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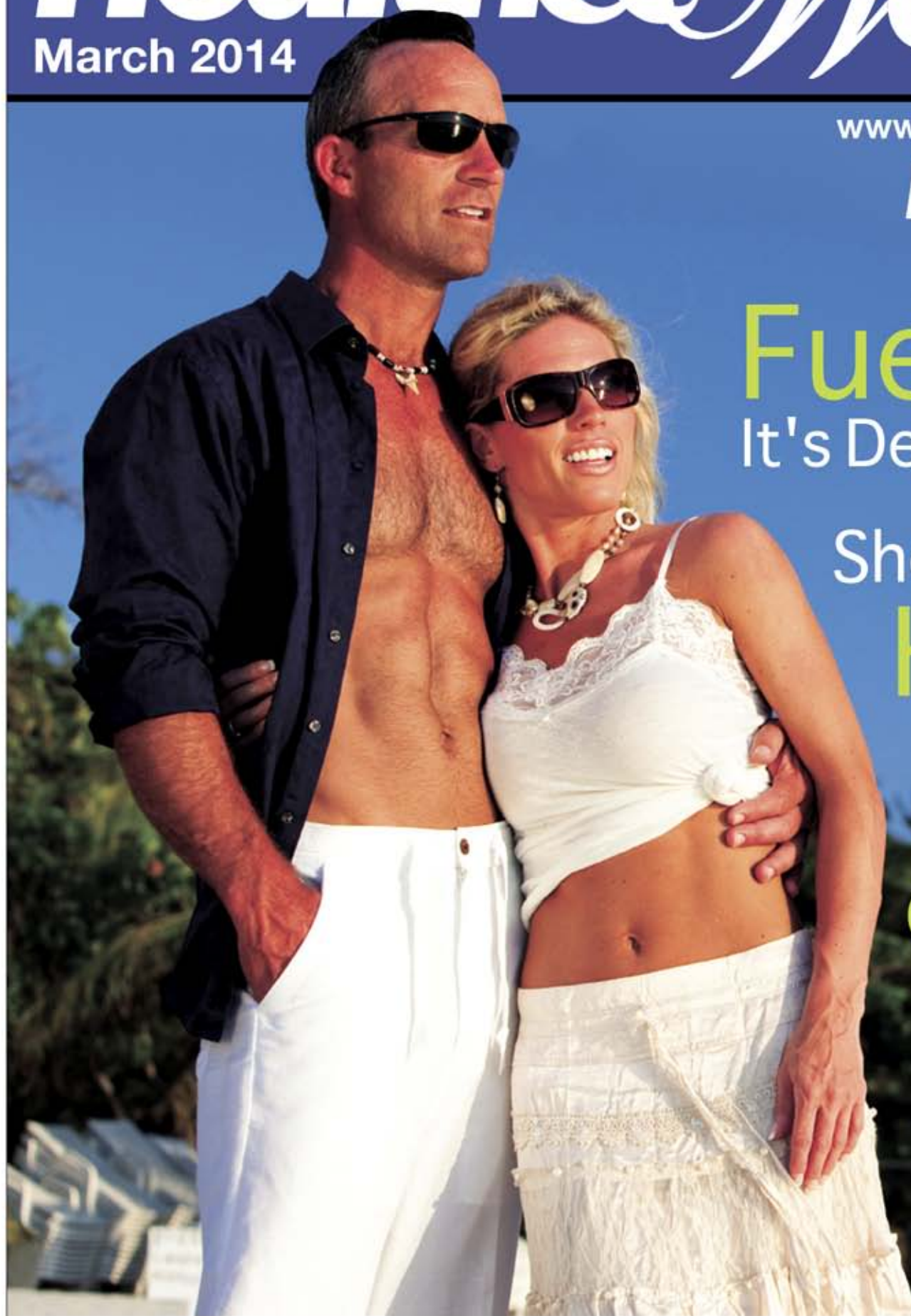


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(561) 443-4133

Randy L. Furshman, DDS & Associates
Chase Dental SleepCare of South Florida
7800 SW 87th Ave., Suite A-140, Miami, FL 33173
(305) 598-2622

David Skopp, DDS
Chase Dental SleepCare of Palm Beach Gardens
2560 RCA Blvd, Suite 105
Palm Beach Gardens, Florida 33410
Ph: 561-799-5000

Stephen J. Pyle, DDS
Chase Dental SleepCare of Weston
2239 N. Commerce Pkwy., Suite 1
Weston, FL 33326
(954) 349-4004

Mauricio Malo, DDS
Chase Dental SleepCare of Hollywood
2525 Embassy Dr. #1, Hollywood, FL 33026
(954) 430-3444

Listopad & Finder, DDS
Chase Dental SleepCare of Coral Springs
10161 W Sample Rd., Coral Springs, FL 33065
(954) 752-2970

Fabrizio K. Amador, DMD
Chase Dental SleepCare of Ft. Lauderdale
2330 NE 9th Street
Ft. Lauderdale, FL 33304
(954) 563-5535

David S. Bistriz, DDS
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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

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sybil@sflhealthandwellness.com

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Shedding Light on Hair Loss

By Alan J. Bauman, M.D.

Over the past decade or so, doctors have begun to see lasers in a new light, specifically, hair restoration physicians. Low-level laser therapy (LLLT), once viewed with skepticism, is now one of the key tools used to treat hair loss. Today's top practitioners rely on drug-free laser therapy with or without other treatments to provide optimum results for both male and female patients. With the FDA clearances and strong clinical evidence supporting its efficacy in treating hair loss, low-level lasers have become an important tool those seeking to restore their locks.

Laser therapy is the use of visible wavelengths of light (e.g. 'red'), which have a biological effect on cells. It is known that wavelengths of light produced by the diodes of the LaserCap are associated with an increase of energy production within the cells which may be the primary mechanism for helping patients hair follicles grow hair and produce thicker, healthier looking hair. In addition to hair loss, clinical studies have found low level or 'cool' lasers to have a number of medical applications - including faster wound healing, pain abatement, treatment of brain injuries, and lipolysis (fat loss).

At Bauman Medical Group, we've incorporated LLLT into our multi-therapy regimens for the past 15 years, and we've seen first-hand how effective this side effect-free treatment can be for hair growth in both men and women with hair loss.

While LLLT does facilitate hair growth, it is important to understand that it doesn't regrow hair that is dead and gone, which is why early detection and intervention is essential for optimal results. Laser therapy can jumpstart areas where hair is thinning and can also be effective for hair growth when used in combination with other medical treatments like compounded topical minoxidil and/or oral finasteride, platelet-rich plasma plus stem cell injections, prostaglandin analogs, nutritional supplements and NeoGraft FUE hair transplants.



One of the most exciting breakthroughs in laser therapy is the LaserCap, the hands-free device which offers the power of a clinical laser therapy unit in a cordless, rechargeable and discreet treatment device. LaserCap literally 'fits under your hat' providing the freedom to receive a non-chemical, non-invasive, pain-free treatment almost anywhere, anytime. The LaserCap is unique among the other popular at-home low level laser therapy devices because it doesn't require the patient to stand in front of a mirror for 10-15 minutes manually 'combing' the areas of concern, as with hand-held laser combs. Instead, hair loss sufferers can easily and discreetly treat their hair loss or thinning and not be tied to an AC wall outlet via a power cord.

For those with hair loss or hair thinning, keep in mind, these may be influenced by many factors including heredity, medications, illness, stress, nutrition, lifestyle, etc., and left untreated only gets worse with time. Because so many factors can influence one's hair loss status, it is essential to undergo a thorough medical consultation with a specialist before initiating any hair restoration regimen.

Laser therapy, like other non-invasive hair growth treatments, is no 'miracle cure,' but it is an important tool in the treatment of damaged hair, thinning hair and hair loss. The good news is that with appropriate diagnosis, scientific measurements, appropriate expectations, correct dosing regimens and clinical follow-ups, the vast majority of hair loss patients can be helped by low-level laser therapy.

For more information on what kind of results you might achieve with laser therapy or how laser therapy can be added to your 'multi-therapy' hair restoration regimen, please visit www.baumanmedical.com or call **1-877-BAUMAN-9** or **(561) 394-0024**.

