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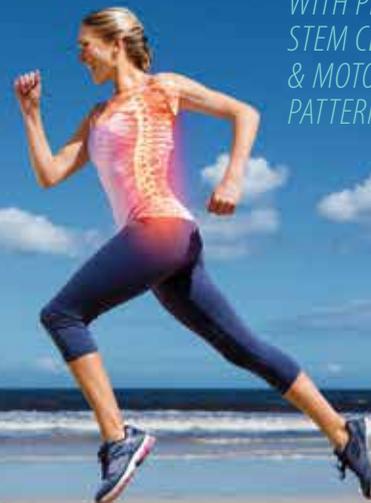
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Questions about the talk?
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Vitality

Dictionary.com definition: Exuberant physical strength or mental vigor



It is widely known that many of the effects of aging can be slowed by staying physically, mentally and socially active, and generally maintaining a healthy lifestyle. Not only must we keep our bodies active, but we must keep our brains stimulated as well.

Advertising for mental games to exercise our brains and improve memory functions are seen all over the media. What you may not know is the role auditory stimulation plays in helping to preserve memory and in keeping our brains engaged.

Michanne Davidson, a HearUSA Doctor of Audiology with 30 years of experience in the hearing healthcare industry, elaborates on the adage “If you don’t use it, you lose it!” Dr. Davidson expands on how this relates to the topic of maintaining vitality.

If you don’t stretch regularly, you lose flexibility. If you don’t add a strength training component to your exercise program, you become weak. Let’s say you spoke two languages when you were younger but had stopped using one of these languages years ago. You would likely have a difficult time remembering the vocabulary necessary to converse in that language. If you isolate yourself socially from others because you are unable to hear and participate in the verbal repartee, you become withdrawn. And the examples can go on and on...

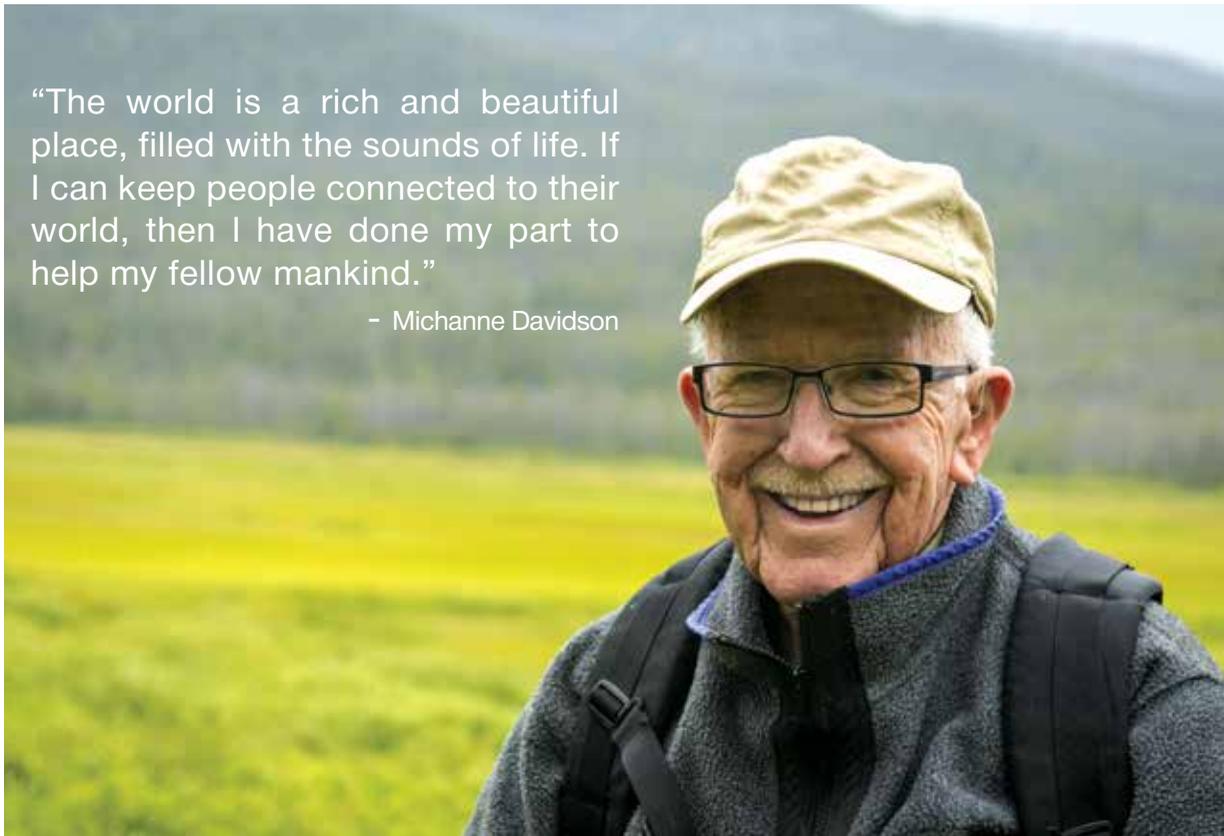
What happens with untreated hearing loss? Well, neurologically speaking, the auditory pathways which conduct sound from the ears to the cortical centers of the brain begin to degrade. Continued auditory deprivation has been shown to reduce the ability to clearly understand speech. These results of auditory deprivation are commonly seen by audiologists. Why?

Studies on healthcare trends are in agreement. People commonly wait ten years after treatable hearing loss is identified before they obtain hearing aids. Neuro-auditory degradation has taken hold. In addition, according the National Institute on Aging, individuals with untreated hearing loss are at a higher risk of developing cognitive disorders such as Alzheimer’s disease and Dementia. The bottom line....exercise your body and keep your brain stimulated.

Today’s hearing instruments are engineered to prescriptively stimulate the auditory system where you need it, thus reducing the cognitive strain associated with untreated hearing loss. There is technology available today that can link with cellular phones, televisions, computers and public address systems. For communication in noisy environ-

“The world is a rich and beautiful place, filled with the sounds of life. If I can keep people connected to their world, then I have done my part to help my fellow mankind.”

– Michanne Davidson



ments, hearing instruments can even zoom in on the intended person with whom you are communicating while reducing the surrounding sounds. These products have been proven to even outperform the human ear in demanding auditory situations. All of this in products that are small and inconspicuous. Although the appearance of the hearing instruments will not be obvious, what will be obvious is that you will once again be an active participant in the game of life.

