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March 2017

South Palm Beach Edition - Monthly

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**LAW OFFICE OF ANDREW CURTIS, ESQ**

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

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

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- 6 Colorectal Cancer Awareness-Get Screened
- 8 Senior Information Centers Helps Seniors Preserve and Protect Assets
- 10 #BadHairDay...? Beyond Physical Symptoms; the Psychological Impact of Losing Your Hair
- 13 Treating Chronic Neck Problems
- 15 Vaginal Rejuvenation
- 16 Your Happiness – What is the Cost?
- 17 Cancer's Early Detection Saves Lives
- 19 Avoid Back and Spine Surgeries!!!
- 20 What Is a Macular Pucker?
- 21 What is CBD and the Medical Treatment It Provides?
- 22 Limb Swelling: Medicare Approved Treatment Options
- 23 Question: How Can I Tell if My Friend Has a Problem with Alcohol or drugs?
- 24 "What's Wrong With Me?" An Ounce of Prevention is Worth More than Two Pounds of Cure
- 26 I've Tried Everything... WHY CAN'T I SLEEP???
- 28 Could It Be Your Eyes?
- 30 Laser Cataract Surgery: What You Should Know?
- 31 Spring (Change) is in the Air

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# Colorectal Cancer Awareness-Get Screened

Leslie H Perla MD FACP

## WHAT IS COLORECTAL CANCER?

Colorectal cancer is a malignancy that can affect any portion of the lower gastrointestinal tract referred to as the colon and rectum. It is the second leading cause of cancer related death in the United States. About ninety three percent of the cases of colorectal cancer are diagnosed in individuals over the age of fifty. The lifetime risk of colon cancer is similar in men and women but the age adjusted mortality is higher in men. The overall five year survival is reported to be sixty percent. About eighty percent of the affected individuals have sporadic disease and remaining twenty percent are inherited. The good news is that colorectal cancer screening has been demonstrated to decrease the incidence of colorectal cancer as well as the mortality associated with it through early detection and primary prevention. Early detection and removal of polyps which may be precursors to colon cancer have been shown to save lives.

## ARE THERE ANY WARNING SIGNS?

The clinical presentation of colorectal cancer may include alteration in bowel habits such as unexplained diarrhea or constipation or change in stool caliber ( such as pencil thin stools). Rectal bleeding and abdominal pain may be other manifestations of the disease. Anemia and unintentional weight loss may occur as well. Colorectal cancer may even mimic other diseases such as diverticulitis. Individuals who experience any of these symptoms should seek medical care immediately.

## WHO IS AT RISK FOR COLORECTAL CANCER?

African Americans have the highest reported incidence and mortality from colorectal cancer. Family history of colon cancer, advanced age, familial adenomatous polyposis syndrome, Lynch

Syndrome, having had a ureterosigmoidostomy, history of Peutz-Jeghers, juvenile polyposis and serrated polyposis and MUTYH- associated polyposis are all risk factors for developing colorectal cancer. Individuals who have had prior history of colonic adenomas/ cancer as well as prior history of pelvic irradiation are at increased risk. A history of uterine/ovarian cancer at age less than fifty also increases the risk for developing colorectal cancer. Patient's with long standing history of inflammatory bowel disease such as ulcerative colitis and Crohn's disease are at an elevated risk for developing colorectal cancer as well. Additional moderate risk factors include a prior history of breast cancer as well as having the mutation of the APC gene in patients of Ashkenazi Jewish descent.

## DO I NEED TO GET SCREENED IF I DO NOT HAVE ANY SYMPTOMS?

The key to screening is to not wait until the warning signs appear. The American Cancer Society and the US Multi-Society Task Force on Colorectal Cancer advocate initiating colorectal cancer screening at age fifty for average risk individuals (ie those patients who do not exhibit the warning signs or do not have the risk factors previously described). Screening modalities include:

Testing the stool for blood: a) Fecal occult blood testing (FOBT)- guiac based with high test sensitivity) performed yearly or b) Fecal immunochemical testing (FIT) yearly or Colonoscopy every 10 years (This is a tube with a light that may be used to inspect the entire colon and potentially remove



Dr. Perla inside the Gastro Health's giant colon at the Wellington Chamber of Commerce 5K fundraiser.

polyps and biopsy abnormal appearing tissue if found at the time of the study) or Flexible sigmoidoscopy every five years.( This is a shorter tube with a light which may be used to inspect a limited portion of the colon.) or Double Contrast Enema every five years(This is a type of X-ray during which time barium is injected into the rectum to visualize the colon) or Computed tomographic colonography every 5 years( This is a special type of CT scan utilized to visualize the colon) or Stool DNA testing-interval is uncertain.

The American College of Gastroenterology recommends that African Americans initiate colorectal cancer screening at age forty-five.

#### **WHEN SHOULD I START MY SCREENING IF I HAVE A FAMILY HISTORY OF COLORECTAL CANCER?**

The American Cancer Society and US Multi-Society Task Force on Colorectal Cancer advocate that individuals with a first degree relative ( parent, child, sibling) with colorectal cancer or with adenomatous polyps diagnosed younger than age sixty or who have two first degree relatives diagnosed with colorectal cancer at any age have colonoscopies every five years starting at age forty or ten years younger than the earliest diagnosis in their family, whichever is first. Individuals with a first degree relative with colorectal cancer or adenoma diagnosed at age sixty or older or two second degree relatives with colorectal cancer should initiate colorectal cancer screening with average risk options beginning at age forty. Patients with a family history of familial adenomatous polyposis syndrome should receive genetic counseling. Genetic testing should begin at ages ten to twelve. Patients who are gene carriers should be offered flexible sigmoidoscopy every twelve months beginning at puberty to assess whether they are expressing the gene. If polyposis is noted, then consideration should be

given to proceeding with colectomy. Patients with a family history of colorectal cancer in multiple family members across several generations (particularly if the malignancies occurred at young ages) should be offered genetic counseling and considered for genetic testing to assess for hereditary nonpolyposis colorectal cancer. If the genetic test cannot be performed, then these patients should be offered colonoscopy every 1-2 years beginning at age twenty to twenty five or two to five years younger than the youngest age at which the diagnosis of colorectal cancer was made, provided that the diagnosis was made prior to age twenty five. Patients with a long standing history of extensive inflammatory bowel disease are at increased risk for colorectal cancer. Colonoscopic surveillance to assess for dysplasia which are precancerous cells, should be performed every one to two years beginning after eight to ten years of disease duration in patients with pancolitis and after fifteen years in patient with left sided colitis.

