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March 2015

South Palm Beach Edition - Monthly

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**Minimally Invasive
Partial Knee
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**Shedding Light
on Hair Loss**

**Hearing Loss:
Prevention Through
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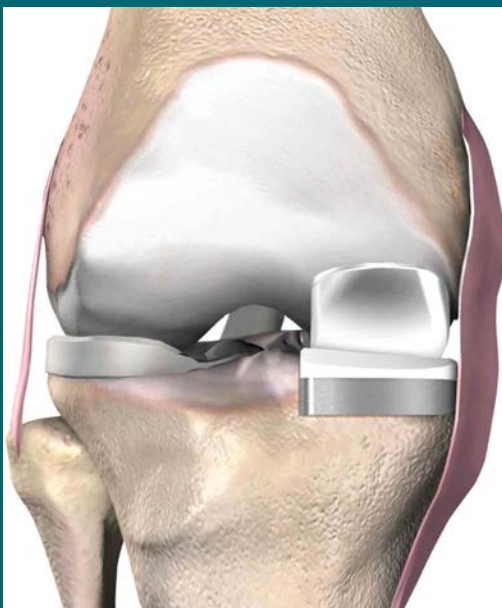
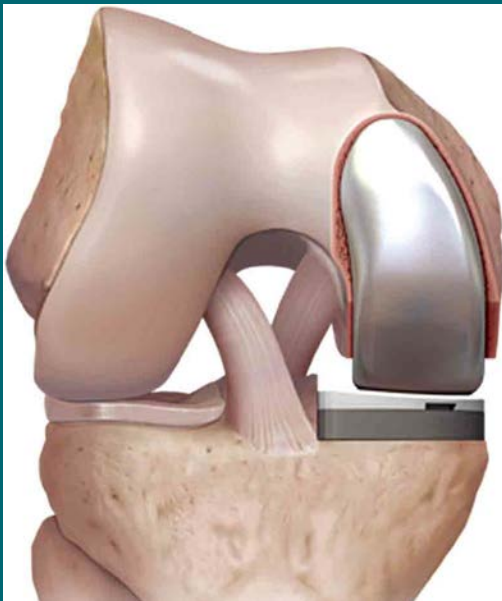
Minimally Invasive Partial Knee Replacement



The knee is divided into three main compartments, the medial or inside part of the knee, the lateral or outside part, and the patellofemoral or front of the knee between the kneecap and thighbone. While all three works together to move the largest joint in the body, sometimes osteoarthritis can cause joint damage resulting in pain and reduced range of motion. People with osteoarthritis that is confined to one section of the knee may be candidates to undergo a procedure called minimally invasive partial knee replacement, also known as unicompartmental knee replacement.

This type of operation is typically recommended only when other non-surgical treatments, such as activity modification, strengthening exercises, medications, cortisone injections, or use of a cane while walking, have not been effective in providing relief for arthritis symptoms. Patients who are most likely to experience positive outcomes from the surgery tend to be over the age of 55, not obese, relatively sedentary, and have ligaments that are intact.

In partial knee replacement, only the damaged compartment is replaced with a metal and plastic implant while the healthy cartilage and bone in the rest of the knee is left in place. Prior to the procedure, the doctor examines the knee, tries to identify the location of the pain, and tests the knee for range of motion and ligament quality. Imaging tests, such as X-rays or magnetic resonance imaging, may be done to see the pattern of arthritis or better assess the cartilage.



In a minimally invasive partial knee replacement procedure, an incision of about three to three-and-a-half inches is made to allow for insertion of the knee replacement. This results in minimal damage to surrounding muscles and tendons around the knee. The short length of the incision and less-invasive nature of the procedure causes less discomfort, swelling and blood loss for patients, as well as abbreviated hospitalization and rehabilitation compared to conventional surgery that requires a larger incision and is more invasive to soft tissues or bone. Patients also are able to return to work earlier.

During the operation, the surgeon checks all three compartments of the knee for cartilage damage and to make sure the ligaments are intact. The affected cartilage is then removed and the ends of the femur and tibia

are capped with metal coverings that are held in place to the bone with cement. A plastic insert is placed between the two metal parts to ensure a smooth gliding surface.

Patients can start to put weight on their knee immediately after surgery. They usually can walk without a cane several weeks after surgery, but may need physical therapy for a few months. Most types of exercise are allowed after surgery, including walking, swimming, and biking. However, patients should avoid high-impact activities such as jogging. Patients typically recovery quickly and experience less pain than they did before surgery. For more information about minimally invasive partial knee replacement, please visit our website at WestBocaMedCtr.com or call 866-904-9262 for a free referral to an orthopedic surgeon near you.

■ To find a physician specializing in MAKOplasty®, call 866.904WBMC⁹²⁶²

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March Is National Nutrition Month

Hearing Loss: Prevention Through Nutrition

There are many ways to support and maintain healthy hearing--protecting ears from noise pollution, turning down the music, and getting a regular checkup from an audiologist, but nutrition also plays a key part in hearing preservation. Studies confirm that hearing loss and poor nutrition go hand and hand. An Australian study reported on in the Journal of Nutrition, has shown that diets high in sugar and carbohydrates detrimentally impacts hearing. A similar study showed that diets high in cholesterol also contribute to hearing loss normally associated with aging. Cutting out sugary and cholesterol rich foods would be a good start to a hearing fitness plan, but good hearing nutrition doesn't only take into account what a diet includes, but also what is lacking.

Hearing loss is the third most common health problem in the United States, but few people are aware that changing their nutrition can help guard against it.



Antioxidants like **B12, folic acid, Omega 3, and vitamin A** are all important because they help fight off damaging free radicals.

Deficiency in nutrients, like B12 and folic acid can impair hearing by as much as 39% while increasing these nutrients, according to some studies, can protect hearing by as much as 20%. Folic acid deficiency specifically has been linked with high-frequency hearing loss. Research reported on in the December 2010 issue of Otolaryngology – Head and Neck Surgery indicates that deficiencies in folic acid and B12 impinge on hearing by harming the nervous and vascular systems and perhaps even damaging the coating over the cochlear nerve. Much of this damage is due to free radicals.

Antioxidants like B12, folic acid, Omega 3, and vitamin A are all important because they help fight off damaging free radicals.

Free radicals are everywhere and cannot be avoided, but the damage they inflict increases with poor nutrition and stress. Free radicals damage many parts of the body, so combating their presence with antioxidants not only protects hearing but has many other healthful benefits. An antioxidant rich diet can also help fight against ototoxicity, the damage some drugs like those used to battle depression and cancer can do to the inner ear.

Antioxidants are found in high quantities in healthy leafy greens and other foods like lentils, dried beans, and bananas. Substituting these nutritious foods for high cholesterol and high sugar foods would go a long way to preserving hearing and fighting off free radicals.

