

S O U T H F L O R I D A ' S

# Health & Wellness<sup>®</sup> MAGAZINE

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South Palm Beach Edition - Monthly

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**FREE**



**What to Expect From  
a 'HAIR RESTORATION  
VACATION'**

**LASER LIPOSUCTION**

**MAY IS "BETTER  
HEARING MONTH"**

**AVOID  
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# Worried About Memory loss?



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# May is “Better Hearing Month”

## Help the ones you love come to terms with their hearing loss.

**A**cknowledging hearing loss usually begins with complex reactions, but the first and most common one is denial. Although there are many reasons why people go into denial about hearing loss, the bottom line is: taking that first step to get a hearing test may confirm their worst fear – that they do, indeed, have a hearing loss.

There are factors that make denial a logical mind set for many people. For example, hearing loss often progresses slowly. People don’t realize what they are missing in conversations and how many everyday sounds from the world around them they no longer hear – they subconsciously adapt to this subtle progression. It is a known fact that it takes about 7 years for someone to acknowledge hearing loss. They may even hear well in some situations – good acoustics, quiet atmosphere without background noise, one-on-one conversations with a familiar person who articulates clearly. This results in the rationalization that their hearing is fine. Denial can even be a tricky thing when that person uses it as a defense mechanism, causing them to point their finger outward: everyone else has the problem – the world “mumbles”! But most of the time the denial goes back to our society’s historical “taboo” of aging.

How can we help our loved one move beyond denial? The best advice is - don’t push too hard. They will resist even more. After all, if someone is in denial then he/she truly believes nothing is wrong! So, if the idea of possible hearing loss and therefore having to get a hearing test is going down like the Hindenburg, take baby steps.

First, find out where they are having the most trouble hearing and work on situations one at a time. Show them what they are missing as opposed to mocking or making fun of what you have observed. If the volume of a TV becomes too loud, look into assistive listening devices that can be used with TVs. Find a phone or handset with stronger volume control if they are missing phone calls.



Or, if they can’t hear the door bell, alarm clock or smoke alarm, look into visual/vibrating alerting systems. Use safety as the motivator to get them to consider taking that hearing test. These are the first steps to get people to be aware of their hearing loss and of what they can do about it.

As the person who is trying to get a loved one to take a hearing test, it is important for you to know the other reasons for making that happen. Long term unchecked hearing loss can cause auditory deprivation (a condition that results in the brain “forgetting” how to hear and understand speech). 95% of people with hearing loss can be treated with hearing aids. Nine out of ten hearing aid users report improvements in quality of life.

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## Here are some other helpful hints to help you deal with denial:

- Sit down and talk openly and honestly about how their hearing loss affects you and your relationship with them. Assure them that they are loved and how you miss being able to enjoy things together. Make the hearing loss “our” problem not just “their” problem.
- Watch for health fairs that offer free screenings. Go to them together and take advantage of all the information as well as the free screenings that they may offer.
- Check to see if their medical insurance covers hearing evaluations and hearing aids. If there is no coverage, offer to help with the cost if that is feasible for you. Check out what financial help is available at [www.hearingloss.org](http://www.hearingloss.org).
- Get them used to the idea of scheduling a regular hearing test as part of good routine health care, just like getting mammograms, checking blood pressure, testing vision, and having a colonoscopy. Set an example by getting your own hearing tested.
- Help by setting up appointments with a hearing care professional.
- Most importantly, educate yourself about hearing loss: the different types, the causes, the psycho-social impact, and what to do if you have hearing loss. With this information under your belt, you will be ready when they are and can answer questions and steer them in the right direction.
- Stay positive – the issue could be as simple as a build-up of wax in the ear!
- Offer to drive or find someone else to drive them to their appointments.



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# What to Expect From a ‘Hair Restoration Vacation’

By Alan J. Bauman, M.D.

A growing number of men and women are taking advantage of the many tools and treatments available to treat hair loss – and some are even making a Florida vacation out of it.



With a ‘hair restoration vacation,’ you are not only giving yourself a boost by permanently restoring your own living and growing hair, but also treating yourself to a little pampering and relaxation. The idea might seem strange at first, but combining your hair transplant with a relaxing vacation may be just what the doctor ordered.

## GETTING STARTED: CONSULTATIONS AND PREPARATIONS

The first step in the process is a preliminary evaluation of your hair loss status and a discussion about factors that are affecting your hair loss, which can be done easily in the office, or long distance via phone or Skype. During the consultation, your goals and expectations regarding hair transplantation will be discussed and whether you are a candidate for a hair transplant procedure. Next, a personalized treatment plan is created that will give you the best chance at achieving optimal results. Details regarding the size and number of recommended hair transplant sessions as well as effective preventative treatment options will be provided.

For those patients interested in upgrading their hair transplant into a ‘hair restoration vacation,’ they are able to choose from a variety of pre-assembled packages, which include various travel and accommodation options that can fit any individual style, time-frame and budget. Patients and their families are able to enjoy luxury accommodations and amenities while receiving state-of-the-art hair

restoration procedures, and then able to return home completely healed and refreshed.

## CHOOSING THE RIGHT PROCEDURE

With today’s advanced surgical techniques, hair transplants involve minimal recovery and offer undetectable, natural-looking results. FUE or “Follicular Unit Extraction” is the least invasive type of hair transplant. The less-invasive FUE method is appealing to patients looking for an alternative to the “strip” or “linear” harvest transplants, and the hairstyle-limiting telltale scarring they leave behind. Artistic use of the harvested follicles by an experienced surgeon delivers a permanent restoration of your own living and growing hair that’s never pluggy or unnatural.