Low Level Laser Therapy:

- Several in office and at-home low-level laser therapy devices have been FDA-cleared for the treatment for hair loss.
- Low-level laser therapy improves hair growth by reversing the miniaturization of hair by improving blood flow and increasing energy production at the follicle.
- Low-level laser therapy increases mitochondrial membrane potential at the cellular level through a process called photobiomodulation.
- Laser therapy is a drug-free, chemical-free, side effect-free non-invasive treatment option for hair thinning for both men and women.
- LaserCap, embedded with over 220 laser diodes, provides complete coverage of the scalp and easily fits discreetly under any hat or under a bandana or scarf.
- Available through physicians only, LaserCap was the first clinical strength, 100% hands-free, portable, cordless and rechargeable laser device on the market.
- In addition to LaserCap, there are numerous other products currently out on the market, such as laser combs and brushes, large helmets and clinical laser 'hoods.'



FDA Clinical Study on Laser Therapy and Hair Regrowth

Thinning Hair? Dr. Alan J. Bauman is currently recruiting patients for an FDA-registered clinical trial using LaserCap, which aims to help patients and physicians better understand what results hair loss sufferers are likely to receive from this treatment. Male and female participants of various ages and stages of hair loss meeting certain criteria and accepted into the study will receive a device to wear every other day for 30 minutes for 16 weeks. Neither the participants nor study investigators will know whether the participants have received an active laser device or a non-laser "placebo." At the end of the trial, each participant will receive a brand new, **FREE LaserCap (a \$3,000 value)**. Interested individuals should visit www.844gethair.com or call **844-GET-HAIR** for more information.

Alan J. Bauman, M.D.

Hair Restoration Physician Dr. Alan J. Bauman is Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida, an international practice specializing exclusively in the treatment or hair loss since 1997. Dr. Bauman is one of a handful of surgeons worldwide who is a Diplomate of the American and International Board of Hair Restoration Surgery and also recommended by the American Hair Loss Association. A frequent lecturer and faculty member at major international medical conferences, his advanced hair restoration techniques and procedures have been featured on CNN, Dateline NBC, ABC's Good Morning America, CBS Early Show, EXTRA, Access Hollywood, as well as in Men's Health Magazine, Allure, Redbook, Cosmo, Women's Health, Vogue, W Magazine, USA Today, The New York Times and more. For more information on protecting, enhancing and restoring your own living and growing hair, call toll-free at 877-BAUMAN-9, or learn more online at www.baumanmedical.com



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The Skinny on Fat Loss

For many people getting rid of excess fat can be a lifelong battle. Whether it's excess love handles, excess fat around the knees or or flabby upper arms, pockets of fat can be difficult to reduce and sometimes diet and exercise are not enough to make a noticeable difference. Now many medical professionals have found a non-invasive highly effective method to spot reduce fat through Low Level Laser Therapy (LLLT or LipoLaser). This break through has opened the door to many individuals who would have never before considered spot fat removal an option. FDA approved LipoLaser achieves the body contouring, fat removing results of liposuction without the pain and risk of a surgical procedure.

This ground breaking technology has not gone unnoticed. National media programs, "The Rachael Ray Show", "CNN", "The Dr. Oz Show", and the "Doctors" have touted it's safety and effectiveness. To get the Skinny on LipoLaser we turned to local expert Dr. Aaron Bronson, DC owner of The Good Life Center in Jupiter, FL.

What is LipoLaser?

Through clinical studies it has been demonstrated that a low level LipoLaser stimulates the fat cell to emulsify (liquefy) the fat within the cell. Then the liquefied fat moves from inside the cell through a temporary pore formed in the cell membrane to outside the cell where it is in the interstitial space until absorbed by the lymphatic system. This results in millions of fat cells becoming smaller so inches are reduced off the waist, hips and thighs. The fat cells are not injured in any way by this process.

Is it safe?

Yes, there is no risk involved in using the low-level laser therapy and it is considered a safe alternative to invasive procedures such as tumescent liposuction and lipo dissolve and other non-invasive devices like the Accent, VelaShape, and Thermage, which rely on heating the tissue and can cause discomfort. With the LipoLaser there is proven data showing how fat cell size is reduced. The treatment is 100% non-invasive and causes no bruising, scarring and zero downtime. During the treatment you will feel no discomfort, no anesthesia will be used and you can assume normal activities immediately following each treatment.

How is it different than liposuction?

Liposuction is an invasive procedure that removes the entire area of fat cells from deposits beneath the skin using a hollow stainless steel tube (called a cannula) with the assistance of a powerful vacuum. Liposuction can be accomplished either with the use of general anesthesia, or with IV sedation, or totally by local anesthesia. In contrast, LipoLaser is a 100% non-invasive that uses a low level laser applied externally to stimulate the fat cell and emulsify and release fat. There is no use of anesthesia, nor any pain, gels, creams, numbing agents, needles and no downtime.

Does LipoLaser emit heat?

Low Level Laser Therapy used in LipoLaser is a light source treatment that generates light of a signal wavelength. Low Level Laser Therapy emits no heat, sound, or vibration. Instead of producing a thermal effect, Low Level Laser Therapy acts via nonthermal or photochemical reactions in the cells, also referred to as photobiological or biostimulatory.

Are there any limitations to what I can do if I'm using a LipoLaser?

No. During the treatment period you can continue your normal activities. It is strongly recommended that you commit to and follow the treatment protocol: stay hydrated (8-10 glasses of water a day), continue to eat healthy and exercise (use Whole Body Vibration for 20 minutes after treatment) and abstain from alcohol and caffeine. Alcohol and caffeine interfere with the lymphatic process to remove fat and metabolize it which can decrease your results.

What areas of the body can LipoLaser be used?

The treatment can be used effectively on essentially every part of the body where localized fat deposits exist that are resistant to diet and exercise. Most patients start with treating the waist, hips and thighs which can all be targeted in 1 treatment. Other areas include upper arms, bra-line fat, inner knees, back fat and buttocks.

The
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center

The treatment process is completely non-invasive and there are absolutely no side effects beyond loss of inches and fat.

For more information about LipoLaser and for a **free consultation** contact Dr. Bronson at The Good Life Center **561-694-8877**.





Sleep Apnea

By Barry N. Chase, DDS, PC, D. ABDSM, D. ACSDD

My uncle Moe often said, "You don't know what you don't know". So, if you don't know what you don't know you are "better safe than sorry". Uncle Moe called himself a Fortune Cookie philosopher.

New research is now linking Obstructive Sleep Apnea (OSA) with an increase in Cancer risk. The evidence seems to be strong. But medical research doesn't know what it doesn't know, so better safe than sorry.

What does that mean? If you have symptoms of OSA, snoring, excessive daytime sleepiness, lapses of breathing while sleeping, waking with headaches, along with high blood pressure, cardiovascular disease, memory loss, and/or diabetes, you should ask your doctor about getting a sleep study. OR, if you have been diagnosed with OSA, you should be receiving therapy; either CPAP or Oral Appliance Therapy.

The hallmark of OSA is intermittent loss of Oxygen while you are sleeping. This is caused by airway restriction when snoring or a complete obstruction of the airway during sleep. The loss of Oxygen is called Hypoxia. It is the trigger between OSA and high blood pressure, heart attack, stroke, Alzheimer's disease and Dementia, Diabetes, and now cancer.

Researchers in Spain reported the most severe forms of sleep apnea had a 65 percent greater risk of developing cancer. The second study, of about 1,500 government workers in Wisconsin, showed that patients had five times the rate of dying from cancer as people without sleep apnea. Both research teams only looked at cancer diagnoses and outcomes in general, without focusing on any specific type of cancer.

The studies were presented at the American Thoracic Society. The usual risk factors for cancer, age, smoking, alcohol use, etc. were ruled out. The association between cancer and disordered breathing remained after adjusted variables.

University of Barcelona in Spain researches found that when mice were deprived of oxygen periodically during sleep, skin cancer tumors grew faster.

The researchers found that the more severe a person's breathing problems at night, the greater likelihood of dying from cancer.

People with mild sleep apnea had a 10 percent increased risk of cancer death; moderate sleep apnea had doubled the risk and severe sleep apnea had a 4.8 times higher risk of cancer death.

Dr. Nieto said the study didn't prove a cause-and-effect relationship, but the link between Obstructive Sleep Apnea and Cancer is strong. "When you have cancer and you have episodes of low oxygen, the cancer cells try to compensate for the lack of oxygen by growing additional blood vessels to get more oxygen and, as those blood vessels keep growing, it helps the tumor to spread".