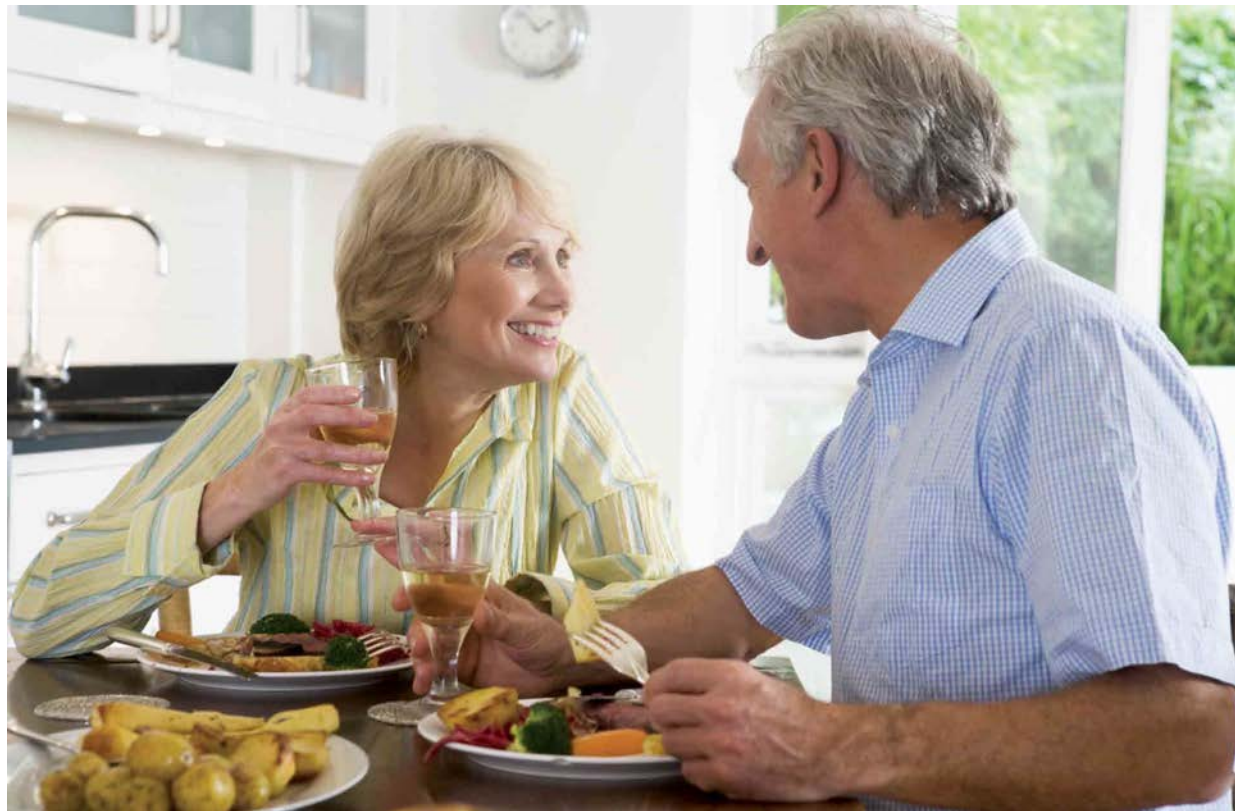
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Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories.



MAKE HALF YOUR PLATE FRUITS AND VEGETABLES.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

MAKE AT LEAST HALF YOUR GRAINS WHOLE.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

SWITCH TO FAT-FREE OR LOW-FAT MILK, YOGURT AND CHEESE.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day.

VARY YOUR PROTEIN CHOICES

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

CUT BACK ON SODIUM AND EMPTY CALORIES FROM SOLID FATS AND ADDED SUGARS.

Look out for salt in foods you buy. Compare sodium in foods and choose those

with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods.

Drink water instead of sugary drinks.

ENJOY YOUR FOOD BUT EAT LESS.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

Cook more often at home, where you are in control of what's in your food.

When eating out, choose lower calorie menu options. When portions are large, share a meal or take half home for later.



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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.'

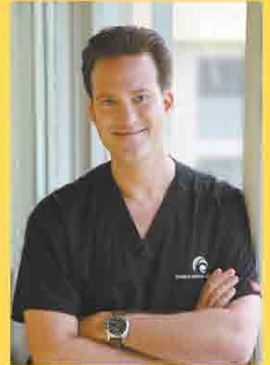


FDA Clinical Study on Laser Therapy and Hair Regrowth

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.

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

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



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

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

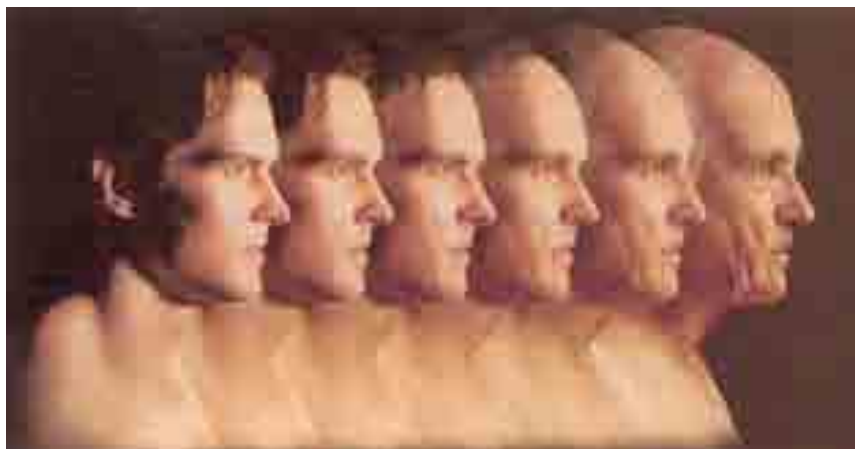
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Did you know?

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2- You will age an extra 6 months extra for every year that passes over the age of 40 without proper nutrition and exercise! (At 44 you will look 48. At 65 you will look 75)

3- You lose shape, tone and strength and gain more fat every year even if you EAT THE SAME CALORIES!

You can slow down aging without drugs, surgery, supplements and gimmicks.

SCIENCE: EAT RIGHT AND EXERCISE!!!



1 Forget Low Fat Diets!

These diets make you fatter, sicker, and more addicted to sugar and carbs, often leading to Diabetes Type-2



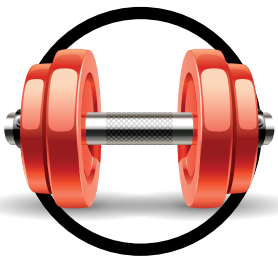
2 Stop Running and Cycling in circles!

Few people actually change their bodies with spin classes, cardio classes, and running on treadmills. This WILL NOT CHANGE THE AGE REVERSAL PROCESS!!! It will actually create free radicals that cause aging!



3 Drink a lot of Water

Water burns fat. It renews your skin. Water suppresses hunger. It also allows your liver to remain the #1 fat burning organ by making sure the kidney's aren't overwhelmed by dehydration! Just 12 ounces per day!



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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.

DIABETIC EYE PROBLEMS

There are two types of diabetic retinopathy:

Background or nonproliferative diabetic retinopathy (NPDR)

Nonproliferative diabetic retinopathy (NPDR) is the earliest stage of diabetic retinopathy. With this condition, damaged blood vessels in the retina begin to leak extra fluid and small amounts of blood into the eye. Sometimes, deposits of cholesterol or other fats from the blood may leak into the retina.

NPDR can cause changes in the eye, including:

- Microaneurysms: small bulges in blood vessels of the retina that often leak fluid.
- Retinal hemorrhages: tiny spots of blood that leak into the retina.
- Hard exudates: deposits of cholesterol or other fats from the blood that have leaked into the retina.
- Macular edema: swelling or thickening of the macula caused by fluid leaking from the retina's blood vessels. The macula doesn't function properly when it is swollen. Macular edema is the most common cause of vision loss in diabetes.
- Macular ischemia: small blood vessels (capillaries) close. Your vision blurs because the macula no longer receives enough blood to work properly.

