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September 2017

North Palm Beach Edition - Monthly



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FIBROMYALGIA

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THYROID CANCER INCIDENT RATES ON THE RISE

Located at the front of the neck, on both sides of the windpipe and just below the Adam's apple, the thyroid gland is a small, butterfly-shaped gland that affects your body a lot more than most people think. The thyroid produces hormones that regulate the body's metabolic rate, as well as some heart and digestive function, muscle control, brain development and bone maintenance. A normal thyroid gland is not usually visible or felt from the outside. Lumps or nodules can sometimes appear in the area where your thyroid is located. These are usually comprised of an overgrowth of cells and, most often, are benign – not cancerous. However, about one in 20 of these nodules is malignant and classified as thyroid cancer.

Currently, almost 60,000 Americans are diagnosed each year with a form of thyroid cancer, according to the National Cancer Institute. However, the death rate from thyroid cancer remains low compared to most other cancers. With a five-year survival rate of nearly 97%, and a 100% survival rate if detected early, the vast majority of patients with thyroid cancer can be treated successfully.

The Role of Gender, Age and Genetics in Thyroid Cancer

While scientists do not yet understand the reasons, women are diagnosed with three of every four thyroid cancers and 82 percent of these women are Caucasian. Thyroid cancer can occur at any age, but unlike other cancers that most often occur over the age of 50, about two-thirds of all thyroid cancer cases are found in people between the ages of 20 and 55.

Scientists have identified several gene mutations that can be inherited and play a role in thyroid cancer. If any of these apply to you, ask your physician about getting genetic counseling:

- You have a family history of thyroid and/or other cancers.
- You get thyroid cancer before age 45.
- Your type of cancer is MTC (Medullary Thyroid Cancer)
- You have thyroid cancer and another type of cancer.

Aggressive Thyroid Cancer is Increasing

A March 2017 study by the National Cancer Institute (NCI) published in the Journal of the American Medical



Women are at a higher risk for thyroid cancer by four to one compared to men.

Association (JAMA) found that while most thyroid cancers are not life threatening, the death rate for a particularly aggressive form of the disease – advanced papillary thyroid cancer – has increased. In fact, over the past four decades, the overall incidence rate for all types of thyroid cancer has tripled in the United States, causing quite a debate among researchers as to what is causing this startling surge. As we learn more about what drives thyroid cancer on a molecular level, we will have answers to that question in the future.

Some possible reasons cited in the JAMA study for an increase in the number of thyroid cancer cases include:

- Better diagnostic tools that are able to detect much smaller tumors that likely would not have been serious
- A rise in obesity rates that are linked to an increase in several types of cancer
- Certain chemicals, such as flammable-resistant compounds in clothing and furniture, some pesticides and other chemicals found in foods and plastics

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Finding the Cause of Your **VERTIGO**

VERTIGO has slowly become one of the most common conditions we are seeing in the office today. Most of the time, people come to see us after they have had work ups done by their primary, ENT, neurologist, and physical therapist.

Vertigo and balance disorders can have a very debilitating impact on your life. It makes you reluctant to perform some very basic tasks of human existence. Walking in open spaces without a wall suddenly becomes intimidating, and finding the right sleeping position is almost like a game of roulette. One wrong move and the world starts spinning.

Then once it hits, you start becoming nauseated eventually leaving you tired and scared of your next movement. Living with chronic vertigo can take away a lot of the joy of living.

I've consulted with a lot of patients with vertigo in my practice. When I ask them about their diagnosis, most people simply say that vertigo is their diagnosis. The problem is that when someone says that they were diagnosed with vertigo, it's not really a diagnosis in its true form. Vertigo is basically just a Latin word for dizziness.

Being dizzy and coming back with a diagnosis of vertigo would be like going into a doctor's office with low back pain, and the doctor says that your diagnosis is lumbago. Lumbago is just the Latin word for low back pain.

It's not a diagnosis, it's just repeating the symptom back to you in Latin. You don't need the doctor to re-hash your symptom back to you, you want them to find out WHY you have that problem.

Vertigo is a symptom of a LOT of different conditions. Some of which include:

- Meniere's Disease
- Benign Paroxysmal Positional Vertigo
- Infection
- Multiple sclerosis
- Migraine
- Cervicogenic vertigo
- Head trauma

Once we establish a cause, then we can establish a game plan to get rid of the cause.

ATLAS DISPLACEMENT AND VERTIGO

When you have vertigo, the overwhelming majority of doctors and therapists will evaluate your eyes and your inner ear. While the inner ear and the eyes are important, many cases of vertigo may be coming from a part of your neck called the Atlas.

The Atlas is the top bone in the neck and is connected to important muscles. These muscles have a huge role in dizziness. These muscles are called the suboccipital muscles and they play a role in something called proprioception.

Proprioception is considered your body's 6th sense. It is a system that allows your brain to know where different body parts are in space. Close your eyes, lift your arm over your head, and wiggle your fingers. You know exactly where your hand and fingers are in space because of the movement of those joints. That is what proprioception is.

The top of the neck is one of the largest contributors to proprioception.



That's why so many people with whiplash or concussions can become dizzy. The muscles in the neck become dysfunctional and start giving your brain bad information about its environment. This can even happen even in the absence of neck pain!

When we evaluate patients with vertigo, we make sure to do a thorough examination of the neck to determine if that's the cause. Many patients who get their neck corrected will often feel an improvement in their vertigo symptoms in a matter of weeks.

If you've been to several doctors for your vertigo with no luck, it may just be a problem in your neck that needs to be corrected.

IT STARTS AND ENDS IN THE BRAIN

Your sense of balance all starts and ends in the brain, but here's the important thing to remember. The information your brain puts out is only as good as the information that goes in. Ensuring proper function of the neck may be the missing link in the care of people with vertigo.

DR. JONATHAN CHUNG is a Doctor of Chiropractic who focuses on Structural Correction and is primarily concerned with Structural Shifts of the spine. He graduated from the University of Central Florida with a B.S. in Microbiology and Molecular Biology. Dr. Chung then went on and received his doctorate from Life University's College of Chiropractic. Dr. Chung is certified in pediatrics from the International Chiropractic Pediatric Association, and is a Structural Chiropractic Researcher who has been published in scientific peer-reviewed journals. Read more from Dr. Chung at chiropractorwellington.com/blog



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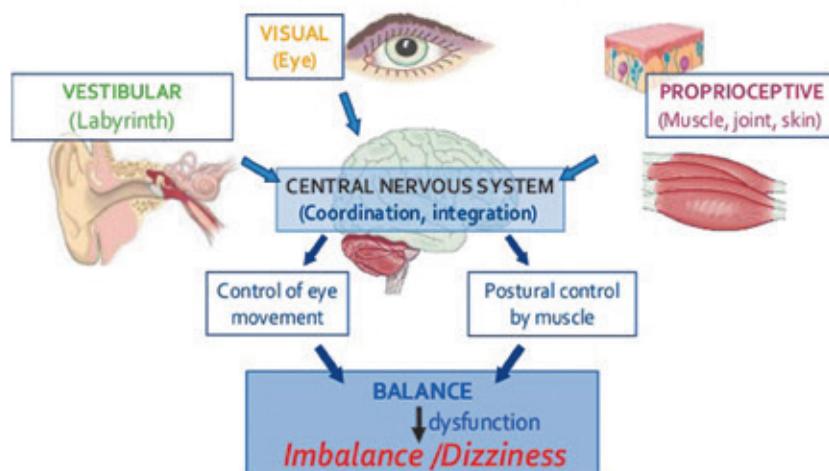


Image source: <http://www.slideshare.net/mataharitimoer/how-to-manage-patients-with-vertigo>

By Dr. Alan J. Bauman, MD,
ABHRS Board-Certified Hair Restoration Physician

What is Alopecia?



**Claudia
Alopecia Patient
Before**

September is Alopecia Awareness Month, so we're doing our part to help get the word out about *Alopecia Areata*, an often-misunderstood disease.

**Claudia
after CNC 3D Hair
and Scalp Prosthesis**

WHAT IS ALOPECIA?

Unlike Androgenetic Alopecia (common male and female hereditary or “pattern” hair loss), *alopecia areata* is an autoimmune disorder in which the body’s immune system mistakenly attacks hair follicles, resulting in the sudden loss of hair. Most often hair loss occurs in patches, with the hair itself coming out in clumps, leaving smooth, bald patches of varying sizes on the scalp, beard, or elsewhere on the body.

Alopecia areata affects both men and women equally, and is most common in people under

the age of 20, but it may affect people of any age. According to the National Alopecia Areata Foundation, it is expected that about 6.8 million people in the US will develop the disease at some point in their lives. Globally, that number jumps to 147 million people.