“Every day in my practice, I am privileged to experience the joy expressed by patients trying on their first set of hearing instruments. When they hear their significant other clearly, even when standing down the hallway, they realize that they actually have been missing things. This is often followed by smiles and some tears from all of us in the room,” Dr. Davidson shares. “For this reason, if you are my patient, and I find hearing loss, I will always place my demonstration models on you so that you can experience this too.”

According to the Mayo Clinic, signs and symptoms of hearing loss may include:

- Muffling of speech and other sounds.
- Difficulty understanding words, especially against background noise or in a crowd of people.
- Trouble hearing consonants.
- Frequently asking others to speak more slowly, clearly and loudly.
- Needing to turn up the volume of the television or radio.
- Withdrawal from conversations.
- Avoidance of some social settings.

If you or a loved one is noticing signs of hearing loss – contact your local hearing healthcare provider today. Most hearing screenings are provided at no cost to you.

Meet Our Audiologist



Michanne Davidson, Au.D., F-AAA Doctor of Audiology

Michanne Davidson is a native Floridian and settled in Southern Florida because of the sub-tropical climate. She graduated with a Master of Science degree in Audiology from the University of South Florida in 1985. Michanne earned her Doctorate (Au.D.) in 2006 from Arizona School of Health Sciences. Dr. Davidson is a Fellow of the American Academy of Audiology and a Member of the Tinnitus Retraining Therapy Association. She worked in private practice for 25 years and specializes in adult hearing and rehabilitative services. Dr. Davidson obtained training certification in Tinnitus Retraining Therapy and Neuromonics Tinnitus Treatment. Joining HearUSA in 1992 for two years, she then took an extended maternity leave. In 2012, Dr. Davidson joined the company again at our Boca Raton location. Michanne lives in Coral Springs with her husband and daughter. Her two older children are away at college. She spends her leisure time with family and friends and also enjoys playing tennis.



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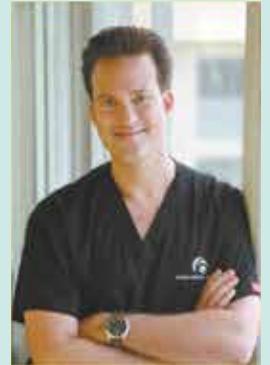
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Alan J. Bauman, M.D.
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About Dr. Alan J. Bauman, M.D.

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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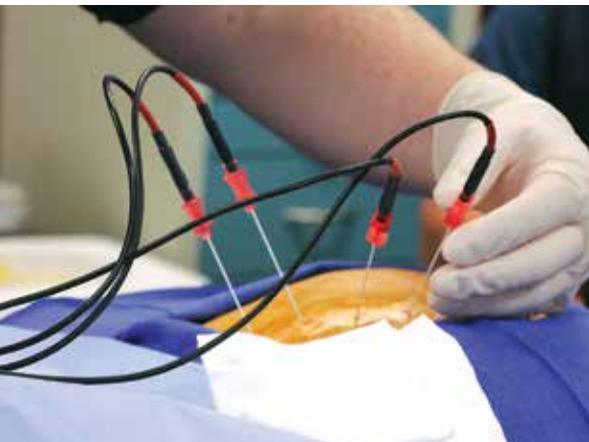
Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy



By Aaron Rosenblatt, MD

The purpose of radiofrequency (RF) rhizotomy, also known as RF neurotomy or ablation, is to reduce or eliminate facet joint pain (arthritis) and related symptoms in the neck, mid back or low back. The goal of the procedure is to interrupt communication of pain between a specific medial nerve root and the brain. The medial nerve roots innervate the spine's facet joints. This is how we feel this pain.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.



RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves **DO NOT** control sensations or muscles in your arms or legs and therefore are safe to treat.

What to Expect During and After the Procedure
The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Rosenblatt uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve.

After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

BENEFITS OF RADIOFREQUENCY ABLATION INCLUDE:

- Pain relief for up to 2 years
- Significant and longer lasting pain relief compared to steroid injections
- Low complication and morbidity rates
- Appreciable pain relief compared to surgery: Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
- Lower or no use of analgesics (pain meds)
- Improved quality of life
- No significant recovery time

Dr. Rosenblatt explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 15 years with great success. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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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.