Many people with diabetes have mild NPDR, which usually does not affect their vision. However, if their



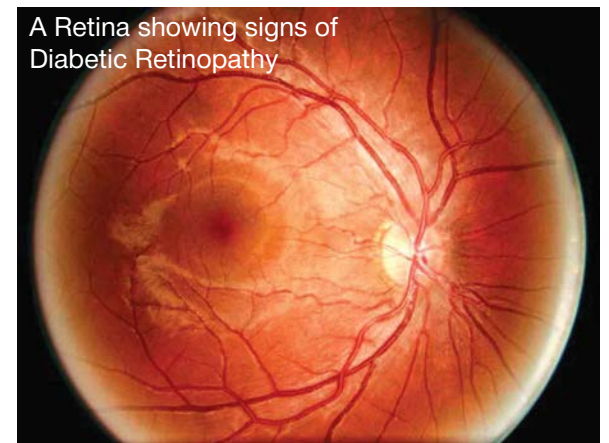
vision is affected, it is the result of macular edema and macular ischemia.

Proliferative diabetic retinopathy (PDR)

Proliferative diabetic retinopathy (PDR) mainly occurs when many of the blood vessels in the retina close, preventing enough blood flow. In an attempt to supply blood to the area where the original vessels closed, the retina responds by growing new blood vessels. This is called neovascularization. However, these new blood vessels are abnormal and do not supply the retina with proper blood flow. The new vessels are also often accompanied by scar tissue that may cause the retina to wrinkle or detach.

PDR may cause more severe vision loss than NPDR because it can affect both central and peripheral vision. PDR affects vision in the following ways:

Vitreous hemorrhage: delicate new blood vessels bleed into the vitreous — the gel in the center of the eye — preventing light rays from reaching the retina. If the vitreous hemorrhage is small, you may see a few new, dark floaters. A very large hemorrhage might block out all vision, allowing you to perceive only light and dark. Vitreous hemorrhage alone does not cause permanent vision loss. When the blood clears, your vision may return to its former level unless the macula has been damaged.



Traction retinal detachment: scar tissue from neovascularization shrinks, causing the retina to wrinkle and pull from its normal position. Macular wrinkling can distort your vision. More severe vision loss can occur if the macula or large areas of the retina are detached.

Neovascular glaucoma: if a number of retinal vessels are closed, neovascularization can occur in the iris (the colored part of the eye). In this condition, the new blood vessels may block the normal flow of fluid out of the eye. Pressure builds up in the eye, a particularly severe condition that causes damage to the optic nerve.

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.

See a simulation of what vision with nonproliferative diabetic retinopathy and vision with proliferative diabetic retinopathy look like.

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.

DIABETIC RETINOPATHY DIAGNOSIS

The only way to detect diabetic retinopathy and to monitor its progression is through a comprehensive eye exam.

There are several parts to the exam:

Visual acuity test

This uses an eye chart to measure how well you can distinguish object details and shape at various distances. Perfect visual acuity is 20/20 or better. Legal blindness is defined as worse than or equal to 20/200 in both eyes.

Slit-lamp exam

A type of microscope is used to examine the front part of the eye, including the eyelids, conjunctiva, sclera, cornea, iris, anterior chamber, lens, and also parts of the retina and optic nerve.

Dilated exam

Drops are placed in your eyes to widen, or dilate, the pupil, enabling your Eye M.D. to examine more thoroughly the retina and optic nerve for signs of damage.

It is important that your blood sugar be consistently controlled for several days when you see your eye doctor for a routine exam. If your blood sugar is uneven, causing a change in your eye's focusing power, it will interfere with the measurements your doctor needs to make when prescribing new eyeglasses. Glasses that work well when your blood sugar is out of control will not work well when your blood sugar level is stable.

Your Eye M.D. may find the following additional tests useful to help determine why vision is blurred, whether laser treatment should be started, and, if so, where to apply laser treatment.

Fluorescein angiography

Your doctor may order fluorescein angiography to further evaluate your retina or to guide laser treatment if it is necessary. This is a diagnostic procedure that uses a special camera to take a series of photographs of the retina after a small amount of yellow dye (fluorescein) is injected into a vein in your arm. The photographs of fluorescein dye traveling throughout the retinal vessels show:

- Which blood vessels are leaking fluid;
- How much fluid is leaking;
- How many blood vessels are closed;
- Whether neovascularization is beginning.

Optical coherence tomography (OCT)

OCT is a non-invasive scanning laser that provides high-resolution images of the retina, helping your Eye M.D. evaluate its thickness. OCT can provide information about the presence and severity of macular edema (swelling).

Ultrasound

If your ophthalmologist cannot see the retina because of vitreous hemorrhage, an ultrasound test may be done in the office. The ultrasound can "see" through the blood to determine if your retina has detached. If there is detachment near the macula, this often calls for prompt surgery.

When to schedule an eye examination

Diabetic retinopathy usually takes years to develop, which is why it is important to have regular eye exams. Because people with Type 2 diabetes may have been living with the disease for some time before they are diagnosed, it is important that they see an ophthalmologist (Eye M.D.) without delay.

The American Academy of Ophthalmology recommends the following diabetic eye screening schedule for people with diabetes:

Type 1 Diabetes: Within five years of being diagnosed and then yearly.

Type 2 Diabetes: At the time of diabetes diagnosis and then yearly.

During pregnancy: Pregnant women with diabetes should schedule an appointment with their ophthalmologist in the first trimester because retinopathy can progress quickly during pregnancy.

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.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

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WELLFEST DELRAY 2015

To Be Held **MARCH 7-8**

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Delray Beach, FL: What can you get for \$5 these days? You'll be amazed when you attend WellFest™ Delray 2015, the weekend of March 7-8, in downtown Delray at Delray Center for the Arts.

In just its third year WellFest™ Delray 2015 (www.WellFestUSA.com) is taking its "Live Well! Go Green!" theme to a next level with Live Music, Amazing Speakers, Outstanding Sponsors, and Impressive Exhibitors.

For only \$5/day (all attendees receive a \$5 instant savings coupon) attendees can take advantage of a wealth of information all in one place, by speaking with experts about staying fit, eating well, reducing stress, feeling better about themselves, overcoming injuries, improving overall health and going green.

Plus, they'll hear and see the USA Debut of Hannah Trigwell, who at 24 is being compared some of America's brightest music stars. She has garnered over 30 million views and more than 300,000 followers on YouTube and has numerous top ten international singles playing to Sold – Out shows in Paris, Amsterdam, Rome and London. We are very excited to have Hannah in the USA performing at Wellfest USA.

Also, on hand will be San Francisco's own Justin, whose intro album has over 4 million views. He is one of the most sought after sax players in the country and has recently performed with Earth, Wind and Fire, Tyrese Gibson, and Snoop Dogg.

Local favorite Jon Greco Band will also be performing.

Speakers will include Serena Dyer (www.serendadyer.com), who along with her father, Dr. Wayne W. Dyer, recently wrote the popular book: "Don't Die With Your Music Still In You"; Deirdre Abrami, (www.deirdreabrami.com), a 6th Generation Psychic Intuitive; Lee Ann Somers (www.leeannsomers.com) an Ambassador for Spirit and Reiki Master teacher, and others including some of the top Chiropractors and Acupuncturists in Delray and Boca including Drs. Khatami, Groman, Kusturic and Scarlett.

The Overall Event Sponsor, JM LEXUS (www.JM-Lexus.com) "the #1 Volume Lexus Dealer Since 1992," will be showcasing their latest "Green" cars. Other Sponsors will include The Seagate Hotel & Spa who will be enlightening attendees





about their impressive “5-star” spa facility and services; Fit Food Express, who will be providing samples of their healthy prepared foods; Delray Beaching Running Company who will be doing their part to make sure attendees “run right” and many more.