Generally, hair loss with alopecia comes and goes, and the damage it does to hair follicles is not permanent, but the disease varies from person to person. For example, it’s possible for hair to begin growing again in one bald patch and then fall out in another patch elsewhere months

or years later, or for the alopecia to resolve and never return. In about one out of every ten cases, lost hair does not regrow. In some cases hair loss progresses to total baldness on the scalp, called *Alopecia Totalis*, or loss of hair over the whole body, known as *Alopecia Universalis*. While the condition is not life threatening, many alopecia areata patients are unfortunately mistaken for cancer patients undergoing chemotherapy treatment—and therefore often spend a good deal of time explaining “No, I’m not sick” or “No, I don’t have cancer” only further compounding a concerning situation.

WHAT CAUSES IT?

Experts do not know why the immune system attacks the body’s own hair follicles, but it is believed to be genetic in origin. Those who are affected by alopecia areata are more likely to suffer permanent hair loss if they:

- Have a family history of the condition
- Show signs of alopecia before puberty
- Have the condition for periods of more than a year at a time
- Have extensive hair loss
- Have another autoimmune disease
- Are prone to allergies
- Have fingernails or toenails with abnormal coloring, shape, texture, or thickness

Unfortunately, there’s also no known cure. It is thought that certain factors such as extreme stress physiologically and emotionally can trigger the condition in some people, but there is little evidence to support that stress on its own may be to blame.

HOW DO YOU TREAT IT?

The most common treatment for the patchy hair loss associated with alopecia is a course of corticosteroid injections into the scalp or skin. Corticosteroids may also be applied topically directly to the affected areas, as is often the case with younger children. PRP or Platelet Rich Plasma injections are a non-pharmaceutical treatment option that has been reported to be successful in some cases.

Sometimes, these treatments are given in tandem with topical applications of over-the-counter minoxidil. If a less greasy and stronger version is desired, compounded Formula 82M minoxidil may be prescribed.

While, several experimental treatments aimed at tamping down the patient’s immune system, similar to what is done in the case of rheumatoid arthritis, are being investigated at major research centers, none are FDA-approved.



Denyse alopecia patient before PRP

Denyse 6 weeks post-PRP

Denyse 12 weeks post-PRP

For those who haven't been successful with available treatment options and are seeking an alternative to traditional wigs, weaves, hats or scarves, they might want to consider a durable, high-quality hair and scalp prosthesis. These prosthetic devices are made with a 3D-printing process to allow each to be custom-fitted to the patient's scalp and precisely matched to their skin color. 100% unprocessed human hair is then meticulously implanted in natural hair growth patterns for a the most natural look. Painstakingly handcrafted in Italy and applied with a medical-grade adhesive, they allow patients to shower, swim, dance, play sports or even skydive, and to style their hair normally. These comfortable, high-end hair and scalp prosthetics last for years and are virtually indistinguishable from one's own natural hair, allowing those with extensive hair loss to have a completely full head of hair. Consultations for hair and scalp prosthesis are available at Bauman Medical Hair Loss Treatment Center in Boca Raton.

HOW CAN I AVOID ALOPECIA?

The reality is that you cannot. Even if you've never been affected by the condition, there remains a chance that it could still affect you. As with all hair

loss, the best means of prevention is to maintain a healthy scalp and lifestyle. Enjoy a good diet, alleviate as much stress as possible, and avoid harsh chemicals or environmental factors that can trigger a strong reaction from your immune system.

Perhaps one of the best ways to combat alopecia, however, is through education. The more we understand about the condition, the better we will be able to treat it in the future, and to accept it in the meantime.

Those affected by the condition often must face the social stigma of their altered appearance, and are likely to feel unattractive and experience a loss of self-confidence as a result. Let's try to help others as well as ourselves to understand alopecia. While alopecia patients suffer from this disease, it's not life threatening and it's not cancer. These sufferers need your understanding and support.

That's why it's important to get the word out now, during Alopecia Awareness Month, so that together we can help promote understanding, and eliminate the stigma the condition causes.

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 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty



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

member of major medical conferences, Dr. Bauman was recently named one of the Top 5 Transformative CEO's in Forbes. His 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.

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- Alopecia Support Group

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WITH ALOPECIA**

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- Dave Flemming
- Joelle Amery
- Justin Lee (activist)
- Slavko Petrović
- John D. Rockefeller
- Baldy Jack Rose
- Charlie Villanueva

Fibromyalgia

William H. Stager, DO, MS, MPH,
FAAFP, FAAMA, FAAO, FACOPF dist.

Fibromyalgia is a common pain syndrome affecting about two percent of Americans, more in women than in men. I call it a syndrome because it is a spectrum of conditions, whose predominant signs and symptoms include muscular pain, fatigue, and mood changes. Its' cause is unknown, and there are no lab tests to diagnose it. Very often, blood tests or X-rays are normal. Your physician needs to rule out several conditions that look like it or can even occur concurrently with it. Then, the diagnosis is made by history and physical exam.

Some of the conditions that look like fibromyalgia or can occur with it are:

- Hormonal disorders, like hypothyroidism, hyperparathyroidism, Addison's disease, and Cushing's Syndrome
- Medications, especially the lipid lowering drugs (I see this a lot), and steroid use
- Polymyalgia rheumatica
- Sleep apnea
- Viral infections, like hepatitis C and parvovirus
- Autoimmune disorders, like systemic lupus erythematosus and rheumatoid arthritis
- Lyme disease
- Eosinophilia-myalgia syndrome
- Malignancy

Fibromyalgia is a rheumatological disease, and rheumatologists are the medical specialists who diagnose and treat the over 100 rheumatological diseases. The American College of Rheumatology developed the definition of fibromyalgia in 1990: a history of pain in all four quadrants of the body for over 3 months, plus 11 of 18 tender points. New diagnostic criteria were developed in 2010, not using tender points but rather focusing upon widespread pain and allied symptoms such as problems with sleep, thinking clearly, and fatigue.

People with fibromyalgia have increased sensitivity to pain, and even that may come and go. The affected muscles usually have a decreased range of motion (they're stiffer), can be weaker, and tire easily. Because the muscles are tight and tender most of the time, they cut off the blood circulation to them and their area, resulting in lack of oxygen and nutrients to the area. This releases neurotransmitters that then sensitize the nerves to the muscles, resulting in pain. This becomes a vicious cycle of pain, muscle tightness, nerve sensitization all the way back to the brain and spinal cord, an exaggerated pain response, hypersensitivity, and more pain. What was an acute problem becomes a chronic one, inducing referred pain, as well.

Fibromyalgia signs and symptoms include muscles that are tight, tender, and weak, plus a long list of physical and emotional problems. These include: chronic fatigue, sleep disturbance, anxiety, depression, inability to deal with stress, weight gain or loss, heat or cold intolerance, visceral pains and dysfunctions, headaches, allergies and hypersensitivities to almost anything, hearing and visual disturbances.

What causes fibromyalgia? There is no one answer to that. Officially, the answer is unknown. Research has come up with a variety of answers, such as infectious diseases, physical or emotional trauma, hormonal disorders, and a nervous system that is hypersensitive to stress responses. People can have fibromyalgia alone or with other conditions, which just confounds the picture.

Treatment: There are as many ways to treat people with fibromyalgia as there are symptoms. Understanding and education for you and your family probably comes first. A sympathetic physician, nurse or therapist is important. There are many support and information groups out there and you can find them in the phone book, newspaper, bookstore, and Internet. I have spoken about fibromyalgia at the local Palm Beach County Arthritis Foundation headquarters, and you will find the staff and resources there very helpful. They can be reached at: 561-833-1133, or by website: www.arthritis.org.

Exercise that helps stretch and strengthen muscles, and relaxation techniques to ease depression and anxiety, including hypnosis, are all helpful. Diet is always a big question mark, as we have all heard of people who either added or deleted certain foods from their diets that helped their conditions. It boils down to what's right for you, the individual. One way to explore whether foods are hurting or helping you is to carefully eliminate them, one at a time, for a few weeks, and see your results. I'm a firm believer in taking your vitamins, so: at least get a good multivitamin and take it with your diet.

Hands-on bodywork, gently and carefully done, can be a real blessing and lifesaver. I encourage everyone to explore osteopathic manipulation, acupuncture, and gentle massage techniques.

Good psychotherapy can be invaluable, too. I often spend a lot of time with my patients trying to discover the cause of their conditions, and it often includes discovering "who's the pain in your neck", not just "what's the pain in your neck". Understanding one's past can be very liberating. Cognitive-behavioral therapy is one way to learn skills to cope. These include: relaxation training, activity pacing, visual imagery, cognitive restructuring, problem solving, and goal setting. Our attitude and behavior patterns are so important, and we can do a lot to control them and make them work positively for us.

There are a number of herbs, homeopathic and other natural remedies on the market that can help to varying degrees. I will mention one of my favorite groups here:



the Bach Flower Remedies. There are 38 remedies, each corresponding to a different emotion. Rescue Remedy is the one I recommend the most, either as a liquid or to rub on as a cream. Again, bookstores, the Internet, etc., are all great resources for information.

