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Health & Wellness[®] MAGAZINE

December 2016

North Palm Beach Edition - Monthly

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Don't STRESS your TRESSES...

How to Keep Your Hair from Falling Out During this (Stressful) Holiday Season

By Dr. Alan J. Bauman

With the holiday season upon us, we're not too far from the mega-stress that comes with shopping, dealing with out-of-town guests, making special meal preparations, traveling and everything else in between. We all know that stress can take its toll on our physical and mental health, but did you know it can also affect your hair?



That's right, the increased emotional stress from the holidays can severely impact our hair follicles. This effect is due in part to elevated cortisol levels and other hormonal fluctuations that happen inside us. These physiological responses to stress can lead to temporary hair and scalp related problems such as excess shedding, hair thinning as well as dry and even flaky scalps.

The good news for us this holiday season is that stress alone doesn't cause permanent hair loss; the bad news however is that it can also lead to a hair loss situation called 'telogen effluvium' or excessive temporary shedding while also influencing and accelerating the 'normal' timeline for permanent hereditary male and female pattern hair loss to occur. People who are most susceptible to this type of stress-induced fallout are also likely have other factors working against them. Contributing factors to hair loss range from genetic predispositions to baldness, to certain health and lifestyle risk factors that may already be stressing on the hair follicles (e.g., illness, hormonal imbalance, lack of sleep, medications, poor nutrition, smoking, etc.).

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

Scalp Makeover – If you're looking for something relaxing to gift either to yourself or for a loved one, consider booking a 'Scalp Makeover' appointment. During this scalp pampering session, each guest can enjoy a therapeutic scalp steaming and a relaxing scalp massage, as well as hair growth boosting treatments such as low-level laser light therapy. A beautiful head of hair starts with a healthy scalp. A scalp makeover can serve as a relaxing break that will also help overcome common hair problems, including hair thinning, excessive shedding and breakage.

Feed Healthy Hair – Your body needs food to live and grow, and in turn, so does your hair. How you eat can determine how healthy, or unhealthy, your hair is going to be. Women and men who lack a balanced nutrition are more at risk of having thinning occur to their hair. Another tip is to avoid extreme "crash" diets because they can lead to major shedding and temporary hair loss. For those looking to give their hair a real added boost, nutritional supplements added to a healthy diet can be extremely effective in helping follicles produce healthier, stronger, shinier hair.

Nutritional Supplements – Another easy way to support healthy hair throughout the holidays (and year round), is with specialized nutritional supplements which can boost healthy hair growth and improve the overall quality and appearance of your hair. While taking a vitamin seems like an easy fix, it is important to do your homework, because not all hair supplements are created equal. Some good choices include Bauman MD Hair Vitamin Complex and Viviscal Professional, which contains Amino-Mar (sustainable shark cartilage) as well as high-dose medical-grade 10,000 mcg Biotin taken daily. Nutrafol is another high-tech hair supplement that has promised to be helpful for "stress shedding."

Low Level Laser Light Therapy – Over the past few years, the FDA has given the "official approval" to a select few low-level laser devices as proven safe and effective for the treatment of hair loss by regrowing and improving hair growth-and not just for men, but for women too. The latest group of hands-free helmets and caps, offers a discreet, powerful, convenient and effective hair loss treatment that is non-chemical, non-invasive, as well as side-effect and pain-free.

Platelet-Rich Plasma (PRP) for Hair Regrowth – A PRP treatment is a quick yet highly effective "lunchtime" procedure that is great to have done especially during the holidays to combat hair loss. Natural growth factors locked within the platelets of your own blood are concentrated, collected and then carefully redirected into the areas of hair loss, stimulating hair regrowth.



This before and after photograph shows the hair regrowth results for a 40-year-old female patient who had a PRP hair regrowth treatment done by Dr. Alan J. Bauman at Bauman Medical in Boca Raton, Florida. Notice the increase in scalp coverage as well as improved hair quality, shine and overall appearance. Photo Courtesy of Bauman Medical Group, P.A.. Copyright 2016. All Rights Reserved.

A PRP session only takes about one hour and there is virtually no downtime afterwards. Be sure to choose a board-certified hair specialist when looking for where to get a PRP hair regrowth treatment done because not all PRP procedures are done equally.

It is important to know that hair loss or other hair problems caused by stress, whether emotional or physical, can be particularly difficult to self-diagnose. A temporary hair loss episode doesn't usually happen immediately following the stressful period or triggering event – it often

happens weeks, or even months afterwards. This means that you may not see the impact of a stressful holiday season until one or maybe even two months later.

To properly diagnose the cause of your hair loss or thinning, or other serious hair or scalp problems, it is important to be evaluated by a board-certified hair restoration physician, who can accurately measure and evaluate your situation--helping determine if your hair loss is in fact due to stress, or if it is a symptom of a more serious underlying health condition.

Beware of Holiday-Related “Crash” Diets

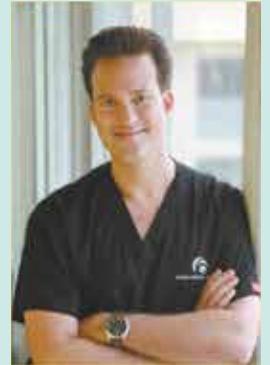
Crash dieting may seem like the perfect way to shed some of the unwanted pounds we may all inevitably pack on during the holidays, but these drastic changes in nutrition can have serious implications on our health – and our hair.

- ‘Crash dieting’ can lead to temporary hair loss.
- Four to six weeks after starting a crash diet, major shedding may occur anywhere throughout the scalp.
- A steep drop in nutrients to the body forces some hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown.
- Shedding condition is usually temporary, but it could still take anywhere from 6 to 10 months for the hair to return.

If you are concerned about sudden hair loss or are experiencing thinning hair following an extreme diet, seek advice and an evaluation from a hair restoration physician for measurements, treatments and tracking because untreated hereditary hair loss always gets worse with time.

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

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



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

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

Hair Loss Study Candidates Needed!

Bauman Medical is currently enrolling qualified candidates for exciting Hair Loss Studies.

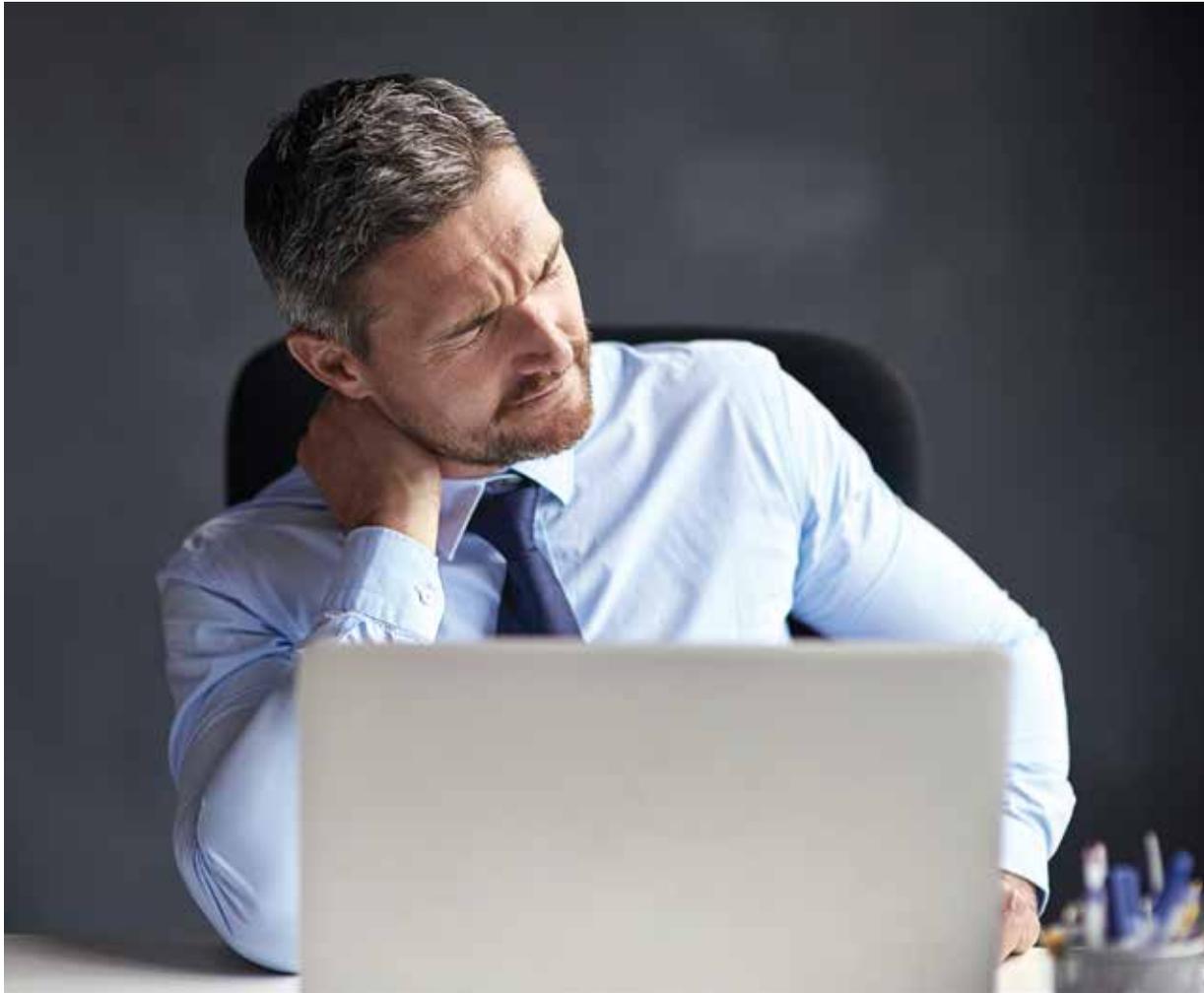
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THE MCU™ Provides Miraculous Relief From Chronic Neck Pain



Neck pain is a common occurrence in normal day life, **now there is a solution!**

A practicing dentist for 35 years in New York, Robert Herbsman is now retired and living in Juno Beach. The constant bending over to work on patients' teeth while seated in his dental chair left him with severe head and neck pain.