Plus there will be a range of Exhibitors offering healthy foods, fitness programs, free wellness screenings, massage areas, consultation with experts, free samples and so much more.

4th Ave. Photo and Video will serve as the Official Videographer of WellFest and be at the event to capture that action.

In addition, groups like Human Powered Delray will be at the event to promote their wellness and green-oriented programs that encourage people to walk and bike.

Commenting on how far the event has come in just its third year, event creator Bob Lipp said: “With a mission to educate, entertain and inform people to stay fit, eat well, think positive, take a holistic approach to healthcare and go green, we are delighted at the opportunity to connect this content with the growing number of like-minded people,” added Lipp. “As we did last year, a significant portion of the monies we collect (attendance is only \$5/day) will go to

fund self-esteem programs at local schools and select animal rescue services including Dezy’s Second Chance Animal Rescue .”

Patrick Halliday, the event’s Executive Director added: “With all that is happening here in Delray, it takes a great deal to get people interested, excited, and involved. We’re doing it with a focus on educating people about living well and going green. I call that a win-win. The event is also attracting some of Delray’s prominent leaders both public and private, since so many are recognizing the value WellFest Delray brings to the brand of this growing community.”



For further information, contact **Bob@WellFestUSA.com**, call him at **561-921-5182** or sign-up at our automated website: <http://www.wellfestusa.com/sign-up-now.html>

Is Your Qi Imbalanced?

How Acupuncture Corrects Functional Flow and Increases Weight Loss



Patients have long touted the effectiveness of acupuncture for weight loss, and the scientific community finally agrees. Acupuncture for weight loss has often been questioned as to whether it is scientifically valid even though millions have had benefit from the effects of acupuncture for weight loss. However a recent meta-analysis in the International Journal of Obesity proved that weight loss can be obtained without the side effects of the anti-obesity medication using instead Traditional Chinese Medicine (TCM). Acupuncture and Chinese herbal medicine are the two chief components of TCM.

The primary outcomes of the research used changes in body weight, changes in body mass index (BMI), changes in waist and hip circumference, and changes in body fat percentage to verify the results of the research. It was also revealed that the acupuncture trials had more benefit than placebo and lifestyle modification.

Many patients coming to Dr. Meng often ask if the benefits of acupuncture for weight loss have a long lasting effect. Researchers have confirmed that the relapse of weight gain was more common in the control groups than in the Chinese herbal medicine or acupuncture treatment groups.



Sounds great, but how does it work?

Acupuncture works by addressing imbalances in your body, and correcting them removes the impediments to lose weight. This is why; it is not surprising that the research has shown the weight loss from acupuncture to be of benefit for the longer term.

Some people have a qi (pronounced chi) imbalance. Qi is the body's energy, if you have too little qi, then it is hard for you to lose weight. Qi also circulates in the body, and stress can lead to the slowing of this circulation, also called qi stagnation.

Correcting these imbalances will lead to more energy and an increased in your ability to take off pounds. Dr. Meng is trained in determining the correct imbalance in your body and addressing it.

It's powerful, it's a little mysterious, and it is safe.

As stated above, there is science behind the effectiveness of acupuncture and how it assists with weight loss by correcting functional imbalances. Once the imbalance is corrected, the treatments help to boost metabolism. Acupuncture has also been shown to stimulate the brain and to release neurochemicals and hormones. This helps you relax, and gives you more energy. Also, for many, poor digestion and constipation lead to weight gain, which acupuncture is great at addressing.

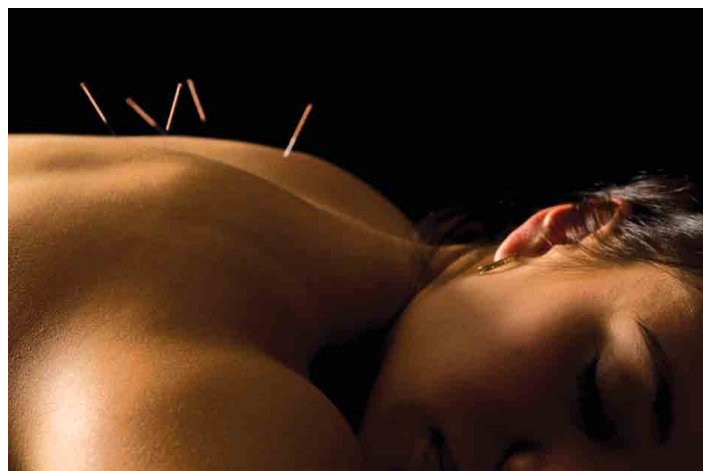
Any side effects from the acupuncture and Chinese herbal medicine in the treatment of acupuncture are negligible when compared to modern pharmaceuticals.

The same acupuncture points and the same Chinese herbal medicines have been used for over 2000 years for weight loss and they have never have been taken off the market.

Pulling it all together to improve qi and achieve the best results.

Acupuncture is only a part of a weight loss plan. After determining what the root cause of your imbalances, Dr. Meng develops an individualized plan that includes acupuncture points and herbs that together will maximize weight loss. The herbal therapy, specially developed by Dr. Meng, works to assist the functions of the acupuncture and is especially important for detoxing the body. The herbs work all day long, and are critical for achieving the best results.

In addition to strengthening digestive and waste systems, all Dr. Meng's Weight Loss Program acupuncture treatments reduce



stress and anxiety, which is critical for weight loss. Stress works against weight in several ways. Stress reduces the functioning of the internal organs, which in turn reduces the functioning of the body's digestive and waste elimination abilities. Stress also triggers the fat cells to essentially open up; resulting in increased size and number. Many people also tend to snack or eat something to make them feel better when they're feeling stressed and of course this results in weight gain.

Derived from TCM, Dr. Meng's weight loss program not only helps with weight loss and stress, but also improves sleep, increases energy, and promotes an overall sense of well-being. All this is accomplished by using a combination of acupuncture, herbal formulas, and food therapy.

From a Western perspective, Dr. Meng's Weight Loss Program will help to lower cholesterol, lower blood pressure, stabilize blood sugar levels, reduce stress, and improves blood circulation.

If you are interested in learning more about your qi and the roll acupuncture can have in achieving weight loss goals, call Meng's Acupuncture Medical Center at 561-656-0717 for a free consultation.

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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Justin Ward 4 pm – 5 pm

Hannah Trigwell 5 pm – 6 pm

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● **Jon Greco** writes and creates soulful, powerful & personal music with a mainstream sensibility.

Currently he is in the studio creating his 3rd album, "Borderline", with The Jon Greco Band.

● SEE and HEAR San Francisco's own **Justin Ward** His intro album has over 4 million views.

He is one of the most sought after sax players in the country and has recently performed with Earth, Wind and Fire, Tyrese Gibson, and Snoop Dogg.

Never rule out the special treat that they will all come together to share songs from **4 pm–6 pm**



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Physical Exercise

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We are designed to move. Our design is *motion design*.

Physical exercise is so important for the proper functioning of our heart, muscles, circulatory system, removal of toxins and wastes, and for increasing the whole body's efficiency.

Exercise is especially important for ill people. An ill body actually needs more physical exercise than a healthy one. If one suffers from let's say, circulatory problems, he or she should exercise regularly and strengthen their body to withstand this factor.

Here is one simple truth: A physically active lifestyle not only protects us from becoming ill, but it also helps to eliminate many disorders that some of us currently have today.