The two most advanced techniques that may be used for hair follicle harvesting and transplantation are:

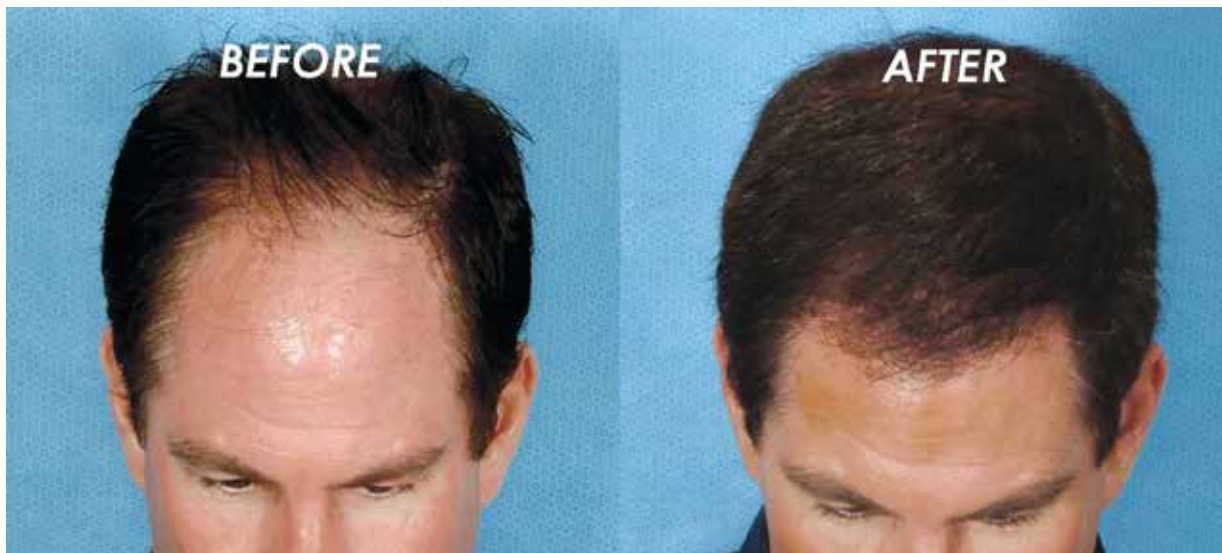
- **NeoGraft FUE:** The FDA-approved NeoGraft FUE device is a tool used to extract individual follicular units and hair follicles from the donor area located at the back of the patient’s scalp – which are then implanted into the bald areas. This means no scalpels, sutures, or staples for the patient in the donor area. It also replaces the older “strip harvest” method of hair transplantation, which removes a large strip from the back of the patient’s scalp, resulting in a long linear scar.

- **ARTAS Robotic-Assisted FUE System:** The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot’s sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety, accuracy, efficiency and comfort during their hair transplant procedure. The innovative ARTAS robotic FUE system uses advanced digital imagery to “see,” map and analyze the hair in natural groupings on the scalp for harvesting. The system features stereovision sensors to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with precision robotic harvesting based on algorithms programmed by the surgeon.

## CHOOSING THE RIGHT SURGEON AND SURGICAL TEAM

While certainly exciting, new technology like NeoGraft or ARTAS robotic-assisted FUE is only one “piece of the puzzle.” The critical-to-quality step in hair transplantation is the artistic ability of the surgeon to recreate the natural angles, orientation and position of each individually transplanted hair. Errors in planning and artistic judgment can derail the best intentions of a surgeon through inefficient or wasteful use of the harvested follicles or, even worse, an unnatural looking result.





### RECOVERY AND RISKS

One of the biggest benefits of FUE transplants is the shortened recovery period. Because there is no major incision and no stitches or staples used, the recovery phase is quicker and more comfortable—allowing for workouts and most athletic activities to resume after just several days.

Despite the advances in comfort and safety, patients should be advised that as with any surgical procedure, hair transplants do come with risks, including complications like infections, scarring, poor density and unnatural looking results. The risks are greatly magnified when an unqualified doctor or inexperienced teams perform the transplant. Patients should always look for full-time hair transplant surgeons who are ABHRS-certified in hair restoration, recommended by the American Hair Loss Association and have extensive experience in performing delicate hair transplant surgery. Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to consult and travel long-distance.

### DON'T WAIT, BOOK YOUR 'HAIR VACATION' TODAY

Whether your decision is spurred by the desire to keep your transplant private, or you are simply looking to combine some R&R with your procedure, don't wait to book your 'hair restoration vacation.' The sooner you treat your hair loss, the sooner you can enjoy the benefits of a fuller, thicker more healthy and youthful head of hair.

If you are interested in a hair restoration vacation, or would like to learn more about Dr. Bauman or to make an appointment, visit <http://www.baumanmedical.com> or call 1-877-BAUMAN-9 or 561-394-0024.

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*“The idea was the brainchild of Boca hair doctor, Alan J. Bauman M.D.” – CNN 2002*

*“It's like a pit-stop to give you a ‘spike of youth...’ new oil, new gas, new hair, there you are!” – Dr. R. Fischer, hair restoration vacation patient from the UK*

*“A hair transplant procedure is 90% art. You need the right tools, but you also need an aesthetic eye.” – Dr. Alan J. Bauman, hair transplant surgeon on CNN*

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

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 15,000 hair loss patients and performed nearly 7,000 hair transplant procedures. A international



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

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

### Hair Loss Study Candidates Needed!

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# Laser Liposuction

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

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

## Less Downtime

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



## Flexible Fiber

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

## Less Risk

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

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

## Skin Tightening

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

## Even Results

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



BEFORE



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## A New Alzheimer's Clinical Study Opportunity Right Here In Palm Beach

By Dr. Laszlo Mate



**T**he MINDSET study is a phase 3 clinical research study evaluating a new investigational treatment for mild-to-moderate Alzheimer's disease.

This study drug, known as RVT-101, is being studied as an add-on therapy to donepezil (sometimes known as Aricept®), the most widely used medicine to treat Alzheimer's disease today. In a previous 684-patient clinical study, the combination of RVT-101 and donepezil provided patients with statistically significant benefits in cognition and ability to perform daily living activities, as compared to donepezil alone.

The MINDSET study is designed to confirm these results and could be the final study required for the FDA approval of RVT-101.

The study involves approximately 170 expert physicians at clinics around the world, referred to as research "investigators." I am pleased to be one of these investigators, and will be seeing patients for the study at my clinic right here in Palm Beach.

### **ABOUT RVT-101, A POTENTIAL TREATMENT FOR MILD-TO-MODERATE ALZHEIMER'S DISEASE**

RVT-101 works by raising levels of acetylcholine, a vital chemical in the brain that is believed to help with cognition and performing daily living activities. RVT-101 works by rais-





Participating in clinical studies allows dementia patients and caregivers to contribute to the development of new treatments and access potential treatments that are only available through study participation. The MINDSET study is evaluating an important potential oral treatment, and I encourage patients and caregivers to learn more.

ing levels of acetylcholine directly, similar to turning up a faucet. Donepezil also increases acetylcholine, but does so indirectly by preventing acetylcholine from being cleared from the brain, similar to blocking a drain. In combination, RVT-101 and donepezil work together to increase acetylcholine by both turning up the faucet and blocking the drain.