Medications can often be a positive help. Pain meds, such as the NSAIDs (non-steroidal anti-inflammatory drugs) of which there are about twenty on the market, some prescription-only, and some over-the-counter, are usually the mainstay for pain. Anti-anxiety and anti-depressant meds can also be helpful. Sleep medicines can be helpful, as people with fibromyalgia often find that they don't get restful sleep.

My holistic practice of Osteopathic Manipulative Treatment (OMT) focuses on relieving pain and dysfunction of many kinds. I am one of the few physicians in the USA to be AOBMM board certified in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine as well as AOBFP board certified in Family Medicine. I am trained in Medical Acupuncture through UCLA, Los Angeles, CA, and I enjoy integrating the best of those philosophies and styles in my practice to help my patients from many perspectives. I am on the faculties of two osteopathic medical schools, NSUCOM and LECOM, have been teaching OMT since 1986 all over the U.S.A., internationally, and continue to teach medical students, interns, and residents in local teaching hospitals. CALL US – WE CAN HELP!



**William H. Stager, DO, MS, MPH,
FAAFP, FAAMA, FAAO, FACOPF dist.**

**AOBMM Board Certified: Neuromusculoskeletal
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Physician is a Medicare provider



WHAT IS BRANCH RETINAL VEIN OCCLUSION (BRVO)?

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

THE RETINA—the layer of light-sensitive cells at the back of the eye—is nourished by the flow of blood, which provides nutrients and oxygen that nerve cells need. When there is a blockage in the veins into the retina, retinal vein occlusion may occur.



Branch retinal vein occlusion (BRVO) is a blockage of the small veins in the retina. (When there is blockage of the main vein in the retina, it is called Central Retinal Vein Occlusion.)

BRVO often occurs when retinal arteries that have been thickened by atherosclerosis (hardening of the arteries) cross over and place pressure on a retinal vein. When the vein is blocked, nerve cells within the eye may die.

BRANCH RETINAL VEIN OCCLUSION (BRVO) SYMPTOMS

Because the macula—the part of the retina responsible for central vision—is affected by blocked veins, some central vision is lost.

The most common symptom of BRVO is vision loss or blurring in part or all of one eye. The vision loss or blurring is painless and may happen suddenly or become worse over several hours or days. Sometimes there is a sudden and complete loss of vision. BRVO almost always happens only in one eye.

WHO IS AT RISK FOR BRANCH RETINAL VEIN OCCLUSION (BRVO)?

BRVO is associated with aging and is usually diagnosed in people who are aged 50 and older. High blood pressure is commonly associated with BRVO.

In addition, people with diabetes are at increased risk for BRVO. About 10 percent to 12 percent of the people who have BRVO also have glaucoma. People with atherosclerosis (hardening of the arteries) are also more likely to develop BRVO.

The same measures used to prevent coronary artery disease may reduce your risk for BRVO. These include:

- *eating a low-fat diet;*
- *getting regular exercise;*
- *maintaining an ideal weight; and*
- *not smoking.*

BRANCH RETINAL VEIN OCCLUSION (BRVO) DIAGNOSIS

If you experience sudden vision loss, you should contact your ophthalmologist immediately. He or she will conduct a thorough examination to determine if you have branch retinal vein occlusion (BRVO).

Your ophthalmologist will dilate your eyes with dilating eye drops, which will allow him or her to examine more thoroughly the retina for signs of damage. Among the other tests that your Eye M.D. may conduct are:

- *Fluorescein angiography. This is a diagnostic procedure that uses a special camera to take a series of photographs of the retina after a small amount of yellow dye (fluorescein) is injected into a vein in your arm. The photographs of fluorescein dye traveling throughout the retinal vessels show how many blood vessels are closed.*
- *Intraocular pressure.*
- *Pupil reflex response.*
- *Retinal photography.*
- *Slit-lamp examination.*
- *Testing of side vision (visual field examination).*
- *Visual acuity, to determine how well you can read an eye chart.*

In addition, you may be tested to determine your blood sugar and cholesterol levels. People under the age of 40 with BRVO may be tested to look for a problem with clotting or blood thickening.

BRANCH RETINAL VEIN OCCLUSION (BRVO) TREATMENT

Because there is no cure for branch retinal vein occlusion, the main goal of treatment is to stabilize vision by sealing off leaking blood vessels. Treatments may include laser treatment and injections.

Finding out what caused the blockage is the first step in treatment. Your Eye M.D. may recommend a period of observation following your diagnosis. During the course of BRVO, many patients will have swelling in the central macular area. This swelling, called macular edema, can last more than one year.

MicroPulse Focal laser treatment can be used to reduce swelling of the macula. With this form of laser surgery, your Eye M.D. applies many non-scarring laser burns to areas of fluid leakage around the macula. The main goal of treatment is to stabilize vision by sealing off leaking blood vessels that interfere with the proper function of the macula. Treatment with injections of Avastin or Eylea in the eye may also be done.



The Retina Institute of Florida

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

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

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Are There Any New Technologies For Fat Reduction?

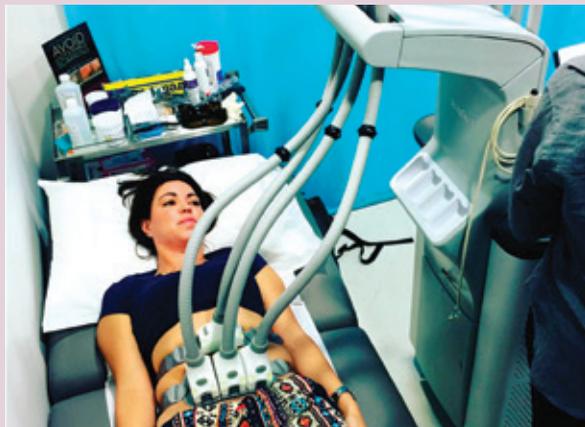


It is interesting to watch technology as it continues to evolve. Many of my patients are up to date with what is trending in aesthetic technology. There is a new exciting technology that melts and tightens skin simultaneously without downtime.

COOLSCULPTING® has been a good fat reduction treatment for many of my patients. It is a way to non-invasively destroy fat cells by freezing fat, however it takes about 1 hour per area and depending on the patient, it could take up to 4 to 6 hours in one day! Also, the cost of CoolSculpting® is pretty much equivalent to liposuction.

A newer technology has just been FDA approved for the same application of destroying fat cells non-invasively, but it uses heat. It's called SculpSure™ by Cynosure®. SculpSure™ is a laser device that uses a 1060 nm wavelength to target fat cells and destroy them without any incisions.

Unlike CoolSculpting®, SculpSure™ takes less time, the treatment areas are much larger and there is no downtime. One treatment takes only 25 minutes and there have been no reported side effects.



TARGET

Selective wavelength to target fat cells below the dermis.

DISPURT

Highly efficient wavelength for controlled energy delivery.

ELIMINATE

Overtime, the body naturally eliminates the fat cells.



BEFORE SculpSure™



AFTER SculpSure™

SculpSure™ is a breakthrough non-invasive body contouring treatment for fat that has been unresponsive to diet and exercise.

- 25 minute treatment
- Clinically proven to permanently reduce fat
- Customized treatment sessions to achieve the look you want

The treatments applicators are placed on the skin and a balance of laser wavelength with cold is projected to the fat layer, making it hot enough to achieve the right temperatures to destroy fat cells, but cold enough to be comfortable. The destroyed cells are disposed of by the body's lymphatic system.

The results are seen in 6-8 weeks and most people require just 1 treatment. Another major advantage and game changer is the skin tightening effects of this laser.

So in summary, SculpSure™ is less expensive, takes less time and tightens skin very effectively. I'm very excited and happy to share this information!



Medical Director, Daniela Dadurian M.D.

* Board Certified Anti- Aging Medicine

* Board Certified Laser Surgery

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

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

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HEARING LOSS: THE PHYSICAL, MENTAL, AND EMOTIONAL SIDE EFFECTS

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

Most hearing loss presents gradually over many years, making it difficult to notice. Many people feel that hearing loss is just a natural part of the aging process and is not necessary to treat immediately after they are diagnosed. In fact, **most people wait 7 years to seek treatment for hearing loss after they first experience difficulty.** What most do not know is that if hearing loss is left untreated, it has many side effects that can affect mental and physical health as well as quality of life.



PHYSICAL SIDE EFFECTS OF HEARING LOSS

Physical side effects can occur due to physically straining to hear during conversation. This can cause tense muscles, fatigue, and increased blood pressure. In addition, a recent study indicated that people with mild hearing loss are three times more likely to have a history of falling. Individuals with untreated hearing loss may not have appropriate access to the sounds of their environment to keep themselves alert and safe.

