

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2016

South Palm Beach Edition - Monthly

www.sflhealthandwellness.com

FREE



**Little-Known
VA PENSION
Can Be a Life-Saver**

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

**Anatomy of an
UNDETECTABLE
HAIR TRANSPLANT**

**Pain Management
for FACET JOINT PAIN:
Radiofrequency (RF)
Ablation/Rhizotomy**

**GUM RECESSION:
When Should I See Someone?**



Our Trusted Companies



TRUSTED HOMECARE SERVICES

Our mission is to assess the needs of each client to help them maintain their independence while living in their own homes and communities.



Services



- Healthcare Staffing Services
- End of Life/Hospice Care
- Licensed RNs and LPNs
- Chronic Illness/Disability Care
- Companion/Homemaker
- Meal Preparation
- Assisted Living
- Housekeeping
- Respite Care
- Shopping & Errands
- Live-in Care
- Transportation to Doctor Visits
- Personal Care

TRUSTED HOMECARE SERVICES
CALL US TO RECEIVE
1 DAY OF NURSING CARE
FREE, RESTRICTIONS APPLY

561.314.3976
WWW.TRUSTEDHCS.COM

WE WILL BEAT ANY PHARMACY PRICE!

ARE YOUR LOVED ONES TAKING THEIR MEDICATIONS CORRECTLY?

“About half of the people who use prescription drugs are not taking them correctly”
— Homecare Oct. 2013



We deliver the medication to you at NO EXTRA COST

“Take the complication out of medication”
YOU DESERVE PEACE OF MIND



www.trustedmedrx.com | Rph@trustedmedrx.com | 1.855.9EZ.MEDS | 1.855.939.6337 | Fax: 561.206.6688



LAW OFFICE OF ANDREW CURTIS, ESQ

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

VA/MEDICAID BENEFITS YOU MAY QUALIFY

Regardless of your assets

The Cost of a Revocable Living Trust

Single Person \$399⁰⁰

(plus incidental costs)

Married Couple \$499⁰⁰

Serving Florida seniors throughout the state since 1989
Offices located in Boca Raton and Fruitland Park, The Villages

Call Today! 1.800.731.8784 www.elderplanner.com



THE EXPERT IN NEOGRAFT

Minimally-Invasive Hair Transplant

No Scalpel. No Stitches. No Linear Scar to hide.

Less Downtime

You're back in the gym in three days.

Dr. Alan J. Bauman M.D.

The worlds leading NeoGraft FUE hair transplant expert.

State-of-the-art

Hair transplant facility in Boca Raton since 1997.

Artistry

Restoring a natural hairline, one follicle at a time.



BAUMAN MEDICAL GROUP, P.A.

Hair Restoration for Men and Women

www.BaumanMedical.com

1 877 BAUMAN 9



MD

BEAUTY LABS

SPA AND WELLNESS CENTER

Daniela Dadurian, M.D.
Medical Director

Board Certified Anti-Aging
and Regenerative Medicine
Board certified Laser Surgery

A LUXURY MEDSPA FEATURING THE LATEST IN LASER TECHNOLOGIES

- Botox / Juvederm
- Skin Tightening
- Medical Facials
- Smart Lipo
- Tattoo Removal
- Cellulite Reduction
- Weight Loss
- Toe Fungus Removal
- Skin Resurfacing
- Laser Hair Removal
- VI Peel
- Ulthera- Skin Tightening
- Pellet Hormone Therapy
- IV Vitamin Therapy
- SculpSure - Fat Melting



The specialty recognition identified has been received from a private organization not affiliated with or recognized by the Florida Board of Medicine.

320 S. Quadrille Blvd
West Palm Beach, FL 33401
561-655-MDBL (6325)
www.mdbeautylabs.com

Bring in this ad to receive **\$100 off*** your first medical service.

* Valid on purchases of \$300 or more



- **Compassionate Care**
- **Prompt Appointments**
- **State-Of-The-Art Technology**
- **Sedation Available Upon Request**
- **Platelet Rich Plasma Therapy**

- Back/Neck Pain
- Facet Joint Pain
- Hip, Knee And Shoulder Joint Pain
- Joint Osteoarthritis
- Failed Spine Surgery
- Sacroiliitis
- Spinal Stenosis And Sciatica
- Rib Pain/Fractures & More...



Aaron Rosenblatt, MD

Board Certified Pain Medicine
Board Certified Physical
Medicine & Rehabilitation

**Early Pain Treatment
CAN PREVENT
Prolonged Suffering!**

american PAIN CARE specialists
back to work, play & life

13722 S. Jog Road, Suite A,
Delray Beach, FL 33446
Web: www.improvepain.com
Book An Appointment With Us Today!
561-819-6050



The Retina Institute of Florida

Providing expert specialized care for over 25 years

- Commitment to Treatment and Diagnosis of Retina, Macula and Vitreous
- Personalized Patient Care
- Several Locations for Patient Convenience
- Advanced Treatment for Macular Disorders
- Advanced Surgical Techniques
- Affiliation with "State-of-the-Art Surgical Center"



Lauren R. Rosecan,

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

Diplomate American Board of Ophthalmology

"A center of excellence for the diagnosis and treatment of retinal, macula and vitreous diseases and disorders."

We Have Emergency Care!