Researchers with the Spanish Sleep Network looked at cancer incidence, not mortality. They used the hypoxemia index which measures the amount of time the level of oxygen in a person's blood drops below 90 percent during sleep.

About 5,200 people were followed for seven years, none of whom had a cancer diagnosis. The researchers found that the greater the extent of hypoxemia, or oxygen depletion, during sleep, the more likely a person would receive a cancer diagnosis during the study period.

People whose oxygen levels dropped below 90 percent for up to 12 percent of the total time had a 68 percent greater likelihood of developing cancer. As time spent without oxygen increased, so did the risk of cancer.

There is a lot of wisdom in those fortune cookies. My uncle Moe wasn't a doctor but his advice is sound, better safe than sorry. If you have Sleep Apnea and a history of Cancer in your family, please seek more information about sleep apnea testing and therapy.

Location of an office near you:

Theodore Field, DMD
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 (954) 563-5535

David S. Bistriz, DDS
Chase Dental SleepCare of Aventura
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John L. Tumminia, DMD
 200 Knuth Rd, Suite 140
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Fitbella Q&A

Stephanie Ours is a 30 year old Palm Beach Gardens resident. Stephanie is stay at home mom to 16 month old Kate and pregnant with bundle of joy #2. We asked Stephanie about her experience with Fitbella and here's what she had to say.

Q. How did you decide to join Fitbella?

A. Fitbella actually found me. On a whim, I entered a contest. I never imagined I would win! (It's the first contest I've ever won!)

Q. Did you have training or an exercise routine before you joined?

A. Does chasing a toddler around all day count? Ha! I would walk, but it wasn't consistent.

Q. How do you carve out time in your schedule?

A. It's really very easy to find the time for Fitbella. All I need is an hour (including drive time). This workout is so fast, yet so effective. I even have time after for a long, hot kid-free shower!

Q. Is there an aspect of the program that you like best?

A. The best part about Fitbella is how customized it is to me and my needs. I came in hoping to shed those last few post-pregnancy pounds and inches. But after my first session I found out I was pregnant again! My routine was modified, so I could get the most out of my work-out while keeping me and the baby safe. Even with the modifications, and the pregnancy I'm still losing inches!! At 20 weeks I can still wear my jeans!

Q. Do you have any specific fitness goals?

A. When I started I really wanted to target my hips and lower abdomen. Once I found out I was pregnant, it became about keeping my core strong and the excess pregnancy weight in check. With my first pregnancy, I let the weight gain get out of hand (something I'm still paying for). Fitbella is definitely keeping me accountable this time. What a great feeling it is to see those inches come off and my weight holding steady, all while getting stronger and staying healthy for my baby.

Q. How would you describe the atmosphere in the center?

A. The atmosphere at Fitbella is such a judge-free zone. I really feel comfortable and welcome as soon as I walk through the door. The staff is incredible; the nicest group of women you'll ever meet. Plus, they know their stuff! I can honestly say for one of the first time in my life I actually enjoy going to work-out.

Q. Has the nutrition program helped you change the way you eat?

A. I didn't really follow the nutrition program, because I knew I would need more calories through the day and didn't want to restrict myself. It did, however, help me make smarter choices when it has come to snacking and cooking. I also love the healthy recipes and eating tips Fitbella posts on its Facebook page.

Q. Do you have any advice for women who might be considering starting a training program?

A. Just do it! It's amazing how bringing a little exercise into your life can change your outlook on so many things. I find myself to be much happier and more confident.



If you would like to find out more about Fitbella and how our program can help you meet your fitness goals contact our team for a free consultation at **561-775-0122**.

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Following the workout, you relax in the Fitbath, a steam bath designed to detox, smooth, tighten and hydrate skin. Many women find that the Fitbath is calming and relaxing after completing their Fitcapsule workout.

Getting your body ready for peak beach season is never effortless, but it does not have to be complicated, and the hot bikini body you've been wishing for might be easier to achieve than you think with Fitbella. The personalized exercise and nutrition plan developed just for you by a Fitcoach is designed to target your trouble areas. Your plan will include specific exercise movements and foods that will help you achieve your fitness goals in no time! Following the Fitbella program will help you lose those unwanted pounds, tighten and tone those trouble areas, and reshape your body in time for you to hit the beaches and enjoy summer.

Fitbella is more than just a weight-loss method, it is a lifestyle. It is a natural healthy way for women to lose weight and be fit.

The DRX 9000 Non-Surgical Technology Relieving Low Back Pain

By Dr. James McErlain, D.C.

If you are one of the millions of Americans suffering from lower back pain you are familiar with the traditionally prescribed course of treatment: refrain from physical activity, take prescribed pain medication and muscle relaxers, and seek the treatment of a physical therapist. If these steps were not effective spinal surgery was the only hope. This course offers little help for those unable or unwilling to undergo spinal surgery. For those individuals, pain seems like a never ending cycle making everyday activities seem impossible. Until now - innovative technology allows spinal decompression to be precise, gentle, safe and highly effective.

The DRX 9000 is the latest FDA-cleared technology for treatment of back pain due to:

- Low Back Pain
- Sciatica or Radiating (leg and foot pain and numbness)
- Post-surgical patients with failed back syndrome
- Cervical (Neck) pain and related symptoms (Accu-spina Decompression)

How Does The DRX 9000 Work?

The DRX 9000 gently reduces the pressure within the spinal discs so that the patient gets relief from pain in the back and neck. The machine features a specially designed table on which the patient lies down wearing a harness. The table uses a gentle traction force to decompress the lumbar disc. Once sufficient decompression is formed, a vacuum, called "negative intra-discal pressure", is formed, which relieves disc herniation.

The pressure on the accompanying nerves is reduced, which provides relief to the patient from pain and discomfort. While the vacuum is still there, it forces the herniated material to revert back to the disc along with the spinal fluids in order to accelerate natural healing of the adverse spinal condition.



The intelligent technology used in the manufacture of the DRX 9000 spinal decompression machine enables it to auto-adjust the traction levels required by the body by analyzing the reaction of the patient's body. The treatment is fast, generally painless and most patients find it relaxing.

Is it effective?

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How do I get started?

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Reliable back pain relief is within reach!

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"Dr. McErlain is awesome! I have a herniated disc that I aggravated on Sunday. I could not walk without assistance. I was in a lot of pain. I saw Dr. McErlain on Monday and I was able to walk again and my pain had diminished! It is now Thursday and I am feeling 85% better and I know I will only continue to get better as I continue with his treatments. I cannot thank him or his staff enough. Everyone there is so professional and kind." ~ Tracy W.

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Chronic Pain and the Role of Mindfulness Meditation

By Jerry Lerner, M.D.

Sierra Tucson Medical Director & Chief of Pain Medicine

Chronic pain is not the same as acute, simple pain. Studies performed with a functional MRI machine (fMRI) in recent years have helped us to understand that the brain of a person in chronic pain works differently than a person who has new onset of pain. This is important to understand in order to help reduce the severity of pain.

When a healthy, comfortable person is placed in an fMRI machine and given a painful stimulus, a localized area of the brain lights up. This area, known as sensory cortex, registers and identifies the sensation. However, if a person with chronic pain is placed in the fMRI machine and provided with a painful stimulus, the picture is very different. Not only does the sensory cortex light up, but also other areas of the brain. One of these areas of the brain is known to be associated with strong emotions such as anger and fear. The other area deals with analyzing past experiences to help determine what to do in the present and to project into the future. This enlarged area of brain activation associated with chronic pain is very significant. Instead of just experiencing the painful sensation, the pain gets connected with the strong emotional center and with thoughts/regrets about the past and worries/ruminations about the future. One could say that a new pain (localized in the brain) is simple, objective pain, but that chronic pain (spreading into larger areas of the brain) is both pain and suffering. Anger, fear, past regrets, future worries – that is the brain pattern of a person in chronic pain. It is far more distressing than the mere sensation of pain. This is, in part, why people who experience chronic pain are prone to depression, anxiety, and withdrawal from life. It also is partly why typical pain medications have a limited effectiveness with chronic pain. No pain reliever was designed to relieve pain along with worry, anxiety, depression, or grief.

Fortunately, there is an effective way to reverse the “brain spread” associated with chronic pain. Various known as mindfulness, meditation, or the relaxation response, this very simple practice has been proven to reverse brain spread if practiced daily. fMRI studies have shown the brain to return to a normal state with as little as two months of daily practice. Research on mindfulness has confirmed that practitioners measurably reduce pain, anxiety, and depression. If mindfulness was a pill you could take, it would be the most successful medication on the market.