#### **IS THERE ANYTHING THAT I CAN DO TO DECREASE MY RISK FOR DEVELOPING COLORECTAL CANCER?**

Diets that are high in vegetables and fruits have been shown to confer a moderate protective benefit ( RR less than 0.6). Physical exercise, Cox 2 inhibitors , folate and high calcium intake have been demonstrated to provide a modest protective benefit (RR 0.9-0.6). Moderate risk factors for colorectal cancer that are potentially modifiable include history of smoking, alcohol consumption, obesity, and a diet higher in fats, red meats and calories. Colorectal cancer screening helps save lives. Unfortunately, it is still underutilized. Increased public awareness and education regarding the importance of colorectal cancer screening in addition to more equitable patient access are critical factors in achieving optimal patient utilization.



**Dr. Leslie Perla, MD** is a gastroenterologist in Wellington, Florida. She is currently licensed to practice medicine in Florida, Connecticut, and New York. She is affiliated with Florida Hospital Memorial Medical Center.

#### **Education & Training:**

Yale-New Haven Hospital Fellowship  
North Shore-Long Island  
Jewish Health System Residency  
Albany Medical College Medical School

#### **Certifications & Licensure**

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# Senior Information Centers

## Helps Seniors **PRESERVE AND PROTECT ASSETS**

**D**eveloping a comprehensive plan for financial preservation is essential to help seniors avoid costly mistakes and prevent financial devastation.

Senior Information Centers, an umbrella network of licensed Florida professionals, provides comprehensive estate planning services that help seniors preserve and protect their assets. The company, with offices in Boca Raton, Sarasota and Ocala, serves seniors and their families throughout Florida.

“It’s never too late or too early for seniors to plan for protecting their assets,” said

Stephen D. Wolfe, Elder Planning Specialist and Certified Senior Advisor, who founded Senior Information Centers in 2001 along with his business partner Bryan Plonsky. “They should educate themselves so they can understand their options. Many seniors may mistakenly believe that planning is very expensive, but Senior Information Centers provides an affordable way for them to preserve their valuable assets.”

The company brings together a team of experts including elder care attorneys, Medicaid and Veteran’s Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help

seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Legal services include the development of tools such as a Living Will, Durable Power of Attorney, Healthcare Surrogate Designation or HealthCare Power of Attorney (which are only \$33 each) and Deeds and Trusts.

Services related to illness help seniors reposition their estates properly to preserve assets and help them qualify for government benefits, whether for home care, assisted living facilities or nursing homes.




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Tax advisors review portfolios to eliminate unnecessary taxes on investments and IRAs. While Senior Information Centers professionals are not stockbrokers with securities licenses, they deal with no-risk, tax-deferred secure investments that keep seniors' assets fixed, guaranteed and insured.

The firm's target clients are primarily seniors in their 70s, spouses, adult children and other family members. Senior Information Centers markets its services throughout the community to assisted living facilities, nursing homes, caseworkers and hospital discharge managers.

"Sometimes after a medical crisis involving a hospital stay, seniors end up in rehabilitation centers with no plan of attack," said Wolfe. "Senior Information Centers can show them all their options, rough out a plan and give them hope that assets can be preserved and benefits attained."

Wolfe noted that the company's professional's turn over every rock from "today until death" to make sure an action taken today will not negatively impact their financial future.

"For example, achieving Medicaid qualifications can be a daunting task," he said. "Giving away assets to children may trigger the five-year look back, which means the senior will not qualify for Medicaid benefits. Veterans also make mistakes with improper planning that makes them ineligible for Medicaid."

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior Information Centers helps clients regardless of their level assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is no cost or obligation for consultations. Telephone consultations are available for clients' families who live out of state.

Currently, Senior Information Centers serves 8,000 clients in Florida. Frequently, business comes from word-of-mouth referrals.

"Your involvement with us through the various challenges we faced, which extended even beyond our father's ultimate passing, was most exemplary and supportive," wrote a client's adult children. "We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues."

Stephen and Bryan stress the importance for seniors to have a full, comprehensive plan to preserve and protect their assets – not just piecemeal documents here or there. "In every area, there's a way seniors can be robbed of their dollars." "We show them how to protect their assets in every aspect of their life."

**For additional information about  
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# #BadHairDay...?

## Beyond Physical Symptoms; The Psychological Impact of Losing Your Hair

By Dr. Alan J. Bauman, Hair Loss Specialist



Everyone is familiar with the common signs of hair loss... crown balding and receding of the hairline in men, as well as less volume and less coverage in women with more scalp shining through. But the physical symptoms like hair in your brush or sink are actually NOT the most worrisome aspect of someone who is experiencing unwanted hair loss.

Hair loss is often considered a cosmetic problem, but surveys and studies continue to find that losing your hair can have various different negative psychological effects including lower confidence and self-esteem. Hair changes can make someone look and feel older, less healthy and feel less confident. In extreme cases, hair loss can also cause depression, anxiety and other socially-damaging emotional issues. These psychological effects can be especially problematic to women because trying to conceal their hair loss can amplify insecurities and adversely affect how they feel about themselves on a daily basis.

The negative stigma that some people associate with hair loss is sometimes strong enough that it actually prevents men and women from seeking professional help once symptoms first start. Instead, many times, they try to either ignore the signs or attempt to conceal their hair loss on their own with a new cut, or by wearing a hat or scarf. People many times end up squandering valuable time and money by trying over-the-counter products that promise to be “miracle treatments.” All of these distracting activities only worsen the problem because the longer you wait to address and actually treat your hair loss, the more difficult it can

become to resolve it. Despite what many believe, hair loss is a treatable condition. Preventing and catching it early and starting a treatment sooner rather than later can make all the difference when it comes to safeguarding the fate of your follicles and maintaining your emotional well-being.

Another misguided fear regarding hair loss treatments comes from public’s misconceptions about hair transplants. Recent medical and technological advances have made hair transplant procedures virtually undetectable. Unfortunately for many, the simple mention of the “T” word (Transplant) still conjures up feelings of discomfort and images of doll-looking hair plugs as well as unsightly scars. Thankfully, today, we have minimally-invasive techniques that permanently restore the hair in a way that is safe, comfortable and most importantly, undetectable. In fact, according to a recent survey conducted by the International Society of Hair Restoration Surgery (ISHRS), 60 percent of participants could not tell or spot a hair transplant patient.