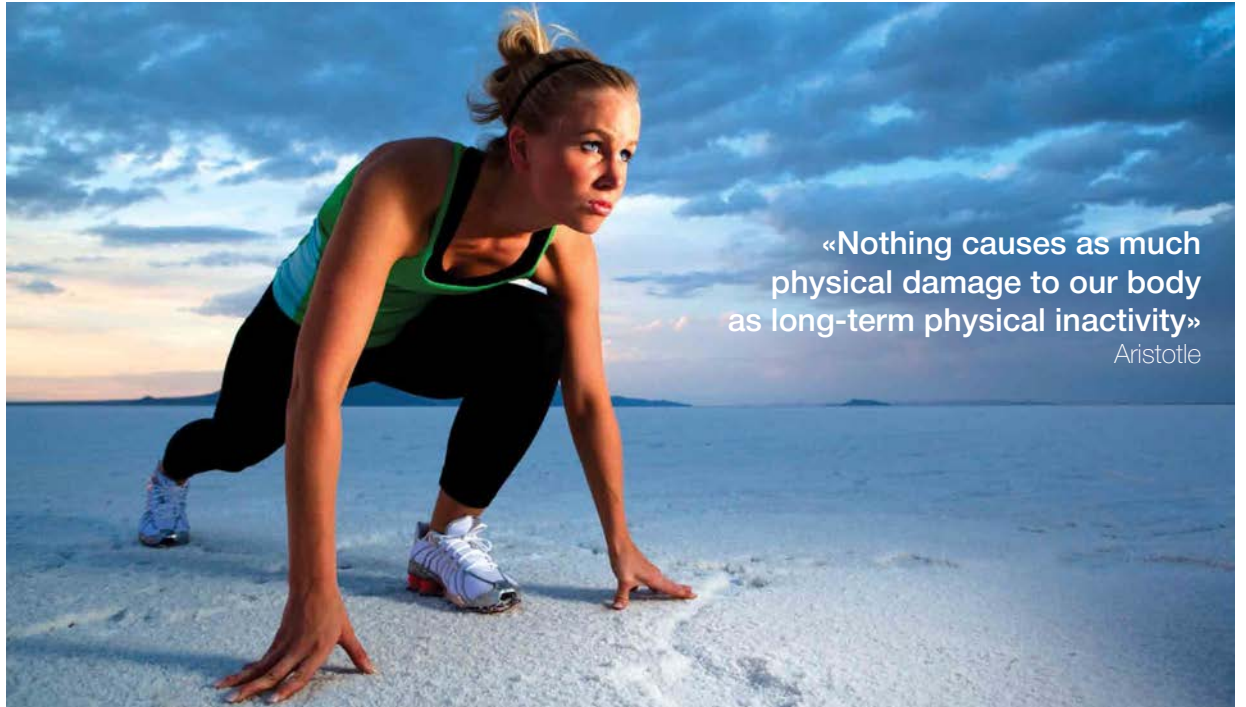
What stops people from exercising? Well, for some, it is pure laziness and lack of motivation to become fit. But, for many others, they just don't know where to go or how to get started on a proper exercise routine. It can be a little bit overwhelming to think about all of the exercise options that exist and a lot of the time, people are intimidated and scared to take the first step.

Another reason some people may not exercise is due to cost. Not all of us can be fortunate enough to afford many of the fitness luxuries that exist today; health clubs, fitness franchises, one-on-one personal training and pilates, yoga memberships, martial arts training, cross-fit gyms, golf and tennis memberships. The list could go on and on with costs of fitness related activities. I have a solution to this as you will soon read below.

None-the-less, an exercise program or activity should be designed for your individual body, age, and health goals. If you choose something that is enjoyable, you'll look forward to doing it and then you'll make good progress along the way.

There is nothing worse than choosing a type of exercise that you do not care for just because it may be "in vogue" at the time. Choose something you enjoy so you can stick with it.

I'll let you in on a little secret I have come to realize recently.



«Nothing causes as much physical damage to our body as long-term physical inactivity»
Aristotle

Over the course of the 40 years of my personal exercise experience, through trials and tribulations of practicing many different forms of exercise options I have chosen along the way, I have settled on believing that walking is one of the safest and best forms of exercise to perform.

That's right – plain and simple – walking. And what is one of the best parts about walking? *It's free!*

It is very important to invest in a quality pair of walking shoes, though, that will support your feet and entire body structure.

Human beings are naturally meant to walk. We are bipedal, upright organisms with bodies designed for locomotion. Walking is actually a complex behavior that requires functional integration of a great deal of sensory and motor experience; it exercises our brains as well as our musculoskeletal system.

When you walk, the movement of your limbs is cross-patterned: the right leg and left arm move forward at the same time, then the left leg and right arm. This type of movement generates electrical activity in the brain that has a harmonizing influence on the whole central nervous system – a special benefit of walking that you do not get from other kinds of exercise.

Many of the healthiest people I have met are dedicated walkers.

For all of us who live here in sunny south Florida, we have the wonderful opportunity that many others do not have to walk outside in the warm weather whether it be on the ocean or just outdoors among the oxygen rich air which is provided by all of the palm trees.

Walking in the early morning is energizing for the rest of your day or you can choose to walk in the evening under the beautiful Florida sky.

So, there you have it. No matter what form of exercise you choose, just get moving!

Not only will you feel better, but you'll usually sleep more soundly at night.

**Remember,
our body is designed to move.
Life is Motion.**

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



I Want a Dental Implant But I Will Be Leaving Soon For the Summer... What Can I Do?

Many of our “snowbird” patients run into this dilemma during the late winter and early spring. This particular question is one we are asked routinely with good cause. Understanding the steps of dental implant therapy can help simplify the decision process when it comes to timing treatment around your schedule.

THE PROCESS:

Dental implants can be used in many different ways. They can serve to replace a single tooth, multiple teeth or even help restore a smile and chewing function for your whole mouth. The easiest way to understand a basic dental implant is to think about a single tooth. A tooth has 2 parts: the crown (which you see when you smile) and the root (which anchors the tooth in the bone). A dental implant is nothing more than a replacement root.

Once the tooth is extracted, a new root (the implant) can be placed in the empty socket where the old root used to live. The implant is typically hidden under the gum tissue and is not visible. As the area heals, the implant “glues” to the bone. This typically occurs with a high probability of success, but as with any procedure, there are no guarantees. It is also important to remember that medical issues and personal habits, such as smoking, can impact if the dental implant “takes”. The time for this healing and gluing can vary. The range of time is determined by a number of factors based on your individual situation, but often ranges from 12 weeks to 6 months. After successfully gluing to the bone, the implant root is ready to have your dentist fabricate the crown.

THE WAIT:

In a typical treatment, time is needed for the implant or implants to glue to the jaw bone. If the implant and bone have not fused and a crown is attached, it is possible to injure the site and require the implant to be removed and replaced. This can be compared to pouring wet concrete around a pipe and moving the pipe before the concrete sets. On the other hand, waiting slightly longer than necessary for the implant to fuse, does not carry the same risk.

The fact that implants need time to fuse to the bone actually fits very well with the schedules of our snowbird patients. Many of them choose to have their implants placed prior to leaving for the summer. This option allows them to use the summer months to let the area heal while forgetting the treatment has been started. When returning to the area in the fall or winter, the implants are typically fused to the bone and ready to have the dentist fabricate the permanent crowns. This sequencing is similar to baking a cake. The initial work is completed and then forgotten about until the timer is up. Spacing treatment to utilize the summer months as healing time can be an effective way to continue your treatment without delaying the final results.