There are many ways to practice mindfulness, or relaxation. Following is a simple way to start:

Sit up in a relaxed position, as comfortable and supported as you can be. Close your eyes and begin to pay attention to your breath. Follow your breath as it enters your nostrils

and enters your lungs, and follow it as the air leaves again. Continue to follow each breath in and out. No need to control or alter your breath, just pay attention to it. It is natural that from time to time your attention will wander. As soon as you become aware of this, simply bring your attention back to the breath. No need to judge yourself or strive for perfection. Simply follow the breath, and when attention wanders gently return attention to the breath. Practice this for 10 to 30 minutes once or twice daily and within 8 weeks your pain and suffering will feel less intense, and your mood will feel improved.

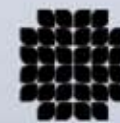
Other benefits of a mindfulness practice can include improved sleep, better digestion, and lower blood pressure.

Adding mindfulness to other healing practices for your pain such as regular, safe exercise; healthy diet; competent body work; and appropriate medical support will have you well on your way to feeling back in control of your life.

For those people who are struggling to find their way back

to life from chronic pain and for whom good outpatient treatment and self-care has not been enough to turn things around, I strongly urge you to check out the Sierra Tucson Pain Management Program, a residential program designed to address all aspects and complications of chronic pain.

In a preliminary study conducted during 2011 and 2012, pain-related quality-of-life measures were collected from 41 patients in Sierra Tucson’s Pain Management Program upon Admission and Discharge. The patients in this sample completed a series of pain-related and health-related quality of life scales from the PROMIS initiative, and other validated pain functioning measures. In addition to the graph below showing how pain ratings decreased daily and weekly during treatment for chronic pain, Sierra Tucson invites you to see more outcomes research data at www.SierraTucson.com or to call 8008424487 for more information.



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* findings based on two-tailed Paired - samples t-tests and Cohen



What Is Diabetic Retinopathy?

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

Diabetic retinopathy, the most common diabetic eye disease, occurs when blood vessels in the retina change. Sometimes these vessels swell and leak fluid or even close off completely. In other cases, abnormal new blood vessels grow on the surface of the retina.

The retina is a thin layer of light-sensitive tissue that lines the back of the eye. Light rays are focused onto the retina, where they are transmitted to the brain and interpreted as the images you see. The macula is a very small area at the center of the retina. It is the macula that is responsible for your pinpoint vision, allowing you to read, sew or recognize a face. The surrounding part of the retina, called the peripheral retina, is responsible for your side—or peripheral—vision.

Diabetic retinopathy usually affects both eyes. People who have diabetic retinopathy often don't notice changes in their vision in the disease's early stages. But as it progresses, diabetic retinopathy usually causes vision loss that in many cases cannot be reversed.



A Normal Retina



A Retina showing signs of Diabetic Retinopathy

Diabetic Retinopathy Symptoms

You can have diabetic retinopathy and not be aware of it, since the early stages of diabetic retinopathy often don't have symptoms.

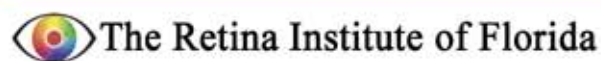
As the disease progresses, diabetic retinopathy symptoms may include:

- Spots, dots or cobweb-like dark strings floating in your vision (called floaters);
- Blurred vision;
- Vision that changes periodically from blurry to clear;
- Blank or dark areas in your field of vision;
- Poor night vision;
- Colors appear washed out or different;
- Vision loss.

Diabetic retinopathy symptoms usually affect both eyes.

Careful management of your diabetes is the best way to prevent vision loss. If you have diabetes, see your eye doctor for a yearly diabetic retinopathy screening with a dilated eye exam — even if your vision seems fine — because it's important to detect diabetic retinopathy in the early stages. If you become pregnant, your eye doctor may recommend additional eye exams throughout your pregnancy, because pregnancy can sometimes worsen diabetic retinopathy.

Contact your Eye M.D. right away if you experience sudden vision changes or your vision becomes blurry, spotty or hazy.



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

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Diabetic Retinopathy Treatment - The best treatment for diabetic retinopathy is to prevent it. Strict control of your blood sugar will significantly reduce the long-term risk of vision loss. Treatment usually won't cure diabetic retinopathy nor does it usually restore normal vision, but it may slow the progression of vision loss. Without treatment, diabetic retinopathy progresses steadily from minimal to severe stages.

Laser surgery - The laser is a very bright, finely focused light. It passes through the clear cornea, lens and vitreous without affecting them in any way. Laser surgery shrinks abnormal new vessels and reduces macular swelling. Treatment is often recommended for people with macular edema, proliferative diabetic retinopathy (PDR) and neovascular glaucoma.

Laser surgery is usually performed in an office setting. For comfort during the procedure, an anesthetic eyedrop is often all that is necessary, although an anesthetic injection is sometimes given next to the eye. The patient sits at an instrument called a slit-lamp microscope. A contact lens is temporarily placed on the eye in order to focus the laser light on the retina with pinpoint accuracy.

Vitrectomy surgery - Vitrectomy is a surgical procedure performed in a hospital or ambulatory surgery center operating room. It is often performed on an outpatient basis or with a short hospital stay. Either a local or general anesthetic may be used.

During vitrectomy surgery, an operating microscope and small surgical instruments are used to remove blood and scar tissue that accompany abnormal vessels in the eye. Removing the vitreous hemorrhage allows light rays to focus on the retina again.

Vitrectomy often prevents further vitreous hemorrhage by removing the abnormal vessels that caused the bleeding. Removal of the scar tissue helps the retina return to its normal location. Laser surgery may be performed during vitrectomy surgery.

Medication injections - In some cases, medication may be used to help treat diabetic retinopathy. Sometimes a steroid medication is used. In other cases, you may be given an anti-VEGF medication. This medication works by blocking a substance known as vascular endothelial growth factor, or VEGF. This substance contributes to abnormal blood vessel growth in the eye which can affect your vision. An anti-VEGF drug can help reduce the growth of these abnormal blood vessels.

After your pupil is dilated and your eye is numbed with anesthesia, the medication is injected into the vitreous or jelly-like substance in the back chamber of the eye. The medication reduces the swelling, leakage, and growth of unwanted blood vessel growth in the retina, and may improve how well you see.

Medication treatments may be given once or as a series of injections at regular intervals, usually around every four to six weeks or as determined by your doctor.

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When you meet Erik Leander you might find yourself a bit intimidated. He's focused, driven and massive. Erik is 6'3" and 265 pounds of lean muscle. He's a master in the gym and in the kitchen. Erik's drive began at age 10 when he bought his 1st weight bench from Walmart with money earned from mowing neighborhood lawns. Throughout his teenage years he studied nutrition and fitness books, and by age 17 he won the state of Florida for natural body building, training people twice his age, including his football coach. "By my senior year, I knew what profession I wanted to pursue, my class schedule consisted of three cooking classes and a weight lifting class", Erik explains. "It was clear to me early in life that nutrition was just as important as fitness."

Prior to serving delicious and nutritious meals to your door, Erik served our country in the United States Army. Upon his return to civilian life, Erik began training athletes. He trained former boxing World Heavyweight Champion Shannon Briggs and boxed professionally himself. Erik "The Viking" Leander had a record of 11-2 with 8 KOs. He always insisted his clients not only work hard in the gym, but eat right as well. His motto, "I'm not going to train you unless you eat the right foods as well". Listening to his client's struggle with developing healthy low carb meals that were delicious, Erik took to his own kitchen to prepare meals for his clients. Word quickly spread about this approach to gourmet meals that were healthy, affordable, and delicious. Erik moved from his kitchen to a full operating business where FuelFood.com was formed.

WHAT IS FUELFOOD.COM?

Erik's dream was to make healthy, clean and lean foods delicious, easy, affordable and accessible to everyone wanting to maintain a healthy lifestyle, drop a few pounds, or reverse a mounting health issue (type 2 diabetes, hypertension, thyroid issues). Fuel Food.com offers 30 different meal options per week delivered from Jupiter through Miami, FL. As president, Erik Leander works with Executive Chef Thierry Smits to create all the recipes using only organic ingredients. Thierry Smits is our award winning French trained chef. Thierry has also ran the Ritz-Carlton Waldorf Estoria and was private chef for a presidential family. He has taken my inspiration to another level with his 40 years of culinary knowledge. All meals are pre-cooked the night before delivery and delivered fresh to your door. Fuel Food.com deliver from the Treasure Coast to Miami and meals start at less than \$8 per meal.