These increasingly undetectable results over the past decade are due in part to advances in FUE technology. FUE, or Follicular Unit Extraction, is an effective option for men and women that allows for a quicker, more comfortable recovery with less post-op activity restrictions. The results also avoid and completely omit the tell-tale linear scar on the back of the head that is associated with older and more invasive linear or “strip-harvest” type of hair transplants. Most important is the artistic planning for the angle, orientation and placement of each individually harvested hair follicle by the physician, which allows for a completely natural, permanent restoration of living and growing hair. FUE is also a great “touch-up” option for patients who had transplants done years ago and for those who have been told they didn’t have enough donor hair to have another restorative procedure. FUE also allows for the harvesting of beard and body hair. These “new-found” follicles can be used to fill in troublesome areas on the scalp and give the patient the ability to restore themselves back to a full head of hair.

### NEOGRAFT FUE:

The FDA-cleared NeoGraft FUE hand-held device can be used to extract individual permanent hair follicles from the donor areas – which are then implanted into the bald and bare areas of the scalp. This means no scalpels, sutures, or staples are used while harvesting and no long, linear scar. The FUE hair transplant technique has been available for more than a decade, but prior to NeoGraft, it was too time-consuming and expensive for most patients to utilize. Now that the FUE process can be accurately and efficiently performed, surgeons can perform the “Highest Quality” of hair transplants in considerably less time, and at less expense for patients, all with excellent hair regrowth results.



Patient  
of Dr. Alan J. Bauman, M.D.



#### ARTAS ROBOTIC SYSTEM:

The FDA-cleared ARTAS robot is an exciting medical device that assists hair transplant surgeons by helping to safely and effectively extract hair follicles for transplantation using the FUE technique. The robot's precision allows patients to benefit from an unprecedented level of safety; efficacy and comfort during their hair transplant procedure. The innovative ARTAS robotic FUE system uses advanced digital imagery to map and analyze the hair in natural groupings on the scalp. The system features precision robotics—utilizing special cameras and software to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with harvesting based on specific algorithms pre-programmed by the surgeon.

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

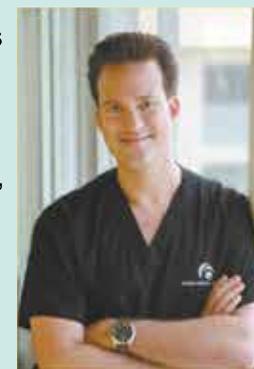
The bottom line is, hair loss is a treatable condition and not something you have to live with or hide and worry about. If your hair restoration physician recommends a hair transplant, don't let unwarranted fears stop you from turning back the clock and achieving amazing permanent results. Preventing further hair loss and improving hair growth will help restore a feeling of vitality, youth and confidence in both men and women.

#### DR. BAUMAN'S TIPS FOR KEEPING YOUR HAIR TRANSPLANT A SECRET:

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

#### 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!

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- Thurs. March 30<sup>th</sup> 5:00 - 7:00 pm** **ThermiVa Feminine Rejuvenation**  
 Jupiter Plastic Surgery Center
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- Wed. April 19<sup>th</sup> 12:30 pm** **Mini Facelift & Laser Lunch & Learn**



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See our article on page 16

# TREATING CHRONIC NECK PROBLEMS

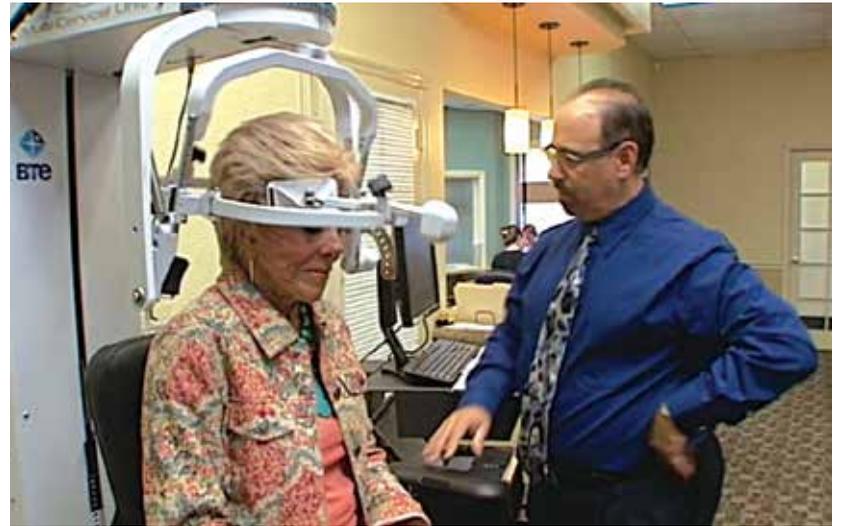
Not all neck injuries or weakness create pain alone. Take it from Tish Kern who experienced an uncommon symptom, “I would wake up in the middle of the night with itching on both of my arms, it was horrible and nothing would help but ice”. Tish has always been active. Cheerleading, swimming, diving, volleyball, tennis, and running; at 65 she wanted to continue an active life but pain and numbness often stood in her way. Tish explains, “I have stenosis, or narrowing in certain areas of my spine, and a herniated disc. Prior to learning this, I consulted several doctors finally it was a neurologist that told me I had three options, physical therapy (which I had already tried), an epidural injection (I already had), or chiropractic care. I asked her for the name a good chiropractor, she referred me to Dr. Weinberg at Active Health Center.

Neck pain, injuries, or weakness can be debilitating. Pain can radiate from the neck to the back down the arms and sometimes even down to the hips and legs. Neck pain can create chronic and intense headaches. The neck itself can become stiff with a decreased range of motion where pain is often worsened with movement. As in Tish’s case, neck injury and/or inflammation can not only create pain but also itching, numbness and tingling.

Traditional treatments frequently create temporary relief for neck pain sufferers but long-term restoration of neck function and pain relief is infrequent. “The MCU (Multi-Cervical Unit) is changing the way we treat and cure debilitating neck pain” explains Dr. Marc Weinberg of the Active Health Center, “Multi-cervical unit (MCU) is designed to increase cervical range of motion and strength in order to **restore** neck function.”

Prior to the **MCU**, it was nearly impossible to objectively diagnose muscle dysfunction and weakness. Because other examination methods like CT scans, X-rays, and nerve testing have been unable to detect functional muscle weakness, accurate strengthening of these delicate injuries has often been called “the missing link” in neck pain treatment. The **MCU** is so valuable because it offers a more reliable diagnosis of strength and motion, and then uses those findings to customize and target the treatment using the same machine. Research reveals that patients who are treated with the **MCU** typically experience far better success rates with more permanent relief than those who opt for traditional therapies alone. It is a priceless asset in the diagnosis and treatment of neck pain.