(800) 445-8898

www.theretinainstituteofflorida.com

LOCATIONS

WEST PALM BEACH

901 North Flagler Drive, 33401
(561) 832-4411 Office
(561) 832-1591 Fax

PALM BEACH GARDENS

11382 Prosperity Farms Rd., #128, 33410
(561) 627-7311 Office
(561) 627-6791 Fax

STUART

618 East Ocean Blvd., #3, 34994
(772) 287-7026 Office
(772) 220-4186 Fax

BOCA RATON

1050 NW 15th Street, #114, 33486
(561) 368-7723 Office
(561) 368-0093 Fax

contents September 2016

- | | |
|---|--|
| 6 Little-Known VA Pension Can Be a Life-Saver | 20 Gum Recession: When Should I See Someone? |
| 8 SAFETY: What You Can't Hear CAN hurt you | 22 Cryoablation for Atrial Fibrillation. The Next Frontier |
| 10 Anatomy of an Undetectable Hair Transplant | 24 Why Am I so Stressed??? |
| 12 Laser Liposuction | 26 Fitness is Fun at ILoveKickboxing |
| 14 Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy | 28 Underlying Reasons for Limb Swelling |
| 16 Are Your EYES the Cause of Your Headaches and Dizziness? | 30 Common Myths About Your Eyes |
| 18 Why do I have Uveitis? | 31 One Another |

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals, doctors, chiropractors and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2016. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



CROCODILE TEARS™

**Help Your Dry Eyes
Eyes Dry, Don't Cry.
Crocodile Tears
Soothes Your Eyes.
They Don't Sting...
And They Don't Bite!**


**ARTIFICIAL TEARS
LUBRICANT EYE DROPS**

0.5 fl oz (15ml) Bottle

To order online,
visit **croctears.com**
or call **1-855-880-9538**

 twitter.com/crocteardrops

 facebook.com/crocteardrops

 youtube.com/croctearseyedrops

Made
In USA

Developed by
an accomplished
eye surgeon with
four decades of
experience.

Little-Known VA PENSION Can Be a LIFE-SAVER

Written By Thomas Gregory – U.S. Navy Veteran



Established in 1952 under Title 38 of the United States Code, Congress created two types of benefits for war Veterans and their survivors within the Department of Veteran Affairs. The first is “compensation for service-related disability or death” and second, “a pension for non-service connected disability or death”. A little-known VA pension, which falls under the non-service connected section of Title 38, is called **Aid & Attendance**. The **Aid & Attendance** Pension pays for a caregiver to assist with activities of daily living such as meal preparation, bathing, dressing/undressing, transportation, light-house keeping, laundry and various others.

If you are a war veteran or surviving spouse of a war veteran 65 years of age or older, who served 90 days or more on active duty, with one of those days occurring during a declared period of war, you may qualify for Aid & Attendance. In addition to the war service requirements, to qualify, you must have the medical need (i.e. assist with activities of daily living) and meet certain financial requirements. In general, Aid & Attendance is intended to pay for homecare or assisted living care and in some rare cases, independent living facilities. This significant monthly benefit can pay as much as \$25,000 per year toward your care. Very few war veterans know about this benefit and even fewer surviving spouses are aware of this help available from the VA.

There are approximately 600,000 war veterans currently living in Florida that are 65 years of age or older. If we include surviving spouses of war veterans, the number is easily in excess of one million. Conservative estimates indicate that at least 25% of these veterans and spouses would qualify for Aid & Attendance Pension, if they only knew it existed. Maybe that's you.



If you are veteran of foreign war or the surviving spouse of a war veteran, and you feel you may qualify, please **call Attorney Andrew Curtis at 561-998-6039** and his staff will review your situation with you and determine if you qualify.

SAFETY:

What you can't hear CAN hurt you



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



www.hearusa.com

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

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

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

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

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

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



 **HearUSA**
America's Most Trusted Name in Hearing Care.

Boca Raton • Delray Beach • Call Toll Free: 855.270.1587

www.hearusa.com

www.sflHealthandWellness.com



Anatomy of an Undetectable Hair Transplant

By Dr. Alan J. Bauman

It is every patient's goal is to have their hair restored in a way that is safe, comfortable but most importantly, undetectable. Thankfully, today, minimally-invasive hair transplant techniques like NeoGraft FUE and ARTAS Robotic System, the use of small grafts called follicular units along with careful artistic design makes this absolutely possible.

Further evidence of undetectable hair transplants comes from a survey conducted by the International Society of Hair Restoration Surgery (ISHRS), which found that 60% of participants failed to correctly spot a hair transplant.

Whether you are concealing your hair restoration procedure from your clients, co-workers, friends or family, there are a few key components to your 'stealth surgery' that cannot be ignored.

DONOR AREA

How a surgeon handles your Donor Area, where the grafts are harvested, impacts your recovery time, as well as how well your procedure remains 'hidden' from a casual observer, or even your hairstylist.

FUE, or Follicular Unit Extraction, is a less-invasive method of harvesting hair follicles and "follicular units" individually, eliminating the traditional 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. The first robotic hair transplant harvesting system, called ARTAS, recently became available and was initially used by some doctors who had difficulty performing FUE manually. Other hand-held surgical devices, like NeoGraft FUE, help doctors to perform a hair transplant surgery with remarkable precision. 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 strip-harvest hair transplants.

Following a FUE harvest, the tiny (~0.8mm) round incisions which are left where follicles were removed contract significantly within one day and, once healed, leave no visible signs of a hair transplant when viewed at a social distance, even with short hair. For large harvests, your surgeon will typically trim a large area at the back of the scalp, however, for women and also for men who have longer hair and want to keep a consistent appearance during the recovery process, you can request a 'stealth shave,' which can be easily hidden with about an inch of hair.