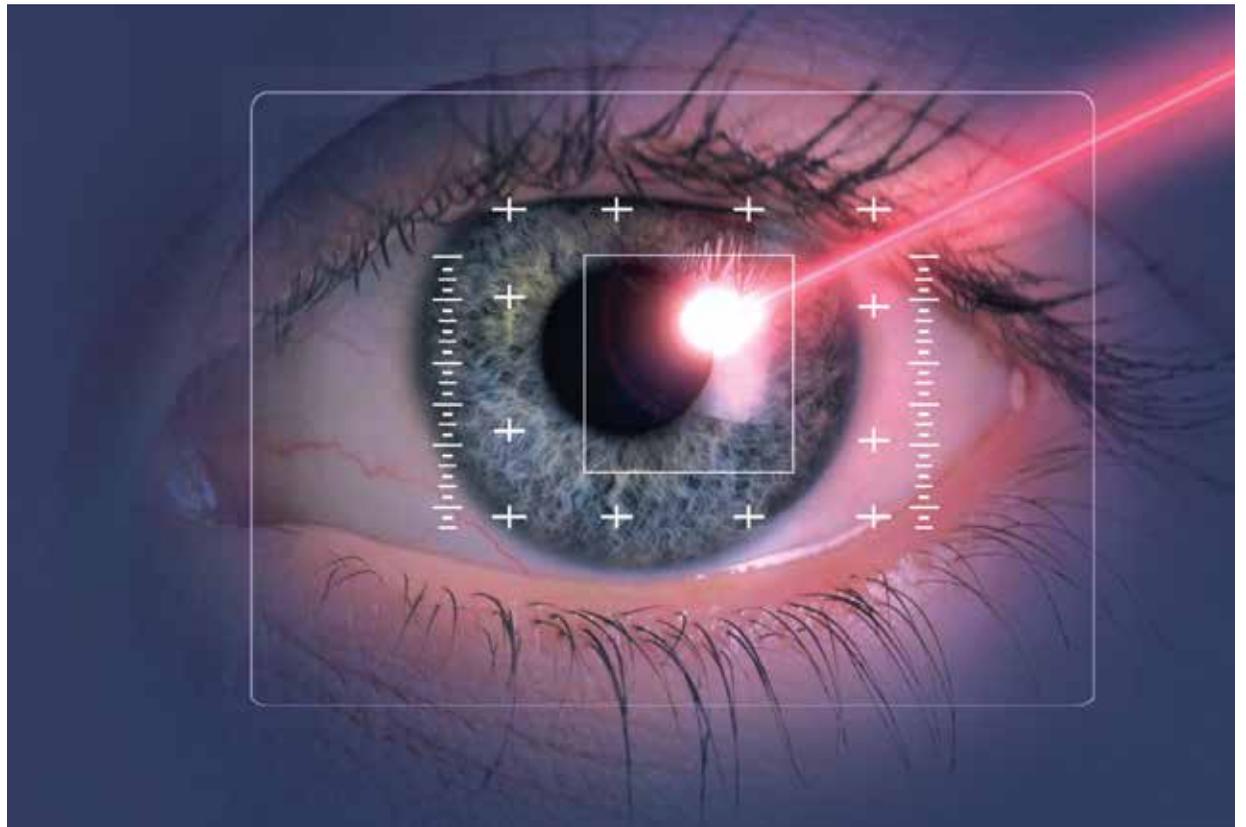
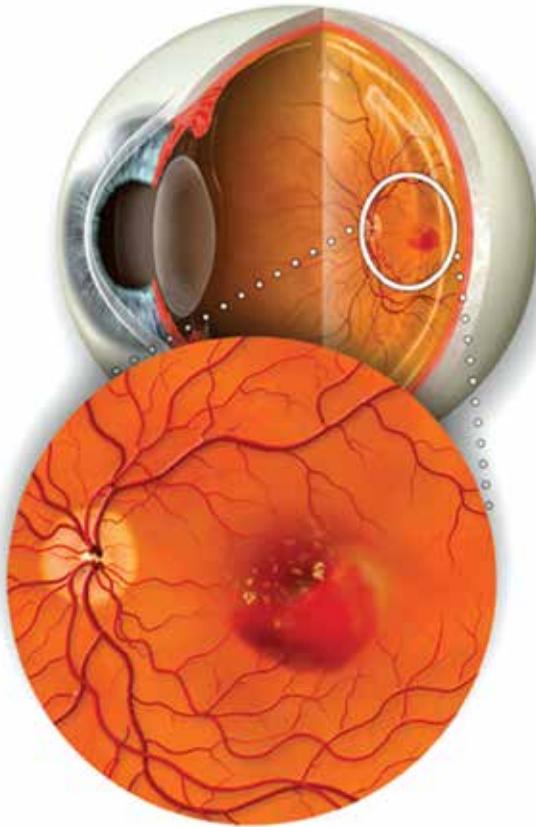
CHOROIDAL NEOVASCULAR MEMBRANES DIAGNOSIS

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.



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

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Slaying the Silicone Myth

By Juli Edwards

We all love silky, shiny hair, and makeup that will stay put even when we work up a sweat. The synthetic ingredient that's responsible for those results is usually silicone. First introduced to beauty products in the 1950s, silicones are derived from a natural product called silica (basic sand), but undergo extensive chemical processing before being added to our beauty products. Silicones go by different names and are modified into numerous different formulas in order to perform the specific role expected of them—waterproofing, retaining moisture, adhering color pigments, protecting our hair and imparting smoothness, and making the application of skincare products feel silky—no tugging on the skin as it is spread on, and no oily, sticky feeling. They give our deodorants that velvety feel, allowing them to dry quickly, and they keep water-resistant sunscreens on our skin, even when we sweat or get wet. These are all good things. Why, then, are we seeing more and more products labeled “silicone-free” or “no silicones”?

Silicone creates the illusion of healthy, shiny hair while actually further drying out the hair from the inside, which is exactly as sinister as it sounds. Silicone coats the hair shaft for a sleek shiny finish, but it prevents the real nutrients from conditioners to penetrate the hair shaft. Silicone is almost like rubber and/or plastic. It is used as a sealant against water and even air. It is not a natural ingredient and its side effects are bad for our hair. It gives the hair the illusion of shine, but it is not the shine we want—it is a fake shine from the plastic. The shine we want is when the cuticle layer is sealed and light reflects off the hair. This only happens when hair is properly hydrated and kept as healthy as possible. Silicone actually weighs hair down making it limp, lifeless, and with time, very dull. We get a good shine for a couple of days, but over time it will attract more buildup on the hair. With time it will dry the hair out because it won't allow in the conditioner and it ends up sitting on the surface. Due to lack of moisture, the hair will become very brittle and could lead to frizz and breakage.

SILICONE BUILD UP

We like hair products made from ingredients that will help improve not only the immediate look and feel of hair, but also help improve it with time. By nature, many silicones are very hydrophobic, meaning they do not wash out easily, leaving hair feeling heavy and greasy at the end of the day. When hair feels greasy, we tend to wash and style the hair more than is necessary. That leads to extra damage, meaning the materials are not helping to improve the condition of your hair over time. We call this the cycle of damage.

Because silicone adds another layer to one's hair, it can make the hair feel heavy, as silicone builds up if not washed properly. Washing the hair properly means stripping the hair or clarifying the hair, which can also make the hair feel dry and limp. So the pickle is, you have to condition again, or use another product along with the silicone in your hair, to bring back the luster and shine you've grown to love and need. However, the actual health and lus-

ter of the hair has not improved, instead the cycle of damage is just perpetuated.

Silicone is especially problematic for curly hair because most curly hair is on the dry side. Silicones can slide off straight hair more than they can on curly hair. The silicone buildup will get stuck on the curls weighing the hair down and causing more damage in the long run.

THE ENVIRONMENT

Not only is silicone problematic for your hair, it is even more dangerous for our environment. Recent concern has arose due to the fact that silicone builds up in the environment over time— they are “bioaccumulative.” Environmental activists now call for consumers to avoid them. David Suzuki lists siloxanes (forms of silicone) on his Dirty Dozen list of ingredients to avoid when purchasing personal care products. An Environment Canada review in 2008 concluded that certain siloxanes (D4 and D5) may pose a risk to the environment and have the potential to accumulate in aquatic organisms.