The MCU is the most comprehensive cervical spine evaluation and rehabilitation system in the world. It provides a thorough and objective evaluation of the cervical spine (the neck) and its related muscles. It then prescribes a series of neck-strengthening exercises to resolve the underlying cause of your neck pain. Unlike massage, acupuncture and decompression, which do nothing to strengthen muscles, the MCU offers a restorative approach.



#### Here’s how it works:

- The MCU is a digital system that evaluates and records the patient’s cervical spine movement and isometric strength. Evaluations take about 45 minutes to perform.
- The patient’s strength and range of motion is accessed, and a report is generated
- The MCU recommends a therapy program precisely tailored to suit the patient’s needs
- Strengthening sessions last 20-30 minutes and are conducted 3 times per week for only 6-12 weeks

The amazing part of the MCU, it can detect the presence of weakness in any neck muscle group. It can pinpoint the location and then strengthen the muscle(s) thereby allowing the inflamed tissues, like bulging or herniated discs, swollen facet joints, overused muscles and even areas of stenosis to “quiet down” and heal, thus alleviating neck pain. Along with a thorough examination, the MCU can also determine if neck weakness is not the cause of your neck pain and is a comprehensive evaluation to help determine if the MCU treatment will be beneficial to each patient.

In Fact, Medical Research shows that 75% of people with chronic neck pain, from any cause, will get significant relief of their pain simply by strengthening their neck with the Multi-Cervical Unit.

Tish says the treatment was “quite a miracle”. “After two rounds of treatment I can sleep at night, no more itching, and I can move my neck, it’s really unbelievable” Tish explains. Now that her treatment is completed, Tish is back to playing

tennis regularly and enjoying life. She even referred her husband to Active Health Center to treat an old football injury and a colleague who had been a professional soccer player. Tish reports, “They fixed them both up”.

Tish can’t thank the people at Active Health Center enough, “Dr. Weinberg, Dr. Behrue, Dr. Hunte and Dr. Holleman are dedicated to getting people back on their feet and doing as much as they possibly can. It’s not just business to them; they want to make you feel better. They are empathetic, compassionate, dedicated and knowledgeable.”

If you or someone you love has suffered from neck or upper back pain, numbness or tingling contact the team at Active Health Center for an evaluation to see if the MCU treatment is right for you.

**The MCU is the preferred treatment for Major League Baseball, the National Football League, major research facilities, and air forces around the world, including the US Air Force and the US Navy.**

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# Vaginal Rejuvenation

Intimacy is a difficult subject for anyone to share with a healthcare provider, however many women suffer from the effects that aging & childbirth have on their lives. It is very common for women not only to experience signs of aging in the face and body, but also in the vagina. It can range from aesthetic deterioration such as pigmentary changes to significant medical problems. With aging, the vaginal wall can lose elasticity and tone. This can also be a side effect of childbirth. It can result in leaking urine when coughing or sneezing, also called stress incontinence, and painful intercourse due to increased dryness, burning and itching. It can result in problems with intimacy and sexual satisfaction for many women.

In the past pelvic flow exercises or electro-stimulation were prescribed, however many times these are not successful. Surgical Vaginal rejuvenation options involve significant downtime and risk. Other options are topical treatments and hormones, but a great number of women prefer not to use hormones or cannot use them because of their history of breast cancer.

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The Core Intima is a Carbon Dioxide laser. Carbon Dioxide (CO2) lasers have long been shown to regenerate collagen through heat induced collagen contraction. When studied under the microscope, vaginal tissue shows new collagen production and deposition, thereby thickening the vaginal wall. There is general structure improvement in the connective tissue and new blood vessel formation, thus increasing the circulation and restoring a "rejuvenated" or healthier tissue. There is improvement in lubrication and a return to a more active and healthy lifestyle. Symptoms of dryness, itching, painful urination, painful intercourse and recurrent infections improve significantly. For more information call **561-655-6325** or visit [www.drdadurian.com](http://www.drdadurian.com).

# Your Happiness - What is the Cost?

**H**ave you ever taken a moment to observe a child playing? With an empty box, or a metal pot, or some water and dirt they can create an adventure. They are naturally joyous.

As we grow up, the cost of our happiness increases. We may route our happiness through earning an education, having a family, developing social relationships, or even by keeping busy doing various activities. Happiness may become dependent on someone else, or by doing or obtaining something. But you become naturally happy, you make better decisions, and your life becomes enriched and effortless.



## What is Happiness? – Hear from a Yogi, Sadhguru

“When do you really feel well in your life? When you’re really happy, you’re well. Even if you’re physically ill you’re still well. Isn’t it? Fundamentally, well-being means a certain level of joyfulness, a certain exuberance of life. What is happiness? We can say happiness is this or that, but in terms of life, your life energies are happening in a more exuberant way than it normally happens. Depression means your life energies have become in a very low state. Happiness means your life energies are exuberant.”

“Everybody has been happy, but the problem is they’re not able to maintain it. All this effort of life, everything that you did; education, career, business, family, whatever you did, was in pursuit of happiness. Everything that humanity has done on this planet is in pursuit of happiness.”

Sadhguru is a realized yogi, mystic and visionary who has dedicated himself to the elevation of the physical, mental, and spiritual well-being of all people. He is an author and opinion maker who is regularly invited to speak at leading prestigious international forums and conferences such as World Peace Summit at the United Nations and the World Economic Forum.



“There is so much talk about economic sustainability. Time to address the sustainability of joy in your life.”

Sadhguru

## Sadhguru Designed Inner Engineering to put your Happiness on Self-Start

The Inner Engineering course empowers you with tools to attain what you are aspiring for within yourself so you experience life at its peak. It helps you put your life on self-start so you become in-charge of your happiness, joy, and peace.

It gives you the opportunity to intellectually explore the ABC’s of life using methods from the distilled essence of yogic sciences. The course imparts practical wisdom to manage your body, mind, emotions, and the fundamental life energy within.