Here is a closer look at these two advanced FUE techniques:

NEOGRAFT FUE:

The FDA-approved NeoGraft FUE machine is used to extract individual permanent hair follicles from the donor area at the back of the patient's scalp – which are then implanted into the bald areas of the scalp. This means no scalpels, sutures, or

staples for the patient. It also replaces the older "strip harvest" method of hair transplantation, which removes a large strip from the back of the patient's scalp, resulting in a long linear scar. The FUE procedure has been available for several years, but prior to the NeoGraft machine, it was too time-consuming and expensive for most patients to utilize. Now that the process is more automated by NeoGraft, surgeons can perform the "Cadillac" of hair transplants in considerably less time, and at less expense for patients.

ARTAS ROBOTIC 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 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 imaging to map and analyze the hair in natural groupings on the scalp. The system features precision robotics, utilizing stereovision sensors to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with harvesting based on the algorithms programmed by the surgeon.

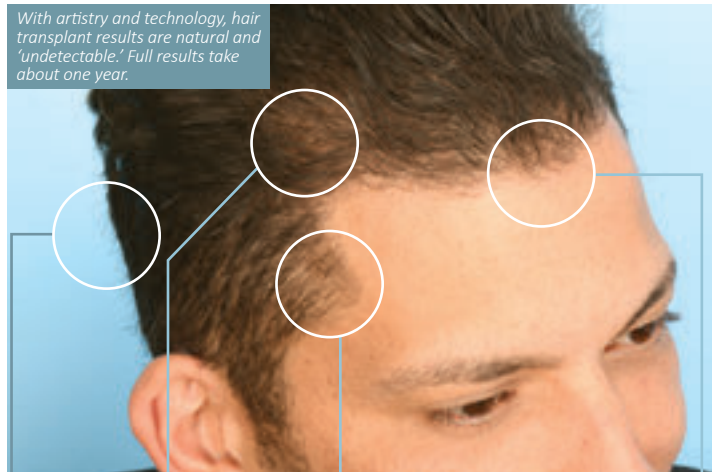
RECIPIENT AREA

A surgeon's meticulous, artistic approach is critical in the hairline or 'Recipient Area' in order to assure that each follicle's angle, orientation and position will deliver a 100% natural and undetectable result when grown in. Careful planning and execution of the feathery, contoured shape and age-appropriate location of the hairline design is important as well as the advanced surgical instruments, lighting and magnification and highly trained staff to help complete the procedure.



Dr. Bauman's patient before hairline transplant.

Twenty-four hours after transplantation. Visible crusting in the transplant zone will flake off in about one week.



With artistry and technology, hair transplant results are natural and 'undetectable.' Full results take about one year.

"FUE"-style donor harvesting leaves NO linear scar.

The density was enhanced behind the hairline at the temples to blend with pre-existing hair.

An appropriate artistic "Temporal Point" enhancement was performed based on hairline proportions.

Central hairline density was restored with natural angle, orientation & positioning of hair follicles.

Because modern hair transplants utilize Follicular Units, many as small as a single hair follicle, the results can look 100% natural, never "pluggy."

Not only should you look for a surgeon with the technical skills, but also a significant amount of artistic ability, which is also needed in order to recreate the natural patterns of hair growth such as cowlicks in the crown and achieve natural looking hairline results. Before choosing a surgeon, study their before-and-after photos and read patient

testimonials, as these are some of the best tools available for evaluating a surgeon's artistic ability.

POST-OP COMMITMENT

New, less-invasive technology has made recovery faster and easier; most patients are able to resume regular activities within just a few days following surgery. However it is important for patients to understand that the process doesn't end with the surgery. Follow up care and commitment is necessary to ensure optimal results. Some of the regimens that may be used in conjunction with a hair transplant may include Platelet Rich Plasma (PRP), which assists with wound healing and graft yield, and low level laser therapy, which helps stimulate rapid recovery and healthy hair growth. It is essential to follow your doctor's post-op instructions carefully and thoroughly, to ensure the best long-term results.

In closing, it is important to note that when selecting a hair transplant surgeon, it is important to make an informed and educated choice. Many hair loss patients are unaware of the qualifications, training and expertise needed to properly

perform a hair transplant. As with other medical specialties, hair restoration even has its own board-certification. Before choosing a surgeon, it is important to know their qualifications, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions. Not only should you look for a surgeon with the technical skills, but also a significant amount of artistry, which is also needed in order to recreate the natural patterns of hair growth and achieve realistic looking results.

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

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



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

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

Hair Loss Study Candidates Needed!

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

Dr. Bauman's tips for keeping your hair transplant a secret:

- Select minimally invasive NeoGraft FUE or ARTAS Robotic System as your treatment – which leaves no telltale linear scarring, no stitches to be removed, and offers a shorter, more comfortable recovery.
- Prior to your procedure, grow your hair to more than one inch in the Donor Area. This allows you to easily conceal the 'stealth-shave.'
- Wear a bandana or hat for one week following your surgery to cover the transplanted areas until the scabs flake off.
- Use healing treatments (like hyperbaric oxygen, low level laser therapy, healing mist sprays, topical PRP, etc.) to accelerate skin recovery.
- Choose a surgeon and staff who can create an aesthetically natural and undetectable hairline. It is important to consult a hair transplant doctor who is certified in hair restoration by the American Board of Hair Restoration Surgery, recommended by the American Hair Loss Association and routinely attends the International Society of Hair Restoration Surgery Annual Scientific Meetings.