"The pain in my head would go down through the back of my skull and push into the temporal areas," Robert recalls. "The pain would come and go, but when it did occur, I would say it was a ten on a scale of one to ten. It was almost debilitating. And I couldn't take an aspirin and expect it to go away. It wasn't that kind of headache."

Robert went to see more than one neurologist and underwent numerous MRIs and CT scans attempting to pinpoint the problem.

"Not one of them could give me a definitive answer as to what was going on," he recalls. "It was extremely frustrating for me. I tried acupuncture, injections and chiropractic. Nothing worked long term. It was always a temporary fix. I grew so frustrated I just decided to give up for a while."

An avid outdoorsman, Robert enjoys kayaking, the beach and cycling long distances. He eventually became physically unable to continue with those favorite activities.

"I lost my zest for life when I got to a point where I had to stop doing the things I loved because of the constant pain," he explains. "You fall into a depression when that happens. I did not want to continue like that."

One day while lounging at his community pool, Robert received some unsolicited advice from a neighbor.

"My neighbor is a massage therapist at Active Health Center, she thought perhaps the problem was muscle related, so she suggested I come in for some massages, which I did," he shares. "It helped tremendously, and over time she suggested I see one of the doctors there and try their MCU machine."

The MCU, or *Multi-Cervical Unit*, works to isolate and strengthen weak muscles in the neck.

Robert took heed of his neighbor's advice and made an appointment to see Colin O. Behrue, DC, at Active Health Center.

An accurate diagnosis

During his initial consultation, Dr. Behrue determined that Robert had degenerative discs in his neck, bone spurs and arthritis.

“As a dentist for so many years, he tended to use one side of his body while treating patients, so he was leaning a lot to one side, and he had his neck bent all the time. As a result of that repetitive motion, a lot of damage incurred in the cervical area,” Dr. Behrue describes.

Robert’s treatment plan began with chiropractic care to regain his range of motion.

“He started with gentle, very specific chiropractic care,” Dr. Behrue shares. “Once Robert was able to turn his neck again without constant pain, such as when he is driving a car, we then moved forward with light physical therapy in order to train his muscles and his body to recognize what his ‘new normal’ is.”

Robert’s treatments with the MCU began shortly thereafter. The treatments are specifically designed for each individual to strengthen his/her neck muscles in the identified areas of weakness.

Finding the missing piece

“Doctors need to know about the MCU,” states Marc Weinberg, DC, “because the research is there. Until the MCU came along, there was no technology to objectively measure and treat neck weakness.”

He explains that the MCU is both diagnostic and therapeutic, once an individual has been tested, the treatment is relatively easy. “When we do the testing, the patient goes through a series of isometric strength exercises. They don’t have to move, but the machine records sixteen different ranges of motion. Once we use the testing functions of the MCU to find the source of weakness, the machine goes to work to fix the problem.”

According to Dr. Weinberg, research indicates the MCU is the absolute best way to strengthen the neck. It’s the missing piece of traditional neck pain care, and a must to treat neck weakness.

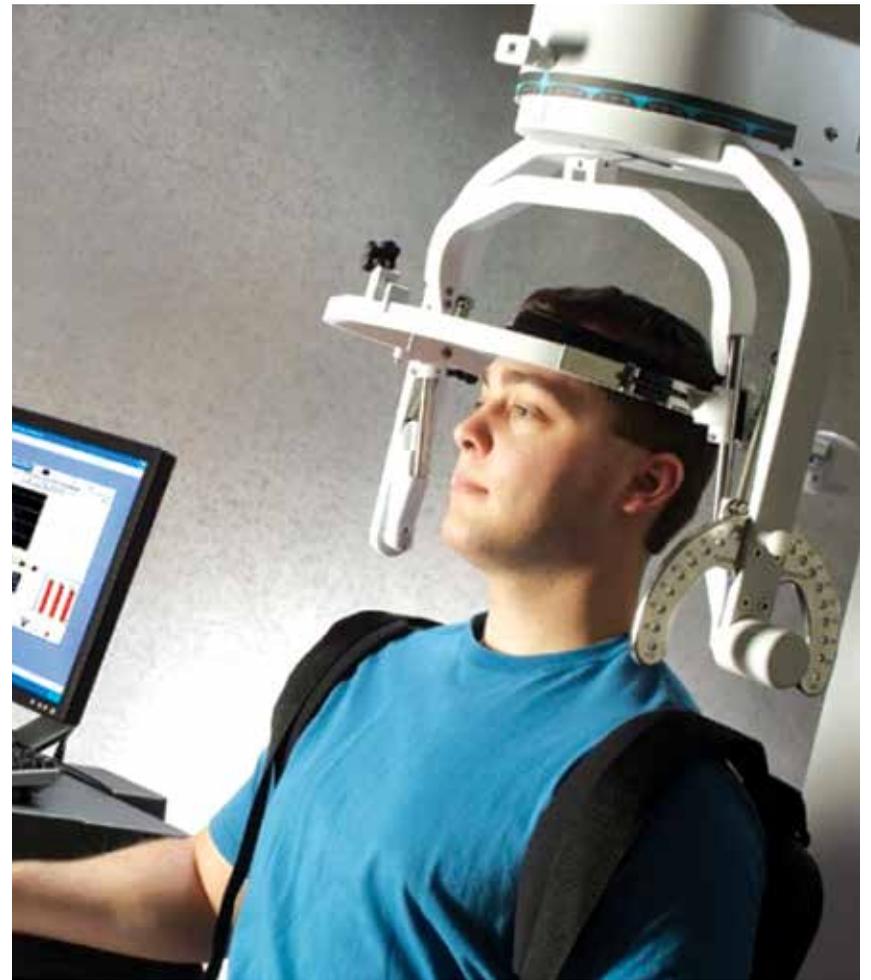
“Starting in the 1990s, a fair amount of research came out. The research showed that neck weakness leads to neck pain, and you need to address the neck weakness first in order to treat the pain,” explains Dr. Weinberg. “If someone gets into a car accident, or has ongoing repetitive motion, micro-trauma (from keeping their head down all the time, like Robert) they start off with some neck discomfort. The muscles become inhibited, and that weakness leads to more pain, which leads to further weakness: It’s a vicious cycle.

“We see patients coming in with many different symptoms – pain, headaches, numbness, tingling – but oftentimes these other factors can be stabilized just from strengthening the neck,” Dr. Weinberg explains.

The average treatment regimen is nine weeks, but people typically begin to see results in just three to five weeks.

“It’s completely painless, easy to use, and we constantly monitor every patient,” adds Dr. Behrue.

Dr. Weinberg notes that the MCU is not the sole treatment used, but rather a key component of a customized treatment plan.



“Many of our patients, like Robert, receive hands-on care with our physical therapist in conjunction with the MCU treatment, but the MCU is the missing piece of the neck pain puzzle.”

Robert says he has returned to enjoying his favorite outdoor activities once again.

“I can paddle my kayak and pedal for miles on my bike, and I feel great. Better than I ever have. Dr. Behrue is very knowledgeable and has a lot of compassion for his patients. I consider myself to be the lucky one! I’m glad I found them!”

If you or someone you love is suffering from neck pain or recurrent headaches, give the staff at Active Health Center a call and see if the MCU is right for you.

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NEW TECHNOLOGY PREDICTS EARLY AGE HEART DISEASE RISKS



Look for a new noninvasive technology in your Primary Care Physician's office that can accurately predict your risk of heart disease by age 30.

