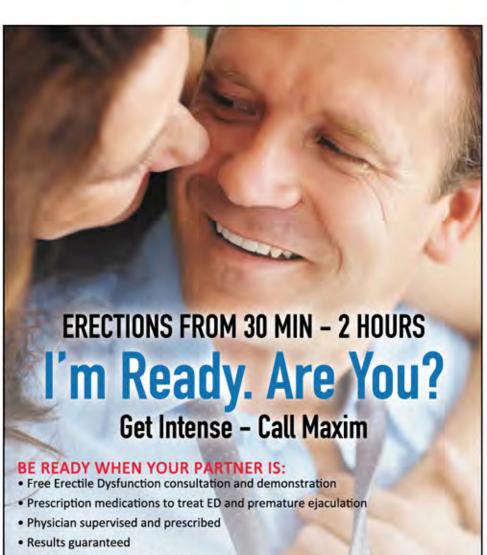
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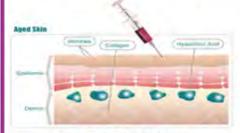
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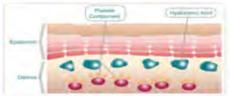
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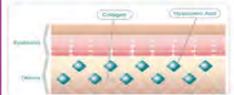
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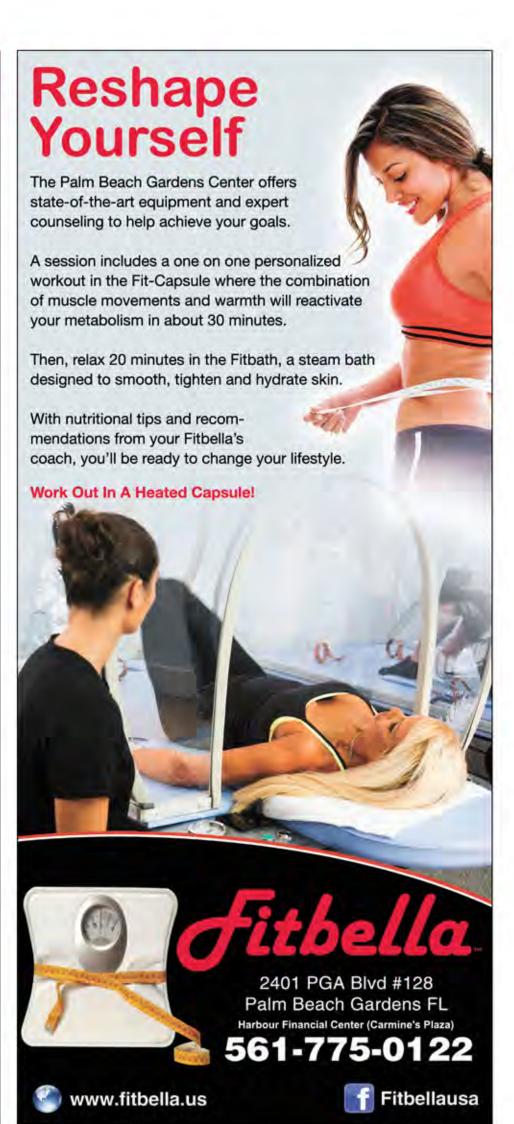
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Hair Loss?

Your own blood may hold the key to regrowth!

NEW 'VAMPIRE' PRP Treatment May Rejuvenate Dying Follicles

By Dr. Alan J. Bauman

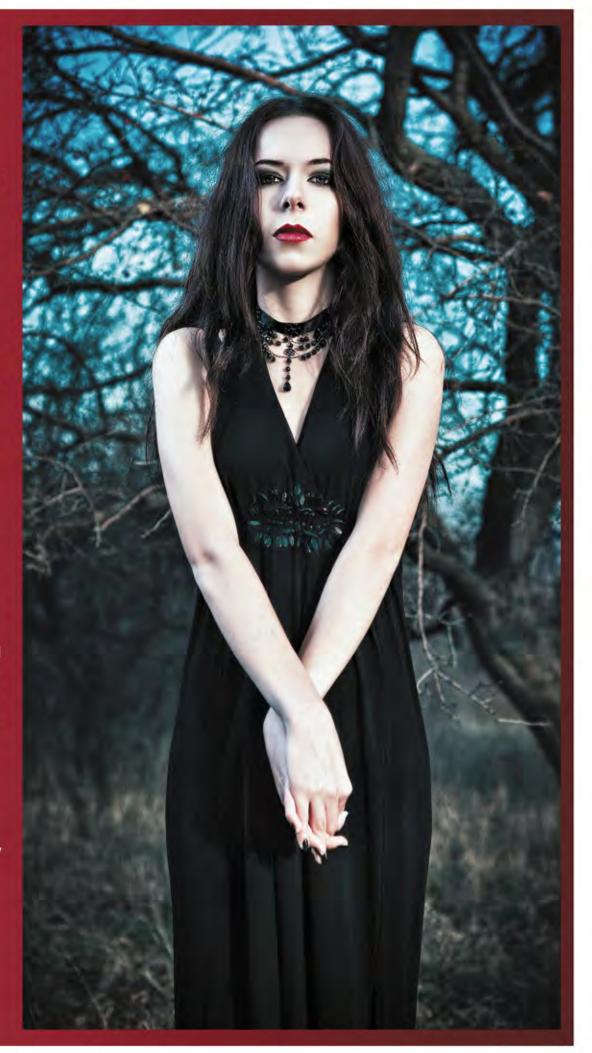
hat do Super Bowl winners Hines Ward and Troy Polamalu, World Series winner Alex Rodriguez, tennis champion Rafael Nadal, basketball's Kobe Bryant, Tiger Woods, Angelina Jolie and Kim Kardashian all have in common?

Well, the answer is that they have all reportedly used their own blood as a cutting-edge non-surgical regenerative medical treatment. Studied in over 6500 published scientific papers, the use of concentrated blood platelets also known as "Platelet Rich Plasma" or PRP has been used as a wound healing treatment for decades in the fields of dentistry, orthopedics and plastic surgery. PRP has recently gained increased attention as a safe, alternative, drug-free treatment attracting professional athletes looking to accelerate their recovery from injuries and high-profile celebrities looking to maintain a youthful facial appearance without surgery. PRP, often referred to as the "Vampire" cell therapy treatment, has also piqued the interest of hair loss patients who have taken note of the recent reports of PRP's hair regrowth potential—as seen on the Emmy Award winning show "The Doctors," ABC Palm Beach/Miami, NBC Palm Beach, etc. But how might this new Vampire therapy 'breathe new life' into failing follicles?

Why Use Platelets for Hair Growth?

Platelets are tiny cells that are critical to healing and are the body's primary source of natural bioactive growth factors for wound healing and tissue regeneration. Platelets contain many powerful proteins, cytokines and growth factors, such as:

- Connective Tissue Growth Factor (CTGF)
- Platelet Derived Growth Factor (PGDF)
- Transforming Growth Factor-beta (TGF-β)
- · Epidermal Growth Factor (EGF)
- . Insulin Growth Factor (IGF)
- Vascular Endothelial Growth Factor (VEGF)



Published studies suggest that these bloodderived growth factors can play an important role in regulating hair follicle function and support their use to safely treat common female and male hair loss and Alopecia Areata. The basic premise is that when these growth factors are highly concentrated in PRP and reinjected, they send cellular signals to reverse miniaturization of hair follicles, helping them produce hairs which are thicker, longer and stronger-providing a thicker, fuller head of hair, more coverage and less shedding. Some of the scientific reports and our own experience with PRP at Bauman Medical Group have shown dramatic reversal of areas of balding scalp.

