

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2017

North Palm Beach Edition - Monthly

www.sflhealthandwellness.com



FREE



**IS "VAMPIRE PRP"
THE ANSWER TO YOUR
SCARY HAIR LOSS?**

FIBROMYALGIA

**FUNCTIONAL MEDICINE
& ANTI-AGING**

**PRE & POST NATAL
MASSAGE FOR COUPLES**

**KETAMINE INFUSION
AND CRPS**



Holistic Practice

Offering the best of integrative Eastern and Western Medicine.



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

Clinical Assoc. Professor, Dept. Family Medicine, NSUCOM
Clinical Asst. Professor, Dept. Family Medicine, LECOM

- AOBNMM Board Certified: Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine
- AOBFP Board Certified: Family Practice
- Cranial Osteopathy
- Medical Acupuncture



Serving each person in body, mind and spirit to reach their highest light

“Dr. Stager’s practice in West Palm Beach consists of integrating the best of Eastern and Western medicine, especially using gentle hands-on body work, body/mind energy work and acupuncture. Dr. Stager treats a wide variety of patients from all over the world, of all ages, ranging from newborn to elderly; from common general health to neuromusculoskeletal problems.”

Physician is a Medicare Provider

**311 Golf Road, Suite 1100
West Palm Beach, FL 33407**

**Phone: 561-832-1894
Fax: 561-832-1590**



The Retina Institute of Florida

Providing expert specialized care for over 25 years

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



Lauren R. Rosecan,

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

Diplomate American Board of Ophthalmology

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

We Have Emergency Care!

(800) 445-8898

www.theretinainstitutcofflorida.com

LOCATIONS

WEST PALM BEACH

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

PALM BEACH GARDENS

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

STUART

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

BOCA RATON

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



THE EXPERT IN NEOGRAFT

Minimally-Invasive Hair Transplant

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

Less Downtime

You're back in the gym
in three days.

Dr. Alan J. Bauman M.D.

The worlds leading NeoGraft
FUE hair transplant expert.

State-of-the-art

Hair transplant
facility in Boca Raton
since 1997.

Artistry

Restoring a
natural hairline,
one follicle
at a time.



BAUMAN MEDICAL GROUP, P.A.

Hair Restoration for Men and Women

www.BaumanMedical.com

(561) 948-6157



MD

BEAUTY LABS

SPA AND WELLNESS CENTER

Daniela Dadurian, M.D.
Medical Director

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

A LUXURY MEDSPA FEATURING THE
LATEST IN LASER TECHNOLOGIES

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

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

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

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

* Valid on purchases of \$300 or more



October is Dental Hygiene Awareness Month!



The Health Care District's C. L. Brumback Primary Care Clinics are proud to offer affordable, quality dental care for the children of Palm Beach County! (561)642-1000



It's one of the many ways the Health Care District of Palm Beach County cares for you and your family:

- | | |
|--|--|
| <p>C. L. Brumback Primary Care Clinics
Providing primary medical and dental care, as well as Women's Health and Behavioral Health services, to adults and children with or without insurance.</p> | <p>School Health Program
We staff registered nurses in nearly 170 public schools to keep students healthy and ready to learn.</p> |
| <p>Lakeside Medical Center
An acute care, teaching hospital in rural Palm Beach County.</p> | <p>Health Coverage
We provide health coverage to eligible, uninsured residents and partner with community agencies and local hospitals to help keep our residents healthy.</p> |
| <p>Edward J. Healey Rehabilitation & Nursing Center
Providing short- and long-term rehabilitation and 24/7 skilled nursing care for eligible residents at our 5-star rated facility.</p> | <p>Pharmacy
Providing our Clinics' patients and members of our health coverage plans access to pharmacy services and discounted prescription medication.</p> |
| <p>Trauma Hawk
We fly, operate and maintain two Trauma Hawk helicopters that provide safe, rapid transport and specialized medical treatment to traumatically injured patients.</p> | <p>Trauma Agency
Our Trauma Agency monitors quality and ensures clinical coordination of the county's Trauma System and provides education and community outreach about trauma injury prevention.</p> |

Learn more about us at: www.hcdpbc.org



HEALTHY HEARING HEALTHY BRAIN



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

Hearing Health Seminar

October 17 • 11:30am–1:30pm

Duffy's Sports Grill, 11588 US Hwy 1 • North Palm Beach

You're
Invited

Learn About:

- Risk factors of hearing loss
- The relationship between untreated hearing loss and dementia
- What is tinnitus?
- What to look for in a hearing care professional
- The truth about costs of hearing aids — value vs. price

Space is limited — call today to RSVP!

Complimentary lunch included with RSVP. *First-time attendees only.*



Audiology & Hearing Aids
of the Palm Beaches, Inc.
Your home for hearing healthcare

561.536.5557

4266 Northlake Blvd • Palm Beach Gardens

HearingCareFL.com

PAIN? ANXIETY? DEPRESSION?

TRY CBD

GET REAL RELIEF. 100% NATURAL & NON ADDICTIVE.



PROMO CODE!
HW20

FOR 20% OFF
ALL CBD PURCHASES

WWW.BLUEMOONHEMP.COM



BLUE MOON HEMP™



Invest In Yourself,
Invest In Your Health
www.mengsacupuncture.com

Dr. Meng's 180°
Weight Loss Program
**Lose 8-15 lbs
in 18 days!**

Meng's Acupuncture Medical Center

Over 18 years of experience as a doctor of Chinese medicine

Fall Wellness and Cleansing

- Pain Management
- Weight Loss
- Reduce Stress
- Vertigo
- Allergies
- Digestive Disorders
- Whole Body Detox
- Immune System Boost
- Facial Rejuvenation and More!



Schedule Your
**FREE
CONSULTATION**
\$185 Value
With coupon.
Cannot be combined with other Expires
12/31/2017

561-656-0717

Gina Meng, A.P., D.O.M. 4060 PGA Blvd., Suite 202, Palm Beach Gardens

Most Major
Insurance Accepted,
Workman's Comp

If you're serious about losing weight, *Don't wait!*

acupuncturecenterpalmbeach.com

- 6 Prostate Cancer Update
- 7 What Is Central Serous Retinopathy?
- 8 Is "Vampire PRP" the Answer to Your Scary Hair Loss?
- 10 Fibromyalgia
- 11 Benefits of Having a Dental Implant Placed at the Time Your Tooth is Extracted
- 12 Functional Medicine & Anti-Aging
- 15 October is National Audiology Awareness Month
- 16 Healthy Smiles Start Early
- 18 Blue Moon Hemp
- 20 Don't Fill Your Face with Synthetics. Look Younger Naturally with a Proven Technique
- 22 Warm Weather's Negative Effects on Body Image: What Do You See In the Mirror?
- 24 RejuvaWAVE™ is a Revolutionary New Treatment that Cures Erectile Dysfunction (ED)
- 25 Pre & Post Natal Massage for Couples
- 26 Ketamine Infusion and CRPS
- 27 Breaking the Chronic Pain Cycle of Fibromyalgia
- 28 Is Your Brain "Off Track"? If You're Off Track – What Do You Do? Can Neurofeedback Help?
- 29 Limb Swelling: Medicare Approved Treatment Options
- 30 Understanding Dry Eye and Blepharitis
- 31 Spiritual Wellness: Selfie

