appreciation, personal certificates of service (I will wash

your car, clean out the garage, cook dinner, etc.), drawings, homemade treats, framed family pictures, etc. To make the scavenger hunt extra special, end your time with a family trip to the pizza parlor or bowling alley.

4. As a family, think of those who may be especially lonely on Valentine's Day, then brainstorm ways that you could show God's love to them. The kids may want to make unique Valentine cards, bake heart-shaped cookies, or invite them to a special lunch or dinner.

5. Cultivate a sense of appreciation in your children by helping them express appreciation to their grandparents. Have each of the kids write Grandma and Grandpa individual Valentine's Day notes. On February 14, personally deliver the notes along with an arrangement of flowers or a balloon bouquet. If grandparents live out-of-town, mail each note in a separate envelope and also call Grandma and Grandpa.

6. Make February 14 a "red letter day" for your family. Decorate the kitchen or dining room with hearts, red and white streamers, and heart-shaped balloons. Wear a red outfit or apron and serve the family heart-shaped pancakes; add some red food coloring to the syrup. Make heart-shaped sandwiches for lunch, and choose dinner entrees that are red.

7. Mail each of your children a Valentine's card from you and your spouse. Share not only why you love your child unconditionally, but also your gratitude to God that your son/daughter is your child.



8. Tell your children how you celebrated Valentine's Day as a child. Then have the kids call/visit their grandparents to see how they celebrated it. Talk about ways that Valentine traditions have not only changed, but also remained the same.

9. Help the kids make an "I love you because" book for someone special (parent, grandparent, pastor, teacher, etc.). In addition to writing and drawing heartfelt messages, include some favorite photographs and artwork. For a lasting keepsake, have the book bound at a local print shop.

10. With your spouse, decide on personalized ways that you can show love to each of your children on Valentine's Day. Spend time praying about how to best do this. While love for one child may be expressed by time, another may feel loved by words of affirmation or gifts. You may want to read *The Five Love Languages of Children* by Gary Chapman and Ross Campbell.

Source: Family Life Today



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GETTING RID OF MIGRAINES NATURALLY



MIGRAINE HEADACHES are intense headaches that affect 1 in 10 people, with women being 3x more likely to experience migraines. They are also known to be a genetic trait that is passed down in families. Migraines can last up to three days and have paralyzing symptoms if not treated. The effects of a migraine can disrupt your day to day functionality and productivity leaving you excluded from the things you love until the pain has subsided. Float therapy can help, sometimes immediately, to ease some of the causes and effects of migraines.

Frequent symptoms of migraines include intense pain, stress, loss of sleep, nausea, vomiting, and sensitivity to light and sound. These symptoms put the body in a very overworked and stressed position, which is harmful to one's overall health. Stress is one of the main causes of most illnesses as it affects everything in the body, including how you feel and function.

Since migraines can take up to three days to subside, they can majorly affect both your personal and work life. How does one expect to get anything done, be productive at work, keep yourself fed, walk the dog, take care of your children, exercise, and take care of oneself while being in such intense pain for 1-3 days? What if this gets in the way of an important meeting or event because of your migraine?

Imagine effortlessly floating in 10 inches of water with 1,000lbs of Medical Grade Epsom Salt for 60 minutes. With all senses deprived, you are left with nothingness and a feeling like you are floating in a dream.



So what's the typical go-to for migraines and headaches? Going into a dark room and taking drugs. Pharmaceutical drugs are foreign to the body and sometimes don't even work for migraines.

We provide an all natural aid for migraines called "Float Therapy". Imagine effortlessly floating in 10 inches of water with 1,000lbs of Medical Grade Epsom Salt for 60 minutes. With all senses deprived, you are left with nothingness and a feeling like you are floating in a dream. You are in a lightless and soundproof enclosed tank (with induction speakers to play music if wanted), and

the water and air are heated to skin temperature so everything starts to disappear after a few short minutes. There is no other tangible environment where you are in zero gravity and completely removed from everything.

We don't call it "the ultimate reset button" for nothing. Floating can have profound impacts emotionally, physically, and spiritually. Some of the main benefits of floating include decrease of stress, pain relief, sensory deprivation, lowering blood pressure, resetting sleep cycles, muscle recovery, relaxation, meditation, and

much more. Don't most of those sound like the symptoms and effects of a migraine headache? The experience of floating is immediately relaxing and allows every muscle to relax, rejuvenating and calming the body from stress. Once you are settled in and start focusing on letting go of every thought, you are able to get into a deep relaxed state. This state mimics the response your body naturally recovers during REM sleep, which is when your body does its natural recovery. This state also allows your brain to enter theta state, which is what regular meditators attempt to reach and can be difficult to achieve outside the tank. One hour in the tank is equivalent to about four hours of sleep, so the amount of rest and recovery your body gets is incredible in itself.

The many benefits of floating help those suffering from migraines and headaches every day. Our goal is to try and get the word out so we can help as many people as we can, especially those dealing with major stress and pain. Floating is such a unique and pure experience, we encourage anyone to try it at least once!



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A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



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

By David A. Goldman, M.D.

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

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

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

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

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

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

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

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

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

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





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard’s charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine’s Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

“Teacher, which is the most important commandment in the law of Moses?” Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” - Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It’s simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. - 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It’s a simple formula – not an easy one.)

So in this month where we set aside a day of love, let’s make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers

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