SPOTTING SILICONES

There are so many types of silicones. Some are water-soluble and some are not, an easy way to remember is to stay away from anything ending in “cone”, “col”, “conol”, or “xane”. Here is a list of some common silicone-based ingredients used in hair care and beauty products:

- Dimethicone Copolyol
- Hydrolyzed wheat protein (Hydroxypropyl Polysiloxane)
- Lauryl Methicone Copolyol
- Amodimethicone
- Behenoxy Dimethicone
- Cetearyl Methicone
- Cetyl Dimethicone
- Cyclomethicone
- Cyclopentasiloxane
- Dimethicone
- Dimethiconol



- Phenyl Trimethicone
- Stearoxy Dimethicone
- Stearyl Dimethicone
- Trimethylsilylamodimethicone

At Healthy Life Salon we are a 100% Silicone free salon. All of the products we use and sell, including our permanent hair color, are silicone free. Healthy Life Salon is a quaint eco-friendly salon and day spa complete with an organic wine bar located in downtown Boca Raton. The owner, Juli Edwards has been a practicing licensed Cosmetologist for more than 25 years. Juli has experienced adverse effects of artificial fragrances and other harsh chemicals and therefore has built a salon with all eco-friendly materials (no formaldehyde, silicone, or fragrance) and uses organic based products exclusively. Services start at \$15 and organic wine starts at \$7 making it easy to experience Healthy Life Salon on a budget.

To learn more about Healthy Life Salon, contact Juli at Health Life Salon and Organic Wine Bar **561-891-7527**.



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EXPERT DENTISTRY ON A PERSONAL LEVEL

The emotional side of patient care

By the Doctors at Advanced Dentistry South Florida



Our team of dental specialists frequently treat patients who are embarrassed about their missing teeth and how it affects their daily lives in a negative way. It's no surprise at all when a patient comes to us with this type of dental issue. Our doctors are not only highly skilled dental specialists who understand that each individual patient is different, but that the main focus is on making them feel comfortable enough to express their feelings in a judgement-free atmosphere.

Each patient has a different story to tell. Often the story is not as happy as the next. One patient may have had an experience in a social situation where someone made fun of them because of the way their teeth looked. Another patient may not like to even step outside due to their dental condition. The emotional stress involved can often outweigh the physical issues that arise from having dental problems.

No matter what the case may be, the doctors at Advanced Dentistry South Florida have had

tremendous success with helping our patients break free of the emotional stress and humiliation they feel comes with missing or decaying teeth.

We know that people look for dentists who connect with their patients on an emotional level because we see it every day. At our Delray Beach dental practice, we strive to provide each patient with excellent dental care from doctors who connect with our patients.

Our patients look forward to going out and showing off their beautiful new smile. Not only do our doctors give our patients a great, healthy smile, but they also provide our patients with a renewed self-confidence they thought they'd never see again. Often a patient who just received implants will need a moment to themselves right after their procedure just to take it all in while looking in a mirror. Tears start to roll down their cheeks as they feel a sense of overwhelming joy for the first time in a very long time.

One of the greatest things that happens in our office is receiving thank you letters in the mail

from patients whose lives have been changed after their time spent with us. Seeing the transformation physically and emotionally in our patients makes us proud and reassures us that what we're doing for our South Florida community is important and worthwhile.

If you have a dental issue that is affecting your social life, but you are afraid to do something about it, or you simply don't know the steps to take in order to help yourself, please call our office at 561-404-4083 to speak to a dental professional who cares and understands what you're going through. The time is NOW to start your journey to a healthier you with more confidence than you ever thought possible.

For more information, visit www.ad-sf.com or call **561-404-4083** today.



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

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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*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.

Hand Veins



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

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

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

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

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



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What is CBD

AND THE MEDICAL TREATMENT IT PROVIDES

Jeff Mandall, owner of Vapor Rocket, South Florida CBD, and on the board of directors for Miami Beach Community Health Centers is the local expert about CBD and its use. He prides himself in working with area medical providers to educate, and facilitate treatment of patients with a multitude of different health problems. We went straight to the expert to get our questions answered and here's what we learned:



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

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

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

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

1. CBD is a key ingredient in cannabis

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

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

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

2. CBD is non-psychoactive

Unlike THC, CBD does NOT cause a high. While this makes CBD a poor choice for recreational users, it gives the chemical a significant advantage as a medi-

cine, since health professionals prefer treatments with minimal side effects.

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

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

3. CBD has a wide range of medical benefits

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

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

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

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

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

4. CBD reduces the negative effects of THC

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

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

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

If you live in the US, you can legally purchase and consume Cannabidiol in any state.

Cannabidiol from industrial hemp also has the added benefit of having virtually no THC. This is why it’s not possible to get “high” from CBD.

In fact various government agencies are taking notice to the clinical research supporting the medical benefits of CBD. The U.S. Food and Drug Administration recently approved a request to trial a pharmaceutical version of CBD in children with rare forms of epilepsy. The drug is made by GW Pharmaceuticals and is called Epidiolex.

According to the company, the drug consists of “more than 98 percent CBD, trace quantities of some other cannabinoids, and zero THC.” GW Pharmaceuticals makes another cannabis-based drug called Sativex, which has been approved in over 24 countries for treating multiple sclerosis.

We at Vapor Rocket are not medical doctors, we do pride ourselves on working closely with treating medical physicians, scientists, and leading researchers in the CBD field to ensure we provide our patients with the highest quality CBD to treat identified medical conditions. If you are interested in using CBD for treatment of ailment we recommend you consult your doctor to make sure it’s right for you.

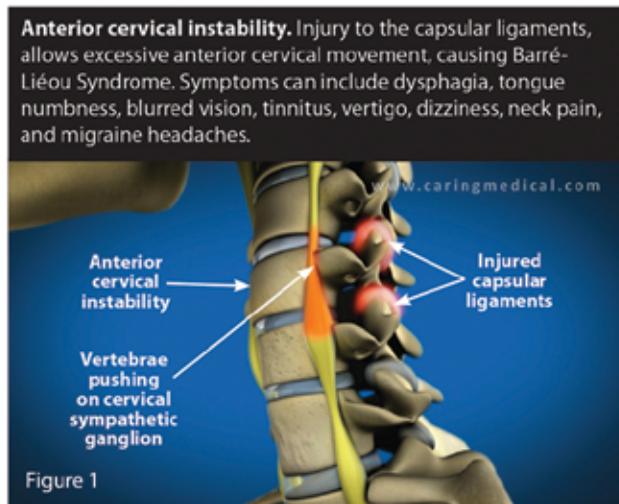
Vapor Rocket provides top of the line, high quality organic botanical oils, waxes, and pastes that offer numerous medicinal benefits. With no prescription required, our product captures the highest concentration of cannabidiol available, a chemical compound that triggers and modulates receptors in the brain to offer the following benefits: Anti-seizure, Easing chronic pain, Psychological Health Benefits, Anti-inflammatory properties. If you have further questions about CBD or request that we work with your medical professional please contact Vapor Rocket’s knowledgeable staff at **561-200-0122**.