CONTACT US

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

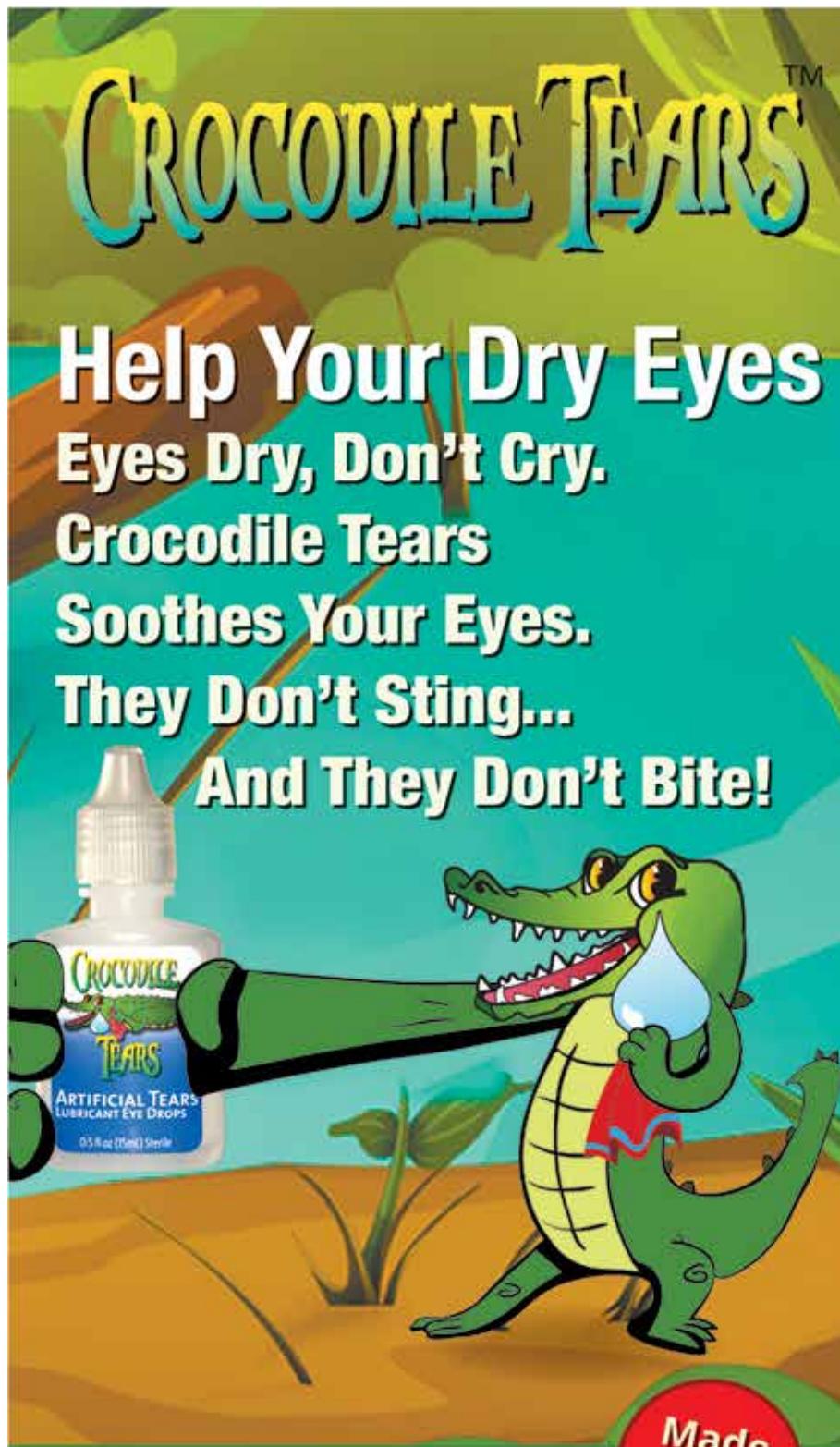

BERRYMAN
 Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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

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

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2017. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



CROCODILE TEARS™

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

Made In USA

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

 twitter.com/crocteadrops

 facebook.com/crocteadrops

 youtube.com/croctearseyedrops

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

PROSTATE CANCER UPDATE

Although some younger men do get prostate cancer, the risk increases with age. More than 70% of all prostate cancer patients are over the age of 65 and about 75% of all men over the age of 80 will have some form of prostate cancer, according to the National Cancer Institute. In addition to age, other risk factors include ethnicity, genetic factors and diet. African-American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also some evidence that diet plays a role in prostate cancer. Studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

IMPROVEMENTS IN TREATING PROSTATE CANCER

Many advances in the treatment of prostate cancer have occurred in the past decade. For example, new surgical procedures and improvements in radiation therapy have proven to be extremely effective and, in many instances, have minimal side effects. Advances in both hormonal therapy and chemotherapy have made the disease much more manageable so that, even if it cannot be cured, a man can still experience a good quality of life while living with prostate cancer.

There are five major treatment options for men diagnosed with prostate cancer:

- **Active surveillance** - In active surveillance, your doctor will carefully monitor your prostate cancer on a regular basis – usually every three to six months. Some prostate cancers grow so slowly that they would never lead to death, or even cause any problems or symptoms. Closely watching this type of prostate cancer is often the best treatment option.
- **Hormone therapy:** There are several types of hormone therapies, however, the overall goal of every type is the same: to reduce the levels of male hormones, called androgens – or to prevent the hormones from reaching prostate gland cells. Since androgens stimulate prostate cells to grow, reducing the overall level of androgens in the body can often shrink a tumor or cause it to grow more slowly for a time.



About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetimes. Other than skin cancer, prostate cancer is the most common form of cancer in American men.

- **Radiation:** Radiation treatment uses high-energy beams to destroy cancer cells. New and improved techniques such as conformal radiation therapy (CRT) and intensity modulated radiation therapy (IMRT) use computers to map the prostate and deliver focused radiation to cancer cells while sparing healthy, normal surrounding tissue.
- **Surgery:** Prostate cancer surgery is used to remove either the whole prostate or only part of it. Surgery is most often recommended for men with early stage cancer. However, it can be used for later stages as well. If cancer has spread to the lymph nodes, the surgeon may not remove your prostate. Instead, you may need another type of treatment.
- **Chemotherapy:** Chemotherapy is the administration of anti-cancer drugs, either through IV injection into the vein or by mouth in pill form. Chemotherapy is not usually given unless the cancer has spread outside of the prostate gland – or it becomes an option when the cancer no longer responds to hormone therapy.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology and hematology group in the United States.

That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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



World-Class Medicine. Hometown Care.

Atlantis/JFK

5507 South Congress Ave
Suite 130
Atlantis, FL 33462

Palm Beach Gardens

3401 PGA Blvd
Suite 200
Palm Beach Gardens, FL 33410

Wellington North

1037 S State Road 7
Suite 303
Wellington, FL 33414-6140

West Palm Beach

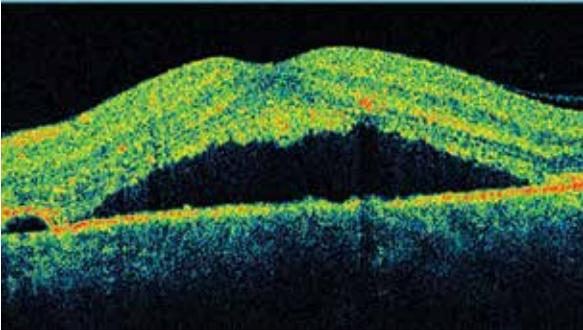
1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit
FLCancer.com



WHAT IS CENTRAL SEROUS RETINOPATHY?

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



In central serous retinopathy (sometimes called central serous choroidopathy), fluid builds up under the retina and distorts vision. Fluid leakage is believed to come from a tissue layer with blood vessels under the retina, called the choroid. Another layer of cells called the retinal pigment epithelium (RPE) is responsible for preventing fluid from leaking from the choroid under the retina. When, for unknown reasons, tiny areas of the RPE become defective, fluid builds up and accumulates under the RPE, much as liquid in a blister collects under the skin. As a result, a small detachment forms under the retina, causing vision to become distorted.

Central serous choroidopathy usually affects just one eye at a time, but it is possible that both eyes may be affected at the same time.

CENTRAL SEROUS RETINOPATHY SYMPTOMS

If you have central serous retinopathy, your central vision will be distorted. In addition to distorted central vision, your vision may also appear blurred or dim. You may have a blind spot in your central vision. You may also notice a distortion of straight lines in your affected eye, or objects may appear smaller or further away than they actually are. When you look at a white object, it may appear to have a brownish tinge or appear duller in color.

WHO IS AT RISK FOR CENTRAL SEROUS RETINOPATHY?

Men are more likely to develop central serous choroidopathy than women, particularly in their 30s to 50s. Stress is a major risk factor. Some studies suggest that people with aggressive, “type A” personalities who are under a lot of stress may be more likely to develop central serous retinopathy.

Other factors that may increase your risk for central serous choroidopathy are:

- *Use of steroids (by mouth, through a vein or even inhaled)*
- *Caffeine*
- *Hypertension (high blood pressure)*

CENTRAL SEROUS RETINOPATHY DIAGNOSIS

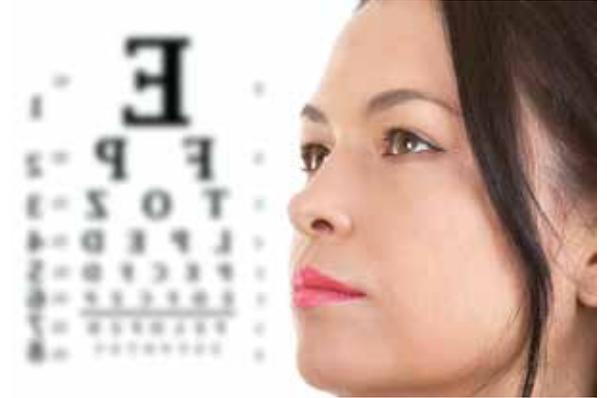
of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have central serous retinopathy.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps to measure retinal thickness and detect swelling of the retina.