BAUMAN MEDICAL GROUP

**Hair Restoration
for Men and Women**

www.BaumanMedical.com
1.877.BAUMAN.9



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.



Medical Director, Daniela Dadurian M.D.
 * Board Certified Anti- Aging Medicine
 * Board Certified Laser Surgery

MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. MDBL's state-of-the-art facility offers Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian's team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by the Florida Board of Medicine.



**Complimentary Consultation / Gift Cards
 Financing Available**

320 S. Quadrille Blvd., WPB
 561-655-6325
 mdbeautylabs.com



BEFORE

AFTER

FOR MORE INFORMATION visit
www.mdbeautylabs.com or call **561-655-6325**
 for a complimentary consultation.



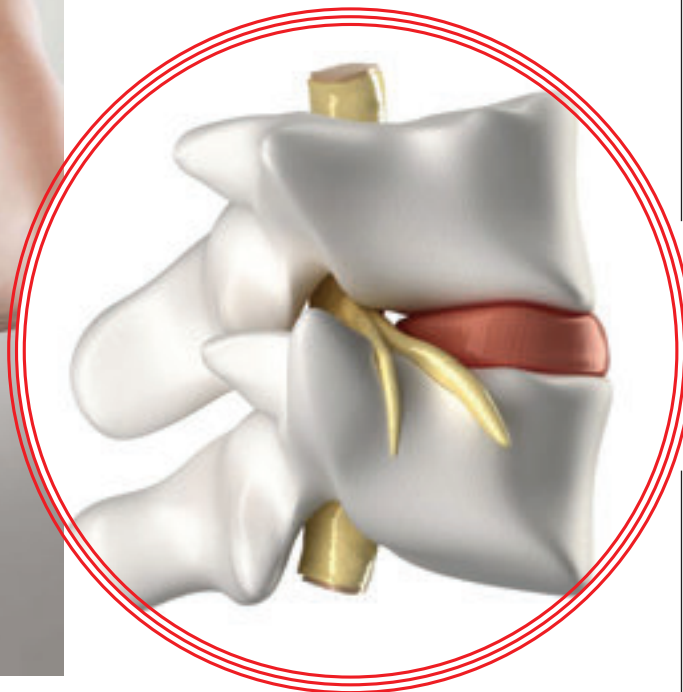
By Aaron Rosenblatt, MD

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



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

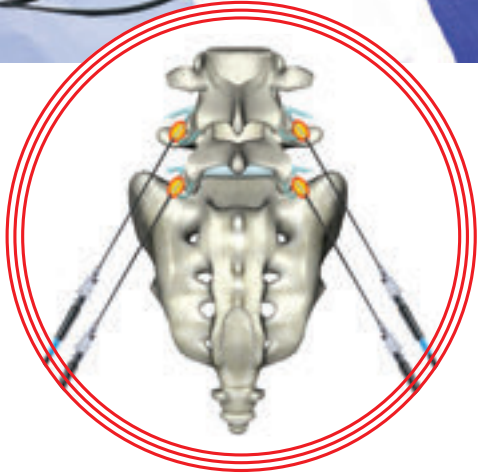
Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint 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!



13722 S. Jog Road, Suite A,
Delray Beach, FL 33446
Web: www.improvepain.com
Book An Appointment With Us Today!
561-819-6050

Early Pain Treatment CAN PREVENT Prolonged Suffering!

The Arrhythmia Center of South Florida

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

Board Certified in
Clinical Cardiac
Electrophysiology

Advanced
Heart Failure
and Transplant
Cardiology

Luis F. Mora, M.D.

B.E. Clinical
Cardiac
Electrophysiology

Board Certified
Cardiovascular
Diseases

PRIVILEGES IN
Delray Medical Center,
Bethesda Hospital
Wellington Hospital
and West Boca Hospital

We Speak
Spanish,
Portuguese
and Hebrew

(561) 303-3491
www.ekgdoctor.com

5329 W. Atlantic Ave. Suite 204 Delray Beach, FL 33484
3347 State Rd. 7 Suite 200 Wellington, FL 33449

- **A-Fib (Atrial Fibrillation)**
- **Cryoablation for A-Fib**
- **Pacemakers and Defibrillators**
- **Advanced Treatment for Heart Failure**
- **Dizziness, Fainting and Palpitations**

Voted "Best Dental Practice in Delray Beach"

Dedicated to Patient Care Through Experience & Excellence

Advanced DENTISTRY

SOUTH FLORIDA

All phases of Dentistry in ONE convenient location!

Schedule an Appointment Today
with **Dr. Elaine Espinet**,

*one of our highly trained
dental professionals*

New Patients...
Mention This Ad!
Receive a Complimentary
Gift &
Whitening Pen

(561) 404-4083

www.ad-sf.com

Village Professional Center
15340 Jog Road, Suite 100, Delray Beach, FL 33446



Are Your EYES the Cause of Your Headaches and Dizziness?

DO YOU SUFFER FROM ANY OF THE FOLLOWING: Migraines/Headache, dizziness, anxiety, panic attacks – especially when driving, neck pain, motion sickness, clumsiness, difficulty reading, nausea, light sensitivity, blurred/shadowed/doubled vision?

Have you been to numerous doctors (ENT, Neurologist, Primary Care, etc.) only to be told that there is nothing wrong with you?

Have you been put on many medications to help your symptoms but nothing seems to work?

I bet you never thought your eyes could be the cause of your suffering!