MENTAL SIDE EFFECTS OF HEARING LOSS

A lot of evidence has come forth in the last few years that untreated hearing loss can result in cognitive decline. There is research that indicates older adults with hearing loss are more likely to develop dementia. As their hearing loss gets worse,

their risk increases. In fact, a recent study revealed that older adults with hearing loss have a rate of cognitive decline that is up to 30–40% faster than the rate in those with normal hearing. Hearing aids can actually reduce the effects of dementia and Alzheimer's.

Untreated hearing loss can also result in depression in older adults. Adults 50 years and older with untreated hearing loss were found to be less likely to participate in organized social activities than peers who wore hearing aids. The extra effort it takes to follow along with conversation with a hearing loss can make communication more tiring. Sometimes hearing loss can be misinterpreted as confusion or dementia by a loved one if they are not answered correctly or at all.

EMOTIONAL SIDE EFFECTS OF HEARING LOSS

As an audiologist, I hear an emotional plea for help from the patient and their loved one during the consultation appointment. Perhaps the most distressing is the sense of detachment created by the increased difficulty in communicating with those close to you. It can be stressful asking people to repeat themselves or ask for clarification when you don't understand what's being said. Friends or family members who feel they haven't been heard over time may become frustrated or resentful. Other emotions can include anger, embarrassment, isolation, loneliness, withdrawal, and decreased enjoyment of social activities. Hearing loss doesn't just affect one person, but their loved ones as well.

37.5 million Americans 18 years or older report trouble hearing. It is consistently shown that hearing aid users report significant improvements in many areas of their lives, ranging from their relationships at home and sense of independence to their social life. Family members of hearing aid users also note the quality of life improvements.

Restore the treasured connections of your life through improved communication, closer relationships and better hearing. Don't wait to make better hearing a part of your everyday life.

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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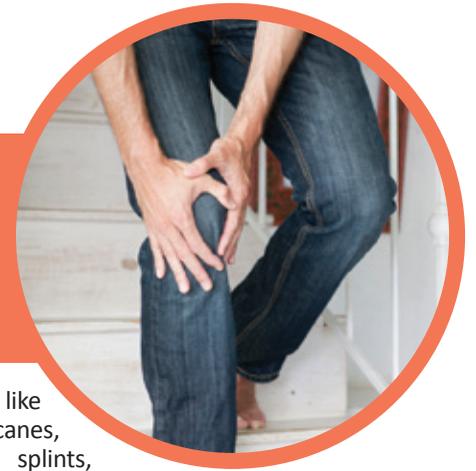
HearingCareFL.com



By Dr. Ricardo Leano

OSTEOARTHRITIS

OSTEOARTHRITIS (OA) affects about 27 million Americans and is the most common chronic condition of the synovial joints and a common cause of chronic pain in older people. OA can affect any joint, but it occurs most often in knees, hips, and lower back. Neck, small joints of the fingers and the bases of the thumb and big toe are also frequently affected. It is also called Degenerative Joint Disease (DJD) or Degenerative Arthritis.



In normal joints, the cartilage covers each end of the bones that are involved in that joint. The cartilage is a firm, rubbery material that provides a smooth, gliding surface for joint motion and functions as a cushion between the bones. OA is characterized by focal areas of loss of cartilage causing pain, inflammation, and joint stiffness. As OA worsens over time, bones may break down and develop growths called spurs. Pieces of bone or cartilage may chip off and float around in the joint. In the body, an inflammatory process occurs and cytokines (proteins) and enzymes produced further damage the cartilage. In the final stages of OA, the cartilage wears away and bone rubs against bone leading to joint damage and more pain. The cartilage lacks blood supply evading the own-body healing abilities. It is better to regenerate your cartilage, instead of replacing it with titanium. You may completely avoid or, at least, postpone a major surgery for several years.

Age, genetic factors, and other systemic factors like obesity, all predispose to the development of osteoarthritis. But, we also know that certain forms of activity predispose joints to OA, as well as joint injury and some hormonal factors. Although OA occurs in people of all ages, osteoarthritis is most common in people older than 65.

Symptoms of osteoarthritis differ, depending on which joints are affected and how severely they are affected. Scientists have noticed a confusing lack of direct relationship between radiographic evidence of severity of OA and symptoms. However, the most common symptoms are pain and stiffness, mainly early in the morning or after resting. Symptomatic joints may get swollen, particularly after prolonged activity. Symptoms tend to build over time rather than abruptly.

Even though symptoms may differ, there are features that are common to all symptomatic OA joints. These include pain, which is usually use-related (prolonged activity or prolonged rest); short-lasting stiffness or difficulty initiating movement after rest; limitation of movement with pain at the end of the range, often accompanied by cracking of the joint during activity; tenderness of the joint and palpable bony swelling around it; and, in some cases inflammation (warmth, swollen, tenderness, and redness).

Osteoarthritic pain, swelling or stiffness may make it problematic to complete ordinary duties at work or at home. Simple activities like opening a box of food, tucking in bed sheets, grasp and hold objects, such as a pencil, or to do delicate tasks, such as needlework, grasping a computer mouse or driving a car can become very difficult. Activities such as lifting objects, walking, and climbing stairs may become problematic.

The pain, reduced flexibility, side effects from medication, consequences from treatments (surgery) and other factors associated with OA can lead to adverse health effects not directly related to the joint disease. Many people believe that the effects of OA are unavoidable, so they don't do anything to manage it. OA symptoms can deter work, social life, and family life if actions are not taken to stop joint damage, control pain and improve flexibility.

Not having an adequate treatment may have consequences. Knee or hip pain may lead to a sedentary lifestyle that endorses weight gain and possible obesity, which can lead to the development of diabetes, heart disease and high blood pressure. People with OA have risk factors such as decreased function, muscle weakness and impaired balance that make them more likely to fall and may experience as much as 30 % more falls and greater risk of fracture than those without OA. Side effects from medications used for pain relief, like opioids, can also contribute to falls. On the other hand, invasive treatments like surgery (total joint replacement) carry the risk of infections, lengthy and painful rehabilitation, and prolonged absence from work.

The joints that are most commonly involved are the cervical and lumbar spine, knees, hips, hands, and great toes. The joints least likely to be affected by OA are the ankles and the shoulders. OA of the spine is a difficult problem because chronic back pain is particularly poorly associated with any definable pathology.

Symptoms vary depending, of course, of which joint is affected. Knee OA manifest with pain, stiffness, reduced flexion, weakness, deformity and "grating" sensation with movement. Hip OA manifests with pain on walking, which may be felt in the buttock, groin, thigh, or knee (source of diagnostic confusion). In the hands, OA affects more the joints in the fingers and the base of the thumb. Bony growths (nodes) at the edge of finger joints are typical. Pain, redness, tenderness, and deformity are not uncommon in the fingers.

The diagnosis is mainly clinical based on symptoms and physical exam. Plain X-Rays are helpful in confirming the diagnosis and are of value in excluding other causes of joint pain. Other helpful studies include Ultrasonography and MRI.

The traditional treatment was aimed to manage symptoms and to avoid iatrogenic complications. Most information on management of peripheral joint OA focus on the knee, but it can be applied to any joint. Education is particularly important in OA. Specific muscle-strengthening exercises can reduce pain and disability. Moving is one of the most beneficial ways to manage OA. Assistive

devices like scooters, canes, walkers, splints, shoe orthotics, etc. can help with function, mobility and to lessen the risk of fall. The U.S. DHHS recommends 150 minutes of moderate exercise per week to everyone, including those with arthritis. Pain control can be achieved with different medications, like acetaminophen, NSAIDs (ibuprofen, naproxen, and celecoxib) and topical creams. Intra-articular injections with steroids have good evidence supporting relief for a few weeks. Intra-articular injections of hyaluronic acid have also been shown to be effective and requires 3 to 5 weekly injections. Surgical options may include arthroscopic debridement for milder disease or total joint replacement for more severe cases with all the concurrent risks and costs.

The most novel approach to treat OA is Regenerative Medicine (Reg-Med). Reg-Med comprises the intra-articular injection of PRP (Platelet Rich Plasma), stem cells from bone marrow, mesenchymal cells from fat, or stem cells from amniotic fluid or umbilical cord blood. Many times, and depending on the individual patient, PRP are combined with any of the other modalities. The cartilage lacks blood supply evading the own-body healing abilities. When mesenchymal or stem cells are injected directly into the joint, all the healing elements are deposited directly next to the cartilage to allow that tissue to heal and even regrowth eradicating all the symptoms and limitations the patient is suffering. The treatment is performed in a few minutes and the patient may return to work in a couple of days. Painful and lengthy rehabilitation is not necessary. Your cartilage can regenerate. It is like intra-articular 3-D printing. Results are getting noticeable in a few weeks and rarely the procedure must be repeated. The cost of this procedure is, in most of the cases, less than all co-payments involved in a major surgery.

If you or any of your loved ones have been diagnosed with Osteoarthritis and a total joint replacement was offered, visit Palm Beach Pain for a free consultation with Dr. Leano before surgery. It is better to regenerate your cartilage, instead of replacing it with titanium. You may completely avoid or, at least, postpone a major surgery for several years. Call (561) 248 1166 for an appointment and a free consultation.