CENTRAL SEROUS RETINOPATHY TREATMENT

Most cases of central serous retinopathy clear up in one or two months without any treatment. During this time,



your Eye M.D. will monitor your eye to see if the liquid is being reabsorbed. In some cases when the vision isn't regained in a timely manner your Eye M.D. may consider laser or Anti VEGF injection to help restore vision.

Most people with central serous retinopathy regain good vision even without treatment. However, vision may not be as good as it was before the condition appeared. About half of patients who have had central serous retinopathy will have it return. It is important to have regular, thorough follow-up exams with your Eye M.D. since long-term fluid accumulation can lead to permanent vision loss.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

Toll Free Phone Number:

1-800-445-8898 561-832-4411

West Palm Beach 901 North Flagler Drive, 33401.

(561) 832-4411 Office. (561) 832-1591 Fax

Palm Beach Gardens

11382 Prosperity Farms Rd., #128, 33410.

(561) 627-7311 Office. (561) 627-6791 Fax

Stuart 618 East Ocean Blvd., #3, 34994.

(772) 287-7026 Office. (772) 220-4186 Fax

Boca Raton 1050 NW 15th Street, #114, 33486.

(561) 368-7723 Office. (561) 368-0093 Fax

Is “Vampire PRP” the Answer to Your Scary Hair Loss?

By Dr. Alan J. Bauman



Losing your hair can be scary. In fact, hair loss is often cited as one of the biggest concerns associated with aging among both men and women.

So why is hair loss so terrifying? In nearly every culture, hair is associated with youth, sex appeal and good health, which explains why we try so hard to hold onto it.

But there is good news, today, there are medications, advanced therapies and procedures available to treat hair loss at every stage. And while it may sound like something out of a horror story, one of the most promising tools to treating hair is — your blood. While this may conjure up unsettling images of vampires, the treatment is actually simple, quick and highly effective.

How exactly does this new “vampire” therapy breathe new life into failing follicles, and is it right for you? Platelet-rich plasma (PRP) therapy, also commonly referred to as “Vampire PRP,” is one of the most promising new treatments to become available for hair loss sufferers.

The procedure itself is fairly easy on the patient. Following a simple blood-draw, the patient’s blood is spun in a special centrifuge with specific kits designed to produce the high-quality PRP — a powerful growth factor “cocktail.” Once activated, platelets release powerful molecules which have profound biologic effects on the hair follicles and skin. Under comfortable local anesthesia, this powerful cocktail of growth factors, cytokines and other proteins is injected into the area of the scalp where weak hair follicles exist. PRP may be enhanced through the use of placental extracellular matrix (ECM) called BioD or another ECM from dried porcine bladder called ACell.

PRP has become one of the most exciting recent breakthroughs in hair restoration, and is not only showing positive results as a stand-alone treatment, it has proved to be a valuable tool during hair transplantation as well. During the transplant process, PRP has been shown to strengthen non-transplanted hair, minimize donor scarring and accelerate wound healing. In addition, PRP has been reported by some hair transplant surgeons to improve graft survival.

In addition to its effectiveness in treating certain types of hair loss, a growing number of patients are drawn to PRP because of its quick and non-invasive nature. This outpatient procedure takes about one hour and requires no downtime for patients, which means you could literally have it performed during your lunch hour. Mild soreness or swelling, if any, resolves in less than a day and when administered correctly and improved hair growth may be measured in a matter of weeks.



BEFORE

AFTER



BEFORE

AFTER

As with all hair loss treatments, PRP is most effective when started early, before the hair follicles have been completely obliterated. The areas of the scalp where the hair follicles are producing hair fibers that are thin, wispy and weak is where PRP holds the greatest potential, and where the therapy can really make a difference. One downside to PRP treatment for hair regrowth is that it does not offer permanent results. Most patients who undergo PRP therapy using BioD require a repeat treatment in about 12 to 24 months. Without extracellular matrix, expect treatments as soon as every other month. It typically takes three months to measure the improvements from PRP using the scientific HairCheck cross-sectional hair bundle trichometry

measurement tool. Over time, the PRP treatment may need to be repeated depending on the patient's response to therapy, hair loss condition and goals.

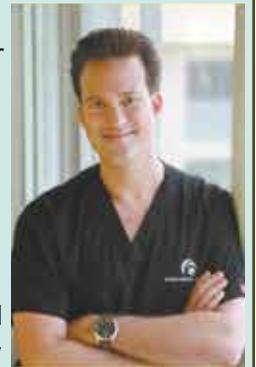
Patients should note that to achieve optimal results, a multi-therapy approach might be required, depending on the severity of the hair loss and their personal goals. PRP may be used as an adjunct to FDA-approved medications like finasteride and minoxidil, or other therapies like low-level laser therapy, compounded minoxidil, nutritional supplementation and minimally invasive FUE hair transplantation, such as NeoGraft or ARTAS robotic transplants.

5 SCARY TRUTHS ABOUT HAIR LOSS

- The use of Minoxidil is FDA-approved for hair regrowth and has proven science behind it but the reality is it doesn't work for everyone. In fact, over-the-counter minoxidil may only work well in about 35 percent of patients, according to medical studies, meaning there is a 65 percent chance standard over-the-counter minoxidil, like Rogaine, won't help you. Instead, you may require a prescription for a specially formulated, compounded minoxidil solution (like Formula 82M) for optimal results.
- By the time hair loss becomes noticeable to the naked eye, about 50 percent of the hair follicles may have already been lost. The earlier patients can get started on preventive or restorative therapies, the better their odds are for retaining a full and healthy hairline.
- According to the American Hair Loss Association, by the age of 35, approximately one-third of men will experience some degree of hair loss; and by the age of 50, 50% of men will have significantly thinning hair. As men age, the risk of losing hair increases, and is proportional to age: 60% in 60s, 70% in 70s, and so on.
- Roughly half of all women over the age of 40 suffer from some form of hair loss. That's right - half. While most people tend to think of hair loss as a man's problem, the reality is that women are almost just as likely as men to lose their hair.
- Medications, laser therapy, PRP, nutritionals, etc. can help make hair follicles grow thicker healthier hair, but once the follicle is dead and gone, the only option for having hair in that area is a hair transplant.

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 member of major medical



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

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.

Hair Loss Study Candidates Needed!

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

Please visit www.844GETHAIR.COM for more details.



BAUMAN[™]
MEDICAL

**Hair Restoration
for Men and Women**
www.BaumanMedical.com
(561) 948-6157

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 AOBNMM 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.**

**AOBNMM Board Certified: Neuromusculoskeletal
Medicine and Osteopathic Manipulative Medicine
AOBFP Board Certified: Family Medicine
Medical Acupuncture
Clinical Professor, Dept. of Family Medicine,
NSUCOM Clinical Associate Professor, Dept.
of Family Medicine, LECOM Medical Director, Flagler
Institute for Rehabilitation, Inc.**

**311 Golf Road, Suite 1100
West Palm Beach, FL 3307
Tel: 561-832-1894**

Physician is a Medicare provider

Benefits of Having a Dental Implant Placed at the Time Your Tooth is Extracted

Dental implants have become one of the most popular choices for patients who need to replace some or all of their teeth. The implant itself is nothing more than a new tooth root (made of titanium) that is placed where the old tooth root used to live under the gum. A new crown can be connected to the implant to help complete the replacement of a lost tooth. There are a number of factors to consider when determining the most ideal timing to have a dental implant placed.



Benefits of Placing the Implant at the Time of Extraction:

The most obvious benefit of placing an implant at the time of extraction is avoiding the need for an additional surgery (for some unknown reason most patients seem to like this benefit). In this case, the overall treatment time may be shorter and the final crown received sooner.

The key benefit to the surgeon is BONE. We like to work in areas with as much bone as possible. Research has revealed that if a dental implant is placed in the extracted tooth site at the time the tooth is removed, that the bone in the area may be “fooled” and not start the shrinkage process. When it comes to dental implants, bone is of the utmost importance. Preserving bone in areas around structures such as nerves or sinuses gives an increased zone of safety.

It is important to understand that every situation is different and that in some cases placement of an implant at the time of extraction may not be possible or preferred. For example, in a case where significant infection is present, more traditional extraction and bone grafting may be indicated prior to implant placement (therefore delaying the implant until healthy bone develops).

Proper diagnosis and treatment planning between your dentist and surgeon can help determine if you a good candidate for this type of procedure. Typically, the use of in-office 3D scans can help your surgeon determine your exact situation and what treatment may be ideal for you.