RVT-101 only increases acetylcholine in the brain (not the rest of the body), so researchers believe drug the drug avoids some of the unwanted side effects associated with donepezil. RVT-101 has already been studied in 13 clinical trials and administered in over 1,250 individuals, and showed a favorable safety and tolerability profile in those studies.

RVT-101 is administered as a once-daily, oral therapy without the need for PET imaging, MRI monitoring or IV infusions.

#### WHAT IS INVOLVED IN STUDY PARTICIPATION

The MINDSET program will consist of a 6-month double-blind study, in which patients will have a 50-50 chance of receiving RVT-101 or placebo. "Double-blind" means that neither the

patient nor the investigator knows whether the patient is receiving RVT-101 or placebo. All patients who complete the double-blind study will be eligible to enroll in a 12-month open-label extension study in which all patients will receive RVT-101.

Study participants will receive the study medication, study-related medical care, and study-provided donepezil at no cost to them. Transportation to and from study visits can be provided or reimbursed. Compensation for study-related time may also be available. Insurance is not required to participate.



#### WHO IS ELIGIBLE

Individuals between the ages of 50 and 85 who are suffering from Alzheimer's disease or memory loss and taking the medication donepezil (often known as Aricept®) may be eligible to participate.

If you or a loved one might be interested in participating in the MINDSET study, please call the practice of Dr. Laszlo Mate at **561-626-5551**

**Editor's Note:** Dr. Laszlo Mate, a neurologist in Palm Beach who specializes in the treatment of Alzheimer's disease and dementia, recently began enrolling patients in a clinical study evaluating a potential new treatment for mild-to-moderate Alzheimer's disease. We invited Dr. Mate to share more information about this study, called MINDSET. If you or a loved one might be interested in participating, please call Dr. Mate's office at **561-626-5551**.

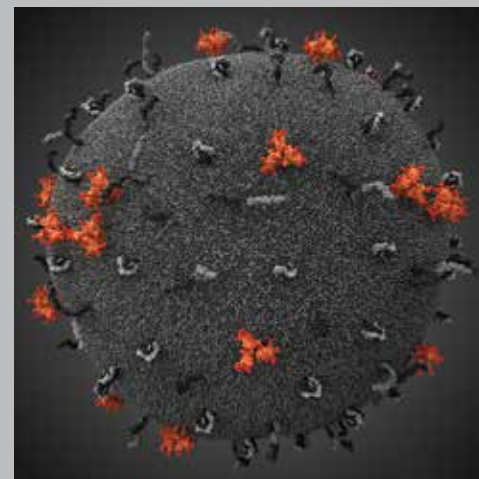


# HIV AND THE EYES

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

**T**he **HUMAN IMMUNODEFICIENCY VIRUS (HIV)** is a virus that causes the body's immune system to break down. Your immune system fights off illness and infection and is very important for a healthy body.

Once HIV is present in the body, it attacks important white blood cells in your immune system called lymphocytes, or T-cells. T-cells identify and destroy invading organisms in the body. Once attached to the T-cell, HIV replicates and destroys the cell. When your body is deprived of enough T-cells, it can become very sick from infections that a healthy person's immune system would normally fight off, such as colds, flu and other viruses.



## WHAT IS AIDS?

AIDS is acquired immune deficiency syndrome, and is caused by HIV. Someone is considered to have AIDS when their immune system is no longer able to keep them healthy. For someone with HIV, the process of the virus destroying T-cells and replicating itself may go on for years. This is why many people infected with HIV do not get sick with AIDS until years later.

## HOW DO YOU GET HIV?

HIV lives and reproduces in human blood and other body fluids. Someone can become infected with HIV if these infected fluids enter their body.

### These fluids can contain high levels of HIV:

- Blood
- Semen
- Pre-seminal fluid
- Breast milk
- Vaginal fluids
- Rectal (anal) mucous

Other body fluids, as well as waste products like feces, urine, vomit, nasal fluid, saliva, sweat and tears, generally don't have enough HIV in them to infect you, unless blood is present in them.

While HIV can be found in tears of infected people, no cases of AIDS have ever been reported from tear contact. Ophthalmologists (Eye M.D.s) are especially careful about cleaning instruments and lenses that come in contact with tears.

## HOW DOES HIV/AIDS AFFECT THE EYE?

Because HIV causes a breakdown of your body's immune system, all areas of the body are susceptible to infection, including the eye. People with HIV who are otherwise in good health are not likely to experience eye problems related to a suppressed immune system. However, an estimated 70 percent of patients with advanced AIDS experience eye disorders.

### AIDS-related eye problems due to a suppressed immune system can include the following:

#### *HIV retinopathy*



This is the most common finding in people with AIDS. Small hemorrhages and cotton wool spots (white spots as a result of a blood vessel blockage) are seen in the retina—the

light-sensitive tissue lining the back of your eye. It is thought that the HIV virus is directly responsible for these changes to the small blood vessels in the retina.

#### *CMV retinitis*



A more serious eye infection that occurs in about 20 to 30 percent of people with AIDS is CMV retinitis. It is caused by a virus called cytomegalovirus (CMV).

It usually occurs in people who have more advanced stages of AIDS in which T-cell count is very low. Symptoms include swelling (inflammation) of the retina, bleeding and vision loss. If left undiagnosed and untreated, CMV can cause severe vision loss within a few months.

If you have HIV/AIDS, you should see your ophthalmologist (Eye M.D.) immediately if you experience:

- floating spots or “spider-webs”;
- flashing lights;
- blind spots or blurred vision.

CMV retinitis cannot be cured, but progression of the virus can be slowed with medication.



### Detached retina



CMV can sometimes cause detached retina, where the retina pulls away, or detaches, from the back of the eye. A detached retina is a serious problem that causes severe vision loss unless treated. Almost all retinal detachments require detached retina surgery to put the retina back in its proper position.

### Kaposi's sarcoma



Kaposi's sarcoma is a rare form of cancer that occurs in AIDS patients. This cancer can cause purple-red lesions to form on the eyelids, or a red, fleshy mass to form on the conjunctiva—the thin, filmy membrane that covers the white part of your eye. Kaposi's sarcoma may look frightening, but it usually does not harm the eye, and can often be treated.

### Squamous cell carcinoma of the conjunctiva



This is a tumor of the conjunctiva, the thin membrane that covers the white of the eye. Studies have shown this condition

to be related to HIV/AIDS infection, prolonged exposure to sunlight, and infection with the human papilloma virus (HPV).