How is a PRP treatment performed?

A PRP hair growth treatment is a quick noninvasive, non-surgical outpatient procedure that takes less than one hour in the doctor's office. A small blood sample is obtained from the patient at the time of treatment and spun in a special high-speed centrifuge that separates the platelets from the different components of the blood, thereby creating the platelet concentrate or PRP. After preparing the scalp, the PRP is painlessly injected in the area of the scalp where there is weak hair growth. In order to trigger release of growth factors from the platelets, a mechanical MicroPen™ microneedling device is used to create microtrauma in the area where PRP was applied.

What are the risks of PRP treatment?

Results can vary because every patient is unique. Patients who have undergone PRP hair growth treatments can go to dinner that evening if desired, and may shower and shampoo their hair normally following the procedure and there are no activity restrictions.

Since the treatment is autologous-made from your own body-the therapy is associated with virtually no risk of allergy, rejection, infection or disease transmission. Over time, repeat treatments may be needed to achieve and/or maintain the desired result.

Are all PRP treatments the same?

Unfortunately not, many physicians use different protocols to create and apply PRP. At Bauman Medical Group, we use the highly sophisticated

Alan J. Bauman, M.D.

YesPRP™ system to prepare PRP and often choose to enhance and prolong the effects of the treatment with advanced extracellular matrix products like ACell or BioD Restore. PRP has been routinely used in our practice since 2011 and all of our medical staff have been trained and certified by Cytomedix to prepare PRP.

How do I know if my PRP hair growth treatment is working?

Before treatment, the area of concern should be microscopically evaluated, photographed as well as measured using the scientific HairCheck device. Although results vary, some improvement in hair growth should be measureable within 90 days and continue to improve with visual results at six months. Since everyone responds differently, routine follow-up and measurements are essential to determine when PRP should be repeated or other treatments considered.

Can PRP be combined with other hair regrowth therapies?

Absolutely, a multi-therapy approach may be needed depending on the severity of the hair loss condition. PRP may be used as an adjunct to FDA-approved medications or other therapies like LaserCap low level laser therapy, compounded Formula 82M minoxidil, nutritional supplementation and hair transplantation.

Is PRP right for me?

If you are suffering from increased hair shedding, decreasing volume, weakening hair quality or coverage of the scalp, you may be candidate for PRP hair growth treatment. Because the effectiveness of PRP depends significantly on the amount of hair follicles that remain, early treatment is strongly encouraged. A detailed and comprehensive medical hair loss evaluation by a full-time ABHRS board-certified Hair Restoration Physician is recommended. Ask your Hair Restoration Physician if you are a good candidate for PRP and which FDA-approved medications or other treatments like low level laser therapy, nutritional supplementation and hair transplantation might be needed to achieve your hair restoration goals. To find out if you are a candidate for PRP hair regrowth treatment contact hair loss expert Dr. Alan J. Bauman, M.D. at doctorb@baumanmedical.com or call

561-394-0024 for a confidential consultation.

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

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



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

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

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Choroidal Neovascular Membranes

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

horoidal Neovascular membranes (CNVM) are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss.

CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.

Choroidal Neovascular Membranes Symptoms

If you have CNVM, you may experience painless vision loss. You may notice blank spots in your vision, especially your central vision. Your vision may be distorted, so that straight lines appear bent, crooked or irregular.

Who Is at Risk for Choroidal Neovascular Membranes?

Because wet age-related macular degeneration accounts for most patients with CNVM, they are most commonly found inpeople age 50 and older, with the risk growing with age.

However, people with risk factors for different eye diseases or who experience eye trauma may develop CNVM at a younger age.

Choroidal Neovascular Membranes Diagnosis

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs 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 choroidal neovascular membranes.



OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps in detecting abnormal blood vessels.

Choroidal Neovascular Membranes Treatment

Treatment of CNVM may vary depending on the underlying disease. Treatment for CNVM includes anti-VEGF treatment or/and thermal laser treatment .Depending on the progress of your disease, you may receive with one or more of these treatments.

Anti-VEGF treatment

A common way to treat CNVM targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is



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Lauren R. Rosecan

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called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of CNVM, slows their leakage, helps to slow vision loss and in some cases improves vision.

Your ophthalmologist administers the anti-VEGF drug directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic to numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

Thermal laser treatment

Another form of treatment for CNVM is with thermal laser therapy. Laser treatment is usually done as an outpatient procedure in the doctor's office or at the hospital.

The laser beam in this procedure is a high-energy, focused beam of light that produces a small burn when it hits the area of the retina to be treated. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few weeks. A scar forms where the treatment occurred, creating a permanent blind spot that might be noticeable in your field of vision.

Usually the abnormal blood vessels are destroyed by laser treatment. However, patients who receive this laser procedure often need a re-treatment within three to five years.

The 30-day Rule:

hirty days feels like a blink of an eye as we live our everyday lives. Time passes and we don't know where it went. However, try adding something new to you daily schedule and the same 30 days feels like a lifetime. This is certainly true when it comes to exercise. Did you know it takes 30 days to make a new activity a habit? Did you also know that it takes the body about 30 days to adapt to and show change from regular exercise. 30 is a powerful number when it comes to change. If you can do it for 30 days it becomes much easier to find the time, to make it habit, and to enjoy the activity regularly. It also takes 30 days to see real body transformation. Where will you be in 30 days?

At Fitbella, we take the 30 day rule very seriously, and understand how difficult change can be. Simply fitting into your busy schedule a time to exercise seems like an act of magic. We know, we have heard this challenge from everyone who walked into our door seeking change. We have experienced this challenge in our own lives. We know it's difficult, that is why we are here to help. At Fitbella, we are here to encourage and support you in making the 30 day mark. Your Fitcoach will schedule 1:1 time with you to fit your individual schedule, and support you every step of the way in creating your 30 day transformation. We will also use state of the art technology to help you reach your goals more quickly. Your fitness routine will be individualized to fit your specific needs, goals, and fitness level. You will work 1:1 with you personal Fitcoach every step of the way. And at the end of each workout session you will have the opportunity to relax and rejuvenate in our state of the art Fitbath.

The next 30 days could be your steps toward long term change or they could be the same as the last 30 days. Where do you want to be in 30 days?

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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.



October is National Breast Cancer Awareness Month

Breast Cancer Facts

ctober is National Breast Cancer Awareness Month. This is a very personal issue with me because I am a 7-year survivor of breast cancer.

October is also the month of my cancer diagnosis. Every anniversary of my diagnosis is a reason to celebrate. Each year that I am able to walk in the Survivors' Walk at Relay for Life is a fresh victory.

Many great strides have been made in the fight against breast cancer—in both the search for better treatment and more knowledge of how to have early diagnosis of the disease. Women and men alike have struggled with this dreaded diagnosis.

Key Statistics

Breast cancer is the most common cancer among American women, except for skin cancers. About one in eight US women will develop invasive breast cancer.

The American Cancer Society estimates for breast cancer in the US for 2013:

- About 232,340 new cases of invasive breast cancer will be diagnosed in women
- About 64,640 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive & is the earliest form of breast cancer)
- About 39,620 women will die from breast cancer

After increasing for more than 20 years, female breast cancer incidence rates began decreasing in 2000, then dropped by about 7% from 2002 to 2003. This significant decrease was attributed to the decline in the use of hormone therapy after menopause that occurred after the results of the Women's Health Initiative—a study linking the use of hormone therapy to an increased risk of breast cancer and heart diseases—were published in 2002.