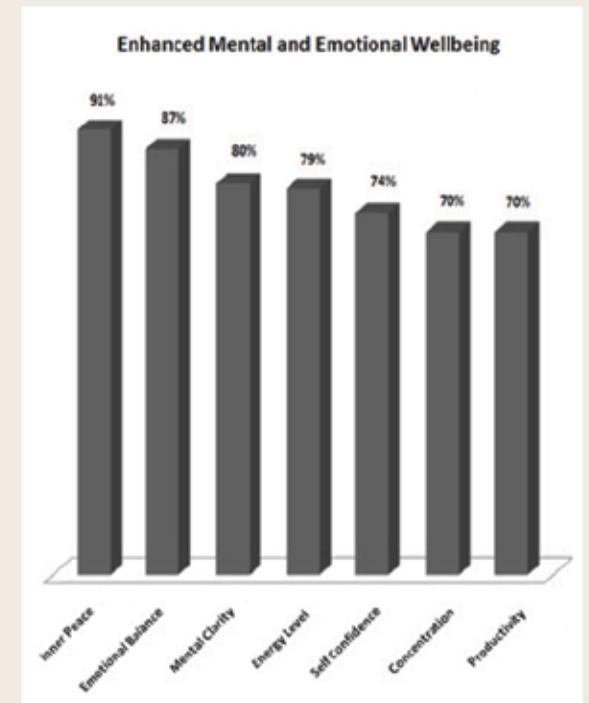
Millions have benefitted from Inner Engineering world-wide. A mother, an engineer, a student, a musician... and many other countless people just like you, with similar life situations, are making use of the tools and solutions that Inner Engineering offers. Here a just a few reviews from Inner Engineering participants:

*“I am happy on a daily basis, moment to moment, as I realize that this moment is the one that counts. My clients are happier and my employees are like new people. I am gladly rubbing off on everyone and I love it” - Roisin Daly*

*“The significant changes I have noticed is the change in my mood and way I see life and everybody. - Gerson Vargas*

*“I am having a love affair with everything. Noticing things in everyday life that I haven’t noticed before. I am more patient. It will take commitment and practice for this to be my natural state all the time.” - Valerie Berry*

## A research study on those who participated in Inner Engineering shows the following results:



Floridians have a rare opportunity to learn this life transforming course directly from Sadhguru since he conducts only 3 or 4 programs a year in North America. **On April 28-29th, Sadhguru will be conducting Inner Engineering Completion for the first time in Tampa at the Tampa Convention Center.** Inner Engineering Completion is an advanced level program and the prerequisite is completion of Inner Engineering Online which can be done in the convenience of your home.

For details and to register early, visit: [InnerEngineering.com](http://InnerEngineering.com)  
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Email: [Info@InnerEngineering.com](mailto:Info@InnerEngineering.com)



# Cancer's Early Detection Saves Lives

A cancer diagnosis changes everything; it is, perhaps, the most feared diagnosis a doctor can make. Any patient in that situation wants to be assured they have access to the most advanced treatments, delivered by a physician who is both experienced and compassionate. And it helps tremendously if treatment can be administered in a community setting, close to home, so the patient can be surrounded by family and friends.

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/ hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

## What Causes Cancer?

All cancers are caused by genetic changes in the DNA (deoxyribonucleic acid) inside our cells. DNA is the chemical in our cells that contains the genetic information needed for many factors, including how cells function. Just as every human being has unique DNA, or a distinctive genetic code, so does every malignant tumor. Cancer actually develops due to a genetic mutation, or damage to the DNA in our cells.

Most gene mutations occur after birth; however, about five percent of all cancers can be traced to a family history. There are a number of factors that can cause gene mutations, including smoking, long exposure to the sun, certain viruses, and cancer-causing chemicals, among others. No matter what type of cancer or what the cause of cancer, the earlier it is detected, the more treatable it usually is and the better the outcome for the patient.

## March is Colorectal Cancer Awareness Month

Colorectal cancer is still the third-leading cause of cancer-related deaths in women in the United States and the second-leading cause in men, according to the American Cancer Society (ACS). However, the number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades. One of the reasons for this decline is early detection. ACS guidelines recommend that, starting at age 50, people who are not at an increased risk due to family history, get a screening for colorectal cancer.

Colon cancer usually begins as abnormal cells in the colon that grow into polyps. Most polyps take 10-15 years before developing into cancer. With regular screenings, most polyps can be found and removed before they turn into cancer. If you have a family history of colorectal polyps or cancer, talk with your doctor about how to reduce your risk. You may want to begin screening earlier than age 50, or even receive genetic counseling to review your family medical history.

Doctors estimate that if everyone over the age of 50 had regular screenings to detect pre-cancerous polyps, we could reduce the incidence of this disease by 50%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

## Clinical Trials Lead to Tomorrow's Treatments and Cures

Clinical trial research is at the heart of improving cancer treatment and Florida Cancer Specialists is setting a benchmark for clinical trials at its community-based facilities. FCS has built a clinical research program that includes a Drug Development Unit dedicated exclusively to Phase 1 (first in human) clinical trials and rivals many large academic medical centers. Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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By Aaron Rosenblatt, MD

# AVOID BACK AND SPINE SURGERIES!!!



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

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

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

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

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

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

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

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

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

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

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

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to benefit and also help avoid surgery. Every patient is evaluated by Dr. Rosenblatt and a comprehensive treatment plan is always made. Patients are all seen by Dr. Rosenblatt himself. Patients are **NOT** seen by PA's (physician assistants) or NP's (nurse practitioners). Dr. Aaron Rosenblatt is double board certified in Pain Management and also in Physical Medicine and Rehabilitation. He runs on time and does not make patients wait hours in his office to see him. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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# WHAT IS A MACULAR PUCKER?



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



**A** MACULAR PUCKER (also called an EPIRETINAL MEMBRANE) is a layer of scar tissue that grows on the surface of the retina, particularly the macula, which is the part of your eye responsible for detailed, central vision.

The macula is the small area at the center of the eye's retina that allows you to see fine details clearly. The retina is a layer of light-sensing cells lining the back of your eye. As light rays enter your eye, the retina converts the rays into signals, which are sent through the optic nerve to your brain where they are recognized as images. Damage to your macula causes blurred central vision, making it difficult to perform tasks such as reading small print or threading a needle.

As we grow older, the thick vitreous gel in the middle of our eyes begins to shrink and pull away from the macula. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or become swollen or distorted.

## MACULAR PUCKER CAUSES

As you age, the vitreous — the clear, gel-like substance that fills the middle of your eye — begins to shrink and pull away from the retina. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

## Other eye conditions associated with macular pucker include:

- *Vitreous detachment;*
- *Torn or detached retina;*
- *Inflammation (swelling) inside the eye;*
- *Severe trauma to the eye (from surgery or injury); and*
- *Disorders of the blood vessels in the retina, such as diabetic retinopathy.*

## MACULAR PUCKER SYMPTOMS

With a macular pucker, you may notice that your central vision is blurry or mildly distorted, and straight lines can appear wavy. You may have difficulty seeing fine detail and reading small print. There may be a gray or cloudy area in the center of your vision, or perhaps even a blind spot.