For any consultation, call (561) 248 1166 for an appointment with Dr. Ricardo Leano at Palm Beach Pain, LLC

PRE & POST NATAL MASSAGE FOR COUPLES

Massage Therapy Can Create a Healthy Home for Your Family



When it comes time to bring another human being into the world, we must consider the mothers' health a top priority, as well as her partner. Massage therapy provides a multitude of benefits for everyone involved, mom, baby & partner. It is ideal to get started at the beginning of the pregnancy all the way through birth and post-partum. Along with you, having your partner receive massages will help to put the entire family in a healthy state physically and emotionally, which creates a happy home atmosphere. We can all use a little peace and therapeutic touch in our lives.

THE BENEFITS OF PRENATAL MASSAGE FOR MOM

First off, prenatal massage has tons of benefits for moms, which means the baby receives all of the natural chemical benefits too! It reduces lower back & foot pain, inflammation, stress, cortisol levels, depression, and anxiety. It also increases dopamine, serotonin, oxytocin, and relaxin. Those are basically all of your feel good hormones. Relaxin helps to create ease in hip mobility & flexibility by allowing your muscles, ligaments and tendons to stretch according to the needs of your pregnancy.

You want your body to work with the changes that are happening to you physically for a healthy pregnancy, labor outcome, and for the newborn's well-being.

BENEFITS FOR HER PARTNER

Of course, there is a lot of focus on the mom and baby during pregnancy, but we can't forget the partner. Pregnancy is a family affair. We need to remember that this is a life-altering situation for the partner too. This means there will be stresses and concerns that cause the partner to be irritable, anxious or perhaps even feel as though they have taken second place in your relationship; and the baby hasn't even arrived yet. Couples massages help to diminish some of these stresses by incorporating a peaceful evening at home, for at least a few hours per month together. This gives you dedicated bonding time on a healthy level throughout the pregnancy that not only brings you closer, but it also sets the stage for a healthy home environment for the baby in womb & out.

THE VITAL BABY CONNECTION

Having your massage therapist there for your family after your beautiful baby has arrived creates much needed emotional transitioning support for your household. This also provides the baby with an opportunity to receive the benefits of therapeutic touch outside of the womb for the first time. The amazing part is that the baby is already familiar with your therapist due to the "in womb connection" made during moms massage sessions. Infant massage creates much needed bonding with the partner and provides a more restful night sleep for everyone. This is why it is recommended to take the infant massage workshops to learn how to provide massage properly for baby.

POSTPARTUM & THE FAMILY

The effects of postpartum will vary with each person individually and again, it is not just the mom going through the changes. Mom will want to take advantage of the relaxin in her body to assist in abdomen restoration through massage and other techniques. The family will experience emotional changes as they care for their newborn. These new sensitivities, fears, and realizations can create a somatic release through massage therapy. These releases can create a clearing for parents to step into their new roles in life with confidence guided by a loving connection with one another.

By now, you can see the significant benefits of having regularly scheduled massage therapy.

It just simply has a way of putting you in a space of rest, care, love and honor for your mind, body, and spirit in a world that doesn't always readily provide it for you. Take the time your family needs to stay healthy with therapeutic massage and experience the wealth of health.

MASSAGE MYTH BUSTER:

Q: It is not safe to get a massage in your first trimester.

A: FALSE

It is perfectly safe and conducive to a healthy pregnancy to receive massage therapy as soon as possible by a LMT specialized in prenatal massage. A trained and licensed therapist will know how to provide a massage that is efficient and safe.

Q: A "good" massage will always hurt.

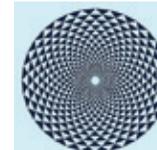
A: FALSE

A good massage will put your body into a parasympathetic state which means it will be relaxed enough to assist the therapist naturally in the massage. When a massage hurts it put your body into a sympathetic state, fight or flight, and begins to release stress hormones, which is exactly why we need regular massages in the first place. Speak up if a massage ever causes you pain and your therapist will happily adjust the pressure accordingly. *Sports and other massages designed for structural repair are a different story.

ABOUT MIND BODY SPIRIT HEALING CENTER

At Mind Body Spirit Healing Center they provide the bodywork that works best for your specific needs. They treat each client individually, meaning no two clients get the same massage because no two bodies are alike. It takes a few sessions to explore what your muscles respond positively to, and customize your sessions for the best therapeutic results. As your body changes, so do your treatment. They are honored to provide you with these amazing therapeutic modalities.

To find out more about
Pre and Postnatal massage benefits,
or to schedule a therapeutic massage
appointment, please visit
MindBodySpiritHealingCenter.com,
or call 561.510.1080 today.



MIND BODY SPIRIT

Healing Center



BLUE MOON HEMP

Christopher D Cowart, former athlete and competitive golfer suffered from a tear to the labrum muscle in his shoulder. Before going through with surgery and western medicine, he decided to look more into natural remedies. After speaking with a holistic specialist, he was introduced to CBD. Christopher had to know more, so he contacted a doctor in Colorado who took the time to explain what CBD was, the endocannabinoid system (ECS) and the anti-inflammatory and anti-anxiety benefits of CBD. After hearing how this could possibly help, he ordered a bottle on faith. Luckily, his faith did not fail him, because only 2 weeks later, he was golfing again and had realized he found a miracle! This result propelled Christopher to go into business providing a product he knew he

could help others who suffered from a variety of ailments, in addition to simply providing general nutritional wellness. So, he joined forces with one of largest industrial hemp producers in Kentucky to get Blue Moon Hemp started in the fall of 2015. By spring of 2016, Blue Moon Hemp was in full swing providing top quality CBD products to the market.

Blue Moon Hemp's provider in Kentucky is in full compliance with Sec. 7606 of the 2014 Farm Bill, which provides that products which are derived from Industrial Hemp and not Cannabis Indica that have less than .03% THC are permitted for commercial use. Blue Moon Hemp goes the extra step and reduces the THC to "TRIP ZERO" .0001 or ND – Non Detectable. Because

of these provision, Blue Moon Hemp is legal in all 50 states. They use eco-sustainable methods, follow organic practices, use no chemicals, pesticides, or artificial flavors, and instead they use all plant-based products. The quality of their product is the gold standard. Blue Moon Hemp was proud to break the purity record (with %100 purity) from Pro Verde Labs in Massachusetts. All their formulations use a Nano-emulsion process, using Nano technology called micro emulsion, or micro encapsulation. This means the product is rendered into Nano sized particles, making it more readily absorbed into the bloodstream regardless of how it is consumed, whether it be by vaping, topical, capsules, etc. Christopher is confident in knowing Blue Moon Hemp carries highly reliable products, backed by an extremely



Blue Moon Hemp is legal in all 50 states. They use eco-sustainable methods, follow organic practices, use no chemicals, pesticides, or artificial flavors, and instead they use all plant-based products. The quality of their product is the gold standard.



high customer retention rate. He is also focused on providing exceptional customer service, providing resources, a forum, and a blog for customers to reach out to one another all on the Blue Moon Hemp website to help spread awareness and education about CBD and its benefits.

The CBD E-liquid line is Blue Moon Hemp's top product. To make their e-liquid, they use non-GMO organic palm kernel oil and bio corn based propylene glycol. This yields a better taste and a higher quality product than when soy and propylene glycol is used, which is a common practice among many other companies. Their top e-liquid flavors are Flan (reminiscent of Crème-Brule) and Red Devil (Strawberry and Vanilla with hints of Tangerine and Mango). Christopher is excited to announce the upcoming launch of a complete edible line; which includes gummies, chewies, gum, lozenges, and lollipops in tasty flavors like passion fruit and blue raspberry, which will be available in October!

Being an industry leader in product formulation and scientific development, Blue Moon Hemp is in the process of creating several new CBD lines

including cosmetics and pet care to launch in the next six months. They are also proud to present the first ever CBD Blunt Wrap. Instead of tobacco, it is made with all natural hemp. The CBD blunt wraps will come in 4 flavors: Sour Diesel, Blueberry OG, Pineapple Express, and Sativa AK, by using terpenes infused with the CBD in the process of making the hemp paper. Look for them in vape shops and convenience stores around the US on November 1st!

Christopher has noticed lot more consumer awareness and inquiry of CBD since the industry

has begun to shed the social stigma that has been imposed on it in the past, and as consumers are learning they can treat their ailments with CBD, there is now more acceptance of alternate medicines. This is giving Blue Moon Hemp the opportunity to share their products in vape shops all over the country and at industry shows. You can see them at Champs, Big Industry (NY & LA), and at the World Vape Expo, or simply visit their website at bluemoonhemp.com or give them a call at **844-425-8666** for more information about CBD and Blue Moon Hemp's growing line of top-tier CBD products.