Every patient’s treatment needs are not the same. A complete examination is necessary to develop a plan that will meet your individual desires. In many cases, the use of the summer months as healing time can help keep your treatment on track without unnecessary delays.

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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth 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 formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. 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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March is National Kidney Month

In a popular 1970 song, singer-songwriter Joni Mitchell asked, “Don’t it always seem to go that you don’t know what you’ve got till it’s gone”—a question that could have been aimed at people with kidney disease. The kidneys play a crucial role in maintaining overall health, but are rarely appreciated until they become damaged and can no longer do their jobs.

Top 5 Jobs Kidneys Do

Do you know what your kidneys do every day to keep you healthy? The answer is quite a lot. The kidneys play an important role in keeping your body functioning properly. Here are the 5 top jobs healthy kidneys perform.

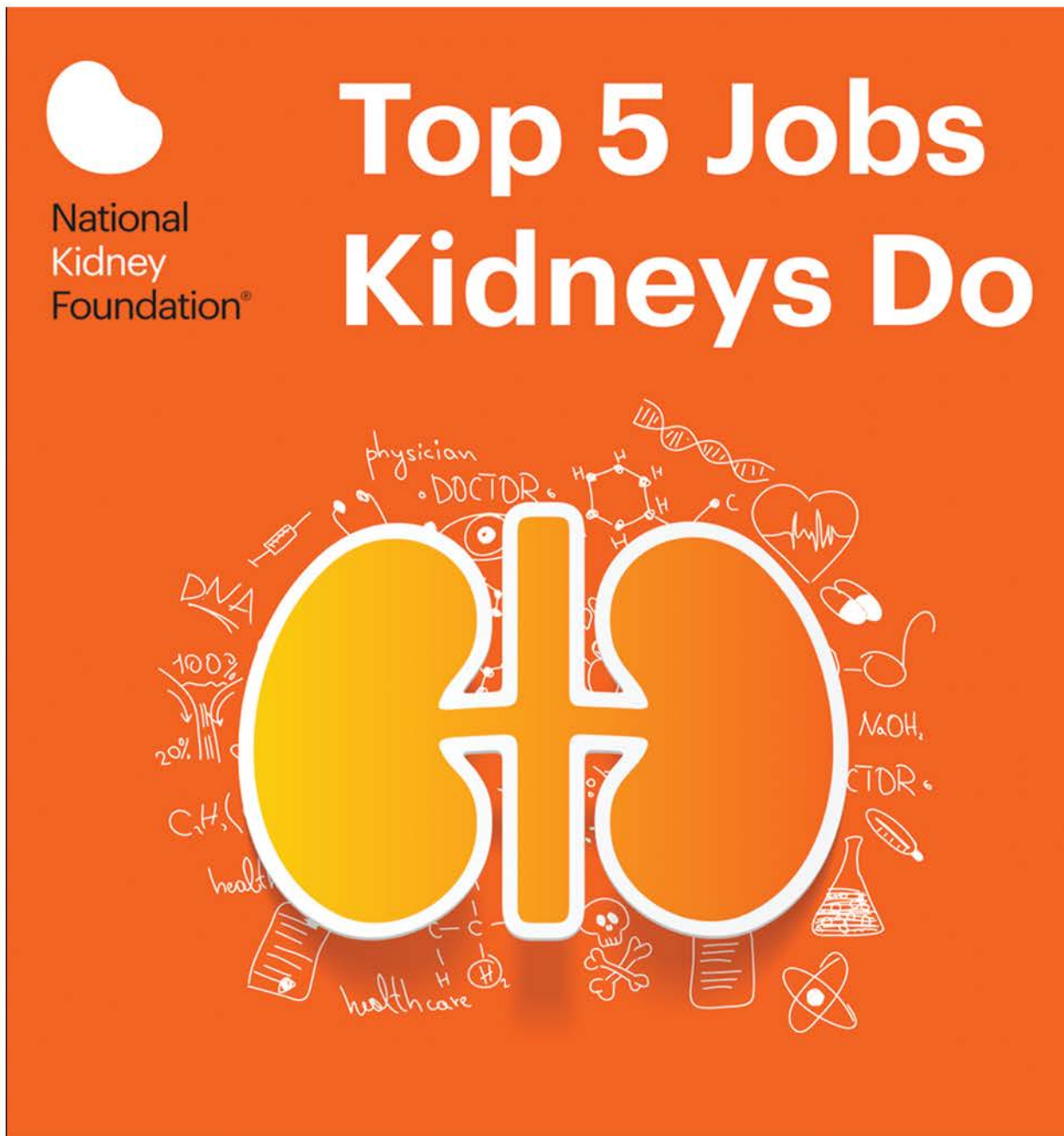
1. Remove wastes and extra fluid. Your kidneys act like a filter to remove wastes and extra fluid from your body. Your kidneys filter about 200 quarts of blood each day to make about 1 to 2 quarts of urine. The urine contains wastes and extra fluid. This prevents buildup of wastes and fluid to keep your body healthy.

2. Control blood pressure. Your kidneys need pressure to work properly. Kidneys can ask for higher pressure if it seems too low, or try to lower pressure if it seems too high by controlling fluid levels and making the hormone that causes blood vessels to constrict.

3. Make red blood cells. Your kidneys make a hormone called erythropoietin. Erythropoietin tells bone marrow to make red blood cells. Red blood cells carry oxygen from your lungs to supply all your body's needs. Red blood cells give you the energy you need for daily activities.

4. Keep bones healthy. The kidneys make an active form of vitamin D. You need vitamin D to absorb calcium and phosphorus. Calcium and phosphorus are important minerals for making bones strong. The kidneys also balance calcium and phosphorus so your body has the right amount.

5. Control pH Levels. pH is a measure of acid and base. Your kidneys maintain a healthy balance of the chemicals that control acid levels. As cells break down, they make acids. The foods you eat can either increase or lower the amount of acid in your body. Your kidneys balance the pH of your body by either removing or adjusting the right amounts of acid and buffering agents.



The graphic features a large, stylized illustration of two kidneys in shades of yellow and orange. The kidneys are surrounded by various white line-art icons representing medicine and science, including a DNA double helix, a heart with an ECG line, a microscope, a skull and crossbones, a beaker, a syringe, and chemical structures. Text labels like 'physician', 'DOCTOR', 'DNA', '100%', '20%', 'C₂H₆', 'health', 'health care', 'H₂O', 'H₂', 'C', 'N₂O₄', and 'CTDR' are scattered around the kidneys. In the top left corner of the graphic area is the National Kidney Foundation logo, which consists of a white kidney shape and the text 'National Kidney Foundation®'.

Kidney Disease

Many of us don't give much thought to our hardworking kidneys but the truth is 1 in 3 American adults are at risk for developing kidney disease. The main risk factors are diabetes, high blood pressure, a family history of kidney failure and being age 60 or older.

What Causes Chronic Kidney Disease?

The two main causes of chronic kidney disease (CKD) are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases. Diabetes happens when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of your blood against the walls of your blood vessels increases. If uncontrolled, or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and chronic kidney disease. Also, chronic kidney disease can cause high blood pressure.

What are the Symptoms of CKD?

Most people may not have any severe symptoms until their kidney disease is advanced. However, you may notice that you:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin and need to urinate more often, especially at night.

The National Kidney Foundation offers 7 Golden Rules of Prevention to lower your chances of getting kidney disease.