The Basics:

Traditionally, when a tooth was removed, the empty socket was filled with a bone graft material to help regrow bone in the location. This area was left alone for a period of time before a second surgery was performed to place the dental implant in position. The implant then would require time to heal (typically 3-6 months) before a final crown could be made and the new tooth used normally.

In many circumstances, the dental implant can be placed into the extraction site at the same time the tooth is extracted. A number of benefits can be achieved utilizing this technique. It has been shown that when a tooth or teeth are removed, that the bone in the area shrinks away. This occurs quickly at first and then slowly over a long period of time. A good example of this is a patient who has their teeth removed and receives a denture. At first the denture fits snugly, but over time as the gum and bone shrink away, the denture becomes loose. This is where the companies who make denture glue step in. The glue can be squeezed in the denture to help fill the voids and improve the looseness of the denture, trying to offset the impact the bone loss has had.

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

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



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

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

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

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



PALM BEACH CENTER
PERIODONTICS &
IMPLANT DENTISTRY, P.A.

www.PBCPERIO.com

561-691-0020

FUNCTIONAL MEDICINE & ANTI-AGING



Functional Medicine & Anti-Aging can be very broad terms to most people and it can be hard to understand what services or procedures fall under these categories. As a physician, my background is in internal medicine. I spent years treating illness and sick patients. It was a constant circle of prescribing medications to treat patients who were battling disease. One pill at a time, every patient would leave with the latest drug therapy to combat diabetes, high cholesterol, hypertension, depression, insomnia and much more. At the same time my patients were asking me about services like Botox and lasers. So many people have asked me if I would start injecting in my practice because they would rather come to me. After my father passed away of lung cancer in 2001, I had decided it was time for a change. So that's when the concept was born, to develop a medical spa facility to offer functional & anti-aging medicine.



Functional Medicine is defined as the medical practice or treatments that focus on optimal functioning of the body and its organs, usually involving systems of holistic or alternative medicine. It integrates traditional medicine with holistic means to keep an individual healthy rather than just treat symptoms. Most people are very health conscious these days and are becoming more and more informed of the magnitude of underlying causes of disease. There are many ways to prevent illness by taking a few steps to understand your biological makeup. There are blood tests to identify deficiencies in vitamins and minerals, pinpoint specific food sensitivities, and measure imbalances in hormones. These tests can help us prevent and treat symptoms at the source. For example, if you are deficient in vitamin D or B vitamins, we are able to precisely determine case by case each individual person's needs. We no longer blindly recommend supplements and products that we think you should take. We now "know" exactly what your body is lacking. In the past if a patient was depressed, then naturally they needed an anti-depressant, if they could not sleep, then they needed a sleeping pill, right? Now we have found that a person may be lacking a specific hormone in the body that may be the reason to keep one up at night and we can eliminate the need for prescription drugs by alternative therapies such as hormone therapy. Some of the treatments that are considered to be functional medicine are bio identical hormone therapy, iv vitamin therapy, food and allergy testing and micronutrient testing. So as I learned about these therapies, I started to incorporate them into my daily practice. Many of my patients no longer needed medications and began to feel better than ever before. I knew this was a turning point in my medical career.

Anti-Aging is defined as a product or technique to prevent the appearance of getting older. So then, how is it possible and what can we do? As the face ages it tends to lose elasticity and the firm support below the skin known as collagen and elastin. Our skin is exposed to environmental stressors pollution and sun damage. We develop wrinkles around the face, including vertical lip lines, marionette lines, as the skin sags we develop jowles, the sun shines and brown spots appear. So, in society it is never been more in demand to look younger than today.

To look younger we can instantly fill in wrinkles, volumize cheeks, soften expression lines, zap brown spots away and even tighten the skin, all with no downtime. The treatments are safe and are for men and women. The most common of the anti-aging injectables are Botox, Juvederm, Voluma and the newest filler Volbella for vertical lip lines around the lips. Kybella is an injectable that dissolves fat under the chin. In terms of anti-aging lasers there is Ulthera skin tightening, Venus Legacy for skin tightening, ipl for brown spots and rosacea, sculpsure for noninvasive fat melting. As an aging woman of 50, I believe it is very satisfying to subtly enhance your appearance without looking like you have had any work done. It boosts your confidence and makes you feel good about yourself.

These are exciting times where we as physicians in the functional, anti-aging and cosmetic industry, have more effective tools in our tool box to change people's health, appearance and basically their quality of life, than ever before. I am passionate about what I do and will continue my scientific approach to find the fountain of youth.



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.

MD
 BEAUTY LABS
 Spa & Wellness Center

**Complimentary Consultation / Gift Cards
 Financing Available**

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

For more information regarding PRP and its uses,
 please contact **561-655-6325**. Or visit **www.mdbeachylabs.com**

Does Your Child Suffer from Anxiety?

NEUROFEEDBACK Helps Anxiety in Children Without Medication

Center for Brain has helped hundreds of children with anxiety feel better and do better.

Neurofeedback is one of the *most powerful* technologies in the world for reducing anxiety.

Center for Brain is one of the *most prestigious* neurofeedback practices in the U.S.

Call NOW for your FREE CONSULTATION
561 • 744 • 7616
 Center for Brain
 "The Neurofeedback Experts"

 Jupiter, Florida

Read more about neurofeedback's impact on depression and Center for Brain on Page 26



PALM BEACH CENTER for PERIODONTICS & IMPLANT DENTISTRY, P.A.

- Implants • Laser Therapy
- Tissue Grafting
- Bone Regeneration
- IV & Oral Sedation
- 3D CT Scans

 **Lee R. Cohen, D.D.S., M.S., M.S.**
 Dual Board Certified, Periodontics and Implant Dentistry
 NYU, Emory and University of Florida Trained
 Clinical Associate Professor, Shands Hospital (UF)
 State Certified, IV & Oral Sedation
 LANAP (Laser Periodontal Therapy) Certified
 Past President, Florida Association of Periodontists

561-691-0020
 4520 Donald Ross Road, Suite 110
 Palm Beach Gardens, FL 33418
www.pbcperio.com

Freedom From Food & Body Issues

If you struggle with eating and weight issues, you are not alone. Effective nutrition counseling can help overcome these patterns.

Learn to:

- Nourish your body by returning to a healthy relationship with food
- Reconnect with internal signals of hunger and fullness
- Stop emotional and deprivation-driven eating
- End preoccupation with food
- Rediscover enjoyment in eating

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.

Jeannie Gedeon, MPH, RDN/LDN, CAP/ICADC
 Delray Beach & West Palm Beach offices
 (561) 569-1945 JeannieGedeonMPHRDN.com



When the SPINE SHIFTS...

is this you?

- Arm Pain
- Assymetr
- Bone Spurs
- Carpal Tunnel (Wrist)
- Canal Stenosis
- Decreased Motion
- Degenerated Joints
- Digestive Disorders
- Disc Herniations
- Dizziness (Vertigo)
- Dowager's Hump
- Fatigue
- Fibromy Algia
- Golfer's Elbow
- Headaches
- Hearing Issues
- Itchiness
- Low Back Pain
- Mid Back pain
- Migraine Headaches
- Muscle Spasm
- Muscle Tensions
- Muscular Imbalance
- Neck Pain
- Numbness / Tingling
- Pinched Nerve
- Poor Posture
- Rotator Cuff Issues

 **KEYSTONE CHIROPRACTIC**

Call for a Free Consultation. It's a Conversation, Not a Commitment.

561.247.0044

420 STATE ROAD 7
 POYAL PALM BEACH, FL 33411



The Healing power of Regenerative Therapies

Naturally Treat & Heal the Cause of Painful Conditions

Regenerative Medicine
 Adult Stem Cell Injections
 Platelet Rich Plasma Injections

Ask if One of these State of the Art Procedures Could Be Right for You

Ricardo Leano, MD MBA
 Interventional Pain Management Anesthesiologist
 5610 PGA Blvd. Suite 210
 Palm Beach Gardens, FL 33418 **(561) 248 1166**

 **Palm Beach Pain, LLC**

REVOLUTIONARY NEW CURE FOR

- Erectile Dysfunction in as little as 3 weeks
- No Pills, Needles, or Surgery
- 100% Safe

RECLAIM YOUR VITALITY

RejuvaWAVE™
 only available at Simply Men's Health

 **Simply MEN'S HEALTH**
 Reclaim Your Vitality

Call TODAY, Get your life back tomorrow
561-459-5356



BENEFITS OF PRE-NATAL MASSAGE

Reduce:

- Lower back & foot pain
- Inflammation
- Stress & Cortisol levels
- Depression & Anxiety

Increase:

- Healthy pregnancy & labor outcome
- Newborn health
- Hip mobility & flexibility
- Dopamine, Serotonin, Oxytocin & Relaxin

 **Vanessa Diaz LMT**
561.510.1080

Pregnancy, Labor & Couples Massage Available at Home in Palm Beach County



DAVID A. GOLDMAN, M.D.
561-630-7120
www.goldmaneye.com

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

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



OCTOBER IS NATIONAL AUDIOLOGY AWARENESS MONTH

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



HEARING LOSS is an increasing health concern in this nation. Over 36 million American adults have some degree of hearing loss. That's more than four times the amount of people who live in New York City.