When you have a *binocular vision disorder* (BVD), the muscles surrounding your eyes are not perfectly in alignment. There can be a horizontal misalignment, a vertical misalignment called vertical heterophoria or both. There are six muscles that surround each eye and that control the movements of the eyes. Those muscles need to be perfectly aligned to allow vision that is clear, single and in focus. When the muscles are misaligned the brain works very hard to try and keep them stable. Symptoms of BVD occur when the body struggles ineffectively to realign the muscles.

Did you know that even a slight misalignment in the eyes can cause any of the symptoms mentioned above?

Did you know that this type of eye misalignment is not screened for or picked up on routine eye exams?

I am the only eye doctor in the state of Florida that is a certified Neuro Visual specialist and who has trained under the care of the country's foremost expert, Dr. Debra L. Feinberg. Dr. Feinberg has been practicing Neuro Visual Optometry for over 20 years and has patented her techniques and the equipment that she uses to diagnose and treat BVD. Patients have traveled from all over the world to be evaluated and treated by Dr. Feinberg. In an effort to bring this groundbreaking BVD treatment to more patients, and to make it more convenient for patients to receive treatment, approximately three years ago Dr. Feinberg began training other doctors to become Neuro Visual specialists. I am only the eighth doctor in the country to have been trained in this highly specialized field under Dr. Feinberg.

I am still amazed at how treatment for BVD helps patients the way it does. The beauty of this treatment is that your glasses become your medicine. Most of my patients are able to begin feeling better and are able to start reducing their medications for anxiety and other symptoms soon after they get their glasses.

The feeling of helping a patient get their life back never gets old. I often receive hugs and elicit tears from my patients as they realize the life-changing treatment they have received. I have had patients who haven't been behind the wheel of a car in years tell me that they now have the confidence to start driving again.



One patient told me that he got on an airplane for the first time in three years, after suffering from severe dizziness that prevented him from flying. Hearing success stories like that make this type of work so gratifying.

SO HOW DO I ACTUALLY HELP PATIENTS WITH BVD?

Using the highly specialized training received from Dr. Feinberg, I perform a unique evaluation that focuses on the muscles of the eyes. This completely non-invasive evaluation consists of the use of special lenses and lights to see which muscles are not in alignment. I will then use prism lenses in a pair of glasses to realign the patient's eye muscles. Prisms are special lenses that move images to where the eyes' natural position are. The use of prisms allows the eyes to relax while the glasses do all of the hard work. For those who might be concerned about how eyeglasses with prism lenses will make them look, rest assured that no one can tell the difference between standard eyeglass lenses and the prism lenses that I prescribe.

Patients have traveled great distances for me to examine and treat them. These patients are willing to try anything to feel better. They have been told that there is nothing wrong with them or that it is all in their head, when actually there is a medical diagnosis for what they have been feeling. I feel very blessed to be able to help these patients. It is the best feeling in the world!

To find out more about Binocular Vision Disorders or to see if you would be a good candidate for a Neuro Visual evaluation you can visit our website www.iseevisioncare.com.

Dr. Erin Sonneberg
is the founder and
owner of
iSee VisionCare located
in Boynton Beach,
Florida. If you would
like to speak to
Dr. Sonneberg about
your symptoms, please
call the office at
561-733-9008.



iSee VisionCare

AN EYE FOR THE FUTURE

6651 Woolbright Rd, Suite 112, Boynton Beach, FL 33437

(561)-733-9008

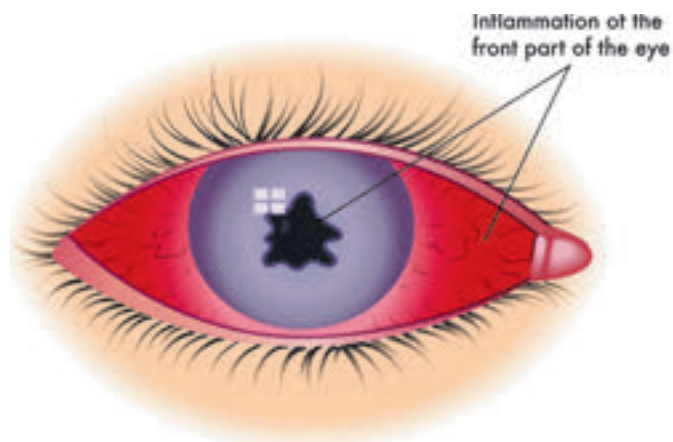
www.iseevisioncare.com



WHY DO I HAVE UVEITIS?

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

UVEITIS is inflammation of the uvea, which is made up of the iris, ciliary body and choroid. Together, these form the middle layer of the eye between the retina and the sclera (white of the eye).



The eye is shaped like a tennis ball, with three different layers of tissue surrounding the central gel-filled cavity, which is called the vitreous. The innermost layer is the retina, which senses light and helps to send images to your brain. The outermost layer is the sclera, the strong white wall of the eye. The middle layer between the sclera and retina is called the uvea.

The uvea contains many blood vessels — the veins, arteries and capillaries — that carry blood to and from the eye. Because the uvea nourishes many important parts of the eye (such as the retina), inflammation of the uvea can damage your sight.

There are several types of uveitis, defined by the part of the eye where it occurs.

- Iritis affects the front of your eye. Also called anterior uveitis, this is the most common type of uveitis. Iritis usually develops suddenly and may last six to eight

weeks. Some types of anterior uveitis can be chronic or recurrent.

- If the uvea is inflamed in the middle or intermediate region of the eye, it is called pars planitis (or intermediate uveitis). Episodes of pars planitis can last between a few weeks to years. The disease goes through cycles of getting better, then worse.