Area Primary Care Physicians are just learning of new technology aiding them in identifying and providing early intervention for those at increased risk of heart disease. And the response is tremendous. This new technology allows physicians to identify individuals at increased risk of heart disease as early as 30 years old, long before currently available screening tests can detect. This new insight, into the actual artery function, is groundbreaking and will revolutionize how PCP's screen, test, and treat all arterial diseases including Coronary (heart), Cerebrovascular (stroke) and Peripheral arterial disease.

The underlying cause of a heart attack is Coronary Artery Disease (CAD). CAD is the leading cause of death of all individual over the age of 65 in the United States. The US population is approximately 320 million. Every year about 2 million people in the US die from ALL causes; of those deaths, OVER 1 million are due to this arterial disease – Atherosclerosis and its effects (heart attack, stroke, or peripheral artery disease). The numbers are staggering. This disease is responsible for over 1/2 of all deaths in the US annually.

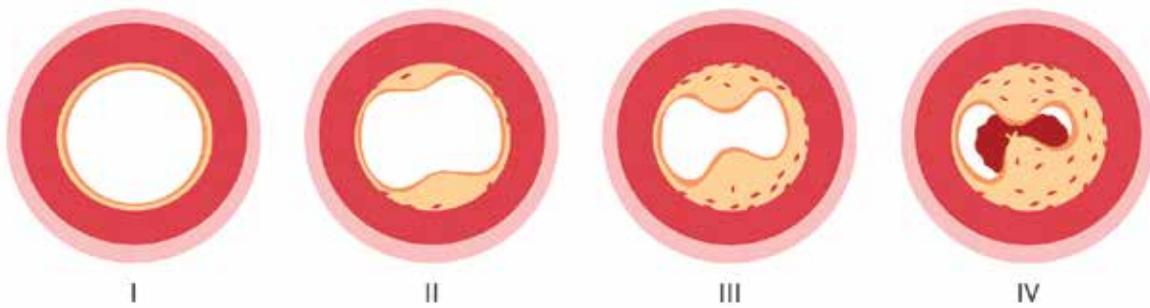
This epidemic has become the focus of many medical professionals, from blood lipid screenings, stress tests, MRI's, CT scans, Thallium Scans, PET scans to Coronary Angioplasty (heart cath). However, all of these tests are costly, some invasive and none allow us to see effectively what is happening to the structure of the artery wall itself – the most predictive element leading to a heart attack or stroke.

Researchers have clearly identified changes in the artery wall can be detected post-mortem by at least age 30. Until now we have had no screening device that will allow us to identify these individuals who are at increased risk for heart attack or stroke. Such an early identification would allow medical professionals to intervene at a time where a real difference can be made, before the disease has progressed.

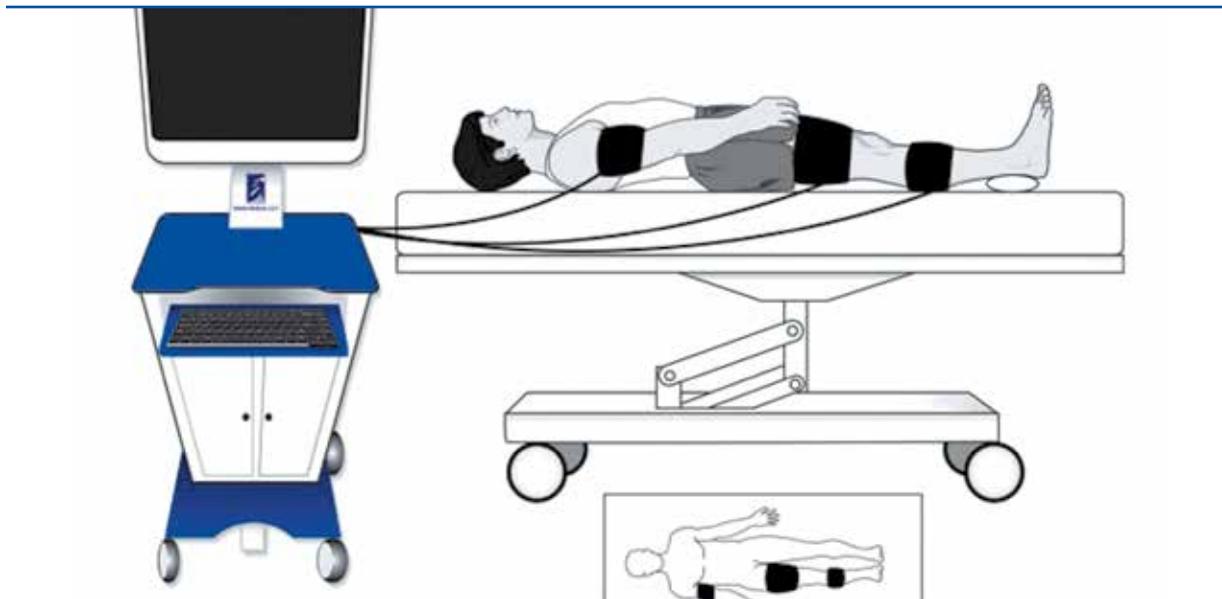
In truth, most people with atherosclerosis have no symptoms. Advanced CAD may exist with minimal or no symptoms and can progress rapidly to an abrupt closure of the artery, possibly resulting in a catastrophic event. Sudden death is the first symptom of coronary heart disease in 50% of heart attack deaths. In fact, the average age of a person in a Cardiac Cath Lab, for the first time, nationwide is 55. Many of these people had no prior symptoms. If we could identify these individuals at age 30 – preventative measures could be taken so that a heart attack or stroke is avoided. A medical pioneer and inventor has done just that.

If you are in the medical community you have likely heard of Dr. Jeffrey Raines or one of his contributions to the world of medicine and diagnostics. Dr. Raines invented the Pulse Volume Recorder (PVR) in the early 1970's, which he sold to Life Sciences, Inc. This machine remains the 2nd most used device in diagnosing and monitoring Peripheral Vascular Disease to date, you can find it in hospitals throughout the world. Dr. Raines is also responsible for Intraoperative Autotransfusion used by trauma surgeons worldwide and contributed to the development of B-mode Ultrasound. His latest invention has been 42 years in the making. The Soteria Cardiac Platform was cleared by the FDA in 2014 after rigorous testing and certifications. It has received an A++ rating and is now available for distribution in the US.

The Soteria Cardiac Platform is a noninvasive diagnostic test that measures arterial compliance. Arterial Compliance is simply the artery's ability to expand and contract (much like a balloon) as a function of the body's systemic blood pressure and demand for oxygenated blood increases and decreases. This elasticity is vital to a working vascular system. Decreased arterial elasticity is caused by thickening of the artery wall secondary to the presence of plaque build-up in the artery wall (Arteriosclerosis/Atherosclerosis). This technology is also effective in monitoring those who have experienced arterial disease by identifying changes or stability of the disease during and following treatment.



Development of the Early Atherosclerosis



The Soteria Cardiac Platform is completely noninvasive. It uses three blood pressure cuffs attached to the upper arm, thigh, and calf, to produce a series of measurements and mathematical computations that gauge the elasticity/compliance of the thigh and calf level artery walls. Arterial compliance, is the local arteries' change in volume divided by its change in internal pressure as blood moves through. An artery with low compliance is stiff, and allows very little change in volume as blood pumps through. The more atherosclerosis an artery has, the more plaque and thickening it contains, and the lower its compliance. "The result is a measurement of generalized arterial elasticity which has a direct correlation with degree of atherosclerosis and cardiovascular risk," said Raines. The test only takes about 10 minutes, and can be administered by a medical assistant.

The result is a detailed report of the patient's risk of heart disease, stroke or peripheral vascular disease, which includes a Soterogram Score, compared to normal values compiled from clinical studies conducted through the National Institutes of Health and FDA. The report includes whether obstructions and wall disease are absent, mild, moderate or severe, and in the case of peripheral arterial disease identifies precisely where

blockages are located. The Soterogram shows the person's actual age, their arterial age, and their level of atherosclerosis.

Currently the most used test to detect cardiac risk is the stress ECG and echocardiogram combination. It is expensive and research has shown not effective in measuring atherosclerosis and cardiovascular risk. In contrast the Soteria Cardiac Platform cost only \$200 and is covered by most insurers.

This is truly a win – win for the public and the Primary Care Physician. The patient will have the opportunity to receive the screening in their PCP's office on an annual basis, or more regularly if indicated due to increased risk. The PCP will have the opportunity to receive the technology and training on the testing equipment at no cost. Currently the Soteria Cardiac Platform is being used in 30 South Florida medical offices. This is expected to quickly expand as the company is now prepared for mass distribution. If your medical office is interested in learning more about the Soteria Cardiac Platform, or if you as a patient would like to find an office currently offering this test please call **305-595-4447**, Email graines@SoteriaMed.net, or visit www.SoteriaMed.net.