THE STATISTICS ARE SHOCKING, and even more so knowing that more than half of those 36 million Americans are **under the age of 65**. Make an appointment with an audiologist this October during **National Audiology Awareness Month**.

“Hearing loss can be caused by exposure to loud noises, family history of hearing loss, trauma or ear disease, harm to the inner ear, illness, and deterioration due to the normal aging process,” explains Dr. Dana Luzon. The amount of noise Americans are exposed to today plays an important role in the recent increase of hearing loss across the nation. It’s no longer just a health concern for seniors.

Some telling signs of a hearing problem are:

- Trouble hearing conversation in a noisy environment such as a restaurant
- Difficulty following along in group conversations
- Increasing the volume on the television and the sound still isn't clear
- Difficulty or inability to hear people talking to you without looking at them
- Withdrawal from social gatherings

If you think you may have a hearing loss, you should see a Doctor of Audiology. A hearing evaluation will determine the degree of hearing loss you have and what can be done. Although most hearing loss is permanent, an audiologist can determine the best treatment plan for each patient’s listening needs and lifestyle.

In celebration of Audiology Awareness Month, Audiology & Hearing Aids of the Palm Beaches is having a **Hearing Health Seminar on October 17 from 11:30am–1:30pm at Duffy's Sports Grill in North Palm Beach.**

Topics of discussion will include:

- Risk factors of hearing loss
- The relationship between untreated hearing loss and dementia
- What is tinnitus?

- What to look for in a hearing care professional
- The truth about the cost of hearing aids — value vs. price

Space is limited for this event, and attendees should RSVP before October 15 by calling **561.627.3552**. Complimentary lunch is included.

ABOUT AUDIOLOGY & HEARING AIDS OF THE PALM BEACHES

Being the only AudigyCertified™ audiology practice in Palm Beach County ensures that we offer up-to-date diagnostics and technology to our patients. Dr. Luzon is a board-certified doctor of audiology, and she keeps current on changes in the hearing care industry. We are proud to have been selected and certified by an esteemed group of our peers for upholding the highest standards of patient care.

*We at Audiology & Hearing Aids of the Palm Beaches offer at **no extra charge:***

- 75-day retraining period
- 3-year repair warranty
- 3 years loss and damage protection
- 3 years of office visits and service
- Free batteries for the life of the devices
- A home for your hearing health care

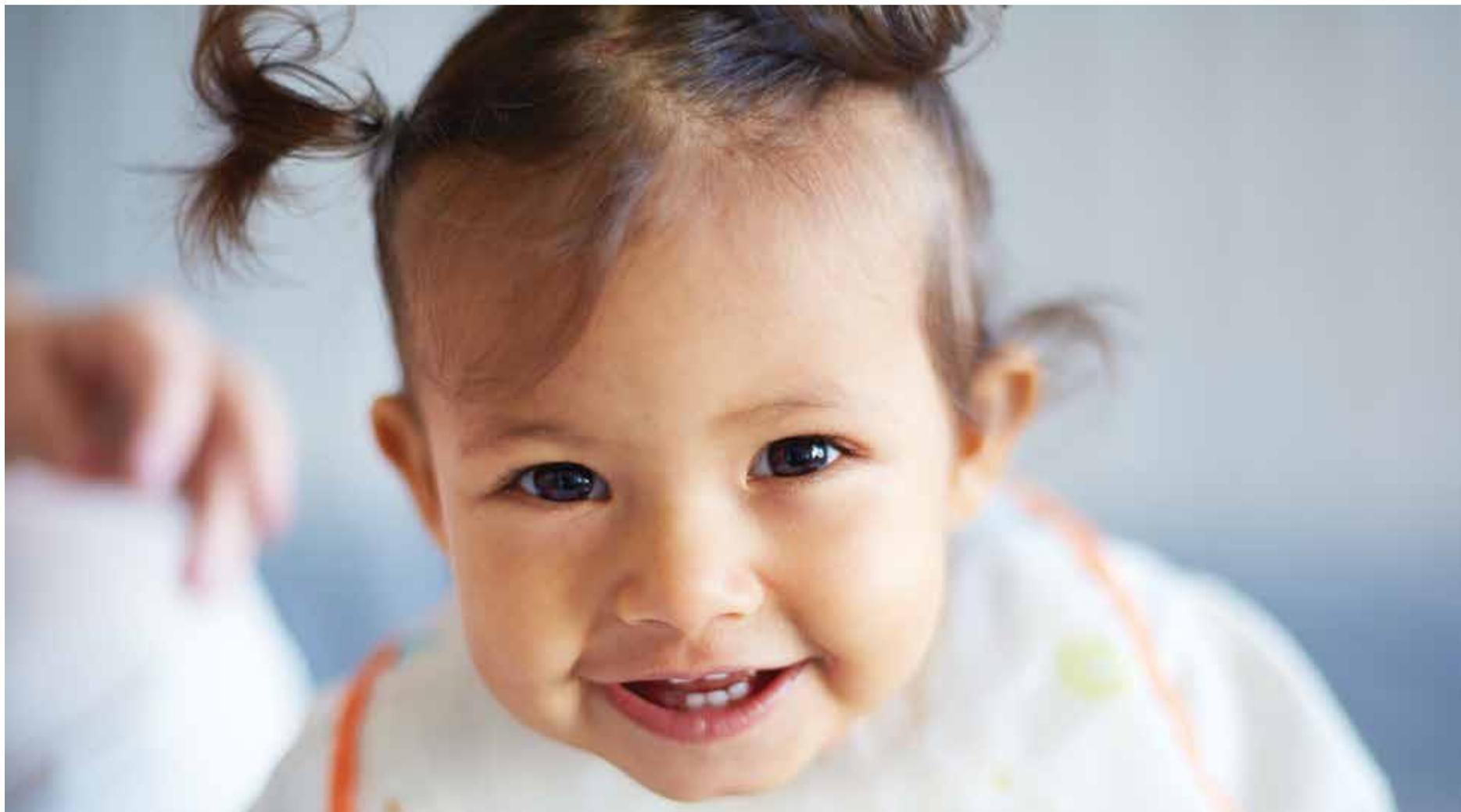
Dana Luzon, Au. D. , FAAA, Doctor of Audiology

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.



 **Audiology & Hearing Aids**
of the Palm Beaches, Inc.
Your home for hearing healthcare

561. 627. 3552
4266 Northlake Blvd
Palm Beach Gardens
FL 33410
HearingCareFL.com



Healthy Smiles Start Early

By Tamara-Kay Tibby, DMD, MPH

Did you know that your child's oral health and dietary habits set the tone for their lifelong dental health? That's why it's important to establish healthy dental habits like proper brushing, flossing, a healthy diet and regular use of preventive dental services. Many parents are unsure of the best way to take care of their child's teeth so here are some useful recommendations from the American Academy of Pediatric Dentistry (AAPD).

1. Establish a dental home within six months of eruption of the first tooth and no later than age one. The easiest way to remember is to follow this rule: first tooth, first birthday, first dental visit. Parents need to care for their baby's teeth as soon as the first tooth appears, which is usually around six months of age. The age one dental visit reduces costs down the line and the need for future dental procedures.

2. Avoid frequent consumption of liquids and/or solid foods containing sugar, in particular:

- Sugar-sweetened beverages (e.g., juices, soft drinks, sports drinks, sweetened tea) in a baby bottle, sippy cup, or no-spill training cup.
- At will breastfeeding after the first baby tooth begins to erupt and other dietary carbohydrates are introduced.
- Baby bottle use after 12-18 months.



New 2017 guidelines from the American Academy of Pediatrics (AAP) advise parents that children should not be given fruit juice before they are one year old unless recommended by a doctor.

3. Parents should start cleaning their child’s mouth at the sign of the first primary tooth. Toothbrushing should be performed for children by a parent twice daily, using a soft toothbrush of age-appropriate size. In children under three, a smear or rice-sized amount of fluoridated toothpaste should be used. In children ages three to six, a pea-sized amount of fluoridated toothpaste should be used.