Breast cancer is the 2nd leading cause of cancer death in women, exceeded only by lung cancer. Through earlier detection and increased awareness, as well as improved treatment, death rates from breast cancer have been declining since about 1989.



Risk Factors

Aging: Risk of breast cancer increases as you get older. About one out of eight invasive breast cancers are found in women younger than 45, while about two of three invasive breast cancers are found in women age 55 or older.

Genetic: About 5-10% of cases are thought to be hereditary.

Family history: Having a mother, sister, or daughter with breast cancer doubles your risk. Having two relatives with breast cancer triples it.

Personal history: A woman with cancer in one breast has a 3-4-fold increased risk of developing a new cancer in the same or other breast.

Race & ethnicity: White women are slightly more likely to develop breast cancer than African-Americans, but African-Americans are more likely to die of this cancer.

Having children: Women with no children or who had their first child after age 30 have a slightly increased risk.

Birth control: Women using birth control pills have a slightly greater risk. This risk seems to go back to normal over time once the pills are stopped.

Hormone therapy after menopause: Hormone therapy with estrogen combined with progesterone increases the risk and also increases the chances of dying with breast cancer. The risk seems to return to that of the general population within five years of stopping hormone therapy.

Use of alcohol: Those who have two to five drinks daily have about 1 ½ times the risk of women who don't drink alcohol.

Overweight/obese: Being overweight or obese after menopause increases breast cancer risk.

Physical activity: Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. In one study, as little as 1.25 to 2.5 hours per week of brisk walking reduced risk by 18%.

Myths and Facts About Erectile Dysfunction

A subject like erectile dysfunction is bound to be surrounded with as much legend as fact when it comes to causes and treatments. Check out these six common myths about ED and the facts to dispel the rumors.

Erectile Dysfunction and Age

Myth: ED is just a normal part of growing older and men just have to learn to live with it,

Fact: Although ED is more common among older men, that doesn't make it "normal" -- or something you just have to live with. It's not unusual for older men to need more stimulation to help get them aroused than they did when they were younger. But there's no reason you should have to accept a lack of sexual function as one of the inevitable consequences of getting older. Many men are able to get erections and enjoy sex well into their senior years, and there's very likely no reason that you can't be one of them.

Myth: Erectile dysfunction doesn't hit younger men. It's only a problem for older guys.

Fact: Although erectile dysfunction is more common in men over 75, men of any age can develop erectile problems.

Erectile Dysfunction and Overall Health

Myth: ED may be upsetting, but there's nothing dangerous about it.

Fact: Although the ED itself isn't necessarily dangerous, ED is often one of the earliest warning signs of other underlying health conditions that can be quite serious. One of the most common underlying health conditions is diabetes. Erection problems can also be a symptom of heart problems such as hypertension (high blood pressure) or atherosclerosis, as well as hormone imbalances and neurological disorders such as Parkinson's disease.

That's why it is essential to see a doctor if you have erectile dysfunction. Not only can a thorough medical examination help you identify the cause of the problem and find a treatment that can return you to a more active sex life, it may also alert you to a bigger health condition that needs immediate treatment.



So if you are experiencing erectile problems, it is important to see a qualified physician specializing in men's health immediately for a complete physical examination and testing.

Myth: If you have trouble getting an erection, it's because you're not attracted to your partner.

Fact: There are many reasons why a man might experience erection problems. Although lack of sexual attraction to one's partner might be one of them, it's actually far more likely to be something else. ED can be caused by:

- · Heart problems, such as high blood pressure and atherosclerosis
- Diabetes between 35% and 50% of men with diabetes experience ED
- A variety of prescription drugs, including medications for blood pressure, anxiety, and depression
- · Neurological disorders, like Parkinson's disease and multiple sclerosis
- Hormonal imbalances
- . Mood or emotional problems such as stress, anxiety, and depression
- · Lifestyle habits such as smoking and drinking alcohol
- · Certain types of prostate and bladder surgery



Myth: If I have erectile dysfunction, I'll have to take pills for the rest of my life.

Fact: There are many options for treating erectile dysfunction. The FDA-approved medications specifically for ED treatment are effective for many men. These include medications taken by mouth, injected directly into the penis, or inserted into the urethra.

Because erectile dysfunction can also be the result of an underlying health condition like atherosclerosis, low testosterone levels, or high blood pressure, treating the condition may help alleviate your erection problems, too. If a prescription medication causes ED as a side effect, ask your doctor if you can be switched to another medication. Don't stop taking any medication before talking to your doctor. If pills don't work out for you, keep in mind that prescription medicines aren't your only option.

You may also be able to make a few lifestyle changes. Quitting smoking, losing weight, or decreasing your alcohol intake can significantly improve your sexual potency and help your erection problems.

Myth: I can treat ED myself without seeing a doctor by using herbal remedies and supplements for erectile dysfunction.

Fact: You run several risks when trying to take supplements for ED. The exact contents of many of the supplements marketed for ED are not known, and it's possible they could contain dangerous compounds or ingredients that might interact with other medications you may be taking.

In addition, many online sites will not advise you about the potential risks and side effects of taking the remedies they sell. And, of course, taking supplements without talking to your doctor means you aren't being examined for conditions like diabetes and heart disease that may contribute to ED.



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Your best option for successfully and treating ED is to consult with a doctor specializing in men's health. At Maximum's Men's Clinic we specialize in all things relating to men's health. Dr Herbert Fishman, medical director at Maxim Men's Clinic has 30 years experience in family practice specializing in Men's Health and Sports Medicine. For your free consultation contact our team at 561-459-3000.

www.MaximMensClinic.com

6 Ways You Can Damage Your **Hearing Without Knowing It**

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

oise-induced hearing loss (NIHL) is the most common type of hearing loss, but folks aren't always sure where their hearing loss comes from. There are some fairly obvious ways to damage your hearing, such as listening to music at excessive volumes, or firing weapons without hearing protection. Then there are situations where protecting your hearing doesn't seem very important, but doing so might actually prevent further damage. Consider the following sneaky causes of hearing loss.

WORKPLACE NOISE

Although many construction and manufacturing jobs state that hearing protection should be worn at all times on the job, these warnings are not always adhered to. Those who wear hearing protection may not be wearing it at all times - it may be removed to talk with co-workers or supervisors despite close proximity to high-noise-producing machines, and depending upon how loud those machines are, damage can be caused fairly quickly. Even with hearing protection, noise damage can slowly accumulate and wear on the delicate hair cells in the inner ear.

OTOTOXIC MEDICATION

Ototoxic medications are drugs such as painkillers that have chemical properties that make them toxic to the sensory cells in the ear. Painkillers taken in high quantities create not only a risk for dependency but for losing hearing as well; strong pain medications first cause a ringing in the ears before beginning to have adverse effects on hearing, but the impairment often goes away after discontinued use.



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SMOKING

Because of the impact and high profile of major diseases caused by smoking, potential hearing damage as a side effect of smoking often flies under the radar. But nicotine is a vasoconstrictor that causes blood vessels to shrink slightly, restricting blood flow to the inner ear and preventing oxygen from reaching it. Over a lifetime, this "suffocates" the ear.