### Increased risk of various eye infections



A number of eye infections, some associated with sexually transmitted diseases and others that are not, may be more common in patients with HIV. Some of these infections may include herpes virus, gonorrhea, Chlamydia, toxoplasmosis, Candida, Pneumocystis, microsporidia, and others. These infections can threaten vision and require treatment by an Eye M.D.

### HOW ARE HIV-RELATED EYE DISEASES TREATED?

The treatment for HIV-related eye diseases depends upon the particular disease. However, patients who maintain the health of their immune system through antiviral drug treatments are at lower risk of developing HIV-related eye diseases.

It is important for anyone with HIV to undergo routine eye examinations with an ophthalmologist to detect any problems as early as possible.



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# CRYOABLATION FOR ATRIAL FIBRILLATION.

## The Next Frontier



**An estimated 2.7–6.1 million people in the United States have Atrial Fibrillation (often called AFib or AF). With the aging of the U.S. population, this number is expected to increase. Afib is the most common type of heart arrhythmia.**

During AFib, the normal beating in the upper chambers of the heart (the two atria) is irregular, and blood doesn't flow as well as it should from the atria to the lower chambers of the heart.

Now, a new minimally invasive treatment option, cryoablation, has different and unique characteristics that allow doctors to achieve higher therapeutic success rates.

AFib may occur in brief episodes (paroxysmal), or it may become more persistent and even permanent. In paroxysmal Afib the faulty electrical signals and rapid heart rate begin suddenly and then stop on their own. Symptoms can be mild or severe. The most common symptoms include palpitations, a racing or pounding heartbeat, chest discomfort, fainting, light headedness, fatigue, shortness of breath or weakness.

AFib is a serious medical condition associated with an increased risk of stroke, heart failure and other heart-related complications.

Specializing in treating arrhythmia or irregular heart rhythms, – Yoel R. Vivas, M.D., F.H.R.S., and Luis F. Mora, M.D – say that cryoablation has several advantages over traditional radiofrequency ablation. "Cryoablation is an excellent treatment option for patients with paroxysmal AFib who have not responded to medication alone," explains Dr. Vivas. "It is the future of AFib ablation techniques." "It is the preferred ablation method at Emory University in Atlanta, where I did my Fellowship training," adds Dr. Mora.

They are now performing cryoablations at Bethesda Heart Hospital and Delray Medical Center.

### ACHIEVING A NORMAL HEART RHYTHM WITH CRYO

Patients that suffer from Paroxysmal Afib most commonly have their arrhythmia arising from the pulmonary veins. These are the four veins that take blood from the lungs and drain it to the left atrium. Once your doctor has decided that you may benefit from being in normal rhythm, medications (antiarrhythmic drugs) or an ablation procedure may be used.

Cardiac electrophysiologist Yoel R. Vivas, M.D., says cryoablation is the future of A-fib ablation treatments.





Cardiac electrophysiologist Luis F. Mora, M.D., says cryoablation takes less time than conventional treatments.

“The principle of ablation consists in blocking or eliminating the electrical impulses that cause the irregular rhythm. We do this by freezing and subsequently creating scar tissue at the point where the pulmonary vein enters the atrium,” Dr. Vivas continued. “Our goal is to electrically isolate the four veins from the left atrium. This is why this procedure is known in the medical community as pulmonary vein isolation”. Cryoablation is a minimally invasive procedure that involve using a catheter inserted through the veins in the groins.

Traditional ablation procedures have used Radiofrequency as a source of energy. This is a technology that warms up and basically “cauterizes” the tissue. The challenge of this technology is that the scar produced is small and multiple lesions are required to “isolate” the veins. The process is repeated all the way around the vein, creating a circle of scar “dots.” This can be technically challenging, and tiny gaps may be left between the scars that will allow the electrical currents to continue to pass. “Cryoablation works on the same principle, but uses cold instead of heat to create a much bigger and durable scar tissue,” added Dr. Vivas.

**Cryoablation** disrupts the heart cells that create an irregular heartbeat.

**Cryoablation** is an effective alternative in the treatment of atrial fibrillation.

With cryoablation, a special balloon is inserted through the catheter and inflated at the junction of each pulmonary vein with the atrium. Then it is filled with a refrigerant nitrogen gas to create a continuous scar area around the entire edge of the vein tissue. “One of the main advantages of cryoablation is that the procedure takes much less time. Instead of two to four hours, it usually takes about one hour,” states Dr. Mora. “That means the patient spends less time under anesthesia.”

### POTENTIAL LESS COLLATERAL DAMAGE

Although all invasive procedures have risks, cryoablation has a lower risk of damaging the surrounding heart tissue, specifically the esophagus. Dr. Vivas adds, “Patients usually spend one night in the hospital and can return to normal activities within a few days. They may experience cough, minor soreness in the chest, or bruising or soreness in the groin where the catheter was inserted.” In most cases, one cryoablation treatment is enough; however, occasionally patients may need to go back for a repeat procedure.

## THE ARRHYTHMIA CENTER OF SOUTH FLORIDA

is located at 2150 Lake Ida Rd.,  
Suite 7 in Delray Beach, FL.  
**561-303-3491**



**Yoel R. Vivas, M.D., F.H.R.S.**

**Dr. Yoel Vivas** is the founder of the Arrhythmia Center of South Florida. He’s been practicing cardiac electrophysiology in Boynton Beach and Delray Beach area since 2012. Dr. Vivas is a Fellow of the Heart Rhythm Society (FHRs).

This distinction recognizes members for their advanced training, certification and commitment to the research and treatment of heart rhythm disorders. Dr. Yoel Vivas offers comprehensive evaluation and treatment of abnormalities of the heart rhythm (Arrhythmia) including but not limited to ablation of atrial fibrillation, atrial flutter, supraventricular and ventricular tachycardia. He also specializes in implantation of pacemakers, defibrillators and devices to treat heart failure (CRT).

Dr. Yoel Vivas is the only electrophysiologist in South Florida who is also board certified in Advanced Heart Failure and Transplant Cardiology. His special clinical interests include the treatment of advanced heart failure with novel devices and ablation of arrhythmias that predispose to heart failure or worsen its clinical symptoms.