BLUE MOON HEMP

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DON'T FILL YOUR FACE WITH SYNTHETICS

Look Younger Naturally with a Proven Technique

Plastic surgery and injectables like Botox or fillers are not the only answer; there are natural alternatives. And the best part is, the answer to aging beautifully isn't costly like cosmetic procedures. For countless individuals, **cosmetic acupuncture** is the solution.

HOW ACUPUNCTURE WORKS TO REJUVENATE SKIN

Acupuncture has of course been around for centuries, providing the Yin and Yang properties to release the flow of Qi (energy, pronounced chee) to pathways and vital organs for peak health and wellness. When the tiny flexible needles are placed strategically in the dermal layer of the face or neck area (depending on your concerns), the stimulation brings notable contour along with brightness and a youthful glow.

You will first have an advanced evaluation to see which channels are blocked in your body that may be exacerbating facial wrinkles, age spots, acne, laxity, dark circles or other areas of concern. Many times the symptoms that show signs of aging on the face are brought on by blocked energy and inflammatory responses in our internal organs. The acupuncture needles will be placed strategically in specific areas on your face and neck in need of rejuvenation.

Living in a culture that's so focused on healthy living through diet and exercise, it's hard to imagine why so many individuals are willing to fill their faces with painful synthetic injections full of toxins. The ideal solution and natural alternative is to utilize the micro-circulation technique through increasing the Qi and Xue (energy and blood-flow), which creates the youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

Cosmetic Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. Celebrities and the elite have been getting acupuncture facials for the past 20 plus years now, but even more notable is that the treatment has been growing in popularity by the general population that realizes the toxic-free effectiveness of the method. That is why cosmetic acupuncture is on the rise.

As more and more people are living longer, the quest for beautiful, healthy skin is a standard part of wellness and looking your best throughout the aging process. Moisturizers and serums will plump the superficial component of the skin, but when you desire real change in your tone, muscle support, and fine lines, potions will never be able to improve your facial contour.



BENEFITS OF COSMETIC ACUPUNCTURE

- **Cost effective**
- **No Harsh toxins**
- **Takes 5 to 10 years off of your appearance**
- **Eliminate fine lines**
- **Deep lines appear softer**
- **Firms and tones skin**
- **Reduces sagging jaw line**
- **Reduces hooded eyelids**
- **Decreases rosacea**
- **Improves muscle tone**
- **Increases circulation and oxygenation of the skin**
- **Tightens the pores**
- **Helps to reduce acne**
- **Nourishes the skin for a healthy natural more radiant glow**
- **Brightens the skin to reduce dull complexions**
- **Minimizes fine lines**
- **Increases collagen and elastin production**
- **Evens facial color and tone**
- **Increases lymph circulation**
- **Leaves skin refreshed and rejuvenated**

COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China.

As early as the Sung Dynasty (960 AD – 1270 AD), acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion, and overall rejuvenation.

Trusting your delicate face in the hands of a practitioner can be intimidating, that's why when you chose to have cosmetic acupuncture, it's imperative to see an experienced licensed Acupuncture Physician and Doctor of Oriental Medicine.

For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in

conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to look younger, please call Meng's Acupuncture Medical Center today at (561) 656-0717.

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Gardens Cosmetic Surgery Center Bldg.
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Palm Beach Gardens, Florida 33410
Phone: (561)656-0717
Toll-Free: (877)307-0005



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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HELP YOUR DIABETES® (HYD®) REVERSES TYPE 2 DIABETES*



By Dr. J. Murray Hockings

“Your Path to Becoming Clinically Non-Diabetic”

*Licensed by: Magnum Health Management, LLC.

Help Your Diabetes® HYD® is the patent-pending, **Type 2 Diabetes Reversal Program** founded by **Dr. J. Murray Hockings, D.C., D. P. Sc.**, a member of The American Diabetes Association. An internationally acclaimed author and spokesman; Dr. Hockings has been helping thousands of patients reverse their Type 2 Diabetes, lose weight via proven natural methods, drop their blood sugar readings, enjoy an improved quality of life, and get them off medications — which only serve to manage symptoms and cannot reverse them.

THERE IS NO CURE FOR TYPE 2 DIABETES – BUT IT CAN BE REVERSED!

Testimonials from hundreds of satisfied patients attest to the successful reversal of **Type 2 Diabetes** under the Help Your Diabetes® program.

The HYD® Program offers:

- Ways to lose weight, if you need to, without lots of exercise.
- How you will reduce or eliminate your dependence on medications
- How to explode your energy and sex drive
- How to become clinically non-diabetic
- How to eliminate your risk of developing a diabetic complication – dialysis, neuropathy, blindness and limb amputation
- Proven methods for reversing diabetes

Clinical Studies have found that Type 2 Diabetes **can indeed be reversed**. One such study entitled; **Reversal of Type 2 Diabetes**: by medical researchers at the at Newcastle on Tyne University, England, was published in the June 2011 issue of *Diabetologia*, a medical journal that publishes original clinical research within the field of diabetes.

This study proved that Type 2 Diabetes can be reversed through diet changes and that this can happen quickly: in one to eight weeks.

In an article in The Huffington Post analyzing this study, **Dr. Mark Hyman, M.D.**, said “that turns our perspective on diabetes upside down. Diabetes is not a one-way street.”

Dr. Michelle Magee, director of the **MedStar Diabetes Institute** in Washington, said “We have seen numerous people reverse their condition... But it takes a real dedication for the rest of their lives.” If we have a known cure, a proven way to reverse this disease, shouldn’t we be focused on implementing programs to scale this cure?

PATIENT SUCCESS STORIES The following statements are not fictionalized, nor are any patients that appear on videos on the HYD website paid actors.

“I am thrilled to announce that I have completed 6 months on the program and I can’t remember the last time I have felt as

well as I do now. I was diagnosed with diabetes over 10 years ago, and ever since it’s been one med after another. Despite all my efforts, my numbers were gradually growing higher as was my weight. I started this program with Bydureon (1 shot weekly), Glipizide twice daily, and 2000 mg of Metformin.

I had major neuropathy problems, brain fog, no energy, and just felt crappy. Since I started the program last March, I have completely removed ALL the diabetic meds and I couldn’t be happier. I have lost over 40 lbs. and the neuropathy is about 75% better. I have my life back.

It’s not easy—it takes a lot to stick with it. It is; however, simple. If you follow the program, it WILL work! It doesn’t take long to start to see the results, and that really helps. So, stay on the program, don’t cheat, and you will be rewarded with great health. Thank you HYD!”

*Marcie E. Orlando, Florida
August 28, 2016*

“I am a 68-year-old male who developed severe pancreatitis in March of 2015. In June 2015 half of my pancreas was surgically removed. As a result, I became a diabetic. I was taking **Novalog** on a graduated scale based on glucose testing three times a day before each meal. Each night I was taking 13 units of **Levimir**.

I started the ‘Help Your Diabetes’ program June 15th, 2016. Immediately I no longer was taking any **Novalog** as my glucose levels did not warrant any. After two days of waking with glucose levels at 60 and 54 I stopped taking the overnight dose of **Levimir**.

I have had no **insulin** since June 18th and my last A1C check had improved from 7.2 to 6.2. Kidney function has also improved from 47% to 50%. I have lost over 18 lbs. in nine weeks and am feeling great. I highly recommend this program for anyone struggling to control their glucose levels and weight.”

*Aubrey B. Burlison, Texas
August 23, 2016*



Dr. Kenneth Power, M.D. a family doctor in Maumee, Ohio, with 18 years of experience, has recommended the Help Your Diabetes® program to several of his patients: “I first heard about the Help Your Diabetes® program about four months ago and I checked it out and I was immediately impressed with what I saw. The success I’ve had with the program has been overwhelming. I’ve had multiple patients come through now and each tend to have a different success rate, but overall, **it’s been phenomenal**.

Patients in the program see results right away. I was surprised at how quickly their blood sugars improved, usually within just the first couple of weeks. Their health’s improving, their blood sugars are dropping in the morning and throughout the day, and I feel pretty comfortable just after the first several weeks with getting them off at least half of their medication by then”

Each HYD® plan includes the following:

- Comprehensive, full spectrum lab analysis
- Customized supplements
- Exercise recommendations
- Unlimited one-on-one weekly support over the phone or by email seven days a week with our Dallas office.
- Unlimited support for any patient questions
- List of foods to enjoy... and avoid
- Weekly meal plans
- Over 200 recipes
- Shopping list
- Exclusive online membership in the HYD website
- Online forum to get questions answered, share success stories, find new recipes, etc.
- Weekly training videos
- Monthly newsletter
- Group training calls 3 days a week

EVERY JOURNEY STARTS WITH ONE STEP!

Call for a free, no obligation consultation with the clinic director at our Boca Raton location. He will determine with you, which HYD® plan is most appropriate based on the severity of your Type 2 Diabetes. He forwards your consultation notes to our resident physician who will monitor your progress with regular check-ups and make recommendations to your primary care physician.