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DELICIOUS – Our gourmet, organic meals are simply delicious and healthy. FuelFood.com is the top choice of families, couples, singles, busy professionals, new and expecting moms, dieters, seniors, numerous professional athletes, celebrities, trainers and nutrition experts.

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THE LIQUID FACE LIFT



The Liquid Face Lift is a term used to describe lifting the face without surgery. The “liquid” part refers to the fillers that are designed to fill in wrinkles or hollow areas on the face and the “lift” refers to the lifting effect once the fillers are injected. “Fillers” are products that are injected into the skin not only to fill in wrinkles, acne scars and enhance lips, but also to volumize the face. Understanding all the different types of fillers can be a confusing process, for example, many times a person will ask for Botox to fill in lines without really understanding what Botox is for. In the past there were only a couple of choices for filling in wrinkles. Now there are so many fillers out there, making a decision as to which one fits your needs, has to be guided by a trusted medical professional. Filling in the face requires more than just a steady hand to inject, it should be accompanied by an artistic eye and in depth knowledge and experience from a practitioner. Knowing which product to use and where to use it, also plays a critical role in the liquid lift.

A face that is hollow under the eyes, has sunken-in cheeks, nasolabial folds (lines from the nose to the corner of the mouth) or marionette lines (line from the corners of the mouth to the chin) all describe the common conditions that are treated with fillers. The term marionette comes from the classic marionette puppets that have a separate mouth to the rest of the face, which gives the appearance of two long creases running down the mouth to the chin. An inexperienced injector may let you choose which filler you would like to use based on cost or personal request, however an experienced practitioner will listen and recommend specific fillers for each different area of the face that may be more beneficial. How long you would like the correction to last will also determine the types of product that is chosen.

It's hard to list every filler ever made, however here is a list of some commonly used fillers and their qualities.

Filler	Active Ingredient	Duration	Time to Take Effect	Location
Juvederm Voluma	Hyaluronic Acid	up to 2-3 years	Immediate	Cheeks, Smile Lines, Chin, midface
Juvederm Ultra	Hyaluronic Acid	1 year	Immediate	Cheeks, Smile Lines, Chin
Juvederm Ultra Plus	Hyaluronic Acid	1 year	Immediate	Cheeks, Smile Lines, Chin
Restylane	Hyaluronic Acid	6-8months	Immediate	Cheeks, tear troughs, smile lines, chin
Belotero	Hyaluronic Acid	6months	Immediate	superficial fine lines, vertical lip lines
Radiesse	Calcium Microspheres	1-2 years	Immediate	Non-Surgical Chin Implant, Hands, Non-Surgical Rhinoplasty
Artefill	PMMA Microspheres	3-5 years	Immediate	marionette lines, nasolabial folds
PRP	Patient's Platelets & Growth Factors	18-24months	6-8 weeks	Full Face, Hands Chest, tear troughs
Sculptra	poly l-lactic acid	24 months	6-8 weeks	cheeks, smile lines, chin

Although not a filler, Botox plays an important role in the liquid face lift. It is used to smooth out the lines on our face that only appear while making distinguished facial expressions such as smiling or frowning. A common misconception about Botox is that it is used to fill in wrinkles, however it works to smooth out new wrinkles and prevent static wrinkles. Static wrinkles are those that are permanently etched on the face even when the face is in the resting position. Botox has been used for many years on patients, even in children, who have strabismus (an abnormal alignment of the eye) long before it was FDA approved for cosmetic use.

The newest filler on the market is called Juvederm Voluma. New facial fillers have been released each year to compete against a host of anti-aging and beauty procedures. Products like Juvederm, Radiesse, Belotero and Sculptra are commonly used to turn back the clock. The most sought after ingredient in a filler is Hyaluronic Acid, mainly because it can be reversed in the event a patient is not happy with treatment outcome. Hyaluronic acid when used as a cosmetic filler, makes the treatment outcome more desirable for a couple of reasons. It is safe and natural looking and the only downside is that hyaluronic acids may not last as long as some other products, until now. A long time player in the cosmetic industry, Allergan, the company who manufactures Botox, Latisse and the popular product Juvederm XC, has now released its newest creation, Juvederm Voluma. Juvederm Voluma is a unique product because it is a hyaluronic acid based product, but it is the first hyaluronic acid product formulated to volumize the cheeks and midface. As a bonus, it can last up to 2 to 3 years. For more information contact mdbeautylabs at 561-655-6325.



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THE CORNEA

By David A. Goldman MD

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

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

The cornea consists of several layers, but it is simplest to break it down into three: epithelium, stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out "holes" can also appear in the epithelium.

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

New Technology in the battle against Osteoporosis

You may already be aware of how vibration training can help drop a dress size, but did you also know that it could help fight the onset and progression of osteoporosis?



elevation
HEALTH

Osteoporosis is a silent malady, a fragile bone condition that affects 44 million Americans causing more than 1.5 million fractures each year in the U.S. at a cost of \$17 billion.

Although both genders are affected, later age women are particularly susceptible. Osteoporosis afflicts an estimated 1/3 of women aged 60 to 70 years of age, and an extraordinary 2/3's of women aged 80 or older -- approximately 200 million women worldwide suffer from osteoporosis.

To date, the medical community has prescribed largely calcium supplements, vitamin D, resistance training, and controversial prescription drugs such as Fosamax to prevent and treat the malady, however, there is a revolutionary new technique to preventing and treating osteoporosis that is really 'shaking things up'. It's called "vibration training", or "whole body vibration".



Discover the Difference

Power Plate

Published research and a host of anecdotal, first-hand experiences by doctors, therapists and Osteoporosis patients are supporting the use of The Power Plate, an advanced whole body vibration system.

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www.jupiter.elevationhealth.com



The Power Plate initiates the body's innate reflexive response by slightly disrupting stability in order to stimulate a wide array of benefits including; but not limited to, increases in muscle strength, flexibility, hormonal release, lymphatic drainage, bone density and metabolic rates. Just as the leg kicks forward involuntarily when the doctor strikes the lower knee to test reflexes, the body's muscles engage in an involuntary reflexive muscle contraction in response to the vibration from the Power Plate system.

A New Holistic Approach to Osteoporosis

Vibration treatment is not only effective and painless in preventing and treating osteoporosis, but it's also very time efficient.

According to Scott Hopson of Power Plate North, "Conventional resistance training methods can create challenges for a wide range of the population either reluctant to, or unable to, engage in the time consuming and high stress obstacles associated with them. The Power Plate provides an exciting and holistic alternative, using the natural forces of gravity, in a significantly less stressful and time consuming environment - as little as 10-20 minutes 3 times per week."

In 2004, the American Journal of Bone Mineral Research published the results of a six-month study conducted with 70 post-menopausal woman, comparing bone scan results of those utilizing Power Plate over a 24-week period with those utilizing conventional resistance training over the same period.

Bone scan results for the Power Plate group revealed a 1.5% bone mineral increase at the hip, while the resistance training group revealed no significant increase.

As a bonus, the Power Plate group revealed significant improvements in postural control and balance, critical components to reducing falls which commonly result in fractures and significant injuries among those living with Osteoporosis.

What is equally critical to note is that the Power Plate group achieved its results in half the time and with significantly less effort as those that utilized conventional resistance training - three 30-minute sessions per week for the Power Plate exercise group compared to three 60-minute sessions per week for the resistance training group.

The Institute of Musculoskeletal Research and Clinical Implementation found that whole body vibration workouts, like that used through the Power Plate, improved the Bone-mineral density of participants by 4.3% after 8 months and improved balance by 29%.

In addition to published research, a host of medical and therapy professionals including doctors, physical therapists, wellness & longevity therapists and chiropractors are reporting positive and compelling stories of success with their own patients. In a time of medication recalls, it's good to know there is a safe and effective alternative. Vibration therapy using Power Plate technology for the prevention and treatment of osteoporosis is that safe and effective alternative.

To learn more about The Power Plate and determine if this treatment is right for you contact the doctors John & Sandy McLean, DC at Elevation Health 561-203-7945.