### Medical School

Universidad Central de Venezuela. Magna Cum Laude  
Internship/Residency  
Internship and Residency in Internal Medicine,  
Hospital of St. Raphael, Yale University School of Medicine

### Fellowships

Fellowship in Cardiovascular Diseases,  
The Western Pennsylvania Hospital,  
Temple University Program, Pittsburgh, PA.  
Chief Cardiology Fellow. The Western Pennsylvania Hospital,  
Temple University Program. Pittsburgh, PA.  
Fellowship in Clinical Cardiac Electrophysiology. Lahey Clinic,  
Tufts University School of Medicine. Burlington, MA.

### Board Certifications

Clinical Cardiac Electrophysiology, ABIM  
Advanced Heart Failure and Transplant Cardiology, ABIM  
Cardiovascular Diseases, ABIM  
Internal Medicine, ABIM  
Nuclear Cardiology, ASNC  
Echocardiography, ASE  
Clinical Lipidology, NLA



By Aaron Rosenblatt, MD

# AVOID BACK AND SPINE SURGERIES!!!



**B**ack surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues WITHOUT SURGERY.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests

within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will EVER require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the BIG CURE or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should NEVER be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac joints, hips and other regions of the body can mimic pain which would also NOT require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to benefit and also help avoid surgery. Every patient is evaluated by Dr. Rosenblatt and a comprehensive treatment plan is always made. Patients are all seen by Dr. Rosenblatt himself. Patients are NOT seen by PA's (physician assistants) or NP's (nurse practitioners). Dr. Aaron Rosenblatt is double board certified in Pain Management and also in Physical Medicine and Rehabilitation. He runs on time and does not make patients wait hours in his office to see him. 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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**Early Pain Treatment CAN PREVENT Prolonged Suffering!**



# What is CBD

## AND THE MEDICAL TREATMENT IT PROVIDES?

Jeff Mandall, owner of Vapor Rocket, South Florida CBD, and an advisor to 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, however, 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 an 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**.

# CONSIDERING BOTOX OR JUVEDERM? CONSIDER YOUR DENTIST!

By the doctors at Advanced Dentistry South Florida



**W**hen most people decide to get BOTOX and dermal fillers, they think of visiting a plastic surgeon. While this has been the case for many years, more people are starting to visit their dentist to get their treatments done. If this comes as a surprise to you, it shouldn't.

One of our doctors, Dr. Renee Litvak is a member of the American Academy of Facial Esthetics and provides treatment for facial pain. This means that BOTOX treatment is not only provided to those who desire a more youthful appearance, but to those patients who have jaw, TMJ and facial pain as well.

Another specialist at Advanced Dentistry South Florida is Dr. Henry Lennon. Dr. Lennon has been an oral surgeon in Palm Beach County for over 25 years and is an expert at delivering BOTOX and Juvederm to patients.

Typically, a patient will schedule their BOTOX or Juvederm treatment to coincide with their cosmetic dental treatments to enhance their smile with a fresher, more youthful looking face. This is very convenient for patients who would normally have to leave the dental office and travel to a cosmetic surgeon who has no idea about the procedures done already at the Dentist. Because you are already a dental patient, communication is much better between dentists and dental specialists within our beautiful Delray Beach office.

So, if you are interested in reducing the signs of aging, or if you want to treat headaches, migraines, jaw spasms or muscle spasms due to a bite disorder such as TMJ, make your appointment today with the authorities on oral and maxillofacial specialties at Advanced Dentistry South Florida to discuss your concerns and goals and how BOTOX or Juvederm may be the answer for you.

Call us today at 561-404-4083 to speak to a dental professional about the benefits of BOTOX and Dermal Fillers, or to simply schedule your next appointment. You can also visit us on the web at <http://www.ad-sf.com/botox/> to learn more about these treatments and the doctors who perform them.

Advanced Dentistry South Florida is dedicated to providing first class dental services for over three decades, enhancing the overall health of patients from Delray Beach, Boca Raton, Boynton Beach, West Palm Beach and surrounding areas of South Florida. We offer all phases of dental services in one convenient, state-of-the-art location in a spa-like atmosphere.



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# What Do **VITAMINS** Do in the Body?

**B**asically, your body needs vitamins in order to work properly, and it needs different vitamins to help perform specific activities like produce energy, protect cells from damage, guide mineral utilization, and regulate cell and tissue growth. If your body doesn't get enough of the vitamins it needs, it could lead to deficiencies and altered function that over time may foster illness development.

Vitamins don't provide energy, like carbohydrates, proteins and fats, but they are essential compounds that help the body grow and function optimally. Thirteen essential vitamins help boost your immunity, strengthen your bones, heal wounds, bolster your eyesight and assist you in obtaining energy from food – among multiple other functions. Without adequate vitamin intake, you may feel lethargic, be vulnerable to infection and develop other serious complications that can endanger your health and life.

## TYPES OF VITAMINS

Vitamins are classified as fat-soluble or water-soluble, referring to where they are stored in the body. Fat-soluble vitamins include A, D, E and K and are stored for up to six months in your various fat stores. Water-soluble vitamins circulate through your blood and include the B vitamins – namely B-6, B-12, riboflavin, thiamine, niacin, pantothenic acid, biotin and folate – and vitamin C. Your body doesn't store water-soluble vitamins, so you must replenish them regularly.

## BASIC FUNCTIONS

Each of the 13 vitamins has a specific function, but they also work together to facilitate optimal health. Vitamin A supports healthy eyesight, immune function, skin, bones and teeth. You need vitamin C to support absorption of the mineral iron and also to provide immune protection and encourage healthy tissue development. Vitamin D, along with the mineral calcium, boosts bone health as well as a solid body defense system. Vitamin E facilitates your body's use of vitamin K, which helps in blood clotting and bone health, as well as promotes the formation of essential red blood cells. The eight B vitamins support a healthy metabolism, brain function, hormone production, regular heart operations, functioning of the central nervous system and cell duties.

## VITAMIN DEFICIENCIES

Inadequate vitamin intake risks your health, as you'll be more vulnerable to heart disease, cancer and osteoporosis. A deficiency in B vitamins can lead to permanent nerve damage and



anemia. Get too little vitamin C and your body can't produce collagen, the primary tissue in the body. In severe cases of vitamin C deficiency, people develop scurvy, characterized by muscle and joint pain, fatigue, spongy and swollen gums and red spots on the skin. Vitamin D deficiency causes rickets in children, which manifests as bone pain, deformations and poor growth and may contribute to poor bone health in adults as well as high blood pressure, some cancers and autoimmune diseases.