- Posterior uveitis affects the back parts of your eye. Posterior uveitis can develop slowly and often lasts for many years.

- Panuveitis occurs when all layers of the uvea are inflamed.

UVEITIS CAUSES

The specific cause of uveitis often remains unknown. In some cases, however, it can be associated with other disease or infection in the body.

Uveitis may be associated with:

- A virus, such as shingles, mumps or herpes simplex;

- Systemic inflammatory diseases;

- A result of injury to the eye; or

- Rarely, a fungus, such as histoplasmosis or a parasite, such as toxoplasmosis.

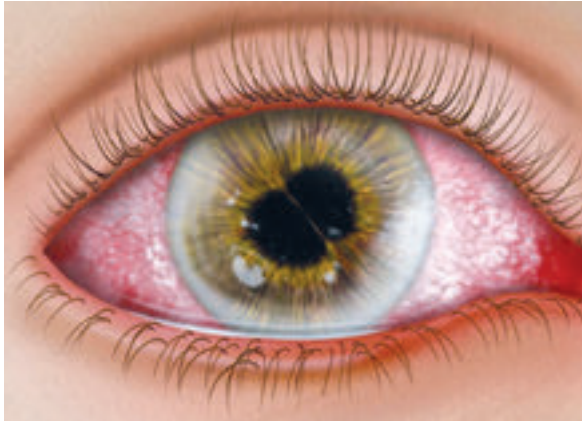
If you smoke, stop. Studies have shown that smoking contributes to the likelihood of developing uveitis.

UVEITIS SYMPTOMS

Uveitis may develop suddenly with eye redness and pain, or with a painless blurring of your vision. In addition to red eye and eye pain, other symptoms of uveitis may include light sensitivity, blurred vision, decreased vision and floaters. There may also be a whitish area (called a hypopyon) obscuring the lower part of the iris.

A case of simple "red eye" may in fact be a serious problem such as uveitis. If your eye becomes red or painful, you should be examined and treated by an ophthalmologist.





UVEITIS DIAGNOSIS

A careful eye examination by an ophthalmologist is extremely important when symptoms occur. Inflammation inside the eye can permanently affect sight or even lead to blindness if it is not treated.

Your ophthalmologist will examine the inside of your eye. He or she may order blood tests, skin tests or X-rays to help make the diagnosis.

Since uveitis can be associated with disease in other parts of the body, your ophthalmologist will want to know about your overall health. He or she may want to consult with your primary care physician or other medical specialists. However, in approximately 40 to 60 percent of cases, no associated disease can be identified.

UVEITIS TREATMENT

Uveitis is a serious eye condition that may scar the eye. It needs to be treated as soon as possible. Eyedrops, especially corticosteroids and pupil dilators, can reduce inflammation

and pain. For more severe inflammation, oral medication or injections may be necessary.

If left untreated, uveitis may lead to:

- Glaucoma (increased pressure in the eye);
- Cataract (clouding of the eye's natural lens);
- Neovascularization (growth of new, abnormal blood vessels); or
- Damage to the retina, including retinal detachment, damage to the optic nerve or both.

These complications may also need treatment with eye drops, conventional surgery or laser surgery. If you have a "red eye" that does not clear up quickly, contact your ophthalmologist.



The Retina Institute of Florida

Lauren R. Rosecan

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

The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.

Toll Free Phone Number: 1-800-445-8898 561-832-4411

West Palm Beach
901 North Flagler Drive, 33401
(561) 832-4411 Office
(561) 832-1591 Fax

Palm Beach Gardens
11382 Prosperity Farms Rd., #128, 33410
(561) 627-7311 Office
(561) 627-6791 Fax

Stuart
618 East Ocean Blvd., #3, 34994
(772) 287-7026 Office
(772) 220-4186 Fax

Boca Raton
1050 NW 15th Street, #114, 33486
(561) 368-7723 Office
(561) 368-0093 Fax

GUM RECESSSION: When Should I See Someone?

Written by the doctors at Advanced Dentistry South Florida



When it comes to our gums, there can be a lot of confusion about how they should look and what constitutes healthy. Some people have a higher visible gum line while others have much less. Our gums cover the jawbone which supports our teeth at the root. The top half of the tooth, the crown, is exposed above the gum line while the lower half of the tooth, the root, is safely covered. If you notice your gum line has begun receding, it may be an indicator that something needs to be addressed.

WHAT IS GUM RECESSSION?

Gum recession is simply when your gum tissue begins to shrink or disappear. This can occur for a number of reasons:

- Not brushing or flossing
- Brushing too hard
- Tobacco use
- Misaligned teeth
- An underlying health issue

Regardless of the cause, once your gums begin to recede the thicker gum tissue toward the top of the gum line is the first to fade. If it progresses beyond this point, then the thinner gum tissue may begin to recede more quickly. If the recession continues, then the supporting bone may eventually be exposed as well.



WHAT ARE THE RISKS OF GUM RECESSION?

One of the first things you may notice is that your teeth appear to get longer or that your smile appears to be more “toothy”. As more of the tooth is exposed, you may experience sensitivity to hot or cold foods. If your gum recession continues, you may experience more serious effects.

- **Infection:** As your gums recede, it can form pockets between your teeth and the remaining gum tissue. These pockets are perfect for bacteria to accumulate which can lead to gingivitis or gum disease.
- **Bone loss:** The bone is exposed as your gums recede. As more and more bone is exposed it will begin to break down. This can greatly weaken the support structure of your teeth.
- **Loose or lost teeth:** Teeth can become misaligned, loose, or lost if the surrounding support structure is worn away. The loss of one tooth can cause other teeth to become misaligned and can open the mouth up to potential infection.