Dr. G's WeightLoss & Wellness™ offers a new Arsenal in the Battle against the Bulge

You won't find Dr. Khuri lounging beachside with a fruity cocktail or traveling the world enjoying retirement. Instead Dr. Khuri continues his lifelong passion of helping people live healthy and active lives.

Dr Khuri recently opened Dr. G's Weight Loss in Jupiter, Florida. Dr. Khuri explains, "Anyone in healthcare understands the havoc and disease obesity creates in the human body. We can't ignore the associations between the epidemic of obesity and other medical problems such as hypertension, diabetes, heart disease, arthritis and cancer. For 34 years, as an orthopedic surgeon, I saw firsthand the devastation obesity can create. Excessive body weight can cause joint and cartilage deterioration leading to pain and joint replacement. I

"There is no one program fits all approach in my practice..."

knew I wanted my second medical career to focus on effectively treating this epidemic — obesity."

It's no secret that the battle of the bulge is one of America's hardest fought wars. This year alone American's will spend \$60 billion on weight loss products, gimmicks, or programs. 108 million diets will be started and the average dieter will attempt to lose weight 4-5 times this year. "These numbers indicate we have not been treating obesity effectively in the US. Our approach is to focus on food consumption and energy expenditure, and this alone simply isn't working" explains Dr. Khuri. "When I discovered

Dr. Goldsmith's research supported approach, treating obesity as a multifaceted disease I was excited. Addressing weight loss and maintenance through long-term

metabolic change is the only effective way to lose weight and maintain weight loss."

The program was developed in 1994 by Dr. Charles Goldsmith as a physician-supervised medical weight loss program with a four-pronged approach: appetite, metabolism, diet and habits. It is offered around the world and has helped more than 100,000 people lose more than 1 million pounds. The program's cornerstone is an individualized approach focusing on individual appetite suppression and metabolism optimization. "There is no one program fits all approach in my practice, each plan is specifically developed and tailored based on an individual's metabolism, lifestyle, health issues, and goals" explains Dr. Khuri.

"During the initial visit, a client will meet with me where we will develop a personalized treatment plan based on medical history and exam, blood work, EKG, metabolic rate, body composition and behavioral history. The client's individualized treatment program may include FDA approved medication, proprietary herbal supplements, a custom meal plan and detailed exercise programs. Each client will also regularly meet with Susan Stone, our Wellness Coach to learn strategies for keeping their metabolism burning for years to come with specific instructions on diet and exercise" explains Dr. Khuri.

Whether you have 10 lbs or 100 lbs to lose, our individualized approach will help you achieve and maintain your goals and live an active and healthy life for years to come. For a free consultation, call us at 561-427-2232.



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Introducing a Genuine Breakthrough in HEARING REHABILITATION

Submitted by Dana Luzon, Au.D., CCC-A, FAAA

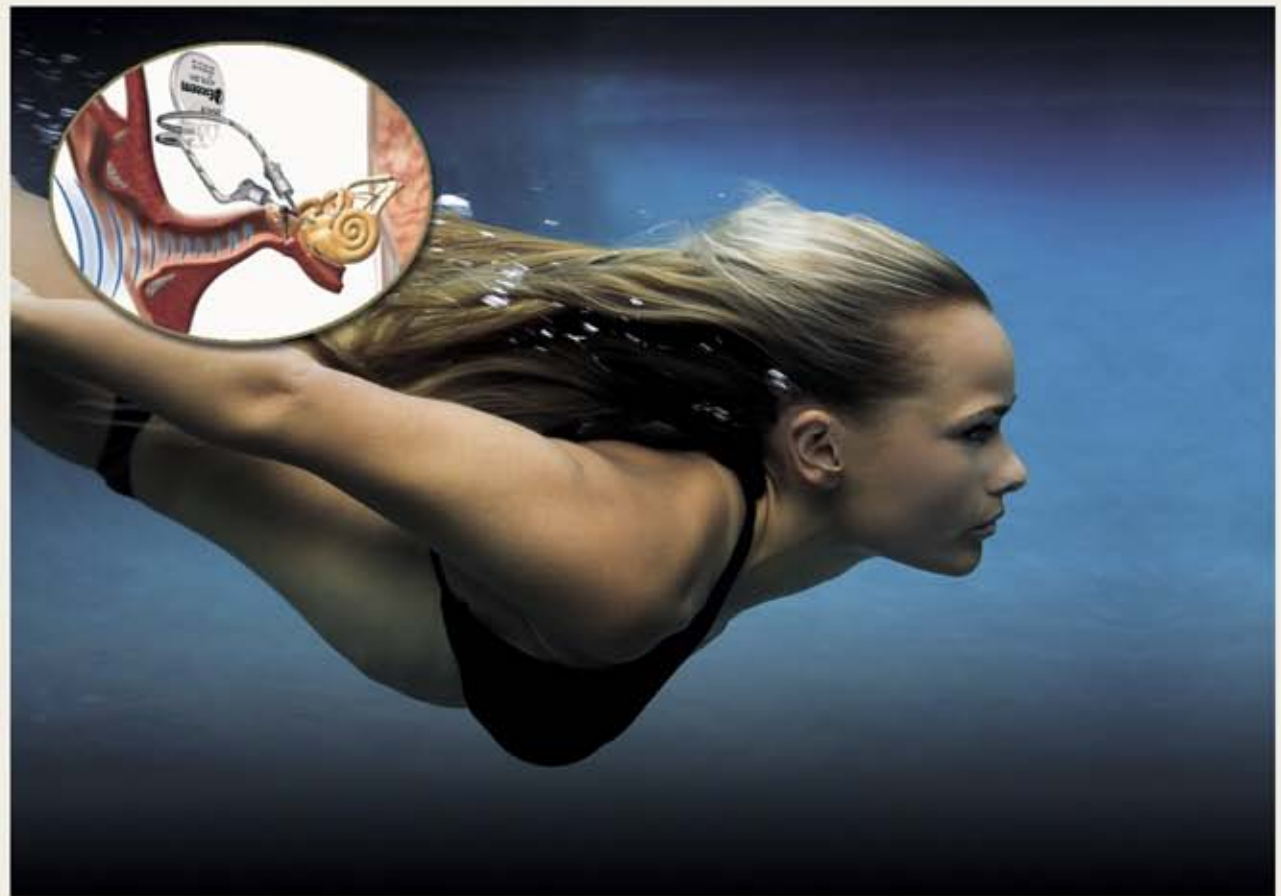
Finally, we as caregivers are able to offer an option for our patients to hear better and wear absolutely nothing! Imagine an opportunity to hear not just louder, which is what many devices offer, but from a device that is invisible, waterproof, and lets you look and hear your best.

We could not be more excited to present the breakthrough Esteem® Hearing Implant, an invisible, go-anywhere, long-term solution to hearing loss that offers freedom from the limitations of hearing aids. There are no external components, meaning you have no devices to take care of or worry about, which allows you to be free from the constraint of wearing hearing aids. With Esteem®, there is no lapse in hearing ability — it's 24/7 assistance, always with you, the way it should be.

The Esteem® Hearing Implant is designed to work with the natural structures of your ear, utilizing your body's natural anatomy. It uses no artificial microphone and no speaker, and therefore reduces the background noise, acoustic feedback, and distortion that can occur with hearing aids. Esteem works in the middle ear, receiving sound from your eardrum, processing the sound to suit your hearing loss, and then transmitting it through one of the bones of the middle ear to your cochlea. The surgery, performed by an Esteem-certified physician, is similar to other surgeries performed on the middle ear and can typically be performed as an outpatient procedure.

No device to wear also means no worrying over broken technology while doing the activities you love. Go for a swim or exercise whenever you'd like with no fragile instruments to worry about. That's right: The Esteem® Hearing Implant is 100 percent waterproof, allowing for swimming, showering, and exercise and some diving with zero worry over damage.

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Dana Luzon, Au.D., CCC-A, FAA, Doctor of Audiology

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

Bleeding Gums: Is That Normal?

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

A common question we are asked is, "my gums are bleeding, is that normal?" The simplest answer is to consider if you saw any other part of your body bleeding, would you consider that normal. If one were to look down at their shirt in the middle of the day and see blood stains, would that be normal. Obviously from my comments you can tell that bleeding gums should not be considered normal, but it is a common occurrence.