4. Parent’s oral health affects their child. The bacteria that causes cavities can be passed from parent or caregiver to the child through saliva and is affected by the frequency and amount of exposure. It is best to avoid sharing your germs with your child. Parents who have untreated caries, are at greater risk of passing on the bacteria to their child.

Though the prevalence and severity of tooth decay has declined among school-aged children in recent years, it remains a significant problem in some populations, particularly among certain racial and ethnic groups and low-income children.

According to the Centers for Disease Control and Prevention, about 20 percent of children ages five to 11 have at least one untreated cavity. Nationally, tooth decay, known by dental professionals as dental caries, is the most common childhood disease. Left untreated, tooth decay can cause pain and infections that may lead to problems with eating, speaking and learning. It’s heartbreaking to pull the teeth of a young child when we know that dental caries is preventable.

How easy is it to find a pediatric dentist? Access to quality pediatric dental care is important, especially in the Sunshine State. According to a 2015 report by the U.S. Department of Health and Human Services, Florida ranked 50th out of 51 states and the District of Columbia in the percentage of Medicaid-enrolled children receiving preventive dental care. Federally Qualified Health Centers like the C. L. Brumback Primary Care Clinics in Palm Beach County are located throughout the county to provide medical and dental services to all children, with or without insurance. New parents should not delay in finding a pediatric dentist to provide quality, compassionate dental services for their baby. Ensuring a child has a head start on a healthy smile is a gift that will last a lifetime.

Tamara-Kay Tibby, DMD, MPH, is the Dental Director for the C. L. Brumback Primary Care Clinics, Federally Qualified Health Centers that are owned and operated by the Health Care District of Palm Beach County. Dr. Tibby oversees four dental clinic sites in West Palm Beach, Lantana, Delray Beach and Belle Glade. A practicing dentist for 15 years, Dr. Tibby is board certified in the areas of Pediatric Dentistry and Public Health. She is committed to promoting good oral health as a component of overall health.



Dr. Tibby graduated from Duke University in Durham, North Carolina and earned her Doctor of Dental Medicine degree from the University of Florida College of Dentistry in Gainesville. She completed a pediatric dentistry residency at Harvard University/ Boston Children’s Hospital in Massachusetts. Dr. Tibby also holds a Master of Public Health from the University of South Florida in Tampa.

Dr. Tibby, who is fluent in English and Spanish, participates in the Palm Beach County Oral Health Coalition and the Florida Oral Health Alliance. Her professional affiliations include the American Academy of Pediatric Dentistry, the College of Diplomates of the American Board of Pediatric Dentistry and the University of Florida Academy of Alumni and Friends.



2601 10th Avenue North; Suite 100
 Palm Springs, Florida 33461
(561) 804-5975
www.hcdpbc.org



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

BLUEMOONHEMP.COM



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.

Meng's Acupuncture Medical Center
Gardens Cosmetic Surgery Center Bldg.
4060 PGA Boulevard, Suite 202
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.

**LOSE WEIGHT,
 REDUCE STRESS,
 ACHIEVE OPTIMUM HEALTH**

Call Today for Details and Schedule Your
FREE Consultation Appointment

561-656-0717

4060 PGA Blvd., Suite 202,
 Palm Beach Gardens

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.

1. Collins ME. *Intl J Eating Disorders*. 1991;10(2):199-208.
2. Hudson JI, Hiripi E, Pope HG, Kessler RC. *Biol Psych*. 2007;61:348-358.
3. Wade, TD, Keski-Rahkonen A, Hudson J. In: Tsuang M, Tohen M, eds. *Textbook in Psychiatric Epidemiology*. 3rd ed. New York: Wiley; 2011:343-360.
4. Smink FE, Van Hoeken D, Hoek HW. *Curr Psych Rpts*. 2012;14(4):406-414.
5. Eating Disorders Coalition. Facts About Eating Disorders: What The Research Shows. 2016:pdf.
6. Stice E. *Psych Bulletin*. 2002;128:825-848.



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



Jeannie Gedeon 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. She is a Florida Licensed Dietitian/Nutritionist (LDN) and Registered Dietitian/Nutritionist (RDN), the national credential by the Commission on Dietetic Registration/Academy of Nutrition and Dietetics since 1994. In addition, Jeannie is an addictions counselor (CAP/ICADC).

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.

**Delray Beach & West Palm Beach
offices
(561) 569-1945
JeannieGedeonMPHRDN.com**

RejuvaWAVE™ is a Revolutionary New Treatment that cures Erectile Dysfunction (ED)

WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that cures ED, RejuvaWave™ is revolutionary, non-invasive and heals the underlying causes of ED. RejuvaWave™ uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

GO BEYOND MEDICATION. EXPERIENCE THE CURE FOR ERECTILE DYSFUNCTION.

Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine. RejuvaWave™ stimulates your body's own healing response and creates new blood vessels in the area treated. In some cases, doctors combine RejuvaWave™ with PRP (Platelet Rich Plasma) in order to add a high concentration of growth factors that work synergistically together. By treating ED patients with regenerative medicine, doctors can best restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity.

IS IT SAFE?

Yes. This is an FDA cleared technology, originally developed in Europe and used worldwide. RejuvaWave™ uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. RejuvaWave™ has virtually no risks or side effects. RejuvaWAVE™ therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015 and the results have been nothing short of amazing.

HOW TO GET STARTED

At the Simply's Men's Health, take on each case with individualized care and cater your private consultation with our experienced staff of physicians. We pinpoint the exact cause of your sexual health issues and provide a diagnosis to create a customized

treatment plan that can CURE ED in about 80% of patients or restore sexual function in over 98% of patients. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Contact the health care professionals at Simply Men's Health today for a private consultation today.

RejuvaWAVE™
only available at
Simply Men's Health

- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

**Call TODAY,
Get your life back tomorrow
561-316-8942**



WHAT OUR PATIENTS ARE SAYING:

Testimonial: I am 70 years old and have diabetes and have had heart surgery and had a stroke. I haven't had an erection in over 10 years and Viagra did nothing. I have tried several clinics and needles in the past, but nothing helped. I heard about this new treatment at Simply Men's Health, and I gave it try not having much expectations. To my surprise after my first treatment I woke up with an erection, something I hadn't seen in years, and by my 5th treatment I was having sex with my wife. It's truly a miracle treatment. Steven O.

Testimonial: I'm 34 years old and started to experience problems getting an erection and maintaining it over the last couple of years. I had tried Viagra and hormones, but it didn't help. I heard about Simply Men's Health and made an appointment not knowing what to expect. I signed up for the 3 week EPAT therapy and the Priapus shot. After just a couple of treatments I was getting erections, but even more amazing was that the curve in my penis straightened out. The treatment was only a few minutes and relatively painless, but the results are amazing. A. B.

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.

Enjoy a SPONTANEOUS & ACTIVE SEX LIFE again in as little as 3 weeks – no pills, no needles, no surgery!

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.

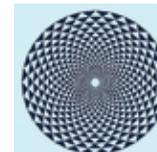
A: FALSE

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

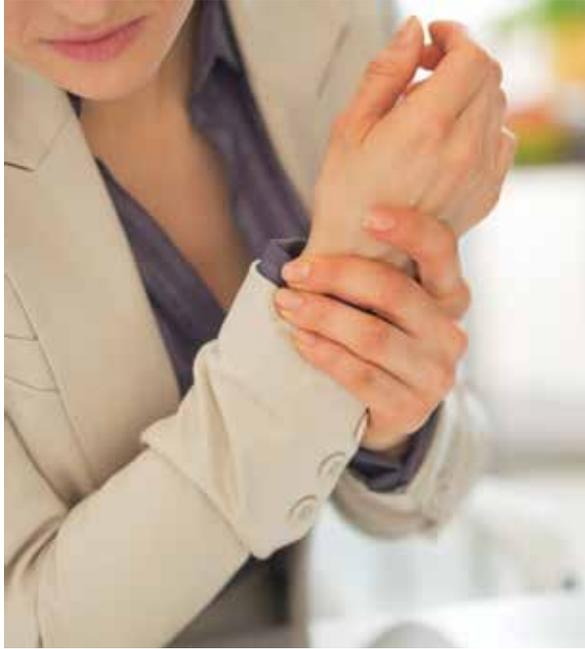
Healing Center



By Dr. Ricardo Leano

Ketamine Infusion and CRPS

KETAMINE is an anesthetic and a very potent analgesic medication that has shown positive results for the treatment of CRPS, fibromyalgia and severe depression among others. This medication has very serious side effects that can be ameliorated in the hands of a seasoned anesthesiologist. Few physicians offer this therapy because of the demanding work and monitoring required. Many patients travel several miles to get the treatment, with the subsequent monetary burden from lodging, flights, car rentals, etc.