Dr. Jeffrey Kent Raines

Dr. Jeffrey K. Raines, CEO, Founder and Chief Technical/Medical Officer, was responsible for the Soteria Cardiac Platform including its design and module development. Dr. Raines holds a BS Mechanical Engineering from Clemson University and a Master's in Mechanical Engineering from the University of Florida. After attending Harvard Medical School and training in the Surgery Department of Massachusetts General Hospital, Dr. Raines received a PhD in Engineering from MIT. His thesis title was Diagnosis and Analysis of Arteriosclerosis in the Lower Limbs from the Arterial Pressure Pulse; this work outlined the construction and testing of a new medical device called the Pulse Volume Recorder ("PVR"). This device was built and distributed by Life Sciences, Inc. and became a central device in the diagnosis of peripheral vascular disease and in the development of vascular diagnostic laboratories around the world. In 1972, the device was formally introduced via a presentation at the Society for Vascular Surgery and its publication in the Journal of Surgery. To this day, with the initial design intact, this device remains the second most common physiologic vascular laboratory test ordered for arterial disease worldwide. Dr. Raines received royalties over 17 years which aggregated in excess of \$20 MM and tests using the machinery generated revenue exceeding \$1.7 Billion per Year over the 17-year period. Dr. Raines was Chief of Research at the University of Miami Department of Surgery until his retirement in 2004 and Director of the Miami Vein Center from 2004 to 2010. Dr. Raines has developed Soteria's technology over a period of 43 years and now that it has FDA clearance, he looks forward to expanding the use of the Platform worldwide. Dr. Raines developed B-mode ultrasound imaging with Dr. William Glenn and performed the world's first B-mode image. Dr. Raines is also responsible for developing intraoperative auto-transfusion which is now used worldwide in trauma surgery. Dr. Raines is Emeritus Professor of Surgery at Harvard Medical School and the University of Miami. Dr. Raines is a Senior Member of the Society of Vascular Surgery, was elected to American College of Cardiology in 1975 and the Harvard Surgical Society in 2006. Dr. Raines lives in Homestead, Florida with Glo, his wife of many years; they have four children and five grandchildren.



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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

medications 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.

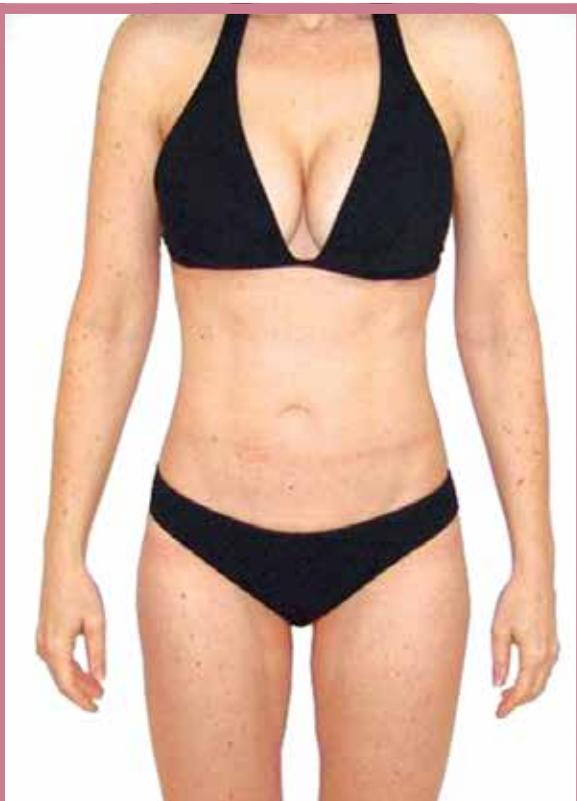
Even Results

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.



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HOW ADVANCED TECHNOLOGY MAY REDUCE PAIN & FEAR IN THE DENTAL OFFICE

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



Many of today's advances can help make dental surgical procedures more conservative, less invasive and often times less painful. Fear tends to be the main reason patients delay or never seek recommended treatment. Unfortunately, issues with the teeth, gums and jaw bone do not repair themselves. When left untreated, these problems typically lead to more significant problems including tooth loss and pain. More invasive procedures may be required to address a situation that might have been able to be addressed in a less costly and less involved manner.

Anxiety / Fear:

Managing a patient's anxiety or fear typically begins during the consultation appointment. Building trust with your doctor can go a long way in helping relax your fears about the unknown. Asking questions and receiving full explanations regarding your options can also help in reducing anxiety. Sedation is a tool we use to relax patients before, during and after a procedure. Our patients typically utilize either oral sedation (medications like valium) prior to their procedure or choose IV Sedation (also known as "twilight sleep"). In addition, the fear of "Novocaine" can be reduced through new delivery techniques that change the way the anesthetic can be given. Using sedation and newer anesthetic procedures can truly make even the most nervous patient relax and have a pleasant experience.

Decreasing Pain:

Once the anesthetic has taken effect, no pain should be felt during the surgical procedure. This can be verified with you before the procedure starts. Much of the discomfort that patients experience is after the treatment is completed and during the early healing period. Most of this discomfort is caused by swelling. Typically, but not always, the more invasive the procedure, the more post-operative discomfort. Our goal is to keep the surgery as conservative, safe and non-invasive as possible. The use of the latest technology helps to achieve these goals.

A good example of state-of-the-art technology is the use of an in-office CT machine. Using this type of 3 dimensional x-ray to help plan procedures such as dental implants offers the surgeon the ability to see "inside the jaw bone". Treatment can then be planned in the most ideal locations, allowing visibility of important structures such as nerves and sinus cavities. This technology can also be used to help perform "teeth in the same day" procedures. The benefit is that in some cases no incisions are needed to perform the surgery. In addition, treatment times may be shorter.

Another example of the use of advanced technology is the treatment of bone loss around the teeth (also referred to as periodontal disease or deep pockets). Traditional surgery typically requires an opening of the area and sutures. The use of laser technology (similar to what is done with eye procedures) allows treatment of this life-long disease with no pain, no scalpel and no sutures. In fact, no pain medication is even provided for this procedure.

Many new options are available to patients that allow treatment of dental issues with both the reduction of fear and decreased swelling, pain and post-operative discomfort. Treating early today can prevent more expensive and invasive treatment tomorrow.

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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolase Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.

Dr. Cohen uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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Hear Better for the Holidays

By: Dana Luzon, Au.D., FAAA
Board Certified Doctor of Audiology

Holiday season brings friends and family members together to celebrate and connect with each other. If you or someone you love is experiencing hearing difficulty, you might find these family gatherings frustrating instead of treasuring this time together. Hearing loss effects not just the ears, but brings on so many emotions including embarrassment and frustration when you are unable to participate in conversation with your loved ones. Family members express the same concerns when trying to communicate with their loved one who is having the difficulty. Hearing loss is the third most common health problem in the United States, and can affect anyone at any age. Untreated hearing loss has been associated with depression, isolation, and cognitive decline. Sadly, most people wait at least 7 years to treat it. Now is the time to do something about it!

Hearing testing is simple and painless. At Audiology and Hearing Aids of the Palm Beaches, we take a concierge approach to hearing care. We work closely with you to make sure we meet all of your hearing healthcare needs. If you are diagnosed with hearing loss, we work with you and your family to set goals for your hearing treatment. We follow your progress during a 75-day retraining period to make sure you are comfortable with how you are hearing and make sure those devices are meeting your listening needs. Included with the treatment plan are 3 years of office visits, 3-year manufacturer warranty including loss insurance, free batteries for the life of the devices and a home for your hearing healthcare.

When it comes to purchasing hearing devices, most patients see it as a “retail purchase” where buying the hearing aid is all they think they need, and some think they can be bought off the shelf. But, a hearing aid does not work without a trained professional to set up that aid, teach you how to use it and manipulate it specifically for you and the listening environments that are most important to you. Hearing loss is a health problem, requiring a health care professional to treat it. Because hearing devices by themselves are not effective, they are not calibrated automatically. Hearing devices are not “one size fits all”. The ability to integrate your devices with your lifestyle is essential to achieving better hearing and a Doctor of Audiology is the most qualified, trained professional to do this. Investment in better hearing should be measured by the results you experience every day.

Come in to Audiology & Hearing Aids of the Palm Beaches during the month of December and we will have you hearing better this holiday season! Just because hearing loss is common, doesn't mean it shouldn't be treated as soon as possible. Why wait to improve your quality of life, be engaged in group and family conversation, and love the way you hear this year!



**Dana Luzon,
Au. D. , FAA,
Doctor of Audiology**

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



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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:

CANNABIDIOL—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 medicine, 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.

South Florida CBD 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 modules 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 South Florida CBD knowledgeable staff at **561-200-0122**.