DRIVING A CONVERTIBLE

Driving more often creates potential for developing or worsening hearing loss, thanks mostly to the sounds of the road and other passing vehicles. Some cars dampen sound, but convertibles lose that extra layer of "quiet ride" protection, leaving ears exposed to potentially dangerous noise levels around them. An October 2009 study found that driving some convertibles at speeds between 50 and 70 miles per hour exposed drivers to noise levels of 88 to 90 dB - beyond the level where damage begins to occur (85 dB).

PUBLIC TRANSPORTATION

The squeal and grind of light rails, trains, and even buses coming to a stop have the potential to cause hearing damage to daily riders of public transportation because they're constantly exposed to noise. Rough or curved tracks prevent smooth rides, leading to more noise. And those who are waiting for their bus or train are exposed to potential traffic on a busy street, which can sometimes reach levels of 100 dB or more.

ATTENDING SPORTING EVENTS

Due in part to the nature of sporting events watching athletes perform — the danger of noise is often forgotten. Many stadiums still manifest crowd noise dangerous enough to damage hearing. Seattle's CenturyLink Field last year posted a decibel record of 137.6, enough to cause permanent damage in 30 seconds. Noise levels of 115 dBs or more - about the equivalent of a concert - are not uncommon but are safe to experience for only 15 minutes.



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.

Introducing LifeCall

The most important call you'll ever make.

re you prepared for an unexpected emergency? Is your loved one? What will you do if you are alone and you fall, get hurt, or need emergency help?

Founded in 2003 by Stephen Palermo, LifeCall is family-owned and operated. A former resident of Rochester, NY, Stephen relocated to Palm Beach County nearly two decades ago. Using the knowledge he gained during his 40 years of experience working in the life safety and security industry, Stephen saw a great need for a quality medical alert system and reliable service for the aging population. Stephen and the LifeCall team are dedicated to protecting older Americans every day, providing greater security and independence, and allowing them to stay longer in their own homes. This dedication has helped grow a company that started by provided services to local communities only to one that has a national footprint, shipping systems across the entire country.

Emergency help with the press of a button.

Personal emergency response systems (PERS), such as those offered by LifeCall, can help older adults to remain independent and in their own homes. The devices also are reassuring to adult children who know that if an aging parent suffers a fall or, worse, a stroke or heart attack, immediate help and medical attention will be summoned.

In the case of an emergency, appropriate assistance can be dispatched with the simple press of a button on an alarm worn around the neck or wrist. Single-press activation transmits to a base unit that dials out to an emergency response monitoring center. Certified EMT's on call 24/7/365 pick up and ask the client if there's an emergency and they need help. Then, based on the response (or lack thereof) they dispatch EMTs, fire, police or family, friends and neighbors.

Many people can benefit from having a LifeCall system. Medical alert systems are beneficial for seniors who wish to continue living independently in their own home, as well as people of any age who live alone, those who have elevated risks of falling, and young people with disabilities.



LifeCall offers high quality products and services that can be tailored to meet your individual needs. LifeCall is rated A+ by the Better Business Bureau and their systems are strongly recommended by doctors, hospitals and healthcare professionals.

The four main categories of products offered are as follows:

Standard: LifeCall Basic system, for seniors and at-risk persons who spend most of their time at home alone.

Advanced: LifeCall FallAlert system, detects when a fall occurs and promptly signal an emergency Response Center to send the help that is needed.

Cellular: LifeCall Wireless system, designed for users who desire protection in an emergency but do not have a traditional phone line.

Mobile: LifeCall MobileAlert system, for active users who desire protection in an emergency at home and away from home.

LifeCall systems are affordable and reliable.

Stephen developed LifeCall with the underlying belief that safety should not be expensive. "We pride ourselves on providing the best possible life safety equipment and service at the most affordable price," he exclaims.

LifeCall requires no equipment purchase, no activation or cancellation fees, no long-term contracts, and offers a lifetime price guarantee. Plans start at less than \$1 per day.

Should you consider LifeCall?

The LifeCall systems are designed to keep people independent and safe regardless of age or disability. Users have immediate access to emergency services, any time of the day or night, seven days a week. LifeCall is about protection and has earned a reputation for strong relationships with their clients, where they educate and talk to families, answering all questions they may have.

An online Needs Assessment test is also available at www.lifecall.com to help determine one's level of risk and readiness for a Medical Alert system.

Since its founding, the LifeCall organization has been defined by a family-first philosophy that has guided their mission: to help seniors and at-risk persons seeking to retain their independence and remain in their own homes. By engaging a caring team of dedicated professionals who share that passion, LifeCall Medical Alert Systems is – and will continue to be – at the forefront of providing the very best in-home health care monitoring solutions. And by offering a level of integrity, personal attention and service excellence that are simply unmatched, they have built friendships and relationships with their clients and their families that are the envy of the industry.



The DRX 9000 Non-Surgical Technology Relieving Low Back Pain

By Dr. James McErlain, D.C.

f 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?

Spinal Decompression has been proven effective in relieving the pain associated with bulging and herniated discs, degenerative disc disease, sciatica, and even relapse or failed back surgery. Since its release, clinical studies have revealed an amazing success rate in treating lumbar disc related problems with Spinal Decompression.

How do I get started?

Contact our office to schedule an initial consultation with our Dr. McErlain to determine if you are a candidate for care with Spinal Decompression. After carefully studying your case history and exam findings, he will sit down and explain his recommended plan of action for you. After answering any questions you may have about the recommended plan, you may begin your care with Spinal Decompression and start your journey back to pain-free living.

Reliable back pain relief is within reach!

Your path to wellness begins with a relaxed consultation with Dr. McErlain. We take the time to listen and get to know you in



order to understand how we can help. Our thorough examination uses the latest computer technology and onsite radiology to accurately pin point the cause of your problem. Once your findings are studied we'll sit down and discuss in language you will understand the cause of your pain and how to fix it fast.

Stop The Pain! Call Today For a FREE! Consultation 561-741-7575.

Jupiter Healthcare has had the privilege to help thousands of local patients find relief from back and neck pain. Below are some of the kind words that patients had to say about Dr. McErlain and his team.

"I have never met a doctor and staff in my time that truly cares about his patients as much as Jupiter Healthcare! After my football career I had to have both of my knees replaced. Then came my low back issues-two bulging discsand about a dozen Epidural shots. Finally after coming to your office and receiving spinal decompression and physical therapy, I can walk with about 85% less pain. It took 20 sessions with very little expense and now I have a much better quality of life. A miracle man is treating patients at 125 Indiantown Road in Jupiter, and I feel great! You and your staff are a true credit to society." ~ Ted M.

"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.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED OR REDUCED FEE SERVICES, EXAMINATION OR TREATMENT. NORMAL CONSULTATION FEE IS \$80.

BEGIN YOUR PATH TO PAIN RELIEF

After a relaxed consultation, Dr. James McErlain, D.C., will accurately pin point the cause of your problem so you can start your path to wellness.