CAN GUM RECESSION BE TREATED?

Treatment is possible and can restore your gum line. It can happen for a variety of reasons, so determining the cause will help better treat the condition. When you come into Advanced Dentistry South Florida for your appointment, we will perform a thorough examination to get a clear picture of what exactly is causing your gum tissue to disappear.

We look forward to assisting you regarding any of your dental needs. Call us today at **561-404-4083**. We can't wait to help!



561-404-4083 www.ad-sf.com

Village Professional Center at 15340 Jog Road,
Suite 100, Delray Beach, FL 33446.

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.

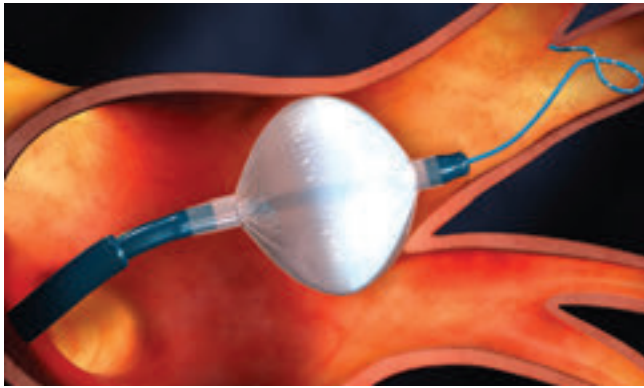
Specializing in treating arrhythmia or irregular heart rhythms, – Yoel R. Vivas, M.D., F.H.R.S., and Luis F. Mora, M.D – say that cryoablation has several advantages over traditional radiofrequency ablation. “Cryoablation is an excellent treatment option for patients with paroxysmal AFib who have not 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.



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

“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.

Cryoablation disrupts the heart cells that create an irregular heartbeat.

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 ablative 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.

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

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.

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 (FHRSS).

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

THE ARRHYTHMIA CENTER OF SOUTH FLORIDA

is located at 5329 W. Atlantic Ave. Suite 204 Delray Beach, FL 33484

561-303-3491



WHY AM I SO STRESSED???

It's a beautiful South Florida day outside, the birds are chirping, the kids are finally off to school, everyone is healthy and happy, and life is good.... right? Wrong! Why do I have this anxious, stressed out, overwhelmed, impending doom feeling? There is no reason for it, so I must be losing it? Wrong again. I have anxiety.

It's common to use the terms anxiety and stress interchangeably, however they are two very different issues. **Stress** as defined by Psychology Today: Stress is simply a reaction to a stimulus that disturbs our physical or mental equilibrium. In other words, it's an omnipresent part of life. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body.

Stress is all around us, every day, and believe it or not, is needed. For instance, if I'm driving on I-95 and a car quickly changes lanes in front of me, I need my stress levels to rise so that I can react immediately. Another example, if my employer comes to me and says "I need this report on my desk before lunch", I need stress to raise my arousal levels so that I think faster, block out external stimuli, and I'm focused and alert.

But it's not just about what I'm thinking, there's a response going on inside my body. Very simply, handling stress is the job of the autonomic nervous system. The sympathetic nervous system sends out the "fight or flight" signal telling the body to feel stressed and then the parasympathetic nervous system comes in and tells us that stress is over and that it's time to rest and relax.

If handling stress is something that our bodies are designed to do, why do I continue to feel uncomfortable? Why isn't my body and brain calming and resting as it should? I thought I was stressed out by life events; so does this mean I'm anxious? What's the difference between stress and anxiety?

The Merriam-Webster Dictionary defines **anxiety**: (1): apprehensive uneasiness or nervousness

usually over an impending or anticipated ill: a state of being anxious (2): an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it: mentally distressing concern or interest.

So, in layman's terms, anxiety is stress that won't go away, it takes an ugly turn to "negative and fear town", and indicates that the "rest and relax" response from the parasympathetic nervous system isn't there.

What we see in the brain is similar but a little more simply stated. Stress is an event in our life that causes our brain to initiate a calming response and anxiety is a neuron pattern in the brain that impedes the calming response. An anxiety pattern in the brain is typically inherited, but though still possible to change. This anxiety pattern can be triggered by major stresses, no stresses or by very minor stresses, thus making it a life-long issue for all ages, even young children.

Anxiety manifests in many different ways such as:

- excessive worrying
- nagging sense of fear
- restlessness
- overly emotional
- negative thinking
- catastrophizing
- defensiveness
- poor sleep
- irritability
- lack of concentration
- feeling overwhelmed
- fatigue/exhaustion



The good news is...Neurofeedback fixes anxiety patterns in the brain!

WHAT IS NEUROFEEDBACK?

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

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then

able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through visual recognition of the changes on the screen and the auditory reinforcement of "beeps".

WHAT RESULTS SHOULD I EXPECT TO SEE AND HOW LONG BEFORE I SEE THEM?

As every brain is different, every response is different as well. Typically adults will notice feeling symptom relief within 10 sessions and notice things like being calmer, happier, sleeping better, less panic, less worrying, more relaxed and able to enjoy life. Treatments are individualized and as no two brains are alike, no two treatment plans are alike. We will evaluate your symptoms and how your brain is functioning to customize training for you. All you have to do is call our office to make the appointment!

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.

Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and 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.