## GETTING ENOUGH

A diet rich in a variety of fresh vegetables, fruits, fortified dairy, whole grains, dried beans and lentils, and lean meat and fish helps you get all the vitamins you need. Whole foods, rather than a supplement, provide an optimal synergy of compounds that your body absorbs and uses. However, eating a completely balanced and rich diet can be difficult on a daily basis. To ensure you are meeting all your body's dietary needs supplementation can be the best option. For more information speak with the experts at The Daily Dose who specialize nutrition products ranging from vitamins and minerals to nutritional supplements, herbs, sports nutrition and homeopathic remedies. The Daily Dose is located in the Big Apple Shopping Bazaar and can be reached at **561-865-8822**.



The Big Apple Flea Market is located at  
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# Fitness is Fun at ILoveKickboxing

**W**hether you are looking to lose weight or get toned, ILoveKickboxing is a fun alternative to the normal exercise routine. The concept is simple: members warm up for 15 to 20 minutes doing stretches, burpees, squats and other exercises before taking out their daily frustrations on the bags for 25 to 30 minutes, working through six three-minute bag rounds. This is followed by partner drills, resistance training, and conditioning and finally the cool down. High-spirited instructors lead the participants through different combinations and observe to ensure each person is properly doing the exercises. It is a way to get one-on-one attention while being in a class setting.

Kickboxing has many benefits. In addition to being the perfect catharsis after a hard day at work and relieving stress, it also helps people meet their fitness goals quickly. This form of exercise has been known to burn 700 to 800 calories per hour. At ILoveKickboxing, there are no machines, no competition; no weight training or combat it's just YOU and the BAG.... It is just high energy fun.

Team Boca is stacked with a team of stellar Instructors, all with their own special talents. Each one is gifted in teaching and coaching to push you towards your goals. Each class will be led by a Lead Instructor, Floater Instructor and your first day instructor. So you will never be left to figure it out on your own. We will be there every step and punch of the way.

Our instructors are some of the most outgoing people you will ever meet. They truly enjoy helping others succeed. Their goal is to maintain a supportive and fun environment for you each and every class! It is not a boot camp. You don't have someone barking orders at you. You have someone making sure you are doing the moves properly as you sweat your tail off. It is a monster workout. You are going to be tired. But we make it as fun as possible,"

Our studio is a small boutique like fitness facility. When you walk into iLoveKickboxing.com we know your name, your favorite color, and movie and class time. A lot of people with gym memberships swipe their key card, find a TV, do a half hour or 45 minutes of cardio while watching CNN and finish by wiping sweat off machines. This type of routine is mundane and just plain boring. At iLoveKickboxing.com Boca Raton we pride ourselves on having fun. We play loud, high energy music, we have monthly DJ theme parties and on Fridays, we Flex!



A common question, we are asked is "I've never done kickboxing before is there a beginner class?" Please be assured that everyone starts out as a beginner. We encourage everyone to do what they can; we offer modifications to each exercise. "Eighty percent have never done [something like this] before. Maybe they are nervous; they don't want to be a fish out of water. Whether they want to shed a few pounds or get toned, or are bored with what they are doing, [this will work for them]... Many of our members have had surgery, have back problems, leg problems, and gastric bypass. If people are tired or something doesn't feel right, they can stop so there is very little injury, no twisting ankles, lifting weights, etc. It is very body friendly."

Our demographic is 80% women and 20% men. Our facility has both women's as well as men's locker rooms. The average age range is 18-55, however we have some members who are 65+. You are only limited by the limitations you place on yourself. Our classes are primarily for adults,

however children ages 13 to 15 may attend but must be accompanied by a parent or guardian. Ages 16 to 17 must have a parent/guardian with them for the first class and then the parent can sign a waiver. We do offer a family discount (buy two get one free). Ask about other discounts available, for referring others who sign up, etc.

iLoveKickboxing.com Boca Raton is a member of the Chamber of Commerce and wants to get involved as much as possible in the community. We are actively seeking partnerships with other businesses.



**ILoveKickboxing** is located at  
1297 W. Palmetto Park Rd, Boca Raton, FL 33486.  
For more information Call **561-536-5659** or visit  
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# HOW DO I GET RID OF THIS ANXIETY AND DEPRESSION?

By Renee Chillcott, LMHC

**W**e typically think of Anxiety and Depression as part of our personality or ways that we “are”, I’m depressed or I’m anxious. They describe us. But Anxiety and Depression should not be regarded as parts of our persona but rather as patterns in the brain that are brought on by an external force.... physical or emotional STRESS.

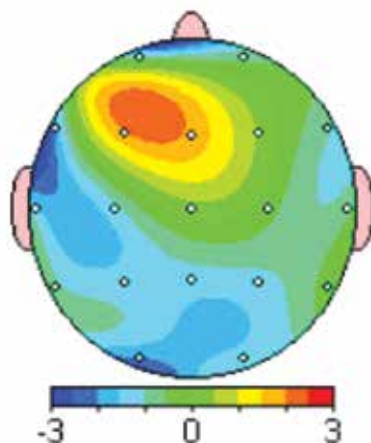
Psychotherapy is typically sought after to “fix” these personality attributes and although therapy is great at developing better coping skills and working out issues in your life, present and past, but it falls short in changing your brain pattern. Medication may also be sought after to address a “chemical imbalance” causing these changes in our personality, but side effects are typical, it may stop working, and again, is not changing your brain pattern.

This means that you are not defined by how you feel and a dysfunctional brain pattern is the culprit.

## THERE MAY BE A BIOLOGICAL CAUSE...

Strong research evidence indicates that there are Functional Brain Abnormalities associated with depression, anxiety, panic disorder and posttraumatic stress disorder (PTSD). And Neurofeedback training corrects functional brain abnormalities. Simply put, Neurofeedback corrects the depression and anxiety patterns in your brain, thus allowing you to handle stress and stressful events with ease.

Below is a QEEG (Quantitative EEG) of a client in a 4-7hz range that presents with excessive (2+ standard deviations above the mean) THETA waves located at the left frontal (F3) and Anterior



Cingulate (FZ) areas of the brain indicating possible symptoms related to depression and anxiety among others.