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- · Cervical Spinal Decompression Therapy
- Chiropractic Therapy
- · Cold Laser Therapy

- Physical Therapy (Sondra Stollak, PT)
- Massage Therapy (Mary Shaw, LMT)
- · Flexion/Distraction
- Nutritional Products





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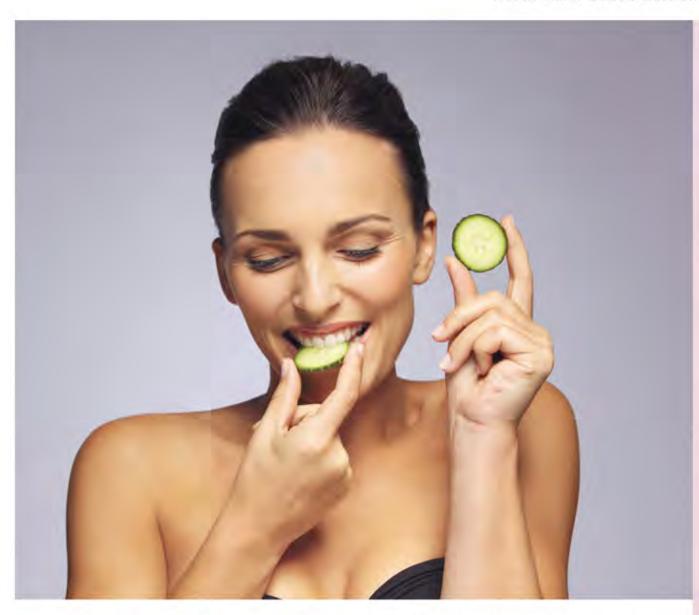
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Hyperpigmented or erythematous scars may require treatments with intense pulse light that improves the pigmentary irregularities. Intense pulse light is a laser type device that targets specifically the pigments red and brown. Depending on the intensity of the scar coloring, it may require several treatments.

Alternatively the Fractional laser can be used and is a highly advanced technology for many types of scars. Fractional is a 1540 nm laser that is used with a topical numbing agent to drill microscopic beams of laser damage into the skin thereby stimulating collagen production. What I especially like using with fractional or microneedling is PRP platelet rich plasma or tensage ampoules. PRP is use of your own enriched platelets that speeds up healing and recovery time. Tensage is a skin care ampoule that can be used daily to treat scars, but works effectively when combine with either of these two processes.

Once the basic steps of evening out skin color and discoloration are achieved I like to compliment the results with the VI peel. The beauty of the VI peel that is that it not only compliments any of other scar options, it dramatically improves skin texture.

Lastly, I recently had two patients that visited me for scarring. In comparison they were two different surgical cases but in both cases the scars were severe in size and type. These scars were relatively new and because the scars were new, none of the above options were recommended to start. I recommended a Scar Care Repair Kit and the scars have diminished up to 85%. in less than four weeks. I highly recommend the Scar Care Repair Kit because it is antimicrobial, infused with Vitamin E and made with medical grade silicone.

To further understand how these treatment may benefit you call 561-655-6325 or visit www.mdbeautylabs.com



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.



Complimentary Consultation / Gift Cards Financing Available

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



lorida Rejuvenation Center is dedicated to integrative medicine, a healing-oriented approach that takes into account the whole person including all aspects of one's lifestyle. Our company offers a multi-disciplinary approach to age management medicine with a board certified, licensed physician, research scientist, and a licensed health care practitioner. We utilize the body's information, from physical exami-

TREATMENT MODALITIES

nation, medical history and laboratory blood tests to create an individualized plan of evidence-based therapies to optimize the

aging process and improve quality of life.

The Human Chorionic Gonadotropin weight loss program utilizes subcutaneous/sublingual HCG therapy along with diet and exercise. It takes advantage of the body's natural chemical processes that stimulate fat loss while preserving lean muscle mass. The theory behind the proposed mechanism of weight loss with HCG is that non-essential or displaced fat specifically on the legs, buttocks, arms and abdomen is targeted versus lean tissue such as muscle. While most diets assist with temporary weight loss, it has been postulated that HCG resets the hypothalamus, the area of the brain that controls hunger and satiation, resulting in the increased utilization of stored fat.

Hormone Replacement Therapy

As men age testosterone levels can begin declining at a rate of approximately 1% per month. This phenomenon known as "andropause", "low T" or "low testosterone" can result in the following symptoms:

- Decreased sex drive and performance
- Erectile dysfunction
- · Decreased muscle mass & tone
- · Low energy
- Weight gain
- Sleep disturbances
- Lack of concentration



561-406-2504 floridarejuvenationcenter.com Andropause can be treated by replacing testosterone via daily administration of creams/gels or by weekly intramuscular injections. Detailed hormonal analysis via laboratory testing should be done prior to the initiation of therapy in an effort to assist the physician in creating an individualized treatment and follow-up plan including the monitoring for adverse effects.

In women, there is a tendency to think that reproductive hormone levels are fine until menopause. In reality, hormone levels can start to decline in the mid 30's in some women. Menstruation becomes irregular and unpredictable, there can be mood changes, thinning hair, loss of libido and weight gain. Additional symptoms can include:

- Night sweats
- · Hot flashes
- · Memory loss
- · Sexual dysfunction
- Anxiety & depression
- Difficulty sleeping
- Vaginal dryness

Detailed hormonal analysis via laboratory testing should be done prior to the initiation of therapy to assist the physician in creating an individualized treatment and follow-up plan including the monitoring for adverse effects.

Low Glycemic Index Diet

The rates at which different foods are broken down during digestion vary greatly. Some foods are rapidly converted into glucose and are known as high glycemic index foods and include most types of simple carbohydrates. Others are broken down more slowly and are referred to as low glycemic index foods and include most types of complex carbohydrates. The glycemic index was originally developed as a research tool to rank foods according to the rate at which they raise blood sugar levels relative to pure glucose. The rate at which pure glucose raises blood sugar is used as the standard measurement and is assigned a GI score of 100. So the closer to 100 a particular food is, the higher the glycemic index ranking.

When glucose is released into the bloodstream the body produces a storage hormone called insulin. Insulin's role is to carry glucose to those places that need it the most for fuel, most notably the brain and muscle cells. Our bodies can handle a steady release of glucose during digestion, however, when large amounts enter the bloodstream quickly, our regulatory system starts to produce large quantities of insulin. Surges in insulin actually increase our feelings of hunger. Additional glucose consumed will then be transported to our fat cells where it can

be stored in unlimited amounts. If this happens to often it leads to weight gain, but more importantly, it can damage our cells by causing insulin resistance. This damage may then result in premature aging and possibly trigger the onset of Type 2 diabetes.

Sermorelin

Historically, the symptoms of adult growth hormone deficiency have been treated with recombinant human growth hormone (HGH). Sermorelin is an alternative to HGH for those experiencing the symptoms of age-related growth hormone deficiency such as poor sleep, difficulty concentrating, poor libido, decreased muscle mass and weight gain to name a few.

Sermorelin is a synthetically manufactured growth hormone releasing hormone analogue. It stimulates the pituitary gland to initiate growth hormone production and secretion. As additional growth hormone enters the bloodstream it stimulates the liver to produce IGF-1. The results of additional IGF-1 in the bloodstream may include the following: Improved skin texture, decreased abdominal fat, improved sleep and an increase in lean muscle mass.