CRPS (Complex regional pain syndrome) is a troubling and frequently intractable pain condition. It had different names in the past, but today is called CRPS. Complex because it has different presentations; Regional because typically involves an extremity; Pain because it is vital to the diagnosis; Syndrome because the pathophysiology is not very clear. CRPS usually follows an injury to a peripheral nerve (type II) or a trauma without obvious nerve damage (type I). It presents with a distinctive group of sensory, motor, and autonomic signs and symptoms, being pain the central feature. Patients also have symptoms like irritability, anxiety, sleep disturbances, tremors and nervousness. The most common cause are fractures (16%), sprain/strain (10-29%), surgery (3-24%). 1 out of 52 will develop CRPS in their lifetime with a female to male ratio 4:1.

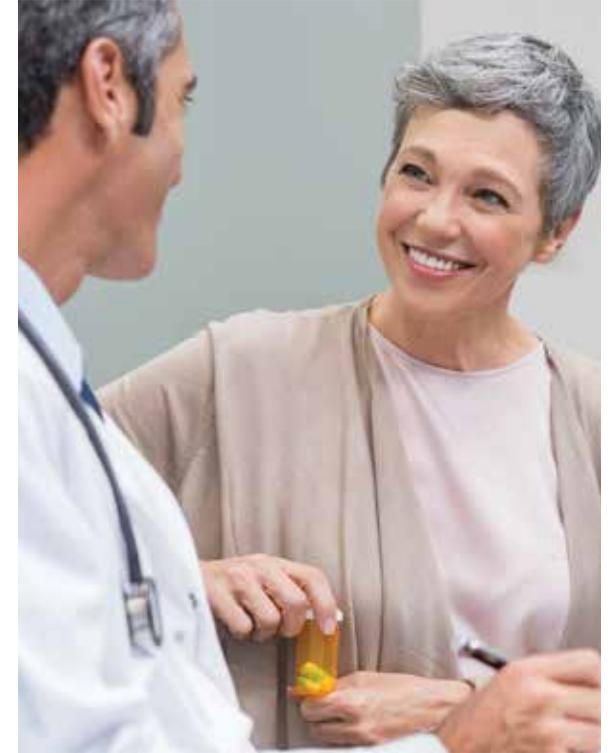
The mechanism of the disease involves more than one aspect: neuropathic, immune and inflammatory. The neuropathic process is complex and has a sympathetic and a somatic component (sensory and motor) and can be peripheral or central. The immune process involves an autoimmune Ab (antibody) and alteration of the HLA expression and inflammation. The inflammatory aspect is evidenced by the increased levels of inflammatory factors.

Initially 3 stages were proposed, but today we know there is a very wide spectrum of the condition from patients with very mild symptoms to patients with severe symptoms. In most cases there is no progression of the disease, symptoms remain stable and may even improve. But in a 10% of patients the disease spreads to other extremities.

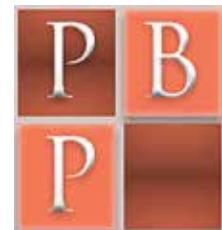
Diagnosis of CRPS is based on clinical criteria. No test has enough specificity and sensitivity to diagnose it. The latest proposed diagnosis is based in the Budapest criteria. It includes the absence of other conditions that explain the symptoms and the presence of sensory, vasomotor, sudomotor and motor/trophic signs and symptoms. The response to sympathetic block does NOT make a diagnosis.

Treatment includes PT (not tolerated by all); interventions like sympathetic blocks, IVRA, catheter techniques, spinal/peripheral cord stimulator, IT pumps, motor cortex stimulation; psychological interventions; and medications like antiepileptics, opioids, NSAIDs, antidepressants, α -1 blockers, α -2 agonists, NMDA antagonists (Ketamine), bisphosphonates, TNF- α antibodies, oral prednisolone, among others.

Ketamine infusion has been studied in the course of CRPS and the analysis of these studies suggests that the prolonged infusions produce reductions in pain that persist for weeks with evidence of a substantial (>50%) analgesic effect that could be useful in refractory cases of CRPS. The beneficial effects of the ketamine infusion on pain scores are lost after a few weeks, which must be set against the chronicity of the disease. Thus, repeated dosing would be needed for patients with CRPS. For these parenteral infusion protocols a very close observation is required and should be performed by a skilled anesthesiologist. There is a suggestion that prolonged dosing with ketamine may provide a greater likelihood of therapeutic benefit. The current guidelines for the management of CRPS recommend an integrated interdisciplinary approach to the patient's care, which aims to reduce pain, restore function and improve quality of life. The ketamine infusion studies showed evidence of a clinically meaningful analgesic benefit (although transitory), something that is all too rare in



the pharmacological management of CRPS. Dr. Leano is a Board-Certified Anesthesiologist with more than 15 years of experience. He is accepting new patients already diagnosed with CRPS and patients that are currently having Ketamine infusions several miles away from Palm Beach County. Call Palm Beach Pain at **(561) 248-1166** to make an appointment to continue your regular ketamine infusions near home or to evaluate if you can benefit from it.

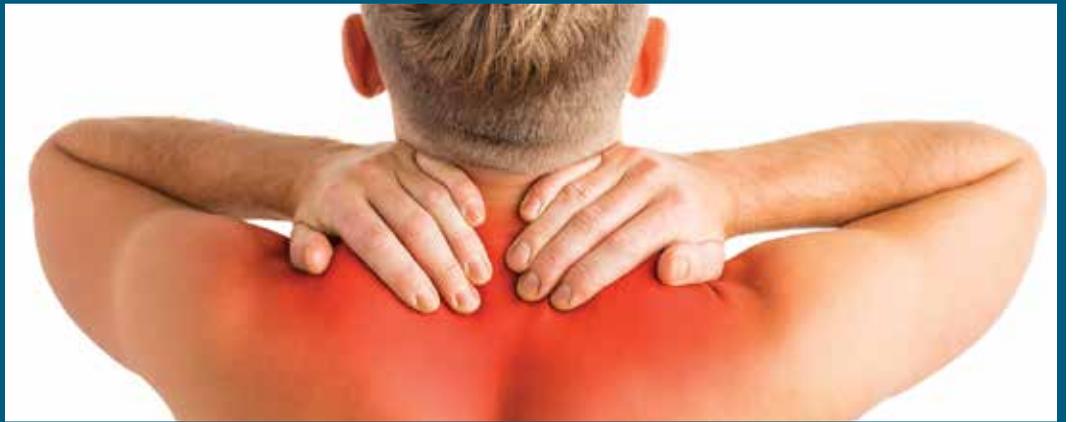


**For any consultation, call
(561) 248 1166
for an appointment with Dr. Ricardo
Leano at Palm Beach Pain, LLC**

BREAKING THE CHRONIC PAIN CYCLE OF FIBROMYALGIA

By Dr. Jonathan Chung

Chronic pain takes many shapes and forms, but we know that it has a huge social and economic burden. The Institute of Medicine reports that roughly 116 million, or 30% of the population suffer from pain lasting a year or longer. Although chronic pain isn't a life threatening issue, it's certainly a problem that has a dramatic effect on the **quality** of someone's life. After taking care of hundreds of people with conditions like fibromyalgia, I know that these people experience quite a toll both physically and emotionally.



Perhaps the worst part about fibromyalgia is that there is no known cause or cure. It's basically invisible to any blood tests or MRI studies, and most of the drugs available are for pain control. People with fibromyalgia may often be depressed, have anxiety, and have a sense of isolation because they don't feel that their friends and family understand their struggle. This often compounded by the fact that their doctors have told them that the pain is psychosomatic, or just in their minds because no tests can reveal an underlying disease process.

In recent years, fibromyalgia has become one of the most published topics in medical journals. As a result, we are starting to develop an understanding of the disease on a deeper level to know that it's certainly NOT just in the patient's mind. Research is pointing to problems within the central nervous system and tiny blood vessels in the skin as likely causes of the deep body-wide pain. But what does this mean in terms of treatment?

For most people, drugs that target the nervous system like Lyrica or Gabapentin are the first line of treatment and many have had success. However, some patients can be sensitive to drug reactions, or their bodies may develop a high tolerance for the dosages. In cases like these, many patients start to seek out alternative therapies like acupuncture, reiki, and homeopathy.

Traditional chiropractic has also been a source of relief for many people seeking help with chronic pain. However, many people with the chronic pain of fibromyalgia can feel apprehensive about seeing a Doctor of Chiropractic because manipulations can seem too rough for someone who can barely stand to be touched.