CERVICAL SPINE INSTABILITY

Getting a Correct Diagnosis with Digital Motion X-Ray and Restorative Treatment with Prolotherapy

By Debra K. Brinker, RN

The cervical spine is unique, consisting of vertebrae that are smaller and more mobile than all of the movable vertebrae of the spine. This high degree of mobility is necessary in order to move the head through its varied range of motion. The cervical ligaments, stabilizing structures primarily responsible for connecting adjacent bones, are especially vulnerable when trauma occurs. When the cervical spine is stable, it moves and functions normally, while remaining in proper physiologic alignment and protecting the blood vessels, nerves and spinal cord. Injury to the ligaments changes this dynamic, and leads to instability of the cervical spine and inadequate support for the loads placed upon it, generating changes in the vertebral alignment and creating a cycle of imbalance among the vertebral joint structures. Cervical instability involves increased motion between adjacent vertebrae which causes excessive stress on the supporting ligamentous structures and the nerve endings within those structures eliciting pain and a variety of symptoms. (See Figure 1.)



WHIPLASH: A TYPE OF CERVICAL INSTABILITY

Whiplash injuries are a common source of cervical instability. The sudden acceleration and deceleration during rear-end collisions generate severe flexion and extension of the neck, in a whip-type

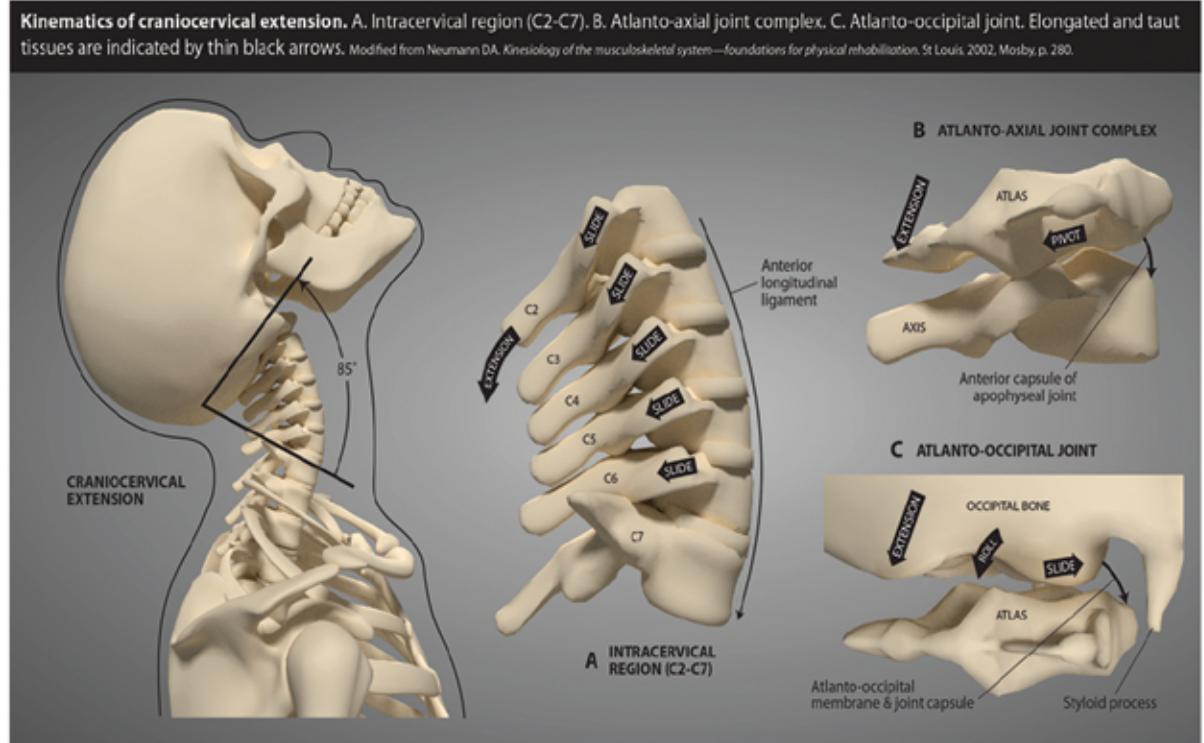


Figure 2

motion forward and backward. The backward hyperextension is often associated with more injury to the soft tissue, because it lacks the limiting effect of the chin meeting the chest in the forward “whip.” The excessive motion in hyperextension severely strains the involved muscles and ligaments, especially the anterior longitudinal ligament, and compresses the adjoining vertebral joints. (See Figure 2.)

The ligaments of the cervical spine are particularly vulnerable to injury during a whiplash event and more notably when the head is rotated at the time of collision, such as looking in the rear-view mirror. The lack of a stabilizing structure can lead to further injury of the soft tissue and joint structures and the possibility of nerve injury and the irritation of the sympathetic nervous system. Pain and associated symptoms can worsen in the weeks or months after an accident, as the area

becomes more unstable, often leaving a person chasing the symptoms without a proper diagnosis.

CERVICAL INSTABILITY: SYMPTOMS OF A MISSING DIAGNOSIS

Symptoms of cervical instability include neck pain, muscle tension and spasms, crepitation, and paresthesias. When the upper cervical spine (C0-C2) is involved, severe associated symptoms can involve nerve irritation, headaches/migraines, dizziness, drop attacks, vertigo, difficulty swallowing and/or speaking, and auditory and visual disturbances. Cervical instability can induce vertebral artery insufficiency (VBI), an alteration of vertebral arterial blood flow when the mobile vertebrae pinch off the artery, fostering an insufficiency of blood supply as it travels up to form the basilar artery which provides circulation to half the brain. VBI may arise with intermittent vertebral artery occlusion when the head is extended or with extreme rotation.

DIGITAL MOTION X-RAY (DMX): An Ideal Way to Document Cervical Instability

Digital Motion X-ray is a functional imaging tool that visualizes the bony structures and joints with video radiography while the body is in motion. (See Figure 3.) Standard imaging such as radiographs, MRI's or CT scans that generate static images have a limited capacity to realize the pain source. The capacity to capture motion imaging, visualizing the joints as they move, allows for more accuracy in diagnosing, considering musculoskeletal pain is most commonly experienced during movement. A person with a myriad of undiagnosed symptoms months after a whiplash injury, for example, moves their head and neck through a series of motions while the DMX is videotaping. If neck and arm pain is experienced in hyperextension, the clinician can correlate these symptoms with the excessive motion of the vertebrae, misalignment, and subluxation they visualize, as well as diagnose cervical instability and associated symptoms such as radiculopathy. A cervical instability diagnosis is difficult to ascertain with static imaging, but the technology of Digital Motion X-ray makes it possible. (See Figure 4.) In some cases, this technology can also aid in treatment to target very sensitive, specific areas of the spine with regenerative treatments, like Prolotherapy.