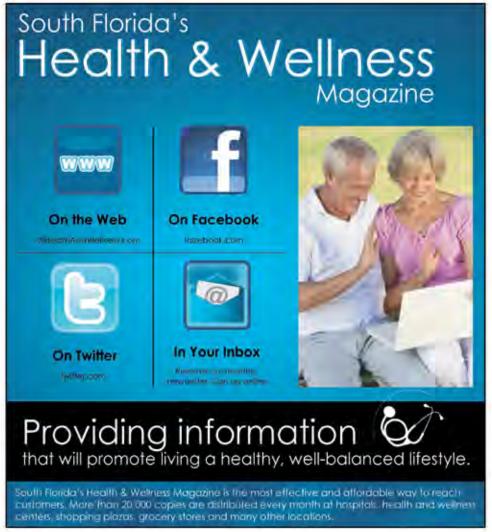


THE ONE PLACE FOR INTEGRATIVE MEDICINE

- Weight Loss Program
- Hormone Replacement Therapy
- Low Glycemic Index Diet
- Laboratory Analysis
- Amino Acid Therapy

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FRC is dedicated to integrative medicine, a healing-oriented approach that takes into account the whole person including all aspects of one's lifestyle. Our company employs a multidisciplinary approach to age management medicine and is comprised of board certified and licensed physicians, scientists, pharmacists, health care practitioners and wellness professionals dedicated to optimizing quality of life.



CAN ALZHEIMER'S AND INDEPENDENCE GO HAND IN HAND?

hile some treatments are being introduced to combat the effects of Alzheimer's, currently there is no cure. About 5 million Americans are living with Alzheimer's. This number is expected to rise dramatically over the next few decades. No one wants to hear they have this debilitating disease; it can be frightening and full of unknowns. For family members, the news usually invokes the same response.

WHAT IS ALZHEIMER'S?

Alzheimer's is the most common form of dementia. It makes up approximately three quarters of all dementia cases. It is commonly found in the elderly, but a small percentage of people are diagnosed as young as 40. One of the misconceptions about this disease is that it is a normal part of the aging process. The notion that everyone will eventually get dementia as we get older is wrong. Many believe that Alzheimer's is something mild, like forgetting where your car keys are, or forgetting someone's name from time to time. The fact is that Alzheimer's symptoms do gradually get worse with time and eventually lead to death. By the time symptoms present themselves, the average life expectancy is approximately ten years. Though, there have been cases of people living more than 20 years after diagnosis.

Being aware of the signs early can help give you a head start on what to expect. A disruption in daily life due to memory loss is easily one of the first and most common symptoms of Alzheimer's. Short term memory is affected more than long term; anything that has just been learned, such as someone's name can be immediately forgotten. Having more trouble than usual working basic objects around the house like the radio or television can be a telltale sign of the disease. Post-It notes and reminders can be crucial to help remember dates, names, or phone numbers.



One of the most difficult symptoms of Alzheimer's for the patient and their loved ones is difficulty with conversation. During a simple encounter, an afflicted person may stop speaking midway through because they don't know how to continue their thought. They may begin to speak differently, forgetting certain words and repeating what they had just said. Mood swings, anxiety, and fear of their surroundings can lead its victims becoming more and more reclusive. Many times, they do not want to go out into public and avoid social settings.

Treatment is available to help reduce the symptoms of Alzheimer's like memory loss, behavioral problems, and sleep changes. Medications can help, but they will not reverse or stop the process. For spouses and other loved ones, watching over them can be a full-time job. Excellent Care sees the frustration and feeling of hopelessness first

hand. We are an in-home care agency providing all your loved ones needs from skilled nursing care to help with daily chores, hygiene, running errands, and medical reminders.

If you have any question regarding Alzheimer's or the assistance that you and your loved ones can receive from Excellent Care contact us 561.404.0456. Our commitment to concierge caregiving is unparalleled, we will work with you individually to develop a care plan for your specific needs.





The Aesthetic Side of Weight Loss - Part II

By Suheil Khuri M.D.

n our previous article (September 2014) on this subject we discussed maintenance of healthy skin during weight loss. We also introduced the subject of platelet rich plasma (PRP) as one of the alternative Injectables to treat skin changes after weight loss.

We will discuss PRP in more details in this article and let you know more about what it is and what it can do for you.

PLATELET RICH PLASMA (PRP)

Platelets are small cells that circulate in the blood. The main function of platelets is to cause clotting of your blood when you bleed. They gather at the site that is bleeding and plug the hole.

Recent research has shown that platelets have another major roll. They produce various growth factors (substances capable of stimulating cellular growth, new cell formation and healing) as well as play a significant role in new blood vessel formation.

When platelets are concentrated (by placing extracted blood in a centrifuge) many other growth factors and proteins can be isolated with the platelets thus creating what is known as platelet rich plasma (PRP).

When PRP is extracted, activated and then injected into an area it induces new cell formation, stem cell migration to the area, new blood vessel formation, production of new and healthier tissues leading to healing and rejuvenation of that area.

PRP represents a novel noninvasive treatment method for patients with acute and chronic soft-tissue musculoskeletal injuries and more recently in aesthetics and skin care and rejuvenation. The popularity of PRP has increased in the medical community and has received an increased media attention in recent years, particularly because professional athletes have undergone this procedure.

First, some blood is extracted, just like when you get a blood test. The blood will then be treated in a centrifuge so that the platelets, proteins, and growth factors in the plasma can be concentrated. The platelets function best when concentrated to 3-5 times their original concentration. The Platelet Rich Plasma part of the concentrate (buffy coat area as in the next photo) is then withdrawn.

Once activated and injected, the concentrated platelets (PRP) will release several growth factors into the injected area, leading to tissue regeneration and healing. Collagen is produced and skin elasticity is improved.



PRP Extraction Kit

What can Platelet-Rich Plasma do for you?

- Restore lost facial volume and youthful contours
- Soften lines and wrinkles, such as crow's feet, smile lines, and frown lines
- Improve hollows and dark circles under the eyes
- · Hydrate the skin
- Promote the natural production of healing blood vessels and collagen
- Regenerate new tissue in damaged or scarred areas

For the best possible results, most patients need 2-3 injections given a few months apart. PRP can also be administered with other micro-needling techniques to cover larger areas when needed.

Microneedling Therapy is an advanced technique of introducing serum nutrients into the skin. It is not an injection, but instead uses a device with multiple tiny needles as in the next photo to create microscopic openings in the skin. These openings provide a clearer channel for the skin to better absorb hyaluronic acid, platelet rich plasma (PRP) or other healing nutrient serums. It is not a painful procedure since an anesthetic ointment is used before any microneedling session.



drGsweightloss.com/Florida/Jupiter (561) 427-2232

901 W Indiantown Rd., Suite 12 - Jupiter, FL 33458

Microneedling therapy also promotes the production of collagen and elastin for an overall improvement in the appearance of your skin that continues for a period of months after your sessions.

The channels close naturally and the growth factors stimulate healing. The result is visibly tightened skin, improved texture, tone and a clear reduction in pore size, fine lines and wrinkles.



At Dr. G's WeightLoss & Wellness of Jupiter and our recent affiliation with Aesthetic Care, we offer our patients the: PRP Life Lift™

The PRP Life Lift™ is a highly effective, non-invasive and natural alternative to improve the quality of your skin. The protocol is a combination of the following three therapies:

- RF (Radio Frequency) Therapy: works by utilizing heat generated by the RF machine that penetrates the outer layers of the skin to stimulate cellular growth and the formation of new collagen and elastin tissue. The created heat causes also shrinking of the collagen fibers leading to skin tightening. This is a natural and pain free therapy.
- PRP (Platelet Rich Plasma) Therapy as discussed above.
- 3. Micro Needling Therapy as discussed above.

The combination of these 3 therapies is unequaled in their ability to bring out significant change to the treated areas.

We will discuss the treatment for excess skin after weight loss in the November issue of South Florida Health & Wellness.