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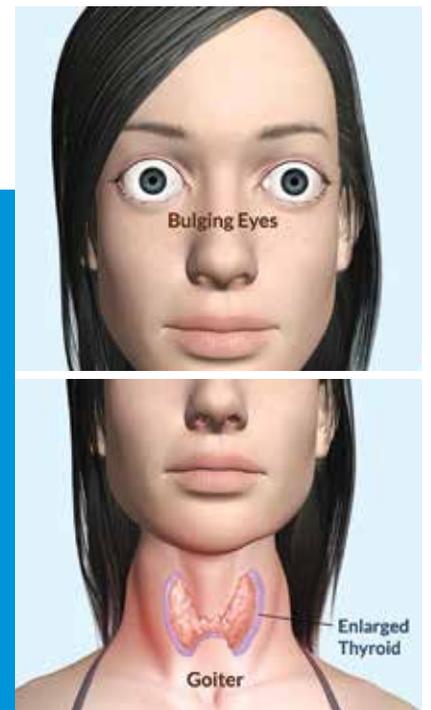
What Is GRAVES' DISEASE?

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

Graeves disease is an autoimmune disorder that leads to over activity of the thyroid gland (hyperthyroidism). The gland produces hormones that regulate your body's metabolism (the process by which the body transforms food into energy).

When Graves' disease affects the eyes, the condition is known as thyroid associated ophthalmopathy (TAO) or thyroid eye disease. Graves' disease usually appears before age 40.

Too much thyroid hormone along with circulating antibodies may cause the soft tissues and muscles that surround the eye to swell. Structures within the eye's orbit — the bony space in which the eyeball sits — include muscles, blood vessels and nerves. When these structures swell within the enclosed space of the orbit, the eyes protrude or bulge. This may lead to problems moving the eyes, often resulting in double vision, one of the more common signs of thyroid ophthalmopathy.



GRAVES' DISEASE SYMPTOMS

Graves' disease causes wide-ranging symptoms, some of which are related to the eye and others that are not.

Graves' disease symptoms that are not related to the eye include

- Anxiety;
- Irritability;
- Difficulty sleeping;
- Fatigue;
- A rapid or irregular heartbeat;
- A tremor of hands or fingers;
- An increase in perspiration or warm, moist skin;
- Sensitivity to heat; and
- Weight loss, despite normal eating habits.

THYROID DISEASE AND THE EYE

Graves' disease can affect the eyes in multiple ways.

Eye lid retraction. The combination of eyelid swelling and eye protrusion sometimes causes the eyelids to retract and reveal the sclera (the white part) of the eye.

Eye protrusion. This occurs when the muscles around the eyes swell, which pushes the eye forward. People with this condition look as if their eyes are bulging or they are staring.

Dry eye. Because of protrusion and eyelid retraction, the eyes are more exposed to the environment. This causes blurred vision, light sensitivity, dry eye, excessive tearing, irritation and inflammation.

Double vision. Muscle swelling may cause double vision.

Eye bags. Eyelid swelling can cause tissue around the eyes to bulge forward.

WHO IS AT RISK FOR GRAVES' DISEASE?

Women are much more likely to develop Graves' disease than men. Graves' disease usually appears before the age of 40. Having a family history of Graves' disease also increases your risk.

Other factors that can increase your risk for Graves' disease include:

- Smoking, which also increases your risk for developing eye problems from the disease;
- Pregnancy or recent childbirth;
- Stress; and
- Having an autoimmune disorder, such as rheumatoid arthritis or type 1 diabetes.

GRAVES' DISEASE DIAGNOSIS

To determine if you have Graves' disease or thyroid eye disease, your ophthalmologist will examine your eyes to see if they are irritated or protruding.

As part of a physical exam, your doctor will also check your pulse and blood pressure, and look to see if your thyroid gland is enlarged. Blood work may also be ordered to check the levels of thyroid hormones. Your Eye M.D. may also recommend a CT scan, which can help show swelling of certain eye muscles.

GRAVES' DISEASE TREATMENT

If thyroid hormone levels are irregular, reducing the overproduction of thyroid hormone may be necessary. The eye problems associated with Graves' disease may be treated by non-surgical and surgical methods.

Non-surgical treatment may include taking steroid medications by mouth to control swelling

and inflammation of the eye muscles, wearing sunglasses frequently to relieve light sensitivity associated with thyroid eye disease, and applying lubricating ointment to relieve dry eye.

Surgical treatment for thyroid eye disease may include the following:

- Surgery of certain eye muscles to help treat double vision;
- Eyelid surgery to treat eyelid retraction and help protect the eye;
- A procedure called orbital decompression for certain advanced cases of thyroid eye disease. This procedure, aimed at treating eye protrusion, consists of creating targeted breaks in some of the orbital bones to allow the swelling to expand to other areas and not push the eyes outward.



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Lauren R. Rosecan

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

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HOLIDAY STRESS AND WEIGHT GAIN: The combination most dreaded by Americans can be avoided with a few simple steps



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

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

HYDRATE:

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

LIMIT ALCOHOL INTAKE:

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

EAT SLOWLY:

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

BE SELECTIVE, NOT RIGID:

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

STAY ACTIVE:

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

INCORPORATE ACUPUNCTURE:

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

WHERE DOES ACUPUNCTURE FIT INTO A WEIGHT LOSS PLAN?

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

1. Acupuncture reduces food cravings and regulates appetite

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

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

In a randomized study by Sabina Lim and others (Graduate College of Basic Korean Medical Science at Kyung Hee University, Seoul, South

Korea), 91 obese persons were randomly assigned to a group receiving stimulation of a five-needle protocol on the outer ear, a group receiving a single ear acupuncture point, or sham (fake) acupuncture. The five-needle group achieved the largest drop in waist circumference, as well as drop in body fat, followed by the one-needle group, and no change in the control group. The study was published in *Acupuncture in Medicine* on Dec 16, 2013.

2. Acupuncture regulates hormones

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

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

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

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

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

3. Acupuncture reduces inflammation and pain

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

Acupuncture promotes blood flow, which brings oxygen, nutrients, immune substances, hormones, pain killers and anti-inflammatories to the compromised area. Acupuncture needles create

“micro traumas” that stimulate the body's natural healing response. Acupuncture releases natural painkillers such as endorphins and enkephalins. Acupuncture relaxes tense muscles that put pressure on joints and impinge nerves.

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

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

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

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

4. Acupuncture improves digestion and metabolism

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

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

Acupuncture can help restore the body's homeostasis, bringing back its optimal functioning. In acupuncture lingo, we call it “Restoring the Qi” or the body's vital energy.

5. Acupuncture reduces stress and increases relaxation

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

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

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



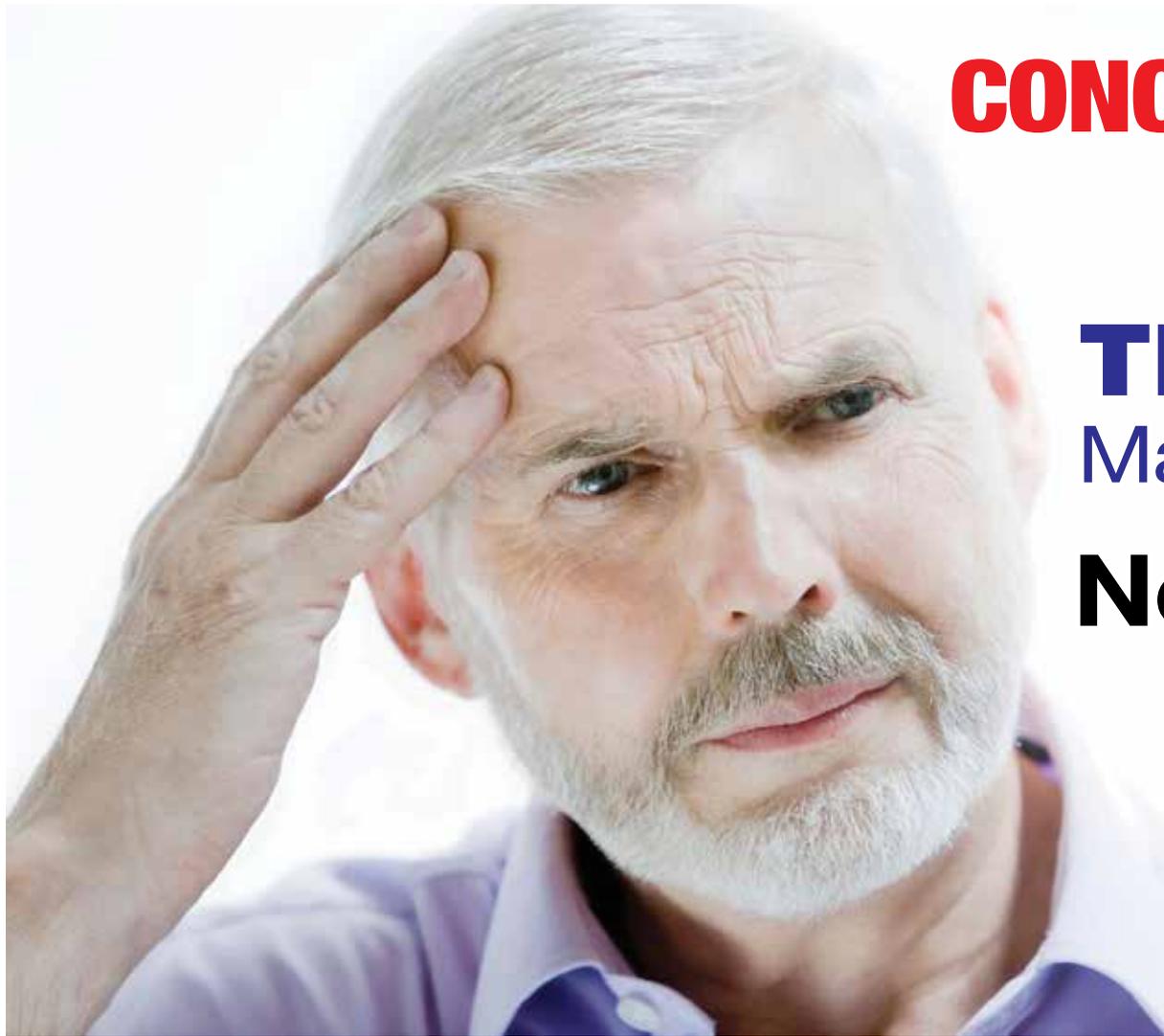
Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has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

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CONCERNED ABOUT MEMORY?