1. Get regular check-ups

You take your car in for a tune-up to make sure it runs smoothly, so why wouldn't you take care of your body? Your doctor can check for kidney disease with 2 simple tests: a urine test and blood test. A urine test called albumin creatinine ratio (ACR) checks if there is a protein called albumin in your urine. A blood test called glomerular filtration rate (GFR) tells how well your kidneys are working to remove waste from your body.

2. Control Blood Pressure

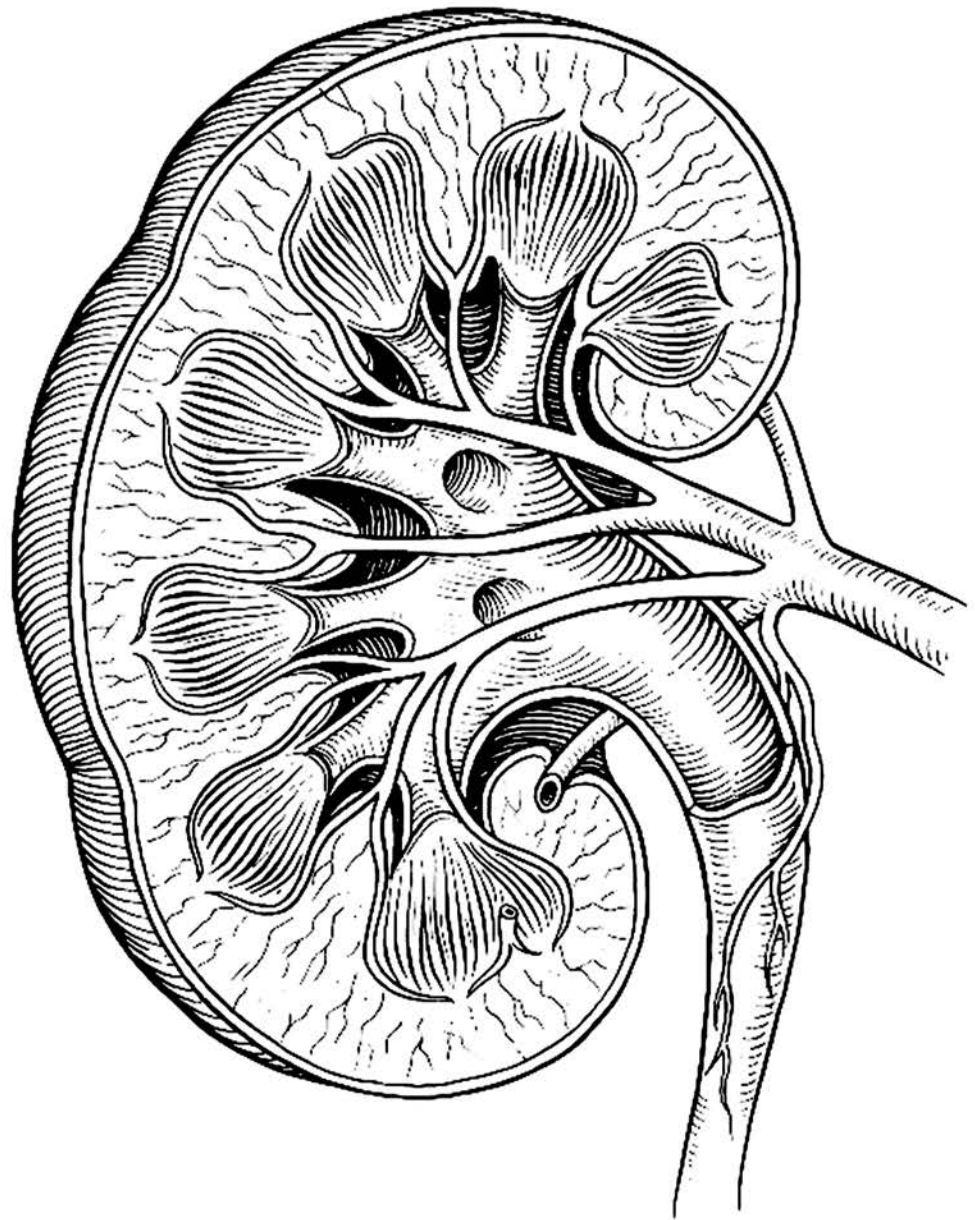
High blood pressure can damage your kidneys and increase your chances of getting kidney disease. If your blood pressure remains high, your doctor may have you take medicine. Making simple tweaks to your lifestyle, such as cutting back on salt and alcohol, losing excess weight, and exercising can help keep your blood pressure in check.

3. Control Blood Sugar

High blood sugar levels make the kidneys filter too much blood. Over time, this extra work stresses the kidneys and can cause damage. If you have diabetes, the best way to protect your kidneys is to keep your blood sugar well controlled. Your treatment plan may include diet, exercise, and medicine to lower your blood sugar levels.

4. Eat a Healthy Diet

A healthy diet plan, such as the DASH (Dietary Approaches to Stop Hypertension) Diet, can help lower blood pressure and lower your chances of getting heart disease and kidney disease. The DASH eating plan includes fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also has less sodium, sugars, fats, and red meats.

**5. Exercise**

You've heard it before and we're going to say it again: you must exercise. https://www.kidney.org/atoz/atozTopic_Fitness-Rehabilitation. Exercise can help you keep a healthy weight, control blood pressure and cholesterol, build strength and endurance, and lower your chances of getting diseases such as diabetes, heart disease, and kidney disease. There are many types of exercises that can help you stay healthy including walking, household chores, playing a sport, or aerobic exercise (jogging, swimming, biking, climbing stairs, or hiking).

6. Quit Smoking

By now you should know the many dangers associated with smoking. Smoking causes diseases in every organ of the body, including the kidneys. If you are not able to quit smoking on your own, ask your doctor about treatment options.

7. Do Not Overuse Pain Medicines

Using too much pain medicines called NSAIDs (non-steroidal anti-inflammatory drugs such as ibuprofen) may cause kidney disease. Long-term use of NSAIDs, especially at high doses, reduces the blood flow to the kidney which causes harm to kidney tissue. Ask your doctor about other medicine to manage pain, such as acetaminophen.

Source: National Kidney Foundation

HydraFacial:

The New Age Facelift

Having your skin cleansed and massaged for an hour is wonderfully restorative for your soul, and sure, your skin will look plump with product post treatment - but when it comes to getting real results for your money sometimes you need to take a different approach. And I'm not talking botox.