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.

For most people with macular pucker, their vision remains stable and does not worsen over time.

## MACULAR PUCKER DIAGNOSIS

During an eye exam, your ophthalmologist will dilate your pupils and examine your retina. You may have a test called fluorescein angiography that uses dye to illuminate areas of the retina.

Another test called optical coherence tomography (OCT) is helpful in making an accurate macular pucker diagnosis. With OCT, a special camera is used to scan your retina. It measures the thickness of the retina and is also very sensitive at detecting swelling and fluid.

OCT can also diagnose macular abnormalities that are too small to be seen in an examination or with angiography.

## MACULAR PUCKER TREATMENT

For more severe symptoms, a surgery called vitrectomy is recommended. The surgery is usually performed as an outpatient procedure in an operating room. During surgery, your ophthalmologist uses microsurgery

instruments to remove the wrinkled tissue on your macula and to remove the vitreous gel that may be pulling on the macula. Sometimes an air or gas bubble is placed in the eye to help the retina heal or to seal any tears or holes.

After the tissue is gone, the macula flattens and vision slowly improves, though it usually does not return all the way to normal. After the operation, you will need to wear an eye patch for a few days or weeks to protect the eye, and you may need to do some particular head positioning if an air or gas bubble was placed in your eye during surgery. You will also need to use medicated eye drops to help the eye heal.

In most cases, while vision improves after macular pucker surgery, it generally does not return to normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.



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### Lauren R. Rosecan

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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:

**C**ANNABIDIOL—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**.



[www.southfloridacbd.com](http://www.southfloridacbd.com)

# Limb Swelling: Medicare Approved Treatment Options

By Alyssa Parker

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

## How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.

## What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system



which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc.)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.



## ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call and speak with a specialist.

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# Question: How can I tell if my friend has a **PROBLEM WITH ALCOHOL OR DRUGS?**

## **PHYSICAL SIGNS OF SUBSTANCE USE MAY INCLUDE**

- Change in sleep patterns or appetite
- Weight loss or weight gain
- Eyes that are bloodshot
- Pupils that are smaller or larger than normal
- Shakes and/or tremors
- Slurred speech
- Impaired coordination
- Unusual smells on breath, body, or clothing

## **BEHAVIORAL SIGNS OF SUBSTANCE USE MAY INCLUDE:**

- Decreased motivation
- Loss of interest in extracurricular activities
- Drop in attendance or performance at work or school
- Financial problems or an unusual need for money
- Engaging in secretive or suspicious behavior
- Sudden changes in relationships

## **PSYCHOLOGICAL SIGNS OF SUBSTANCE USE MAY INCLUDE:**

- Unexplained change in personality or attitude
- Sudden mood changes
- Periods of unusual hyperactivity or agitation
- Appearing fearful, withdrawn, anxious, or paranoid with no apparent cause

Furthermore, if your loved one is compulsively seeking and using drugs or alcohol despite negative consequences, such as loss of job, debt, family problems, or physical problems brought on by their use, then he or she is most likely addicted.

Being a friend or family member of someone abusing alcohol or substances can be extremely difficult. At times, it may feel so overwhelming that it may seem easier to ignore the problem. In the long run, minimizing or denying your loved one's use will inevitably be damaging to you, other family members, and the person you are concerned about.

The first step to helping your loved one is learning more about the disease of addiction. You may

want to either talk to a member of AA, NA, Al-Anon or Nar-Anon, or speak with a professional to help better understand your friend or family member's behavior. If your loved one is willing to take the next step, suggest an assessment by an addictions professional to help them understand their options and receive the care that they need.

Addiction is one of the leading causes of preventable death in America. So when you talk to your loved one about their drinking or substance use, you may be literally saving a life.



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# “What’s Wrong With Me?”

**An Ounce of Prevention is Worth More than Two Pounds of Cure**

By Diana Handwerker  
“Healthy Wholistic”

**W**e have all been there at one time or another...an unusual twinge or pain sparks the fear and you run to Google to find an answer for the symptom. The page opens and you discover that you might just have a terminal illness. The fear explodes within you and you call for a doctor.

It’s easy to give into fear, self doubt and anxiety and label yourself a hypochondriac and worse yet fall prey to labeling your symptoms with a name-a diagnosis.

It’s a fact of physiology that our bodies seek “homeostasis,” the state in which an organism maintains overall balance of body, mind and emotions.

Hippocrates, the father of Western medicine spoke of “the doctor that is within every-one”...and he said, “we just have to help it in its work.”

The way to do this is by being attentive to the signals that this “Inner Physician” sends to us in the form of symptoms or signals that alert us to our relative state of balance or disease.

The Wholistic approach to wellness involves learning to be attentive to our physical and emotional experiences in order to be able to direct our energy and actions toward the maintenance of a balanced state of being.

An ounce of prevention is worth more than two pounds of cure.

This inner reflection allows us to be proactive in addressing feelings of imbalance (symptoms) and preventing what may later manifest as diagnosable disease.

The key to health is not just the avoidance of disease but rather taking action to turn our awareness in to listen to and work with this doctor within every day and take action to address its message to us.

As your nutritional counselor I will guide you to awaken your ability to do just that not only through advice but through presenting you with a personal paradigm to help you to understand and engage the practice.

So what is the solution? How do you learn to understand the signals or symptoms without succumbing to labels and invasive treatment? At "Healthy Wholistic" we conduct simple non-invasive integrative tests and evaluations that identify physical and emotional imbalances and get to the root

of your discomfort and disease. A customized protocol is then designed especially for you that is an optimal guide for the creation and maintenance of a new and balanced way of life.

**People have come to Healthy Wholistic with various health concerns including:**

- Headaches
- Anxiety
- Vertigo
- Depression
- ADHD/ADD
- Learning Disabilities
- Sleep Pattern Disturbances
- Digestive issues
- Hormone Imbalances

just to name a few

**These are just a few of our patient's testimonials:**

"Her approach was really different from anything that I have encountered by really listening to what my body and mind were trying to tell me." -*Elias B.*

"I totally stopped all of my medication and feel better than I have in a long time." -*Jamie S.*

"From the very first visit I felt better and was excited to discover what was going on with me." -*John P.*

Wholistic Health is an approach to life that focuses on wellness rather than disease. The emphasis is on the connection to mind, body, and spirit. People who embrace wholistic health accept responsibility for their well-being, and the everyday choices made in order to maintain balance and wellness.