Bleeding or swollen gums (Gingivitis) can be caused by a wide variety of factors, but are most often due to your body's reaction to plaque and tartar that has accumulated near the gum line. This plaque (which is composed of bacteria) is seen as an infection by the body. The body sends extra blood into the area to help rid itself of the infection. We see this as swollen gums that bleed very easily. This is similar to a cut on your hand that gets red and puffy, as the body tries to ward itself of infection and begin the healing process. A buildup of plaque can be caused by things such as poor brushing technique and infrequent professional hygiene appointments.

There are things that can make cleaning your teeth more challenging, such as having a significant amount of dental work in your mouth. More specifically, dental crowns and filling materials resting near the gums can act as ledges at a microscopic level which are places plaque and tartar can accumulate. If these areas are not cleaned properly, gum inflammation can occur fairly easily. Over time if left untreated, gum inflammation can lead to a more advanced problem called Periodontitis. At this point, bone loss begins to occur which can lead to tooth loss.

Treatment:

The term periodontal disease comprises both Gingivitis and Periodontitis. It is important to understand that Gingivitis is reversible. Bleeding and inflamed



gums can be treated and in many circumstances the inflammation and bleeding will resolve and the area return to normal. Once bone loss has begun (Periodontitis), the disease is no longer reversible and more advanced treatment may be needed.

Proper oral hygiene and regular periodontal maintenance ("cleaning") appointments can help keep periodontal disease at bay. Should Gingivitis begin to occur, the most common non-surgical therapy involves Root Planing and Scaling (often referred to by patients as a "deep cleaning"). This treatment involves anesthetizing the areas involved and a deeper removal of the plaque and tartar above and below the gum line. In some situations, antibiotics may be prescribed orally or placed in certain areas under the gum itself.

As the disease progresses and periodontitis has begun, more advanced therapy is typically required. Traditionally, periodontal surgery has been used to help slow the disease progression. A newer technique called LANAP (Laser Assisted New Attachment Procedure) is available which utilizes a laser to treat the disease. In this procedure, there is no use of a scalpel or sutures, so minimal to no post-treatment discomfort occurs. The goal of both of these therapies is to help slow bone loss and keep your teeth longer.

It is important to realize that in many cases, this disease is painless and patients are often unaware of what is occurring. It is equally important to realize that more than half of our population has some form of periodontal disease and that treatment can be very successful if it is properly diagnosed. The only true way to identify the presence of periodontal disease is a periodontal evaluation which includes a complete gum evaluation (gum pocket measurements) along with an evaluation of a recent, complete set of dental x-rays.

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 and treat periodontal disease without the use of traditional surgical procedures. Additionally, he 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.

Dr. Cohen currently serves 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. In addition, Dr. Cohen has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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Don't Live with Chronic Anxiety

A powerful, drug-free method and technology can help - often dramatically.

By Tina Landeen, LCSW and Michael Cohen, Founder, CBT



Do you or someone you know experience chronic anxiety? Are you excessively nervous or fearful? Do you have panic attacks? If so, you've probably already tried or considered medications. Unfortunately, medications don't always eliminate all the symptoms, and they can have concerning side effects.

Medications also don't teach your brain to be healthier. You don't learn to quiet your mind or how to be calm. And unfortunately, many doctors are not yet familiar with treatments other than medication.

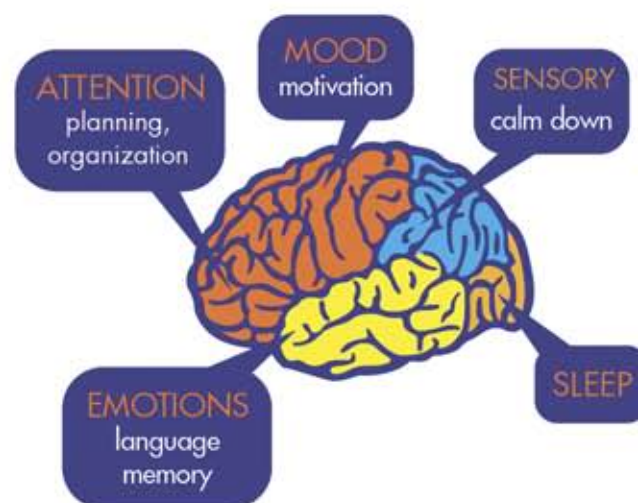
Are There Alternatives to Medications?

Yes. One alternative is neurofeedback. It's been proven to greatly reduce or even eliminate anxiety symptoms. For people currently taking medication, using neurofeedback can help lessen a reliance on meds, and some people are able to stop taking anxiety medication entirely.

Neurofeedback helps train the part of your brain that **CONTROLS** stress more than merely helping you manage it. When you struggle with anxiety, part of your brain is simply not able to keep you calm. Neurofeedback trains that part of the brain to function better and maintain healthier patterns.

Why Can't You Simply Talk Yourself Out of Anxiety?

People who don't understand anxiety may tell you to calm down and not let things bother you. If it were that easy, you'd already do it. When you have anxiety, the parts of your brain that are supposed to keep you calm aren't working very well. As a result, anxiety sufferers are often overwhelmed, exhausted, and feel the people around them don't understand. You can't talk yourself out of an entrenched brain pattern.





Can You Learn to be Calmer?

Neurofeedback is one of the most powerful technologies for reducing anxiety and panic attacks by helping the brain eradicate the stuck patterns that cause the anxiety. While everyone experiences anxious moments, with chronic anxiety, your brain gets stuck in that state, and it's difficult to change it.

Elizabeth is just one client whose life benefited from neurofeedback. Elizabeth, age 35, experienced severe anxiety and had up to 5 panic attacks a day. She said they were "taking over my life." She had been having problems with anxiety and panic attacks since age 17. After 10 neurofeedback training sessions, she had no panic attacks for almost 6 months. Training her brain helped her change the unhealthy pattern.

Another client (a licensed therapist himself) is a very wound-up man. He's hyper and anxious most of the time, though you'd not know by looking at him. After one 30-minute neurofeedback session, he said "I haven't felt this calm in my whole life." That doesn't mean one session solves the problem – his

brain didn't know how to be calm. He was able to rapidly learn, but it takes more time to become a new habit. He had tried therapy and medications for years. Only when he learned to calm his brain did it calm his mind. Neurofeedback helped him learn to change is chronic pattern – in his case, quite rapidly.

Our clients have often tried everything — from medication to meditation, from yoga to diet and exercise, from alcohol to stress-reduction techniques.

Many clients who have used neurofeedback say things bother them less, their minds are quieter, and they recover from stressful events more quickly. Research repeatedly shows biofeedback and neurofeedback are very helpful for any type of anxiety, even PTSD.

How Does Neurofeedback Work?

Neurofeedback training helps change brain patterns. It measures your brain's rhythms and rewards you when you make healthy patterns. For instance, with anxiety, certain patterns in the brain are often moving too fast. Neurofeedback helps your brain learn how to slow down the overactive areas by giving your brain a reward when it slows down.

With repeated training, the brain learns to maintain those healthier patterns. Correcting anxiety with neurofeedback just takes practice and reinforcement. The more your brain learns how to be calm through neurofeedback, the more it becomes a normal state in everyday life.

If you're on medication, it can often be reduced or even eliminated as the brain learns to remain in the calmer state.

We also offer other biofeedback tools that can be helpful with anxiety, and we encourage our clients to try different methods to see which work best. Some of these tools, such as heart rate variability training, can even be used at home.

If you are interested in additional information about how neurofeedback can help reduce your anxiety, call our office at 561-744-7616.

About Center for Brain Training

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

Michael Cohen, President and Director of Training, is one of the leading experts in the field of EEG Neurofeedback. In addition to helping clients through neurofeedback training, he also trains health care professionals on



how to use neurofeedback in their practices. He is a frequent consultant for mental health practitioners and addiction treatment centers.



Tina Landeen is a Licensed Social Worker who is focused on helping clients make desired improvements in their lives through neurofeedback and other forms of neuro-

therapy. She's worked for years with children, adolescents and adults with anxiety, depression, and ADHD and behavioral problems. Since working with neurofeedback the last several years, Tina has seen clients capacity to change – including developing new habits and managing their behaviors and mood far more than without the assistance of neurofeedback.

The Greatest Little Secret for Anxiety, Depression, and Sleep

It's called brain biofeedback or neurofeedback. You may have never heard of it. You should. It's one of the only tools that helps train your brain to **BREAK STUCK PATTERNS** with ones that work better. It's based on 40 years of research, including ADHD, mood, and memory. Almost everyone's brain can adapt, no matter what age. Neurofeedback is based on *neuroplasticity, the science of brain change*.