Figure 3. Patient standing in Digital Motion X-ray (DMX) machine, a diagnostic tool used to see the joints in motion and uncover instability often missed by static X-ray and MRI.

Figure 4

Digital Motion X-ray of neck before Prolotherapy. When this patient bent his head down and to the side, gapping of the facet joints can be easily seen. This is from the capsular ligaments being stretched. When he extended his head back and to the side, because of the capsular ligament laxity, the facet joints moved (cervical instability) encroaching on the cervical nerves causing excruciating pain down this patients right arm. His cervical radiculopathy resolved after receiving a few Prolotherapy treatments, which stabilized the facet joints.

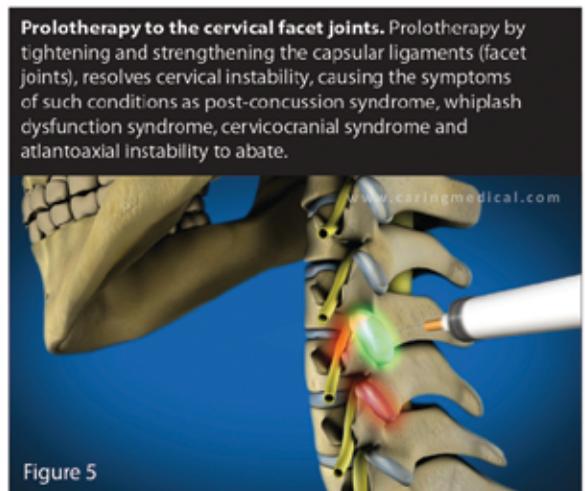
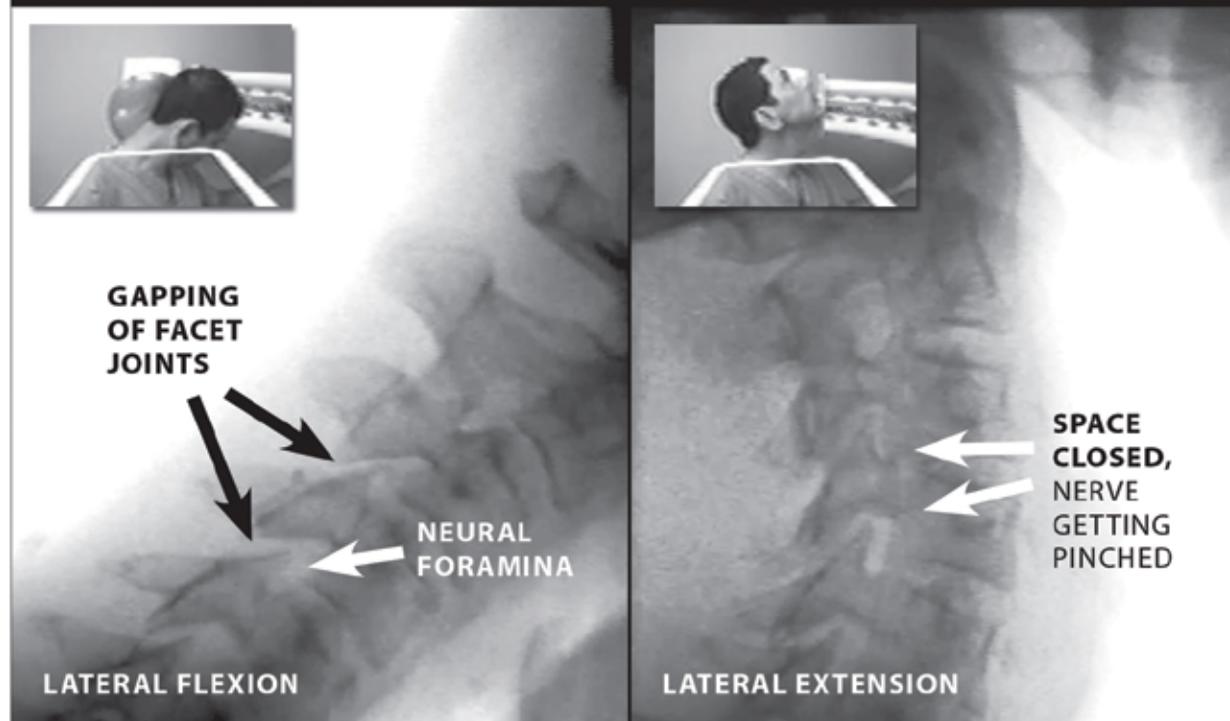


Figure 5

Ligament restoration treatment for cervical instability

Prolotherapy, a regenerative injection therapy, can be used to repair and regenerate the ligaments and structures involved in cervical instability, alleviating the instability and associated pain and symptoms. (See Figure 5.) Prolotherapy is a non-surgical option that stabilizes the cervical vertebrae and increases functionality in an otherwise life-altering condition.

PROLOTHERAPY SPECIALISTS:

Ross A. Hauser, MD.
Danielle R. Steilen, MMS, PA-C
Timothy L. Speciale, DO

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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

DIAGNOSING DIABETES and Learning About Prediabetes

There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to diagnose diabetes.

Testing should be carried out in a health care setting (such as your doctor’s office or a lab). If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test to diagnose diabetes.

A1C

The A1C test measures your average blood glucose for the past 2 to 3 months. The advantages of being diagnosed this way are that you don’t have to fast or drink anything.

- Diabetes is diagnosed at an A1C of greater than or equal to 6.5%

Result	A1C
Normal	less than 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or higher

FASTING PLASMA GLUCOSE (FPG)

This test checks your fasting blood glucose levels. Fasting means after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast.