Call us for a free consultation at: 561-427-2232

Dr. G's WeightLoss & Wellness of Jupiter or 561-316-2284 our new affiliate sharing the same office: Aesthetic Care LLC

"Where we make you look great and feel great"



www.AestheticCareMedSpa.com

Gum Disease a Risk Factor for Heart Disease?



ver the past number of years, more and more research studies have been discussing the possible link between periodontal disease (gum and jaw bone disease) and other significant medical conditions. Periodontal disease includes a number of conditions ranging from Gingivitis (swollen gums) to Periodontitis (the loss of jaw bone that can lead to tooth loss). Some of the studies have started to link periodontal disease to more broad medical issues such as cardiovascular and pulmonary diseases.

A recent study reported in the European Journal of Preventive Cardiology (April 9, 2014) discussed periodontal disease as a possible risk factor for cardiovascular disease. The article summarized a very large study of patients (15,828 patients) from 39 countries with cardiac disease. It is believed to be the largest known study evaluating gum disease in patients with coronary disease.

The study reported more risk factors and biological indicators for cardiovascular disease with patients demonstrating increased tooth loss and bleeding gums. In short, the report suggests that there may be a link between periodontal disease and coronary disease. At this point, it has not been proven that there is a direct "cause and effect" relationship between the 2 diseases. Many studies have demonstrated a relationship between gum and heart illnesses.

What Can You Do?

It is important to continually (once or twice a year) see your dentist or periodontist for a complete periodontal evaluation. This painless examination includes measuring around the teeth to determine if the gums are inflamed or if jaw bone loss is occurring. A recent, complete set of dental x-rays are also used to help determine if the disease is present. A prominent national study demonstrated that gum disease is much more common than we used to believe. It has been shown that over 50% of people over the age of 30 have some form of periodontal disease.

Should it be determined that you have periodontal disease, a variety of forms of treatment are available. Earlier forms of the disease may be treated with periodontal maintenance ("cleanings"). More advanced forms often are treated with conventional procedures or more recently LANAP (laser therapy). The overall goal of any periodontal therapy is to help maintain health, keep your teeth and hopefully prevent an increased risk for other medical issues such as cardiac disease.

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. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen currently serves on the Board of Trustees for the American Academy of Periodontology and formerly 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 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.



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

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Cancer.

By Jessica L. Clark, APR, Public Relations and Marketing Associate Studio FSW – Florida SouthWestern State College

t is a word that is far too common in our society today. During the month of October, breast cancer awareness is highlighted to remind everyone about the importance of regular check-ups and to be aware of any changes. Those with a family history of breast cancer are reminded to be vigilant with monthly check-ups and annual exams. I am one of those individuals with a strong family history of breast cancer, as well as other types of cancer. I have been very lucky and blessed that I have not personally had to fight this disease, but I have watched as family members have fought it, with some winning and some not.

Because of this, I have regular discussions with my doctor about what to look for, as well as what preventative measures I can take.

On my father's side of the family, my grandmother battled breast cancer twice. The first time she had it she was able to beat it. I remember visiting her in the hospital and at the time I was so young that I didn't know why she could beat it once and not twice.

As I got older I learned that my great-grandmother on my father's side had also fought breast cancer and had ultimately had both breasts removed. Still, it wasn't enough to defeat the disease.

Historically my family history with breast cancer was only on my father's side of the family. In 2011 my aunt (mother's sister) was diagnosed with breast cancer. She had two surgeries to determine if it had spread. Following the surgery she is pretty much cancer free, but still visits her radiologist and oncologist every six months. This was the first time that breast cancer had made an appearance on my mom's side.



Jessica with mother Deborah Clark My mother had thyroid cancer and had her thyroid completely removed in 2000. She just noticed that a large lump had formed on her neck, and she made an appointment to have it checked. The doctors needed to do surgery to biopsy the lump. Once they started surgery, they decided it was best to remove the entire thyroid as a precaution, and the results determined it was cancer. Afterwards she underwent radiation therapy, and since then she has been cancer-free for 14 years. Once she was cancer free for five years, she purchased a separate cancer insurance policy because at the time she did not have one in place, and relied on her primary insurance which was still beneficial. But extra coverage never hurts.

But cancer is such a tricky disease, in that you never know if and when it could return. This is why it is critical to have regular exams and doctor appointments to be aware of your health, and discuss your family history if there is one. This can help you determine the best course of action to help prepare and defend against cancer of any kind. Due to my family history it was recommended that in addition to the regular check-ups with my doctor and being aware of any changes, that I start mammograms at age 35. I took this suggestion very seriously and made my appointment. I am happy to report that all is well and with this initial appointment we now have a baseline of what is normal moving forward. I also made sure in my 20s to secure a separate cancer insurance policy so that it allows me to pursue other areas of treatment if I were ever diagnosed with cancer that my primary insurance may not cover.



Jessica with Aunt Sheila Ezell



Jessica as a child with Grandmother Doris and father Ken Clark

Remember, cancer doesn't discriminate. It can strike anyone at any age at any time. We live in a fast paced world with commitments to family, work, and our communities, but we need to stop and make sure that we take care of ourselves and have regular checkups. Be aware of your health, not just in October, but year round and report any changes to your doctor. Have frank discussions with your physician to determine your cancer risk, preventative measures you can take, and what you should look for between doctor appointments. If you have questions or notice a chance, see your doctor as soon as possible.

Be healthy!



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The Lime

By Ronna L. Clements, Natural Health & Wellness Innovator

imes are native to southeastern Asia and they have been cultivated for thousands of years.

Historians started mentioning limes around the time of the Crusades, and in 1626, Sir Thomas Herbert spoke of finding oranges, lemons, and limes on the island of Mohelia, off Mozambique.

Lime trees grew on the island of Haiti as early as 1514 and the cultivated lime spread from the West Indies to Florida. Wild lime groves found in the Florida Keys were planted by a gentleman named Henry Perrine in 1838. Congress granted him land for growth of economical plants.

Today, Florida grows most of the limes in this country. California is second in production and Mexico is a close third.

The therapeutic value of limes is very high as they are one of the most alkalinizing foods. They are extremely good for arthritis because of their high Vitamin C content.

A drink mixed of lime juice with coconut water is a wonderful cooler for the brain and nervous system. Limes are good for a brain with a great deal of "hot blood" in it, which usually shows itself in anger, hatred, or other brain disturbances.

Like lemons, limes are very high in Vitamin C, are a good source of Vitamin B1, and are rich in potassium.

Limes make a delicious dressing for fish, and when added to melons, bring out the natural flavor of the melon.

Sub-acid fruits, such as apples, pears, plums, peaches, grapes, and apricots tend to digest well with this citrus fruit.



Limes spoil easily and if they have a dry and leathery skin, they should be avoided. They are best stored in a cool, dry place.

So, when you want to add a spring to your step and a little bit of zest to your life, put some lime juice on your food or in your coconut water.

The vibrant taste is refreshing any time of the day. Enjoy!

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Trouble Falling Asleep? Up at Night? Sleep better without drugs.

New technology focused on brain health can help you fall asleep easier and get a good night's rest.

By Michael Cohen, Founder, Center for Brain Training

f you struggle to fall asleep, have trouble staying asleep, and can't remember the last good night's rest you've had, you are not alone. Studies show that between 50 and 70 million Americans don't get enough sleep.