TROUBLE Making Decisions? Not as Sharp?

By Mike Cohen, Director
Center for Brain

I wasn't quite 60 yet but had begun to have occasional word retrieval problems. I could be holding a pen and not be able to think of the word "pen." It wasn't every day, but there was no doubt something was off and might some day affect my productivity.

When two of my employees confronted me about changes they had observed, I decided to do something about it before a potential brain problem began impacting my daily life and career. I became my own client. I was, after all, treating others with memory loss. Why not apply what I knew to my own situation?

I devised a neurofeedback protocol that I used once per week. After a couple of months the word retrieval problem disappeared. As "insurance" I continued treatments every two to three weeks. Four years later my memory is better than it was 15 years ago. An added benefit is that I'm more organized and productive.

If someone like me, who specializes in brain health and function, can find himself with a memory challenge, it can happen to anyone.

Memory Loss Isn't "Normal" at Any Age

Too often memory loss is considered "normal" in people who are aging. In fact, memory loss (and processing difficulties like decision-making) is not normal. Furthermore, it's treatable with neurofeedback.

Neurofeedback helps keep you sharper and functioning better over time. Even those with more serious memory issues such as dementia can optimize functioning or experience a slowing or reversal of mental deterioration.

It's easy to dismiss memory deterioration as "just getting old," but it can be more than that. Having even one of these symptoms could indicate that some *avoidable deterioration* may be taking place:

- You frequently lose things, like keys or your cell phone.
- You walk into a room and can't remember what you went there for.
- You have trouble retrieving words.
- You can't "put your finger on it," but you know you just aren't as sharp as you used to be.
- You can't do as many things "at once" as you used to be able to do
- People frequently say they told you something, but you don't remember it.
- You're told that you're repeating things or asking the same question.

**Why Wait Until the Problem
Is Even More Advanced?**

Alpha Waves

One cause of memory loss concerns alpha waves. In the aging brain alpha waves can slow down, compromising memory and processing speed. That's why it can take an older person longer to cook dinner, balance their checkbook or figure out what to wear that day. Neurofeedback is perfectly suited for speeding up alpha waves so that ordinary daily tasks seem easier. This is called "brain brightening."

Customizing With Screening Tools, Brain Mapping and Targeted Treatment

At Center for Brain we have memory screening tests and special functional brain mapping technology that provide insight into what is occurring.

Those tools (1) help us design a neurofeedback program that specifically targets areas in your brain that aren't functioning optimally and (2) gently encourage these areas to "wake up."

The Lifestyle Connection

Neurofeedback isn't all we do with clients concerned with memory. We deep dive into their lifestyles – what kind of nutrition are they getting and how can that be improved? How much do they exercise? What are their hobbies and possible exposure to low level neurotoxins? Have they had whiplash or any impact on their head such as a concussion or a fall?

In one startling case, a man who said he just felt "off" in his daily functioning revealed that he was a sport fisherman who had eaten a lot of game fish over the years. We had him tested for mercury, a known neurotoxin found in larger quantities in larger fish, and discovered he had high levels in his bloodstream. High mercury levels can impact memory!

In another notable case, a woman who had lost much of her speech and some memory told us she was a fine artist who spent many hours daily in a small, unventilated studio working with oils. Oil paint has a lot of volatile organic chemicals that can affect the brain.

In both cases, eliminating exposure to these chemicals, in combination with neurofeedback, resulted in noticeable improvements.

Too many people are being told there isn't much that can be done for memory loss. That's just not true.

What About People with Dementia and Alzheimer's Disease?

Neurofeedback is not just for people with slight memory deterioration. It potentially can help people with early signs of dementia and Alzheimer's disease – and even those with more advanced cases.

A recent neurofeedback study conducted by a neuropsychiatrist in Europe with Alzheimer's patients reported that subjects experienced a six-point increase in a key memory test, the MMSE (mini mental state examination). This is greater than what has been observed in patients using medications, where score improvement is generally around 1.5 or less.

We look at it this way: If we can help someone with dementia function slightly better or slow their slide, this is significant for them and the people who love them because it gives them more time to be themselves.

Help for Those Who Need to Train at Home

For those who cannot come to the office for treatment, Center for Brain now offers several simple instruments for home use that appear in initial research and clinical application to help people with memory loss.



About Center for Brain

Center for Brain is staffed by a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback and other brain technologies.



Michael Cohen, Director
Center for Brain

Mike Cohen is a leading expert in brain biofeedback. For over 20 years, he's worked with clients, taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



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If you or someone you love has early memory loss or memory loss concerns, visit our office for an evaluation. There are many things that can be done to break the cycle. We have options not likely to be available from your doctor because these are not widely known in the medical community.

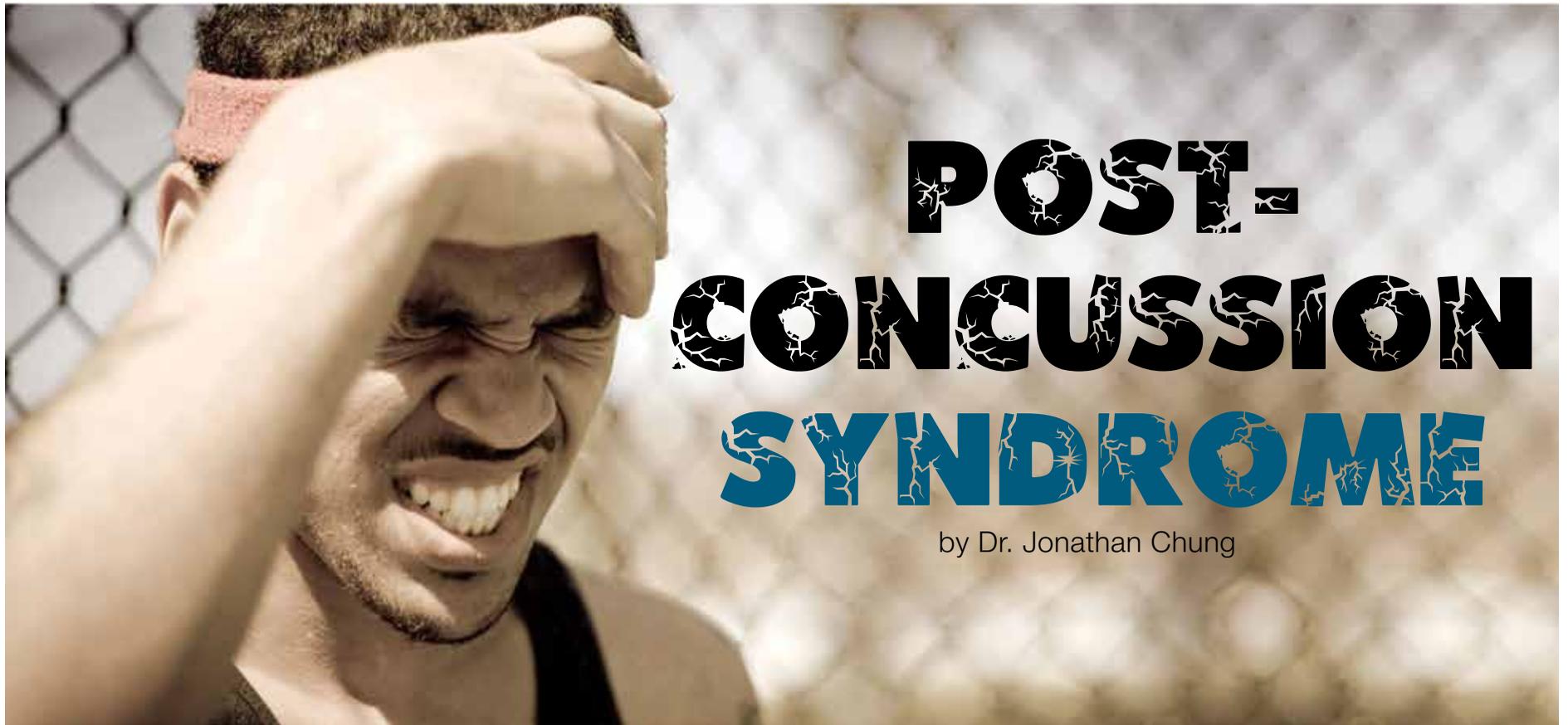
It's critical to do what you can to stop it now.