- Diabetes is diagnosed at fasting blood glucose of greater than or equal to 126 mg/dl

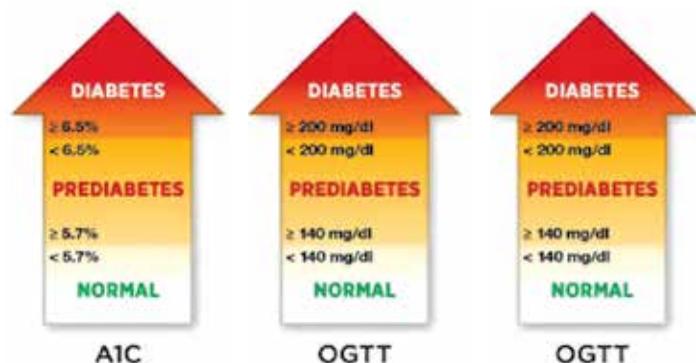
Result	Fasting Plasma Glucose (FPG)
Normal	less than 100 mg/dl
Prediabetes	100 mg/dl to 125 mg/dl
Diabetes	126 mg/dl or higher

ORAL GLUCOSE TOLERANCE TEST (ALSO CALLED THE OGTT)

The OGTT is a two-hour test that checks your blood glucose levels before and 2 hours after you drink a special sweet drink. It tells the doctor how your body processes glucose.

- Diabetes is diagnosed at 2 hour blood glucose of greater than or equal to 200 mg/dl

Result	Oral Glucose Tolerance Test (OGTT)
Normal	less than 140 mg/dl
Prediabetes	140 mg/dl to 199 mg/dl
Diabetes	200 mg/dl or higher



RANDOM (ALSO CALLED CASUAL) PLASMA GLUCOSE TEST

This test is a blood check at any time of the day when you have severe diabetes symptoms.

- Diabetes is diagnosed at blood glucose of greater than or equal to 200 mg/dl

WHAT IS PREDIABETES?

Before people develop type 2 diabetes, they almost always have “prediabetes” — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

NO CLEAR SYMPTOMS

There are no clear symptoms of prediabetes, so, you may have it and not know it.

Some people with prediabetes may have some of the symptoms of diabetes or even problems from diabetes already. You usually find out that you have prediabetes when being tested for diabetes.

If you have prediabetes, you should be checked for type 2 diabetes every one to two years.

Results indicating prediabetes are:

- An A1C of 5.7% – 6.4%
- Fasting blood glucose of 100 – 125 mg/dl
- An OGTT 2 hour blood glucose of 140 mg/dl – 199 mg/dl

PREVENTING TYPE 2 DIABETES

You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range.

Research shows that you can lower your risk for type 2 diabetes by 58% by:

- Losing 7% of your body weight (or 15 pounds if you weigh 200 pounds)
- Exercising moderately (such as brisk walking) 30 minutes a day, five days a week

Don’t worry if you can’t get to your ideal body weight. Losing even 10 to 15 pounds can make a huge difference.

Provided by the American Diabetic Association – www.Diabetes.org

COMPLICATIONS LINKED TO BADLY CONTROLLED DIABETES:

Below is a list of possible complications that can be caused by badly controlled diabetes:

- **Eye complications** - glaucoma, cataracts, diabetic retinopathy, and some others.
- **Foot complications** - neuropathy, ulcers, and sometimes gangrene which may require that the foot be amputated
- **Skin complications** - people with diabetes are more susceptible to skin infections and skin disorders
- **Heart problems** - such as ischemic heart disease, when the blood supply to the heart muscle is diminished
- **Hypertension** – common in people with diabetes, which can raise the risk of kidney disease, eye problems, heart attack and stroke
- **Mental health** – uncontrolled diabetes raises the risk of suffering from depression, anxiety and some other mental disorders
- **Hearing loss** – diabetes patients have a higher risk of developing hearing problems
- **Gum disease** – there is a much higher prevalence of gum disease among diabetes patients
- **Gastroparesis** – the muscles of the stomach stop working properly
- **Ketoacidosis** – a combination of ketosis and acidosis; accumulation of ketone bodies and acidity in the blood.
- **Neuropathy** – diabetic neuropathy is a type of nerve damage which can lead to several different problems.
- **HHNS (Hyperosmolar Hyperglycemic Nonketotic Syndrome)** – blood glucose levels shoot up too high, and there are no ketones present in the blood or urine. It is an emergency condition.
- **Nephropathy** – uncontrolled blood pressure can lead to kidney disease
- **PAD (peripheral arterial disease)** – symptoms may include pain in the leg, tingling and sometimes problems walking properly
- **Stroke** – if blood pressure, cholesterol levels, and blood glucose levels are not controlled, the risk of stroke increases significantly
- **Erectile dysfunction** – male impotence.
- **Infections** – people with badly controlled diabetes are much more susceptible to infections
- **Healing of wounds** – cuts and lesions take much longer to heal

Glades Medical Group offers a comprehensive wellness program tailored to fit a full spectrum of individual lifestyles, from age specific care, to gender based treatment needs. We offer highly effective maintenance programs for preventative care to increase vitality, enhance memory, reduce stress, and improve overall quality of life.

Patients from twelve through senior years – focused on acute, chronic care and lifelong management of health and well-being. To speak with one of our doctors contact the Glades



HELP!

THE HOLIDAYS ARE OVER... WHY AM I STILL ANXIOUS?

By Renee Chillcott, LMHC

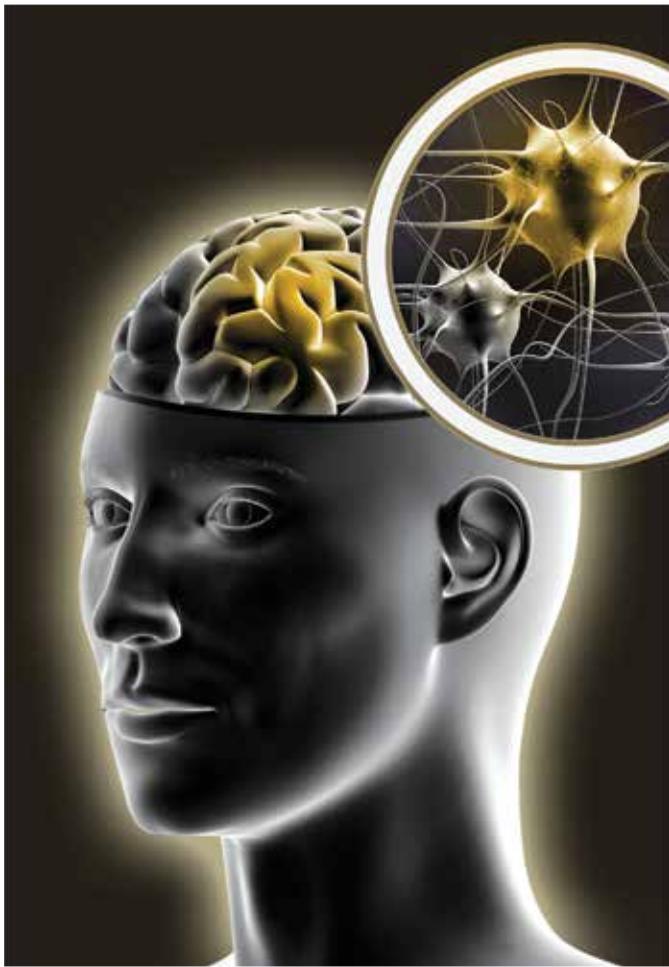
Late nights, holiday food, visiting with relatives and financial strain may have caused the Holidays to be not quite joyful and bright, but now that it's over and I am back to my routine, why do I still feel so anxious? I'm having trouble falling or staying asleep, I am obsessively thinking or worrying about things and I'm irritable or easily frustrated. My anxiety seems to sometimes be manageable and other times completely out of control and I may even be experiencing panic or anxiety attacks. Nothing seems to really make it better. What can I do?