Call us at 561.744.7616 to schedule time for us to discuss your situation.



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With brain training, you learn to moderate your response to stress so anxiety occurs less frequently and is less intense and debilitating if it does happen. Neurofeedback helps you calm the over-reactive patterns that make life more difficult and allows you to take charge of your life again.



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Effective Treatment for Menopause and Weight Gain

Menopause is an inevitable part of a woman's life, whether brought on by necessary surgery or the natural progression of time. The symptoms often interfere with daily living and change women in a way that interferes with positive self image and emotions. As women approach menopause they endure many symptoms, but one that proves the most difficult for many women to accept is menopausal weight gain. Not only can a few extra pounds (or maybe more) ravage a woman's self-esteem and self-image, but weight gain can usher in a host of health concerns that put a woman at risk of developing life-threatening conditions. These include:

- Heart disease, stroke
- High blood pressure
- Osteoarthritis
- Breast cancer
- High cholesterol
- Kidney disease
- Sleep apnea
- Insulin resistance (increasing diabetes risks)

What is Menopause?

Menopause is a transitional period marking the cessation of ovulation in a woman's body. This time of change may last a few months to several years. Symptoms vary from mild to severe, and are brought on as our bodies try to adapt to decreasing amounts of estrogen. Symptoms include hot flashes, night sweats, insomnia, fatigue, mood swings, memory loss, vaginal dryness, headaches, joint pain, and weight gain.



260
LBS

Lost
63 LBS

5 months



Lost
24 LBS

3 months



Total
87 lbs

To Be
Continued...

About 90% of menopausal women experience some amount of weight gain. Although weight gain is a natural and common aspect of getting older, there are ways to reduce it. Women who are educated about this symptom are more likely to find ways around the typical spare-tire waist or extra inches here and there. On average, women gain between 12 and 15 pounds between the ages of 45 and 55, the stage in life when menopause typically occurs. This extra weight generally does not evenly distribute itself throughout a woman's body. The weight tends instead to accumulate around the abdomen, and women often notice the shape of their bodies slowly lose their hour-glass figure and begin to take on a rounded shape.

Diagnosis and Treatment of Menopause

Few areas of women's health stir up as much debate as Hormone Replacement Therapy (HRT), which is normally started when the first symptoms of menopause appear. While they may alleviate hot flashes and prevent osteoporosis, they will also increase the risk of breast, ovarian and uterine cancer, and have a number of significant side-effects. But HRT isn't the only solution. Menopause is an area in which Chinese Medicine shines. Acupuncture and Chinese herbal medicine have the ability to detect energetic changes that occur in the body and quickly relieve symptoms such as hot flashes, foggy mind, irritability and weight gain.

Evidence that Acupuncture and Herbal Medicine have been used for women's health can be found in early medical literature dating back to 3 AD.

Studies on Acupuncture and Menopause

Since the early seventies, studies around the globe have suggested that acupuncture and Chinese herbal medicine are effective treatments for hot flashes, anxiety, insomnia, vaginal dryness and many other symptoms associated with menopause. Recent studies show extremely positive results.



From 1997 to 1999, one of the first studies in the United States to explore the effectiveness of acupuncture in alleviating hot flashes, insomnia and nervousness was conducted by Dr. Susan Cohen, D.S.N., APRN, associate professor of the University of Pittsburgh. It was found that during the course of acupuncture treatments, hot flashes decreased by 35% and insomnia decreased by 50%. A follow-up study revealed hot flashes significantly decreased in those receiving acupuncture, compared to those receiving routine care.

In a research review published in 2009, scientists analyzed 31 studies (with a total of 3,013 participants) and found that acupuncture was associated with a significant reduction of average body weight and improvement in obesity.

While these results are promising and the United Nations World Health Organization has approved acupuncture as a treatment for symptoms associated with menopause, further clinical trials with larger samples are currently underway.

A drop in estrogen and progesterone can increase a woman's appetite and cause her to eat up to 67% more, according to one study. An increase in appetite coupled with a slower metabolism with the onset of menopause can cause weight gain in women. This could, perhaps, account for the 12% jump in the number of women who are overweight in midlife compared to women in their 20's and 30's.

Women who gain in excess of 20 pounds after menopause increase their breast cancer risk by nearly 20%, but those who lose 20 pounds after menopause reduce their breast cancer risk by as much as 23%

Yanhong Meng, AP, DOM

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



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IDENTITY THEFT – IT'S EVERYWHERE

By Steven Harless, CPA and Donna Holm, CPA, MST

Of all the things that can be stolen, your identity is probably the most damaging. Identity theft occurs when someone uses your personal information to commit fraud, open accounts or make purchases in your name and brings with it a ripple effect of problems that could take a year or more to sort out. If you have been a victim of identity theft, you will need to repair your credit history and possibly your standing with the IRS.

By the Numbers

- 12 million Americans were victims in 2012.
- Florida has the highest per capita rate of reported identity theft complaints followed by Georgia (Miami-Ft. Lauderdale-#1).
- 1 in 4 people receiving letters regarding a data breach become a victim of identity theft and fraud.
- 32% do not notify the police of their theft.
- The elderly are most susceptible to government benefit fraud and medical identity fraud.
- The highest percentage of victims are between ages 20 and 29 due to their constant use of social media.
- Mobile security thefts have risen 350% since 2010.
- 68.4% of individuals use the same password for multiple websites.
- The IRS processed \$4B in fraudulent refunds for 2012.
- There were 1.2M tax-related identity thefts in 2012 and 1.6M in the first 6 months of 2013.
- The IRS sent 655 refunds to a single address in Lithuania and 343 refunds to a single address in Shanghai in 2012.

Commitment, Caution and Foresight

- Keep all important documents secure, especially your social security card.
- Be mindful of credit card use, keep your card in sight when it is used.
- Secure gadgets and passwords, change regularly and use a unique password on every site.
- Limit the information you use online, especially Facebook, Twitter, and other social media.
- Keep open communication with your bank, inform them when you are traveling.
- Avoid opening unfamiliar links.
- Don't miss out on your mail, pick up often and hold at post office when traveling.
- Secure your receipts, scan and shred.
- Keep your PIN secure.
- Check your credit report regularly (www.creditkarma.com).
- Don't share personal information on the phone. The IRS will not call you!

In order to truly recover from identity theft, you must be diligent and take specific steps.

Generate a Report

- Immediately after the discovery of identity theft, create an Identity Theft Affidavit through the Federal Trade Commission (FTC).
- With your completed Affidavit, file a police report.
- Together, your Affidavit and police report form your Identity Theft Report. You will need copies of this report to send to credit agencies and the IRS.

Repair Your Credit Report

- Pull your credit report! (Equifax, Experian and TransUnion). These should be free because you have been the victim of fraud.
- Have the credit reporting agencies place a fraud alert on your file. You will only need to contact one bureau, which will notify the others.
- Write letters disputing each charge and send certified mail with a copy of your credit report highlighting the error. Do this for each error reporting from each agency.
- Request to have information that was the result of the identity theft blocked from your credit report.
- As problems are resolved, obtain a new credit report. Identity theft can have long-running ramifications, so keep up with your credit report regularly.

Contact Lending Institutions that Issued Credit

- Get in touch with the fraud departments at the companies that erroneously authorized credit to the thief in your name.
- Send these companies the same letters and credit report copies.
- Ask the companies to block fraudulent information, and the company will have to stop reporting the fraudulent information and will not be able to sell the debt for collection.
- Request copies of the documents that were fraudulently used to get credit or make changes in your name. This will enable you to have a copy of the fraudulent signature. The company is required to send it to you within 30 days of your request.

Inform the IRS

- As indicated above, tax identity theft is also a problem. In this case, the thief has used a taxpayer's identity and real or falsified W-2s to file fraudulent returns claiming a refund. You may not know this has happened until you file and find out your refund has already been taken.
- If you think someone has stolen your refund or used your social security number, notify the IRS immediately.
- Fill out the IRS Identity Theft Affidavit, Form 14039.
- When you receive correspondence from the IRS, respond right away.



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Spring (Change) is in the Air

By Brent Myers, Pastor of Community Life

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

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

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

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

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

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

Note what Paul says:

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

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

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

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



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