Playing games like Lumosity and Sudoku aren't enough. You should do everything possible to address your memory concerns.

It takes time and effort, but people who come to us with memory issues frequently improve.

CALL US TODAY FOR A FREE CONSULTATION.

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Head injuries continue to be a hot topic in sports medicine and sports media. The 2015-2016 NFL season has seen a staggering 166 concussions take place during games.

For most people, the symptoms of a concussion will fade within 7 days. The brain will make generally recover within 10 days on average. These patients will likely return to normal activity without any obvious ill effect from the head injury.

However, 10-20% of concussed patients will have persistent symptoms for over 30 days leading to a diagnosis of post-concussion syndrome.

THE PROBLEM WITH POST-CONCUSSION SYNDROME AS A DIAGNOSIS

There isn't a blood test or MRI that you can look at and say "You have post-concussion syndrome!"

This has made post-concussion syndrome a difficult illness to study and treat because.... well....we still don't have a firm idea of what it is or what's causing it. People with post-concussion syndrome and people who have had a concussion and recover have similar blood work and imaging results. That means that a brain that has recovered looks the same as a brain that's struggling and the only difference is what a patient says.

Basically, if you have any of these symptoms after hitting your head, you'll likely get a diagnosis of post-concussion syndrome:

- **Dizziness**
- **Headaches (including migraine)**
- **Anxiety and mood disorders**
- **Poor concentration/brain fog**
- **Neck pain**
- **Fatigue/lethargy**

These symptoms are subjective in nature and they have a wide range of causes, and because post-concussion syndrome has no reliable test, we have to rely on a patient's own report to document their improvement. This leads some doctors to say that post-concussion syndrome may be more of a psychological illness or an illness that people are faking in order to increase the payment in a lawsuit.

I think that line of thinking is a disservice to patients with head injury. I think the best way to combat this is through a change in perspective about post-concussion syndrome.

Until a reliable test or scan shows up for post-concussion syndrome, we should consider post-concussion syndrome a *functional* illness.

THREE TYPES OF POST-CONCUSSION SYNDROME

A study published last year in the journal *Brain Injury* offered insight which can help healthcare providers better serve a concussion patient.

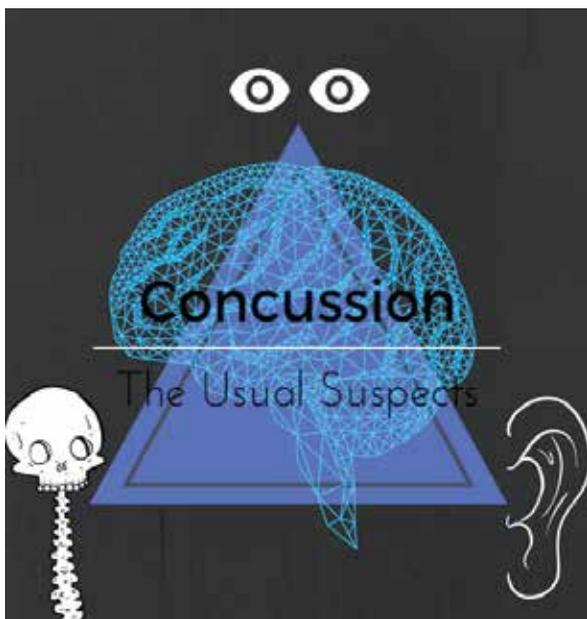
When you think about concussion, you likely think about the physical damage that occurs in the outer covering of the brain called the cerebral cortex. This is the area that is directly damaged or "bruised" during a concussive injury.

The cortex is the wrinkly part of the brain that is primarily responsible for planning, hearing, seeing, and conscious thought.

However, the cerebral cortex isn't the only thing that's damaged in a head injury. Millions have gone into brain research after a concussion, but there's been little to show for the treatment of these patients.

When we only think about physical damage in the brain, patients can be left in the dark when their brain scans and blood tests look normal.

The authors of this study have suggested that we have to look beyond cortical damage, but have suggested that 2 alternative areas in the body can be injured and treated after a concussion. These are the **vestibulo-ocular system** and the **craniocervical region**.



Concussions affect the brain, spine, ears, and eyes.

As a result of this, it's been suggested that people with post-concussion syndrome be classified into 3 main types:

1. **Physiologic concussion** – symptoms as a result of an energy imbalance in the brain
2. **Vestibulo-ocular** – symptoms from a malfunctioning balance and vision system
3. **Cervicogenic** – symptoms arising from damaged neck tissues

RECOVERY RELIES ON THE RIGHT TREATMENT

Historically speaking, doctors have taken a “watchful waiting” approach to treating post-concussion syndrome. If post-concussion symptoms were just a result of a shaken brain, then patiently resting the brain and waiting for it to heal was the strategy of choice.

Research in the past 2 years is changing the way we think about and treat concussed patients. We're actually seeing that too much rest can be counter-productive to recovery. Researchers are showing that movement and activity is an important driver of brain activity and brain adaptation. Things like physical therapy and vestibular rehabilitation are now known and widely prescribed interventions can do wonders to help the vestibulo-ocular system of a concussed individual.

BUT WHAT ABOUT THE NECK?

It's only been very recent that scientists are starting to realize that the neck can be a primary contributor to a concussed patient. While scientists are starting to catch on, this is something that chiropractors have been talking about for decades.

A force strong enough to cause brain injury is also strong enough to cause neck injury.

Concussions have been shown to occur with accelerations ranging between 60 and 160 g's of force with 96 g's being highly predictive of concussion. In contrast, whiplash studies have shown that as little as 4.5 g's can cause whiplash injury or mild neck strain. That means that an injury to the head will almost certainly cause injury to the neck!

This is one of the main reasons we see so many patients with post-concussion syndrome in our office. Many times, these patients have already been through a course of vestibular rehabilitation but experienced just minimal improvement. These patients had an injury at the junction where the head meets the neck called Atlas.



Within weeks of getting the atlas corrected, patients will start to notice improvements in **post-traumatic headache**, **post-traumatic vertigo**, and many even recover some of their ability to **focus**.

As of now, only a handful of case studies exist to support this, but upper cervical chiropractors see this type of thing happen over and over again.

If you are continuing to suffer with symptoms for months after a concussion, it's probably time to take a good look at your neck.

Insert Byline here. Byline should add that I speak on sports related concussion and head injury at conferences around the country.



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Are you **Chronically Anxious?**

Neurofeedback Helps Chronic Anxiety without Medication

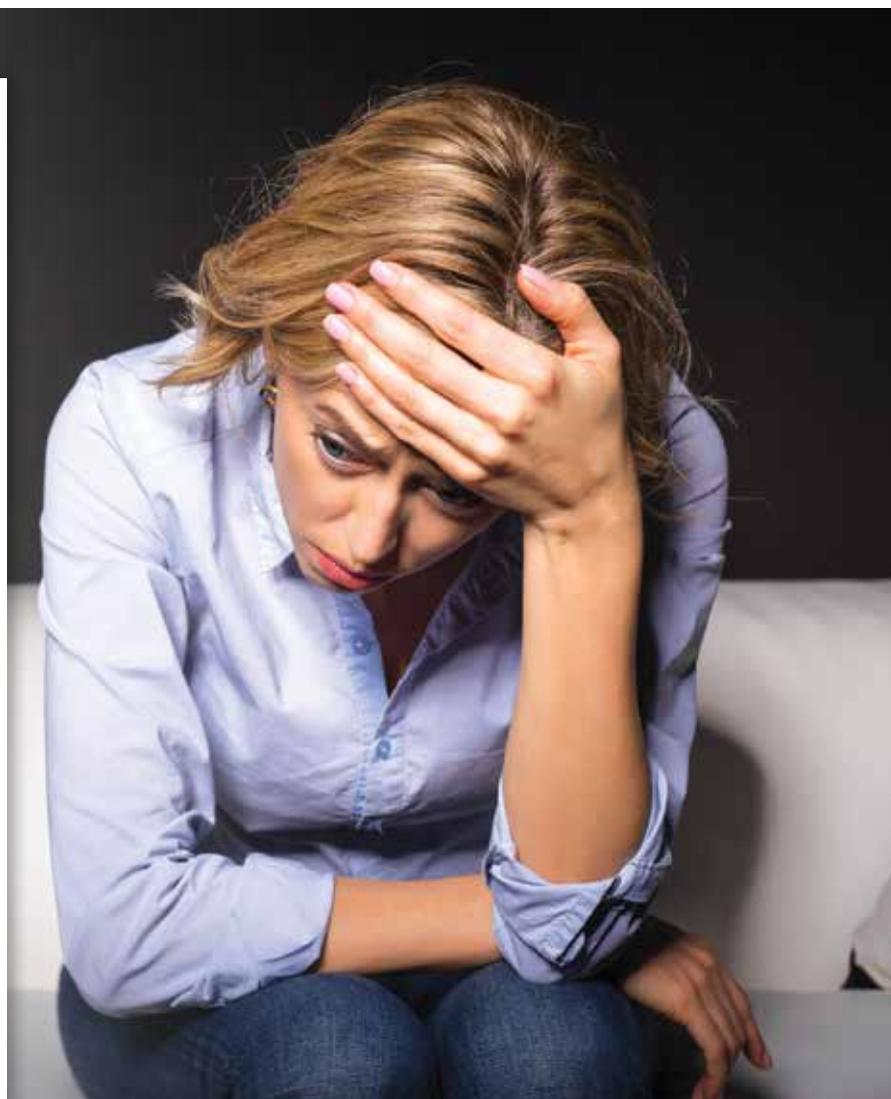
By Mike Cohen, Director
Center for Brain