WHERE DO I START?

First, there is a difference between anxiety and stress. Anxiety is a pattern in the brain and stress (physical or emotional) is a condition caused by an external force. Second, Neurofeedback can help. Strong research evidence indicates that there are functional brain abnormalities associated with anxiety and panic disorder and posttraumatic stress disorder (PTSD). And Neurofeedback training corrects functional brain abnormalities. Simply put, Neurofeedback corrects the anxiety patterns in your brain, thus allowing you to handle stress with ease.

HOW DOES NEUROFEEDBACK WORK?

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



EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) in the center of the frontal lobe (Anterior Cingulate) you will experience worrying, obsessing, not being able to let things go; or if too many “fast” waves (high beta) are firing in the left temporal or parietal lobe, you will experience trouble sleeping, racing thoughts, panic attacks, physically unsettled. The therapist adjusts a reward band to encourage more balanced activity and this encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

WHAT SHOULD I EXPECT?

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

WHAT DO I HAVE TO DO?

While the client sits comfortably watching a movie or pictures appear on a monitor (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the

HOW DO I GET STARTED?

Getting started with Neurofeedback is fairly simple. Call, text, or email our office to set up an intake session. At the intake session, you will receive a clinical interview, treatment plan recommendations, and a Neurofeedback session.

CALL TO MAKE AN APPOINTMENT TODAY!



Renee Chillcott, LMHC

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

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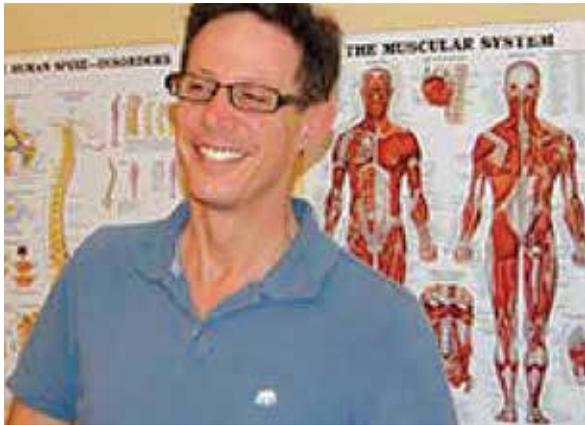
EFFECTIVE THERAPY INCLUDES NEURO-PERFORMANCE PROGRAMS

For many years therapy was something recommended to frail individuals who required a medically supervised exercise program to hopefully regain in part, their strength and flexibility. Typically, the therapy was preceded by a deterioration of personal abilities or a loss of function due to an acute crisis. Recent improvements to therapy programs have expanded upon the already accepted plan of care, thereby increasing the physical challenges to one's body but the functional systems used remained the same. Any enhancement in muscular strength and skeletal movements were very dependent upon the individual's personal determination and focus on the program. Not an ideal structure for those experiencing the multitude of disease that pose neurological limits to one's ability to move.



The mounting challenges of living with neurologically based diseases like Parkinson's disease, multiple sclerosis, or stroke recovery led many researchers to more closely examine the underlying causes of the disease and develop new ways in which to rehab the ailing body. Becky Farley's LSVT program was one of the first programs specifically designed for the neurologically challenged patient. Other programs include Neuro-Fit by Neuro-Fit Systems, Inc., GIGERMD Therapy and a multitude of others. These programs, while remaining limited in the availability, did result in significant breakthroughs for many.

In 2013, after many years of focusing on the neurologically based diseases, Ed Gray, OTR/L PTA and his wife, Jodi Gray, PT, formed Florida Movement Therapy Centers For Excellence. This represents the culmination of the 7 years of successful and evolving therapy at Avenue Therapy & Wellness and two years of neurologically focused therapy at the GIGERMD Movement Therapy Center. The focus of the organization is simple; offer the best, most comprehensive outpatient therapy possible for all who desire to improve their mobility for a better life and lifestyle.



The programs offered at Florida Movement Therapy Centers address the simplest to the most complex conditions in a delightful, highly energizing environment structured for success. With proprietary programs like Boxing For Balance, Neuro ED, and GIGERMD Therapy, the specially trained and certified therapists can address all the physical aspects of mobility-muscular, skeletal AND neurological. The programs at Florida Movement Therapy Centers are the first and only comprehensive programs designed to retrain the brain and develop the body to work as a whole again. Utilizing unique devices like the GIGERMD medical device, imported from Switzerland for its novel approach to neurological therapy, the patient reprograms the brain to direct movement with a “normal” pattern again. The GIGERMD medical device is exceptional in retraining the arms and legs by simply placing the patient in the most physiologically safe position and encouraging harmonious movement against varying resistance. With an equal number of revolutions forwards and backwards completed, neuroplasticity can occur.

The Boxing For Balance program encourages patients to think and act beyond their limits through atypical movement patterns. This helps develop better response times and reactions to every day challenges. Neuro ED is a combination of various training programs like Tai Chi, dance, TRX and ropes. The foundation for each of these programs further develops the four key components to enhanced neuro-performance; emotion, cognition, strength and coordination. At the completion, the patients declare they are more confident and ready to live and act independently again.

Patients who benefit from these programs include those with Parkinson’s disease, multiple sclerosis, stroke, stenosis, balance, orthopedic and gait disturbances. All together, the programs, unique devices and highly trained and certified staff will challenge you to help you meet your goals.

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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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