NOT ALL ADJUSTMENTS ARE BUILT THE SAME

In chiropractic, there are dozens of techniques and approaches to correcting the spine. Some are heavy

handed and require a lot of force, but others are very gentle and rely more on precision. It's not to say that one is better than the other, but some are just designed for specific patient populations in mind.

In my office, I attract many patients with fibromyalgia, trigeminal neuralgia, and TMJ problems that are Secondary to a Structural problem in the neck called Atlas Displacement Complex. Most of these people are afraid to be touched, and gravitate to a lighter approach. This type of condition requires a precision type of adjustment called an **Atlas Correction**. This type of adjustment is so light, **that most people often wonder if I even touched them**, and then they start to feel their body change. Currently, only about 1000 doctors in the country are trained in this type of care.

This approach is effective because of the spine's influence on the central nervous system. When the top of the neck shifts abnormally and moves improperly, the nerves firing into the brainstem become distorted. In this way, the brain is like a computer that relies on spinal positioning to operate normally. When there are garbage signals going into the brain, then garbage signals come out in the form of pain. This phenomenon in fibromyalgia patients creates a condition called central sensitization. This is the reason why people with fibromyalgia can feel excruciating pain from a light touch. It's not that there's a physical injury, but the nervous system is getting scrambled signals and is primed to experience pain.

This is NOT designed to cure you. The cure lies in the fact that the body is capable of healing itself. When you remove interference to the body's self-healing ability, I find that people can return to a level where life is livable again. By breaking the pain cycle through the nervous system, you can impact the way stress affects the body and the immune system. By no means is this a cure all, but it can be a great catalyst to being

steered back on the path towards a normal life. I've seen numerous patients who've been able to go from disability to working or resuming exercise again in a matter of months.

One of the greatest joys of doing this type of work is giving people a glimmer of hope. So many people are convinced that they have to live in pain, or have been told that the problem they're having is all in their head. In my office, I've helped hundreds of people recover from chronic pain with this gentle procedure. However, it's not for everyone. Only people with a problem in their Atlas can receive this type of care, and that requires a detailed Upper Cervical Chiropractic Examination to identify the problem. Sometimes a little bit of hope is all a person needs to start healing again.

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



KEYSTONE
CHIROPRACTIC

561.247.0044

420 STATE ROAD 7, ROYAL PALM BEACH, FL 33411

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.



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

CENTER FOR BRAIN
550 Heritage Drive, Suite 140
Jupiter, FL 33458
561.744.7616
www.CenterforBrain.com

UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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.

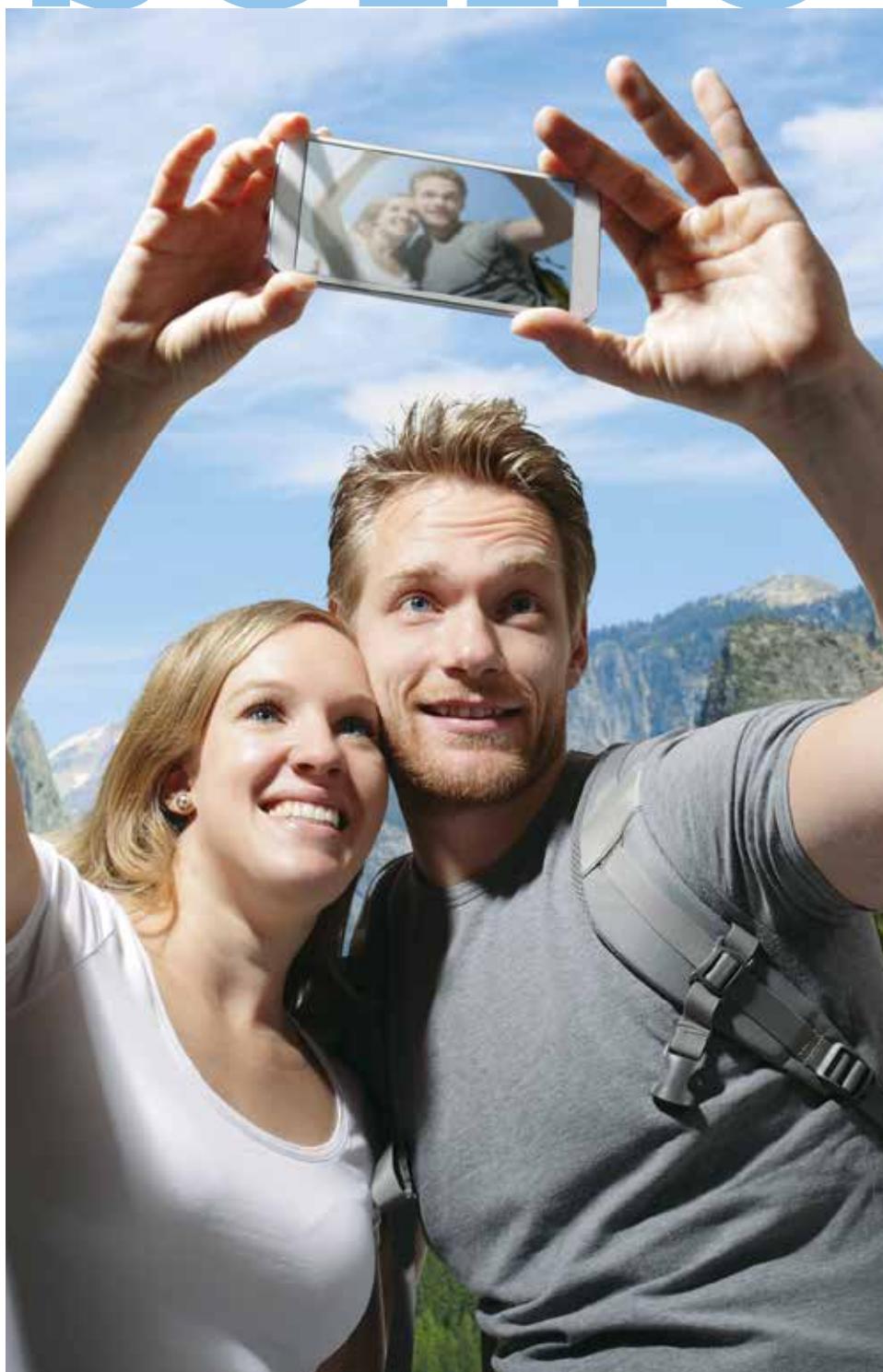
Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He 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.


www.goldmaneye.com 561-630-7120

selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “*Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

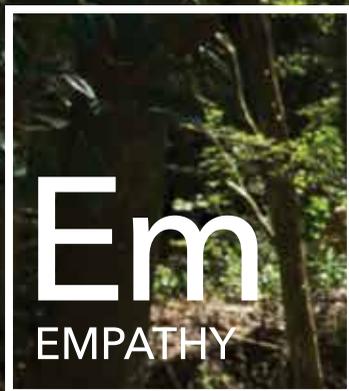
But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece*...” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



Empathy. A powerful element in fighting cancer.

Jeanie Harris has been the caregiver. As a Registered Nurse and an Oncology Certified Nurse with Florida Cancer Specialists, she has spent her career educating, delivering medication, empathizing and holding the hands of her patients. So when Jeanie found a lump in her breast, she knew Florida Cancer Specialists was the place where she would get science-driven care and the personal attention she needed to fight cancer. Now with the experience of being a cancer survivor, she connects with her patients on a deeper level, and she has a fresh perspective on how special each patient feels at Florida Cancer Specialists. In October and all year, we honor all of those who have fought this awful disease and all of those caregivers who help them in the fight.

"I always knew Florida Cancer Specialists had quality caregivers, but being a patient gave me a fresh perspective."

Jeanie Harris

-Nurse, Patient & Breast Cancer Survivor

Where Hope is Powered by Science™

FindHopeHere.com

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute
World-Class Medicine. Hometown Care.

Proud to serve patients at our four Palm Beach County locations.

Elizabeth A. Byron, MD
Todd A. Gersten, MD
Howard M. Goodman, MD
Robert J. Green, MD
James N. Harris, MD

Antonella Leary, MD
Elisabeth A. McKeen, MD, FACP
Carisa Pearce, MD
Shachar Peles, MD
Marilyn M. Raymond, MD

Neal E. Rothschild, MD
Napoleon Santos, DO
Augustin J. Schwartz, III, MD
Avram J. Smukler, MD

Daniel L. Spitz, MD, FACP
Sumithra Vattigunta-Gopal, MD, FACP
Gerald Zemel, MD