The HYD® program includes regular mild exercise, a healthy diet – foods to eat and enjoy – and those to avoid, the proprietary blend of nutritional supplements developed by Dr. Hockings, weekly nutritious appetizing menus plus hundreds of delicious recipes with the appropriate shopping lists.

HYD® patients will notice an improvement after just one week, reverse their type 2 diabetes quickly and safely, lose excess weight, need far less or no medications, regain energy and enjoy improved quality and vitality in their daily life.

Corbin Bernsen The official spokesman for the Help Your Diabetes® program is Emmy and Golden Globe nominated actor, Corbin Bernsen, best known for his role as divorce attorney Arnie Becker on the NBC drama series L.A. Law and star of such films as Major League.



Call 561.506.2569 to schedule your free, no obligation consultation with our Clinic Director at:
HELP YOUR DIABETES
301 Yamato Road, Suite 1240
Boca Raton, FL 33431

DO I HAVE ENOUGH TOOTH STRUCTURE FOR A CROWN?

One of the most common procedures a dentist performs when deep decay exists in a tooth is making a crown (also known as a “cap”). Ultimately, when in place, the crown will allow a patient to chew properly and help slow further cavities in the area. A successful crown requires not only a good fit to the tooth, but a proper fit with the adjacent gum and bone.



THE TOOTH PART:

The steps in preparing for a crown start with having the dentist remove any decay present (in some circumstances, this decay can proceed deep below the gum tissue). Once free of cavities, the top portion of the tooth is shaped similar to a cone. An impression is taken of the area (that messy mold all of us love so much) which is sent to the laboratory for fabrication of the actual crown. Once the crown is delivered to the dentist, it can be glued in place for function.

THE GUM AND BONE PART:

An equally important part of the success of a crown is the health of the surrounding gum and bone. If the gum becomes inflamed, it is quite possible that the bone in the area will resorb away. This resorption can lead to issues such as bleeding gums, dark/swollen gums, tooth mobility, tooth loss, root sensitivity and root cavities. If the gum tissue is interfered with by the crown, this inflammatory process can start.

If we think about our skin, it has a certain thickness. Imagine taking a small object and pressing it into the skin, pinching it against the underlying bone.... permanently. Over a short period of time, the skin will likely become very inflamed and angry. Just like our skin, gum tissue also has a certain thickness. If a crown presses into this tissue, not allowing for a healthy thickness, inflammation will occur. In short, the body is attempting to create more space for the gum tissue to remain healthy by resorbing bone away. Insufficient space is a common occurrence, especially when the dentist must remove a significant amount of tooth structure due to decay. The less tooth structure to glue the crown to, the less space for gum tissue to live when a crown is cemented in place.

KEEPING IT HEALTHY:

If the gum space is going to be disturbed by a crown, then a procedure called a “crown lengthening” usually can help rectify the situation. In simple terms, the gum and bone is reshaped to allow for enough tooth to be exposed to support a crown without interfering with the gum tissue. Simply removing only gum tissue may not be sufficient, as the tissue will attempt to regrow to its original shape. If it reforms and is compressed by the crown then inflammation is likely to occur (this is why the bone is reshaped as well so that sufficient room is created).

It is important to have the gum and bone space evaluated when having a crown (or crowns) placed in your mouth. In some cases, you may require crown lengthening to help maintain healthy **GUM AND BONE**.



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 Periolas 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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Is your Brain “Off Track”?

If you're off track – what do you do?

Can neurofeedback help?

By Mike Cohen, Director
Center for Brain



Almost every day someone comes to me for help saying that they know something is wrong but can't quite pinpoint the problem.

My typical response: It sounds like your brain can't quite get on track.

Their typical response: That's exactly what I'm talking about!

Perhaps they (or their child) are experiencing anxiety, depression, an attention deficit, or a mind that races or loops. They get too easily frustrated or triggered.

Each of these symptoms is a brain issue. When brain issues are at play, life can be miserable or, at best, more complicated than necessary. Adults struggle

with succeeding at work or in their personal life. Children struggle academically or with peers or are frequently in trouble at home and school.

Nowhere to Turn

Most of our clients have tried just about “everything” attempting to “take control” of their brain.

They believe they've exhausted all their options and are on the verge of accepting their “fate.”

They've gone through talk therapy and relaxation techniques. They've hired coaches or tutors. They've changed their diet, added vitamins and sought out alternative treatments such as acupuncture. Many have tried numerous prescription medications like Xanax, Concerta, Adderall, Prozac and Ambien – or self-medicated with illegal drugs or alcohol.

Some have experienced short-term success without really solving the problem.

Just about all of them felt they had nowhere to turn until they stumbled across neurofeedback – intrigued about a technology that could help the brain change itself. They see neurofeedback as their last resort.

It's incredibly rewarding to be able to tell them that neurofeedback is a tool that can help – an evidence-based treatment to gently guide their brains back on track.

Sometimes they cry. Sometimes they hug me, but in all of them I see a glimmer of hope in their eyes.

An Explanation of Neurofeedback — No Heavy Lifting Required

I used to find explaining neurofeedback a bit difficult until one day I thought of the analogy of going to the gym.

I see neurofeedback as a high-tech gym for your brain, without the sweating and smelly shoes.

What if you could go to the gym and work out the parts of your brain which need to be stronger in order to function better? That's what neurofeedback does.

Neurofeedback training results in more resilience, flexibility and balance. With repeated “workouts” your brain learns to handle more, with less stress. You notice improvements in attention, staying calm, quieting your mind, and not getting easily triggered or overwhelmed.

Neurofeedback is not an overnight fix. If you were out of shape, you'd need more than two or three



workouts in order to look like your fitness trainer. It's hard to predict how many neurofeedback sessions it will take, since everyone is different. However, we can provide an estimate based on your symptoms and history.

One way neurofeedback training differs from gym workouts is that once changes in the brain occur, they tend to stick around. Neurofeedback is a learning process like riding a bicycle. Once you know how to ride, you don't tend to forget. Wouldn't it be nice if the benefits of the gym were more permanent, too?

**Customized Treatment —
Just Like Your Trainer!**

Each neurofeedback session is targeted to elicit changes in the brain that you specifically need... your temporal lobes for emotions and handling frustration, speech and expression; your frontal lobes for getting things done, for executive function, decision-making, attention and organization; your parietal lobes for efficiently handling information-processing and not getting overwhelmed.

I use more than 20 years of clinical experience to determine the right protocols for you, and if appropriate I will suggest we conduct a brain map for even more targeted training.

Brain Mapping



Brain mapping is a highly-sophisticated tool – one of the most vital diagnostic tools available for neurofeedback. An optional brain map allows us to identify where key issues are in the brain. These areas may be overactive, underactive, or not connecting to other areas. It helps us target your neurofeedback treatment.

Center for Brain has been using brain mapping technology since 2001. Over the years the technology has evolved, and we've stayed on top of it. Since 1998, I've been at most of the key conferences in the field, keeping our center on the cutting edge.

In addition to using brain mapping data, we adapt the technology to fit each client's uniqueness, just as your trainer would at the gym.

We've evolved to using several kinds of brain maps and more than eight types of neurofeedback and biofeedback. These all help the brain and nervous system get back on track as quickly as possible.

The Neurofeedback Session



Here's what occurs during a typical neurofeedback session:

Sensors are placed on your head to read your brain's electrical activity. Nothing goes into your head (it just reads what's there, like a blood pressure cuff). We then use our clinical experience and optional brain map data to analyze that information and program a training goal into our computer.

Next we run what looks like a simple video game (think Pac-Man). If you're anxious, your brain needs to slow down. Whenever it does, if even momentarily, your Pac-Man eats a dot, and you hear a beep.

With the help of those "rewards," and with repetition, the brain learns to more easily and frequently slow itself and operate at this different, calmer level. Once that occurs, many bothersome anxiety symptoms dissipate.

Neurofeedback is learning, so repetition over a series of sessions is important. It's the same process that helps you get better at a sport. Each time you practice, you improve.

Free Consultation

Since people often don't know much about neurofeedback and its impressive capacity to help brain-based problems, I offer a free consultation. You will meet one-on-one with me. Together we will decide if I think I can't help you – or if another approach is better – I'll tell you. That's a promise

Call my office today to find out how neurofeedback can help you – or your loved one – get your life back.



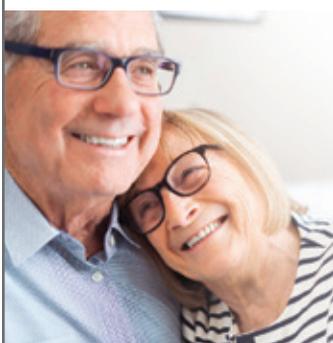
**Michael Cohen, Director
Center for Brain**

Mike is one of the leading experts in brain biofeedback. For more than 20 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 2,000 healthcare professionals, including medical doctors, all over the U.S. and the world.