## Neurofeedback CAN FIX this...

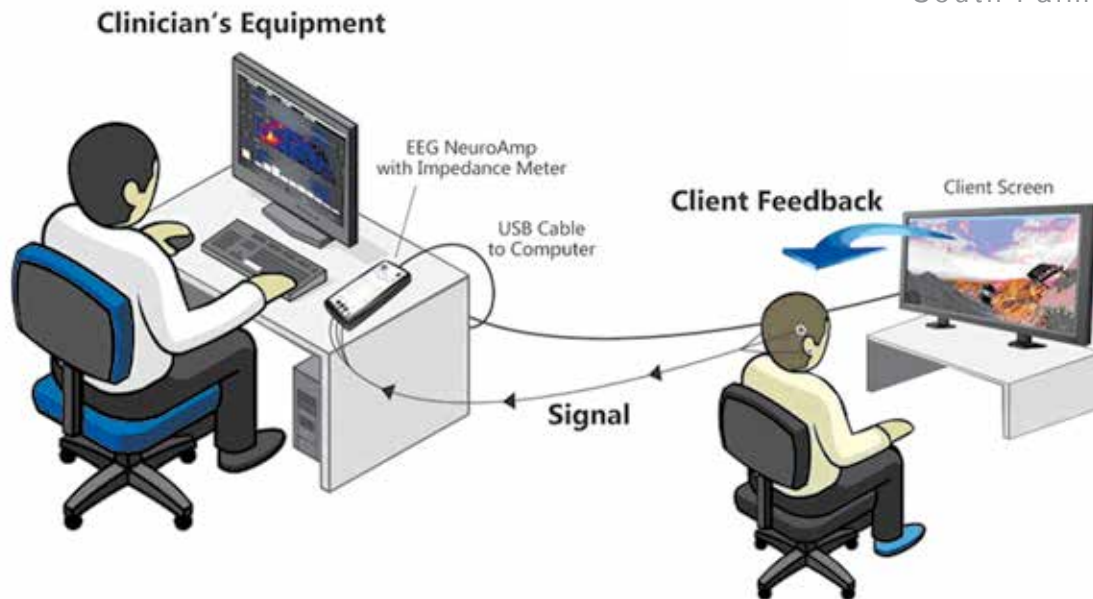
### HOW DOES NEUROFEEDBACK WORK?

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. Thus, allowing you to be more “flexible” in stressful situations.

### WHAT IS A QEEG?

The QEEG is a quantitative EEG. It's also called a brain map and does just that... it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the entire head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then read and analyzed. We are





able to give you a summary of significant findings and the report shows results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts of the brain are communicating and all of this data is compared yourself and to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot. The necessity of a QEEG is determined on an individual basis and is discussed at the initial intake.

### WHAT DO I HAVE TO DO?

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

"slow" or "sleepy" waves (delta/theta) in the left or center of the frontal lobe (Anterior Cingulate) you may experience symptoms of depression, anxiety, worrying, obsessing, not being able to let things go; or if too many "fast" waves (high beta) are firing in the left mid-temporal or parietal lobe, you may 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 at times 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. Mood improves, parenting/work becomes less exhausting, appointments are more easily kept,

decision-making improves, sleep improves, frustration reduces and mood swings and overwhelmed/depression lifts.

### 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 and recommendations. Often you will be able to experience a Neurofeedback session at the initial intake.

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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# Feng Shui

By Juli Edwards

*For Life*

**F**eng Shui is the ancient practice of wind and water. It is a fun and inspiring way to explore different ideas to improve your life; bringing in greatness. Juli Edwards, owner of Healthy Life Salon in Boca Raton, can provide you with a Feng Shui Chart. Juli has been practicing Feng Shui since 2009. She has devised two different types of Feng Shui Charts. The first one is called a Feng Shui Full Analysis. This is discovering the correct placement of objects and furniture in your home or office as well as implementing complimentary colors and shapes that will truly enhance your well being. It will also significantly reduce accidents. When the Chi (auspicious energy) is able to flow and nourish a space, wonderful things happen. Clearing the clutter and freeing up the walkways in your space are a few simple ways to allow the Chi to flow. Getting rid of old, broken or worn out objects and removing electronics and appliances not being used are some other great ways to clear stagnant energy and replace it with auspicious energy. Having your Feng Shui Full Analysis Chart done is an excellent way to get complete with your life. It will open doors to new adventures and enjoyment. With good Feng Shui, you can achieve financial security, improve self esteem, and ultimately increase your quality of life. Juli Edwards will help you fine tune your home and provide many ideas to correct the inauspicious areas of your space to bring in divine energy. Using the correct colors and shapes in each area of your bagua chart will become the focus. A Full Analysis takes about two weeks to complete including (2) three hour home visits. Many times information that will be shared may be applied immediately however some may take months for a individual to complete. Patience and persistence are good practices and will reward you greatly. When the Chi is flowing, fantastic things happen. Less accidents occur. Wealth is acquired. Peace and Love abound. A Full Analysis is \$500 and includes square footage up to 2500. Additional fees will be applied for a space larger than 2500 square feet. Additional fees will also apply when more than one person is living or working in the space being analyzed. A chart of each person will be done separately. With good Feng Shui practice, ever changing energy is most desirable. Ebb and Flow becomes the natural process. A free flowing life becomes effortless.





to enhance your well being and immediately boost your confidence and style. Extraordinary things happen when this information is applied regularly. A Feng Shui personal profile is \$100 and it includes a haircut and style (in harmony with your chart) and will be done by Juli Edwards. Experience the benefits of this pertinent and life changing information! Get yourself aligned with your greatness and your natural beauty. Long or thick hair may have additional fees. Human Hair Extensions and other services may be recommended but are not included in the price. Treat yourself to a Full Feng Shui Analysis or simply explore your Feng Shui Personal chart with Juli Edwards in Healthy Life Salon. Get to know yourself better to immediately improve areas of your life that you did not know were possible. Feel the freedom to be yourself and express yourself everyday with your new information about you!

Healthy Life Salon is an intimate, quaint two station Salon and Day Spa located in the heart of Downtown Boca Raton, Florida. You can find us adjacent to the Royal Palm Plaza, just a few doors north of 4th Generation Organic Market. Our focus on using all natural organic personal care products supports a sustainable environment by using fewer damaging chemicals, helping you lead a healthier, more beautiful life. We care about the world around us and take comfort knowing that the products we use are kinder and gentler on our clients and all of its inhabitants. We take care of you head to toe! We invite you to try a Feng Shui Personal Profile to enhance your personal beauty. You'll be glad you did! Healthy Life Salon - An alternative way to beauty and pleasure! Appointments can be made by calling Juli Edwards at **561-891-7527**. Healthy Life Salon is open Wednesday through Saturday 11-6 pm. (Later evening times are available by appointment)

Feng Shui can also be applied to the body, face, and hair. This is a Feng Shui Personal Profile. Each individual has their own element. Each element is unique. The five Feng Shui elements are metal, water, fire, wood, and earth. Each element has a place on the yin and yang symbol. Each has a desirable direction. Each has a variety of colors. Each has its own shape. When the personal chart is done, the individual will receive an interpretation of their chart done by Juli Edwards. Each analysis will include the information for the best colors, shapes, and personal element. Several examples will be shared



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# PROTECT YOUR EYES from Harmful UV Light



Every day of the year we are exposed to ultraviolet (UV) radiation from the sun. This is true whether it is winter or summer or sunny or cloudy outside. Since UV radiation is invisible to the eye, we often don't realize how much exposure we are getting.