Health is not just the absence of disease, it is the presence of a vital and vibrant state of existence.



Inspired by her parents' journey and teachings in holistic wellness, Diana Handwerker, a Masters level Nutritionist and Social Worker, founded Healthy Wholistic in an effort to continue educating and transforming the way we experience and value our health. "It is a choice, we choose how we treat every symptom or ailment." Their book, "Blinded by Belief" (available soon) tells of the spiritual journey to health and happiness.

For more information on how to transform your health contact Healthy Wholistic at 561-859-0889 or [info@healthywl.com](mailto:info@healthywl.com).



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# I've Tried Everything...

## WHY CAN'T I SLEEP???

By Renee Chillcott, LMHC



It's 3:00 a.m. and you are awake and posting on social media again....WHY? Falling asleep and staying asleep is a nightmare and it seems to happen every night without rhyme or reason. You've tried everything from sleeping medication, natural teas to lavender baths and soft music but nothing seems to make falling and/or staying asleep any easier. There is help. Neurofeedback (Brain Biofeedback) teaches your brain how to shift into sleep patterns. Sleep is the one brain state or emotional state that we cannot fake. An anxious person can try really hard to be calm; a depressed person can try really hard to be upbeat; and a distracted person can try really hard to focus and concentrate; and they may be successful for a moment or two, but sleep cannot be altered by trying. It usually seems like the harder we try, the worse it becomes. It is in this purest brain state, the sleep state, that Neurofeedback can be most successful.

### FIRST, HOW DO WE DEFINE SLEEP?

Sleep is defined as a naturally recurring state of mind characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings.

During sleep, most systems in an animal are in an anabolic state, building up the immune, nervous, skeletal, and muscular systems. The internal circadian clock promotes sleep daily at night in humans.

Interruption in the circadian clock or sleep cycle can cause multiple sleep disorders such as:

- *Insomnia*
- *Nightmares*
- *REM Behavior Disorder*
- *Sleep Talking*
- *Sleepwalking*
- *Circadian Rhythm Sleep Disorders*
- *Delayed Phase Sleep Disorder*
- *Non-24 Sleep Wake Disorder*
- *Shift Work Disorder*
- *Excessive Sleepiness*
- *Extreme Sleepiness*
- *Narcolepsy and Cataplexy*

### WHAT ARE BRAIN STATES/NEURON PATTERNS?

The neuron is the basic working unit of the brain; a specialized cell designed to transmit information to other nerve cells, muscle, or gland cells through electric pulses. These electric pulses make up a Neuron firing pattern that can be measured through EEG (electroencephalogram) to determine the speed

of the neurons firing and the amount firing at that speed. We give these speeds different names based on the role they play in the brain. DELTA waves are very slow waves that promote sleep and calmness; THETA waves are a little faster, also play a role in calming, and make us sleepy; ALPHA waves are a bit faster and are essential for feeling calm and introspective; BETA waves are alert/awake "get work done" waves; and HIGH BETA waves are very fast, stress, anxiety, reaction waves. It is normal for the human brain to shift through these stages automatically, effortlessly and without notice. If the brain is "stuck" in a pattern or has an imbalance of neuron firing, there will be issues. So, for example, if a brain is stuck in a HIGH BETA state, it will not be noticed in stressful situations but will be noticed as an inability to shift into a healthy sleep pattern.

Neurofeedback teaches the brain how to shift through the brain states, thus improving functioning such as sleep.

### WHAT IS A NORMAL SLEEP PATTERN?

In order to experience a "good" night's sleep and to wake feeling renewed and refreshed, our brains must follow a certain pattern of Neuron firing. The internal circadian clock is profoundly influenced by changes in light, since these are its main clues about what time it is. Therefore, as the sun goes down, our brains are signaled that it is time to sleep and we begin to wind down and produce ALPHA (calm) waves. By around 9 pm melatonin secretion starts and our brains shift into a THETA (sleepy) state, by around 10:30 bowel movements are suppressed and we are relaxed enough to go to bed and shift into a DELTA (sleep) state, and by 2:00 am we are in our deepest sleep state. As we sleep, we move in and out of sleep and waking states, easily shifting back to a sleep state, and not noticing that we awoke at all. After 6:00 am, our blood pressure starts to raise and melatonin secretion stops and we shift out of our sleep state to the THETA (sleepy but awake) state and then to a BETA (awake/alert) state to get the day going.

### What is causing me to have a bad sleep pattern?

There are several interruptions in this pattern that can lead us to an altered sleep pattern and thus cause a SLEEP DISORDER.

Initially, short pulses of light, at the right moment in the circadian cycle, can significantly 'reset' the internal clock. Blue light, in particular, exerts the strongest effect. This does not allow the brain to shift into the ALPHA or THETA states needed to be calm and sleepy to initiate sleep/maintain. Modern day advances such as television, artificial indoor light, electronic and cellular devices, night shift working and nighttime travel are just a few of the circumstances that will interfere. Additionally, nutritional factors, medication, and life stresses can also cause difficulty initiating or maintaining sleep.

**What if I have always had trouble sleeping?  
Even as a baby?**

Neuron Patterns can be inherited. Although this is a genetic, inherited, or biological pre-disposition, it can also be changed, balanced, and improved through Neurofeedback.

**HOW LONG SHOULD I BE SLEEPING?**

Children need many hours of sleep per day in order to develop and function properly: up to 18 hours for newborn babies, with a declining rate as a child ages. Early in 2015, after a two-year study, the National Sleep Foundation in the US announced newly revised recommendations as shown in the table below.

AGE AND CONDITION	SLEEP NEEDS
<b>Newborns</b> (0–3 months)	14 to 17 hours
<b>Infants</b> (4–11 months)	12 to 15 hours
<b>Toddlers</b> (1–2 years)	11 to 14 hours
<b>Preschoolers</b> (3–5 years)	10 to 13 hours
<b>School-age children</b> (6–13 years)	9 to 11 hours
<b>Teenagers</b> (14–17 years)	8 to 10 hours
<b>Adults</b> (18–64 years)	7 to 9 hours
<b>Older Adults</b> (65 years and over)	7 to 8 hours

**HOW DOES NEUROFEEDBACK WORK?**

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

**WHAT DO I HAVE TO DO?**

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. The therapist adjusts a reward band to encourage more balanced activity and this encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

**WHAT OTHER CONDITIONS CAN AFFECT SLEEP AND BE HELPED BY NEUROFEEDBACK?**

- Anxiety
- Autism/Asperger's
- Depression
- ADD/ADHD
- Sensory processing disorder
- Bipolar disorder
- Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches
- Traumatic brain injuries
- Stroke
- Cognitive decline
- Oppositional defiant disorder
- Obsessive compulsive disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder

**HOW DO I GET STARTED?**

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

Call to make an appointment today!