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- Physical Fitness
- Social Activity
- Diet & Nutrition
- Metabolic & Vascular Risk

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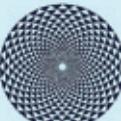
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 State Certified, IV & Oral Sedation
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Read more about neurofeedback's impact on depression and Center for Brain on Page 26



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The Brain Health Club

Successfully Improving Alzheimer's, Dementia & Cognitive Impairment



WEST PALM BEACH—The BrainHealth Club's mission is to be the leading provider of evidence-based solutions for individuals who want to maintain and enhance their brain and body health. The BrainHealth Club was developed under the direction of an internationally acclaimed Scientific Advisory Board that includes experts in cognitive neurology, nutrition, neuropsychology and Alzheimer's prevention. Their Scientific Advisory Board plays an active role in the club's management and program development.

A few years ago there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given

regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

The BrainHealth Club in West Palm Beach, Florida utilizes the same approach as the FINGER study, but at a more streamlined, personalized and assertive method for its participants.

The BrainHealth Club is a way to upgrade your mind and improve your brain health through targeted cognitive physical training, a customized nutrition plan, social activity, and metabolic risk factor monitoring and stabilization treatment.

DEMENTIA AND COGNITIVE ISSUES EXPLAINED:

Most people know at least one person that has been affected by Alzheimer's disease, but did you know that Alzheimer's is the most common form of dementia. Many people just lump all dementias together under the Alzheimer's umbrella, but there are significant differences and treatment options for each individual diagnosis. At the BrainHealth Club, they have specific assessments to work with on an individual basis.

The signs and symptoms of dementia are different for every patient, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Sundowning/Sleeplessness/Restlessness, especially in the evening

You are not alone, if caught early; this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining cognitive skills. Neurologists and other professionally trained practitioners are essential in putting the pieces back together. That's where The BrainHealth Club will begin your tailored program to assist you in improving your cognitive health.

THE BRAINHEALTH CLUB'S ASSESSMENT

At The BrainHealth Club in West Palm Beach, Florida, they have spent years developing this evidence-based program designed to prevent and maintain cognitive health. This proprietary index score reflects the combined results of assessments across all six key areas of focus: cognitive performance, physical fitness, diet and nutrition, metabolic/vascular input, stress levels and mood, and sleep health.

Their cognitive evaluation uses scientifically proven tools to measure, analyze and assess 7 areas of brain tasks to the individual's memory, thinking, attention and problem-solving capabilities. These tools are highly advanced yet very simple to use—no computer experience required! Their physical assessment includes a questionnaire and a direct evaluation by a BrainHealth coach.

The BrainHealth Club is not only designed for individuals with early stage dementia or Alzheimer's diagnosis but also available for the worried well that want to improve and maintain the overall and physical performance. Their program establishes a specific plan for you regarding your nutritional needs, exercise, cognitive performance, sleep/stress health and socialization activities.

To find out more, please contact
The BrainHealth Club at
1-(888)-MINDGYM (1-888-646-3496),
 or visit them at **TheBrainHealthClub.com**

The BrainHealth Club
 4847 Fred Gladstone Drive
 West Palm Beach, FL 33417
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THE EXPERTS@THEBRAINHEALTHCLUB.COM



Warm Weather's Negative Effects on Body Image: What Do You See In the Mirror?

By Jeannie Gedeon, MPH, RDN/LDN, CAP/ICADC



As snowbirds know, in the north people wait all year for summer, which should be a time to have fun and be active outdoors; yet swimsuit season can be especially tough for those who have body image issues. Flip to the Sunshine State, where the weather is almost always warm, hot and hotter: **In South Florida it is always swimsuit season.** Some women, men, girls and boys become very self-conscious in the persistent heat, as more revealing clothing is worn. They may develop negative feelings about the way they look, and feel pressure to improve their appearance. A characteristic response of people with body dissatisfaction is to repeatedly try crash diets or intense exercise plans, hoping for a “quick fix,” only to give in to food temptations after a few weeks of restricting food and strenuous work-outs.

As the media bombards us with visions of beautiful, extremely thin women and muscularly chiseled men on billboards and TV and in magazines and movies, impressionable people may interpret these cues and begin to believe that they must be thin, hard-bodied and beautiful to be happy, as well as base their self-worth and esteem on their bodies and beauty.

Body image is defined as the subjective picture or mental image of one's own body: It is the person's perceptions about their appearance, which often is not related to the person's actual appearance. While it's common for individuals to be displeased with some aspect of their physical features, certain people become distressed, see themselves as larger than they are, magnify real and perceived flaws, and believe their growing misperceptions to reflect actual appearance. This is known as body image distortion.

Preoccupation with body shape and size can lead to life-threatening disorders such as anorexia and bulimia nervosa, binge eating disorder, other disordered eating, and compulsive exercise. The number of young girls to older women who show an unhealthy concern over body image is increasing even in prepubescent girls as young as 6 to 8 years old.¹ These same pressures are felt by males of all ages, although not as prevalently as

with females. Older studies estimated males comprising one in 10 cases of eating disorders, while more recent statistics assess one in four eating disorders cases are male.² National Eating Disorders Association's website reports 20 million females and 10 million males in the US experience a clinically significant eating disorder during their lifetime, thus bringing the male to female ratio to just one in two. To close the gap even further, estimates indicate that 40% of binge eating disorder cases are male.³

As the incidence and prevalence of eating disorders continue to skyrocket, it is important to note the changing demographics: Twenty years ago the prototypical eating disorder patient was adolescent female, white and wealthy. Two decades later, all genders, ages, races/ethnicities and socioeconomic statuses are well represented: **Eating disorders do not discriminate.**

Eating disorders are chronic conditions that arise out of the combination of nutritional, body image, genetic, sociological, environmental and psychological factors, such as personality traits. Due to these multi-factorial origins,





appropriate to criticize a person's body, even positive comments may feel objectifying to the recipient, who may then misconstrue the intended compliment to detrimental consequences.

Having a healthy body image and not placing emphasis on dieting and beauty decreases the risk of our loved ones developing poor body image. Having a healthy lifestyle and promoting positive esteem are important values that we can communicate to others, particularly when they express negativity about their bodies.

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the treatment for eating disorders is highly specialized. Therefore it is extremely important for patients to seek treatment with nutrition therapists, psychotherapists, psychiatrists and other medical doctors specializing in eating disorders.

Eating disorders are deadly, and have the highest mortality rate of any mental illness,⁴ killing at least one person every 62 minutes.⁵ It is crucial to identify body image issues as soon as possible, as body dissatisfaction is known to be the most prominent contributor to the development of an eating disorder.⁶

We can play a preventive role by watching for and responding to signs that our loved ones may be concerned about their body image, weight and shape. A good strategy is to be on the lookout for any negative influence coming from friends, family, peers and authority figures (for example, in dance and wrestling, some teachers and coaches encourage weight loss, although this is not universal). Even simple comments can begin to change peoples' thoughts regarding their bodies, making them feel more self-conscious. While it is never



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From 1998-2013 Jeannie worked for two highly respected eating disorders treatment centers in three levels of care; partial hospitalization, IOP and outpatient. For one company she managed the nutrition program and supervised nutrition staff at three sites.

Jeannie's secondary specialty is performance/sports nutrition, which was honed consulting for The Juilliard School. She is also an experienced educator, with a Master of Public Health in Community Health Education and taught nutrition courses to graduate and undergraduate nutrition majors at two prominent universities in New York.

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Testimonial: I'm 80 years old and married to my high school sweetheart. One day my wife asked me if I could rub a genie bottle and have one wish, what would it be? My answer was to have sex like we used to when we were young. It would take a miracle. I have had problems with ED for over 10 years and had TURP surgery for my prostate. I had gone to urologists and tried pills and nothing helped. Well, my wife said she heard a commercial for Simply Men's Health. I called and made the first available appointment. I was so scared and nervous, but the staff was wonderful and understanding. Within a few weeks my wish came true and my wife and I are so ecstatic. Ral S.

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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 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.



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For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call and speak with a specialist.

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Jeannie is a nutrition therapist who specializes in counseling for eating, body image and weight issues and is an expert in the treatment of eating disorders.

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Common Myths About Your Eyes

By David A. Goldman MD

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

Sitting too close to the TV will ruin your eyes

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

Your vision will get worse if you read in the dark

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

Wearing glasses makes your eyes dependent on them

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



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

Only boys are color blind

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

Eating carrots will make your eyesight sharper

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



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DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.



One Another

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

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

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

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

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

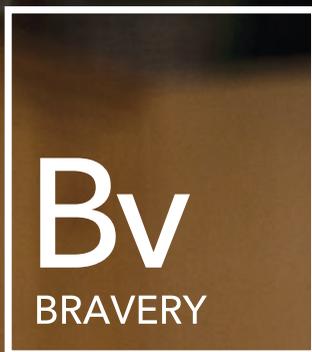
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

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

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

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

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