Many resort to supplements or prescription drugs in order to slumber more easily. Perhaps the supplements you've tried aren't effective. What if you can't tolerate medications, or you're concerned about the effects of taking drugs long term?

Sleep and the brain

Sleep is important to overall health and wellness. Studies show that over 40 million Americans suffer from chronic sleep disorders every year, and another 20 million experience occasional sleep problems.

Getting enough sleep isn't a luxury. Chronic insufficient sleep doesn't just make you drowsy it can contribute to a whole host of health problems, including increased stress, lowered immune functioning, decreased cognitive functioning, depression, anxiety, ADHD, and other emotional and behavioral challenges. Often times, sleep problems are brain issues.

Our brain regulates our sleep. When your brain is functioning optimally, it smoothly transitions from an alert and awake state, to a relaxed state, and then into a sleep state, allowing a healthy amount for rest for your entire body to recharge and repair itself. If the brain's timing is out-of-synch, the brain has difficulty switching to these states, if at all.

Sleep problems can become more pronounced and difficult to manage if the brain waves are too fast or too slow. If we're struggling with sleep issues, our brain may need a tune-up in order to help it function better and maintain healthier patterns.



"Tuning Up" The Brain

Neurofeedback is one option that consistently and effectively helps improve sleep. Neurofeedback helps your brain change itself and create healthier patterns - without medication. It's a powerful tool to help regulate sleep naturally.

Cheryl, a woman in her 60s, came to us because she had struggled since high school with falling asleep and staying asleep. She shared that she had averaged about four hours of sleep for most of her life, and rarely slept for more than five hours. She was always tired and concerned about cognitive decline.

She began brain training with neurofeedback and within three months her sleep gradually increased.

She's now able to fall asleep more quickly and reports sleeping up to seven hours most nights.

"I feel much more energy and optimistic as a result of the increase in sleep. It's made all the difference," shared Cheryl.

How Neurofeedback Works

Neurofeedback is a painless, non-invasive technique that helps change brain patterns naturally. It measures your brain's rhythms and rewards the brain when it makes healthy patterns. With sleep problems, for instance, certain patterns in the brain are often moving too fast. Neurofeedback helps your brain learn how to make healthier patterns by giving your brain a reward when it slows down.

With repeated training, the brain learns to maintain these healthier patterns. Correcting sleep issues with neurofeedback just takes practice and reinforcement.

Another client, Bill, came to us because he was unable to sleep before 1 or 2 in the morning. He needed to wake by 6:15 am in order to get to work, and this ongoing inability to sleep was starting to affect his work performance and his family life.

We were already working with one of Bill's kids for ADHD. When his wife mentioned his sleep problem during a brain training session with their son, we suggested Bill try neurofeedback as well.

In just over two months of neurofeedback, Bill was able to fall asleep between 10:30 pm and 11:00 pm almost every night.

Why Haven't I Heard of Neurofeedback for Sleep?

Many doctors aren't aware of neurofeedback, or its role in helping improve sleep. Often, improved sleep is the first significant change noticed by people when they start neurofeedback, even if they came to neurofeedback for something completely unrelated to their sleep struggles.

We know that sleep hygiene, the habits before sleep, can play a role in improving sleep, as can other behavioral modifications, yet many people resort to medication because medications are commonly known, and doctors are trained to provide prescriptions to help relieve their patients' problems.

Once doctors learn about the positive results in their patients, they are generally very receptive to neurofeedback and want to learn more.

Contributory factors, such as sleep apnea, need to be assessed in combination with neurofeedback training.

Does Neurofeedback Work for Kids and Adults?

People of all ages can have brain patterns that cause disruptions to their sleep. Neurofeedback is an excellent tool for kids and adults because it's similar to playing a video game, except the game is played with your brain.

Many parents report to us that their child's sleep is much improved, which can improve behavioral and emotional responses. People often see a noticeable improvement in sleep within the first four to six sessions.

Neurofeedback can also be beneficial for kids with difficulty falling asleep, kids who have nightmares or bedwetting problems, and kids who are difficult to wake in the morning.

About The Center for Brain Training

We offer a variety of other biofeedback and brain tools that can be helpful with sleep problems, and we encourage our clients to try different methods to see which works best.

Neurofeedback is a powerful tool to help regulate sleep. If you are interested in additional information about how neurofeedback can help your sleep issues, call our office at 561-744-7616.

The 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. We have offices in Juptier and Boca Raton. Learn more at www.CenterForBrain.com

Jupiter Office

Boca Raton Office

561.744.7616 561.206.2706

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Michael Cohen, President and Founder of the Center for Brain Training is one of the leading experts in brain biofeedback. For 16 years, he's taught courses and provided consulting to MD's

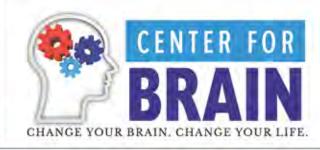


and mental health professionals around the world, helping them incorporate new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.

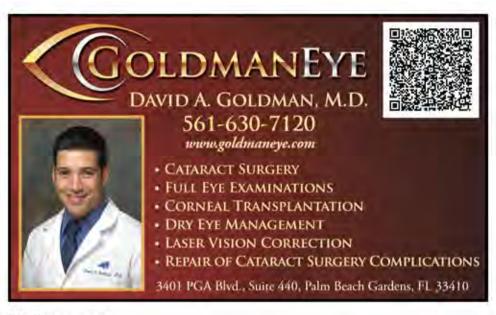


Renee Chillcott is a Licensed Mental Health Counselor and is the clinical director of the Boca Office of CenterforBrain.com. She has been practicing neurofeedback for almost nine years. She has worked for years using neurofeedback with

anxiety, panic attacks and depression. She reports that neurofeedback has helped her clients achieve far more success than with just psychotherapy or medications. The Boca office works with children, adults and families. Renee obtained her Master's degree from Nova Southeastern University in counseling She has also received continuing education in the diagnosis and counseling of attachment disorders, teaching positive parenting skills, and peak performance neurofeedback.







Effective Treatment for Menopause and Weight Gain

enopause 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.



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 hos-



pitals 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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Protecting Your Eyes

rotecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- . Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job especially
 in the course of work at factories and construction sites. But, in fact, nearly half
 (44.7 percent) of all eye injuries occurred in the home, as reported during the
 fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- · Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent
 of people were not wearing eyewear at the time of injury. Of those reported to be
 wearing eyewear of some sort at the time of injury (including glasses or contact
 lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- . DO NOT try to remove the object stuck in the eye.
- · Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- . DO NOT rinse with water.
- · DO NOT remove the object stuck in eye.
- · DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs.
 These drugs thin the blood and may increase bleeding.
- · After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- · DO NOT rub the eye.
- · Lift the upper eyelid over the lashes of your lower lid.
- · Blink several times and allow tears to flush out the particle.
- · If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- · Immediately flush the eye with plenty of clean water
- · Seek emergency medical treatment right away.

To treat a blow to the eye:

- · Gently apply a small cold compress to reduce pain and swelling.
- · DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- . Use eyewash to flush the eye out.
- . DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

David A. Goldman



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

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

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

Dr. Goldman speaks English and Spanish.

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#selfie

By Brent Myers, Pastor of Community Life

very year, Oxford Dictionaries announces a "Word of the Year". This is a word or expression that has attracted a great deal of interest throughout that year. This year's word is: Selfie.

A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facbook, Instagam, Twtitter, 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 @brentdrewmyers

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