**Renee Chillcott, LMHC**

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



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# Could it be your eyes?

*Headache/Migrain*

Anxiety

*Nausea*

Reading Problems

Dizziness

ADD/ADHD

TBI/Concussion

*Sinusitis*

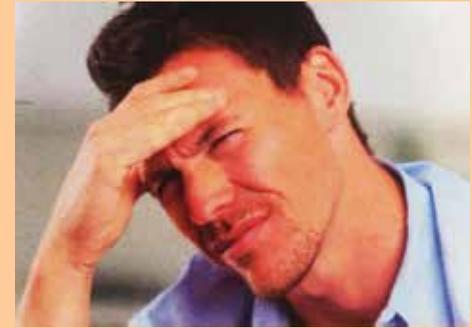
Neck Pain

## What Could I be Experiencing?

Your might be suffering from Binocular Vision Dysfunction (BVD). With BVD, there is a misalignment where one eye sees an image differently (vertically, horizontally or both) than the other. The body corrects this by overusing and severely straining the eye muscles, causing the symptoms of BVD. The most common symptoms are not traditionally thought to be associated with your vision (but they are!) and can include headaches, dizziness, anxiety, nausea, neck pain and reading difficulties.

## Why does BVD often go Undiagnosed?

When you go to the eye doctor, your eyes are tested to determine how well each eye can see (visual acuity). Usually very little time, if any, is spent testing how well your eyes work together as a team (binocular vision). Even if these tests are performed, they only identify major eye misalignments and double vision—they often are unable to find small amounts of misalignment. Any amount of eye misalignment can lead to BVD symptoms. Since BVD may affect up to 70% of adults suffering from persistent headaches, 30% suffering from anxiety, and 30% who have persistent symptoms from a concussion or TBI, it is critical to test for even small amounts of misalignment.



## Signs and Symptoms of BVD:

- ◆ Headaches/Migraines
- ◆ Dizziness
- ◆ Anxiety
- ◆ Panic attacks (especially while driving)
- ◆ Your head “tilts” to one shoulder
- ◆ Neck pain
- ◆ Motion sickness
- ◆ Clumsiness (poor depth perception)
- ◆ Difficulty walking/balance problems
- ◆ Difficulty reading/concentrating
- ◆ Closing or covering an eye to read
- ◆ Nausea
- ◆ Convergence insufficiency
- ◆ Light sensitivity
- ◆ Blurred/Shadowed/Double vision

## What is the solution?

iSee VisionCare patients, under the care of Dr. Sonneberg, undergo a detailed and thorough examination of their vision, including assessment for small amounts of eye misalignment (the NeuroVisual evaluation). Problems with near vision, far vision and alignment will be corrected using Vis-Align™ glasses, resulting in a reduction (or sometimes elimination) of their symptoms.

## How do I find out if my child has BVD?

Call our office today to get the easy-to-complete screening questionnaire. Dr. Sonneberg will call you with the results and let you know if she might be able to help you.

Live Life Through a New Lens

# Does this sound like you?

- ◆ Have you seen **one or more specialists** for your symptoms and **nothing seems to help**?
- ◆ Do you suffer from persistent symptoms related to a **concussion** or **Traumatic Brain Injury (TBI)**?
- ◆ Have you been told **there's nothing wrong with you, "it's just in your head"**?
- ◆ Have you been **diagnosed** with any of the following that can be **commonly confused with BVD**?

- |                     |                                 |                              |                                 |
|---------------------|---------------------------------|------------------------------|---------------------------------|
| ◆ Migraines         | ◆ Sequela of a stroke           | ◆ Panic disorders            | ◆ Convergence Insufficiency     |
| ◆ Anxiety disorders | ◆ Inner ear disorders           | ◆ Spinal misalignment issues | ◆ Agoraphobia                   |
| ◆ ADD/ADHD          | ◆ Reading/Learning difficulties | ◆ Sinusitis                  | ◆ Gastroparesis/cyclic vomiting |
| ◆ Dyslexia          | ◆ TMJ                           | ◆ Meniere's Disease          | ◆ Vertigo                       |



**If you answered yes to one or more of these, you could have Binocular Vision Dysfunction (BVD)**



### Sarah's Headaches

"I've had headaches for the last 8 years. They were so bad that I had to quit my job. I searched everywhere for an answer, including an international headache clinic. I tried everything – treatments, therapies, and so many medications – nothing worked. An acquaintance from the headache clinic told me about her recent experience with vision specialists. My exam was thorough and the Vis-Align™ glasses are incredible. Headaches are rare now and I was able to return to work."

### David's Dizziness and Nausea

"I was a healthy 55 year old guy, and then one day I became terribly dizzy and nauseous. I couldn't hold anything down and began to lose a lot of weight. I became so weak, and my balance became so poor, that I couldn't take care of myself. I ended up in a wheelchair in a nursing home. I thought my life was over. Thank goodness my daughter heard about vision specialists. My new glasses have eliminated my dizziness and nausea. I can eat again and walk again. I left the wheelchair and the nursing home behind!"

### Sheri's Anxiety

"Anxiety has been a part of my life since I was a teenager. I'd been diagnosed with ADD and assumed it was causing the anxiety. I would sometimes get panic attacks while driving on the freeway. I found vision specialists while searching for answers on the Internet. It's hard to describe (and hard to believe) what a difference my glasses made for me. My anxiety just melted away. I've had no trouble driving on the freeways. I've also noticed my concentration when reading is so much easier now."

In 1995 doctors developed the **NeuroVisual Evaluation™** (a specialized eye exam that finds the hidden misalignment of BVD). Our innovative Vis-Align™ glasses eliminate the need for the body to make any corrections resulting in a marked reduction or even elimination of the symptoms of Binocular Vision Dysfunction (BVD).



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# Laser Cataract Surgery: What you should know

By David A. Goldman MD

**W**ith every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femtosecond laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



**Does this mean there are no advantages to laser cataract surgery?** Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | [www.goldmaneye.com](http://www.goldmaneye.com)

# Spring (Change) is in the Air

Brent Myers

**S**pring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

**Act differently.** “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

**Think differently.** “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

**Be different.** “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!  
Change is here!  
Hope is here!  
Embrace it.  
Love it. Live it.*

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