**7301 W. Palmetto Park Rd.,
Suite 102A, Boca Raton, FL 33433.
(561) 206-2706
www.BocaBrainCenter.com**

South Florida Health & Wellness Magazine

On the Web | On Facebook | On Twitter | In Your Inbox

Providing information that will promote living a healthy, well-balanced lifestyle.

South Florida Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 42,000 copies are distributed every month at hospitals, doctor offices, health and wellness centers, shopping plazas, grocery stores and many other locations.

GOLDMAN EYE

DAVID A. GOLDMAN, M.D.

561-630-7120
www.goldmaneye.com

- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3401 PGA Blvd., Suite 440, Palm Beach Gardens, FL 33410

Fitness is Fun at **ILoveKickboxing**

Whether 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

www.ilovekickboxingbocaraton.com





Brain & Wellness Center

All Ages Welcome
Brain Biofeedback is a
Non-Medication
Approach

(561) 206-2706 WWW.BOCABRAINCENTER.COM

ARE YOU ADHD?

Can't Concentrate? Can't Focus? Can't Remember? Too Tired or Too Hyper? Interferes with School, Work, Sleep, Relationships? Affects Grades or Work Performance?



CALL OR VISIT OUR WEBSITE TODAY!
STOP living with these symptoms and teach your brain how to get in SYNC!

STOP

7301 W. PALMETTO PK. RD., STE. 102A, BOCA RATON

(561) 206-2706, LLC #H07899

Discover a life more fulfilling 

ACUTE WOUND CARE

Are you suffering from lymphedema and chronic swelling of upper or lower extremities?

We Can Help!

Whether you need short-term recovery assistance or a long-term treatment plan, we deliver the supplies you need to shorten recovery time in your own home!

Specializing in Pneumatic Compression Systems, specialty dressing supplies for treatment of chronic and hard to heal wounds.



Call Us Today!
239-949-4412

www.acutewoundcare.com

*Deductibles and co-pays may apply. Coverage may vary and is based upon individual insurance benefits. Covered by most insurance and Medicare for qualifying patients, deductibles and copays may apply.

Underlying Reasons for Limb Swelling

By Alyssa Parker



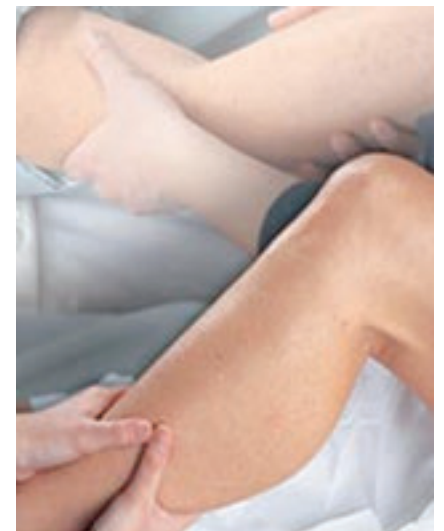
Many people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

HOW THE LYMPHATIC SYSTEM WORKS

What does edema have to do with your lymphatic system? 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.

WHAT IS LYMPHEDEMA?

Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.



COMPRESSION PUMP TREATMENT

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph 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.

POSSIBLE SYMPTOMS OF LYMPHEDEMA

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection/cellulitis
- Hardening or thickening of the skin on your arms or legs

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venus system not the Lymphatic system. Removing fluid from the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema 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?

Compression pump is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.



SPECIALISTS IN ACUTE WOUND CARE

Remember, ANY swelling is an indication of an overloaded Lymphatic system. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. For more information and articles on this topic, Google "Acute Wound Care," visit www.AcuteWoundCare.com, or call **239-949-4412** and speak with a specialist. Remember, nothing heals faster than an educated patient.

ACUTE WOUND CARE

Contact Acute Wound Care today and speak with a specialist by calling

239-949-4412

www.AcuteWoundCare.com

Get Slim, Lean, & Toned - Fast.

3 CLASSES & FREE GLOVES!

\$19⁹⁹

iLoveKickboxing.com

1297 W. Palmetto Park Rd, Boca Raton, FL 33486
561-536-5659 Register online at iLoveKickboxing.com

iSee VisionCare
 AN EYE FOR THE FUTURE

Erin M. Sonneberg, OD
 6651 Woolbright Rd, Suite 112
 Boynton Beach, FL 33437
 (561)-733-9008
www.iseevisioncare.com

Eye Exams
Contact Lenses
Emergency Eye Care – Same day appointments
Designer Eye Wear

****The only certified Neuro-Visual specialist in the entire state of Florida, helping patient with their headaches and dizziness**



Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eyeglasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



561-630-7120
www.goldmaneye.com

DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.



It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**

- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers



Discreet, nearly invisible!

Experience better than normal hearing* with less effort with the NEW Siemens primax™ hearing aids

Siemens primax hearing aids are **clinically proven**** to make listening to speech and music easy and effortless in every situation including:



Noisy and crowded restaurants



At churches, concerts and auditoriums



Outdoors in the wind

Schedule your **FREE** Hearing Screening!



Boca Raton • Delray Beach Call Toll Free: 855.270.1587

\$1000 OFF

purchase of a pair of Siemens level 3 primax digital hearing aids.

Everyday retail price for Siemens level 3 primax is \$2,895 each. Sale Price \$2,395 each. Offers cannot be combined. Excludes previous purchases. Offer expires 9/30/16.

Grab a bite on us with your FREE Hearing Test!



Must have hearing loss. Call for details. Offers cannot be combined. Limit one per customer per year. Offer expires 9/30/16.

* 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.

** 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.