TAKE A MOMENT TO ANSWER THESE QUESTIONS:

- Do you feel fearful?
- Do feelings of fear “come out of nowhere”?
- Do you worry excessively about situations or events, out of proportion to their chances of happening?
- Do your worries result in physical symptoms such as sweating, nausea and diarrhea?
- Do you have trouble concentrating, even on important matters?
- Is your sleep disturbed? Do you have trouble going to sleep, falling asleep or both?
- Are you frequently irritable?
- Do you have panic attacks? These are sudden episodes of intense fear causing severe physical reactions when there is no real danger or apparent cause. You feel like you’re losing control, having a heart attack or even dying.
- Do your symptoms make it hard to carry out day-to-day activities and responsibilities, causing problems in relationships and work?

If you said “yes” to two or more of these questions you probably have anxiety – and you also probably already know it, especially if you’ve been plagued by these symptoms for six months or more.

Maybe you’ve tried medications and they didn’t help much, or you don’t want to take drugs.



For someone like you there is a solution called **neurofeedback** – and it doesn’t involve drugs.

Why Can’t I Talk Myself Out of My Anxiety?

People who don’t understand anxiety may tell you to calm down and not let things bother you. You may even tell yourself that, but if it were that easy you’d already be doing it!

Anxiety and fear are a normal state of mind when there’s a true threat or danger. For most people, when the danger has passed, the mind goes back into a calm state.

People prone to anxiety have often suffered trauma either as a child or as an adult which wasn’t addressed and worked through with therapy, impacting their feelings of safety. The brains of people subject to chronic anxiety get “stuck on high alert,” making it difficult to go about daily life. No amount of logic changes how you feel. How can you concentrate, trust people or have normal interactions when your brain is telling you that your life or well-being may be at risk?

What is Neurofeedback?

Neurofeedback is one of the most powerful technologies in the world for reducing anxiety and panic attacks. It helps the brain get “unstuck” from high gear and operate the way it should when going about day-to-day living.

Neurofeedback takes advantage of “neuroplasticity,” the brain’s ability to change itself. It teaches the brain another way to respond to stimuli like everyday triggers. A computer

analyzes the brainwaves, then “talks back” to the brain using customized sounds and images. This feedback encourages positive brain activity such as relaxation, focus and attention and discourages the type of brain activity which causes anxiety. With repeated training the brain learns to slip more easily back into a state of calm.

Do I Have to Do Neurofeedback Indefinitely?

No. The number of sessions varies depending on the individual, but 25-30 sessions are sufficient for many people to have retrained their brain for long-term improvement.

Does Neurofeedback Do the Same Thing That Medication Does?

In some ways, yes, but in one important way, no.

Both neurofeedback and medication calm the brain. The difference is that medication doesn't have any permanent impact on brain function. Once the medication wears off, you're right back where you started.

Neurofeedback, on the other hand, teaches the brain a different way to handle the stimuli of life, reducing its tendency to overreact to the situations encountered in day-to-day life. Many of our clients have been able to reduce or eliminate anxiety medications.

CLIENT SUCCESS STORIES

Cecily, 52, had suffered from anxiety and depression since her late 20s following a serious car accident. Medications helped at first but eventually did not. Doctors ran out of ways to help her, and her anxiety surged.

Cecily became increasingly fearful. She stopped participating in normal activities and felt completely overwhelmed. An intensive and comprehensive intervention of neurofeedback and other therapies at Center for Brain, along with an adjustment of her hormones, and acupuncture, broke her cycle of anxiety and depression. Today she is sleeping without medication and living a calm and peaceful life.

Brett, 24, had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function.

After one month of neurofeedback sessions 3-4 times per week his panic attacks and extreme anxiety diminished, and he was able to drive again. Now that he knows how to calm himself he reports feeling “completely normal.”

Melissa, 47, had anxiety so severe that she was unable to drive, couldn't pay attention to anything and was afraid to leave her house. She took numerous medications for anxiety and sleep but did not improve. By the time Melissa came to Center for Brain, she had been suffering extreme anxiety for a solid year with very little relief.

After a month of neurofeedback, Melissa began feeling much calmer and was sleeping better. She started leaving the house and was even able to get and keep a job. Following three months of treatment Melissa appeared in our office bright, cheerful, and engaging, without any anxiety symptoms.

Have you been seriously considering getting help for your anxiety?

DON'T SUFFER ONE MORE DAY!

Call now for your free consultation.

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About Center for Brain

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Michael Cohen, Director
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Mike Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to MD's and mental health professionals

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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?



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It's that time of the year again! It's time to celebrate the holidays with parties, get-togethers, corporate dinners, and of course the endless family celebrations. While the holidays can sneak up on us, every year doesn't mean the pounds have to follow. The average American will gain 7-10 pounds between Thanksgiving and New Year's Day. Now, don't let that happen to you this holiday season. Temptations will be knocking at every door. Friends giving you boxes of chocolate or bottles of wine, Grandma's homemade warm apple pie (and don't forget the ice cream), Aunt Martha's cheesy potato casserole, and even grocers putting out their array of colorful and mouth-watering cookies, pies, and exquisite holiday pastries are just the beginning. However, there is no need to deprive your taste buds this holiday season. Instead, try something new this year. Make your New Year's resolution before the holidays even begin.

Resolution: Making this holiday season a season full of making better choices for a healthier you.

Follow these healthy eating tips so you can look and feel your best during the holidays.

Healthy Holidays To You

By Karina Hammer, Certified Health & Wellness Coach

Top 10 Healthy Holiday Tips:

1. Don't make a meal with the appetizers. Remember that appetizer is "any small portion that stimulates a desire for more." Take one or two and wait for the second course, which will help you avoid overeating.
2. Plan ahead. Eat lighter meals on the days you have a holiday party to attend. Snack on nuts, fruits and vegetables before heading out the door.
3. If you're the host, send your guests away with some leftovers. This lets them enjoy something at home and saves you from eating all of the leftovers yourself.
4. On average, it takes your stomach 20 minutes to produce hormones that tell your brain you're full. So, eat slowly and you'll feel full faster with less food. This is a good tip for any meal, not just during the holidays.
5. Socialize away from the buffet, dessert table, or even the candy dish. We tend to eat more if the temptation is right in front of us.
6. Keep moving. Take your family or dog for a nice brisk walk before or after dinner.

7. Stay hydrated with the legendary H2O. Limit your soda, alcohol and caffeine consumption. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.

8. Take the focus off food. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.

9. Bring your own healthy dish to a holiday gathering.

10. Practice healthy holiday cooking. Preparing favorite dishes with more fresh fruits and vegetables, and making it from scratch will help promote healthy holiday eating.

Incorporate Healthy Recipes and Activities

Enjoy the holidays, plan a time for activity, incorporate healthy recipes into your holiday meals, and don't restrict yourself from enjoying your favorite holiday foods. In the long run, your mind and body will thank you.



About Karina Hammer

Karina Hammer is dedicated to educating and empowering busy women to honor and nourish themselves so they can have more energy, lose weight and live a happier, healthier and more fulfilling life.

To learn more about staying healthy during the holidays or to decide if health coaching is right for you, I invite you to schedule a complimentary 30 minute consultation with me. During this session, we will discuss how I can best support you in achieving your goals. Available for in-person or phone consultations to carefully design and develop an individualized wellness program that will change your life. Please contact me at health@karinahammer.com if you have any questions or would like to schedule an appointment.



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 State Certified, IV & Oral Sedation
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THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



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

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

Dr. Goldman speaks English and Spanish.

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THE ARRIVAL

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

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