Most people are aware that the sun can cause burning, wrinkling and other damage to the skin over time. But the sun can be just as damaging to the eyes. Too much unprotected exposure to UV radiation can cause "photokeratitis" – a sunburn of the eye. This causes eye redness, sensitivity to light and tearfulness. Fortunately, the symptoms of photokeratitis usually don't last long.

However, long periods of exposure to UV radiation can often cause permanent damage to the eye. UV exposure can lead to cataracts (a clouding of the lens of the eye) and also damage the retina. Both conditions can seriously impair your vision.

## ADULTS AND CHILDREN BOTH NEED PROTECTION FROM UV RAYS

Adults and children alike are subject to the damaging effects of UV rays. Fortunately, this damage can be prevented by wearing sunglasses that provide UV eye protection. Children spend more of their time outdoors and are therefore more susceptible to the harmful affects of UV rays. The risk for children is also higher because the lens in their eye doesn't block as much UV light as adults. For this reason, children should wear sunglasses with 100% UV protection when they are playing outdoors.

Adults should remember that certain medications, such as birth control pills, sulfa drugs, diuretics and tranquilizers can increase your increase your risk of eye disease or impairment. Excessive exposure to UV rays can cause macular degeneration, cataracts and cancer among other diseases.

The damage from harmful UV radiation is cumulative over a person's lifetime. Because the damage is cumulative, it is important to protect your eyes every day in all light conditions.

## SUNGLASSES – THE SMART WAY TO PROTECT YOUR EYES

Fortunately, protecting yourself and your children from the harmful effects of UV rays is easy. Wearing sunglasses with 100% UV protection is the best way to shield your eyes from the sun as well as dust and other particles that can irritate the eyes. Mark Adelman at MDA Sunglass Collections can assist you in finding a pair of sunglasses (with or without a prescription) that suit your needs and your lifestyle. Sunglass lenses should be gray, green or brown and the larger the lenses the better the protection. Wraparound sunglasses provide an extra measure of protection. MDA offers a vast selection of fashionable sunglasses to meet your every need and protect your eyes. Visit Mark at the Big Apple Bazaar. MDA Sunglass Collections for all your eye needs.



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# Understanding & Effectively Managing Your Chronic Limb Swelling

By Alyssa Parker

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

The lymphatic system serves as one of the body's main highways through its network of vessels and ducts it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels. If the lymphatic system is obstructed causing damage, blocked, or developed abnormally, protein-rich fluid accumulates in the tissues, the potential result may be chronic swelling known as Lymphedema.



The venous system is comprised of two parts deep circulation and superficial circulation, which are interconnected by perforating veins. The venous system is an important component to your body's circulatory system delivering blood to the heart then passing back through the lungs to obtain oxygen to deliver back to the lower limbs of the body. Chronic venous insufficiency (CVI) involving both parts of the venous system is caused by incompetent valves and venous hypertension. Patients may experience swelling, discoloration and skin ulceration. Chronic skin ulcerations are common due to the low oxygen making it difficult to heal.

Lymphedema and CVI may cause irreversible damage to the body if not treated appropriately in an efficient manner.

## Compression Pump: Preferred Treatment Option

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

The compression pump is also beneficial to patients with reduced strength and dexterity who have a difficult time getting extremely tight compression stockings on each leg. The garment sleeves that attach to the pump are quick and easy to put on.

## When should I see a doctor?

If you're experiencing swelling and discomfort in a limb don't let it go untreated seek help today.

Choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical. Some good questions to ask your physician include:

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

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

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. Our highly trained staff will assist you in finding the appropriate treatment that will offer you a better quality of life.

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.



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DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

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

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

Dr. Goldman speaks English and Spanish.

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By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



# Don't Give Up!

**O**K. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: *"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."* (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

**Perseverance reveals our conviction.** Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

**Perseverance reveals our commitment.** In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."



**Perseverance reveals our character.** Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: *"So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion."* (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



# You're invited to the MAY IS BETTER HEARING MONTH CELEBRATION!

Monday, May 2nd – Friday, May 13th

## Experience Effortless Hearing with the NEW Siemens Primax Hearing Aids!

- Primax is clinically proven\* to make understanding speech easy and effortless in every situation.
- Experience better than normal hearing\*\* in noisy situations – like restaurants!
- New features make sounds come alive – perfect for listening to or playing music!

**FREE iPad mini 4** (retail value \$399.99)

with a purchase of a pair of Siemens level 5 or 7 primax digital hearing aids.

Offers cannot be combined. Excludes previous purchases. Call for details. Offer expires 5/31/16.



**\$1500 OFF** purchase of a pair of Siemens level 5 or 7 primax digital hearing aids.

Offers cannot be combined. Excludes previous purchases. Offer valid during event dates only. Offer expires 5/31/16.

## Call (855) 270-1587 for a FREE Demonstration of this brand new technology!



**Boca Raton • Delray Beach**  
**Call Toll Free: 855.270.1587**

\* An independent clinical study in the US has shown that primax provided a significant improvement in ease of listening in demanding listening environments. A newly developed methodology using objective brain behavior measures (Electroencephalographic data), showed a significant reduction in listening effort for mild to moderate hearing impaired subjects using primax hearing aids in speech-in-noise situations applying advanced features such as Narrow Focus and EchoShield.

\*\* Primax has the complete set of premium features and powered by binax. Two clinical studies have shown that binax provides better than normal hearing in certain demanding environments (University of Northern Colorado, 2014; Oldenburg Hörzentrum, 2013): Speech Reception Thresholds (SRT) in cocktail-party situations improved up to 2.9 dB for wearers with mild to moderate hearing loss using Carat binax or Pure binax hearing aids with narrow directionality, compared to people with normal hearing.