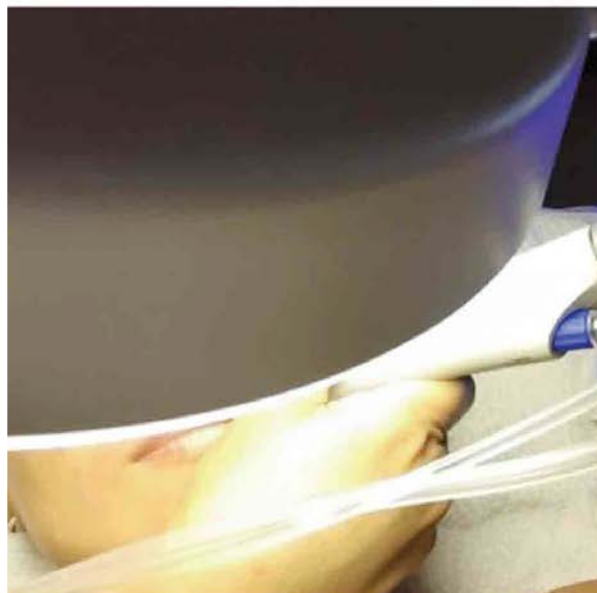
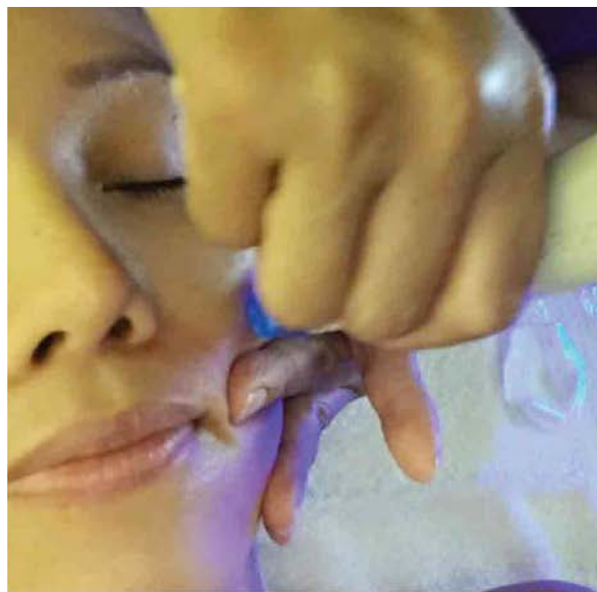
Forget the hour of twinkly music and go for a 'New You' with Concierge Spa Services. The latest facial to get the A list all excited is the HydraFacial – and after having had it, I can safely say, it's a little bit special.

The entire HydraFacial is performed using a vacuum based skin abrasion tip which is loaded with various serums, specially formulated to target and combat different skin complaints.

And while having a probe massage your face doesn't feel quite as soothing as skilled facialist's hands, the results are remarkable!

The probe, also known as Vortex-Fusion, removes dead skin cells while bathing the healthy underlying skin with deep cleansing, exfoliating and infusing antioxidant serums all at the same time- meaning that they are worked deep into the skin - exactly where they can take effect. The serums are clinically formulated to improve the appearance of fine lines and wrinkles, congested pores, hyper-pigmentation and acne-prone skin and are prescribed according to your needs.

The therapist loads the tip with a de-congesting serum for my blocked pores and a skin plumping serum to help add extra moisture to fill fine lines around my eye, forehead and mouth area. Main skincare woes targeted in one quick and easy session.



Thu Huynh of Nails2 just received her first Hydrafacial. "I feel like I just had a facelift!", exclaimed Thu.

HydraFacial[™]
SKIN HEALTH FOR LIFE



Before starting you wipe away all traces of foundation and are relieved to know you won't have to take off your eye make-up - this really is a facial for on-the-go girls. There are so many pro's to this snazzy treatment that I want to gush through them all out at once - but let's consider the pro's one by one...

1. Celebrity approved.

This Hollywood treatment is preferred by the stars. The 60 minute version of the HydraFacial is a must for red carpet regulars.

2. It does what it says it's going to.

HydraFacial claim: "Treatments are quick, relaxing and effective. After the treatment, the skin is radiantly clean, refined, moist and polished."

3. Your skin will just keep on getting better.

The best way to get initial results is to book in for a course of six treatments - one treatment per week. This will get your skin to a standard that is significantly improved. Fine lines will be diminished, hyperpigmentation

less obvious and congestion cleared away. After six weeks of treatments you can have a maintenance treatment once every two months. Concierge Spa Services offers some fantastic packages with BIG savings. Even if you only manage this treatment once every month, your skin will thank you for it.

4. Customized treatment every time.

The HydraFacial is customized to your individual skincare needs, meaning you will get a personalized treatment suited to your skin's requirements.

5. Visible results.

If you want squeaky clean pores that are HD ready then it doesn't get much better. The HydraFacial literally rids you of any grime and build up - your skin will sing with delight. Lah, Lah, Lah!

Post treatment you won't believe you are make-up free. Everyone will think you have had 'work' done. You look well rested and like... well, like a 'New You'.



I'm a big believer... You are actually doing something good for your body.

Jillian Reynolds (formerly Barberie)



I love the HydraFacial... It tightens the skin to make your face look more toned.

Marie Osmond



Just got a HydraFacial by Aubrie at @DrPaulNassif's office. My skin is glowing, such an amazing facial! Loves it!

Paris Hilton



The HydraFacial is fabulous - I always feel nourished and refreshed.

Adrienne Maloof

The patented **Vortex-Fusion®** delivery system sets **Hydrafacial MD®** apart from other resurfacing procedures. It is highly customized to any skin type because of its wide range of Vortex-Fusion vacuum settings. And if that's not enough, it also helps with lymphatic drainage therapies. Book your appointment for a "Complimentary Lymphatic Drainage Facial Therapy" today. Call **561-506-4350**. You won't be disappointed.

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MARCH 2-8 IS SLEEP AWARENESS WEEK

What is Your Sleep IQ?

True or False?

During sleep, your brain rests.

False. While your body rests, your brain doesn't. An active brain during sleep prepares us for alertness and peak functioning the next day.

Sleeping just one hour less a night can prevent you from learning or functioning normally.

True. Most adults need around eight hours of sleep to function at their best. To determine your sleep need, sleep until you wake on your own...without an alarm clock. Feel alert? That's your sleep need. You can teach yourself to sleep less, but not to need less sleep.

Boredom makes you feel sleepy, even if you have had enough sleep.

False. Sleep loss causes sleepiness. Boredom, like a warm or dark room, merely unmasks it.

Resting in bed with your eyes closed cannot satisfy your body's need for sleep.

True. Rest is not a substitute for sleep. Sleep is as necessary to health as food and water. When you don't get the sleep you need, your body builds up a sleep debt. Sooner or later, this debt must be paid... with sleep.

Snoring is not harmful as long as it doesn't disturb others.

False. Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnea. People with sleep apnea snore loudly and wake up repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness. Many people with sleep apnea are unaware they have this condition.

Everyone dreams every night.

True. Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM or rapid eye movement sleep.

The older you get, the fewer hours of sleep you need.

False. Sleep need remains unchanged throughout adulthood. Older people who sleep less at night tend to sleep more during the day. If poor sleep habits, pain or health conditions make sleeping difficult, a physician can help.

No matter how sleepy you are, you can force yourself to stay awake.

False. If you're sleepy enough, you can fall asleep anywhere. It's also possible to fall asleep for a few seconds and not even realize it. These "microsleeps" can be dangerous if they happen when you're driving.

If you're sleepy, raising the volume of your radio is a great way to stay awake while driving.

False. Playing a radio, chewing gum, and opening windows are not great ways to keep sleepy drivers alert because their effects are short-lived. If you're having trouble staying awake while driving, try to pull over at a safe place and take a short nap or have a caffeinated drink. The best solution is to drive after a good night's sleep.

Most sleep disorders go away even without treatment.

False. Sleep disorders don't disappear without treatment. Treatment may be behavioral (for example, going to sleep and waking at the same time every day), pharmacological, surgical or a combination. Untreated sleep disorders may have serious consequences that worsen your health, quality of life, school and work performance, and relationships. Worse, untreated sleep disorders can lead to accidents and death.

How'd you do? It's probably safe to say that most Americans are not getting the amount of sleep that they need. Sleep is crucial at all ages. Sleep provides an opportunity for the body to repair and rejuvenate itself. In one experiment, animals deprived entirely of sleep lost all immune function and died in just a matter of weeks. Many of the major restorative functions in the body like muscle growth, tissue repair, protein synthesis, and growth hormone release occur mostly, or in some cases only, during sleep.

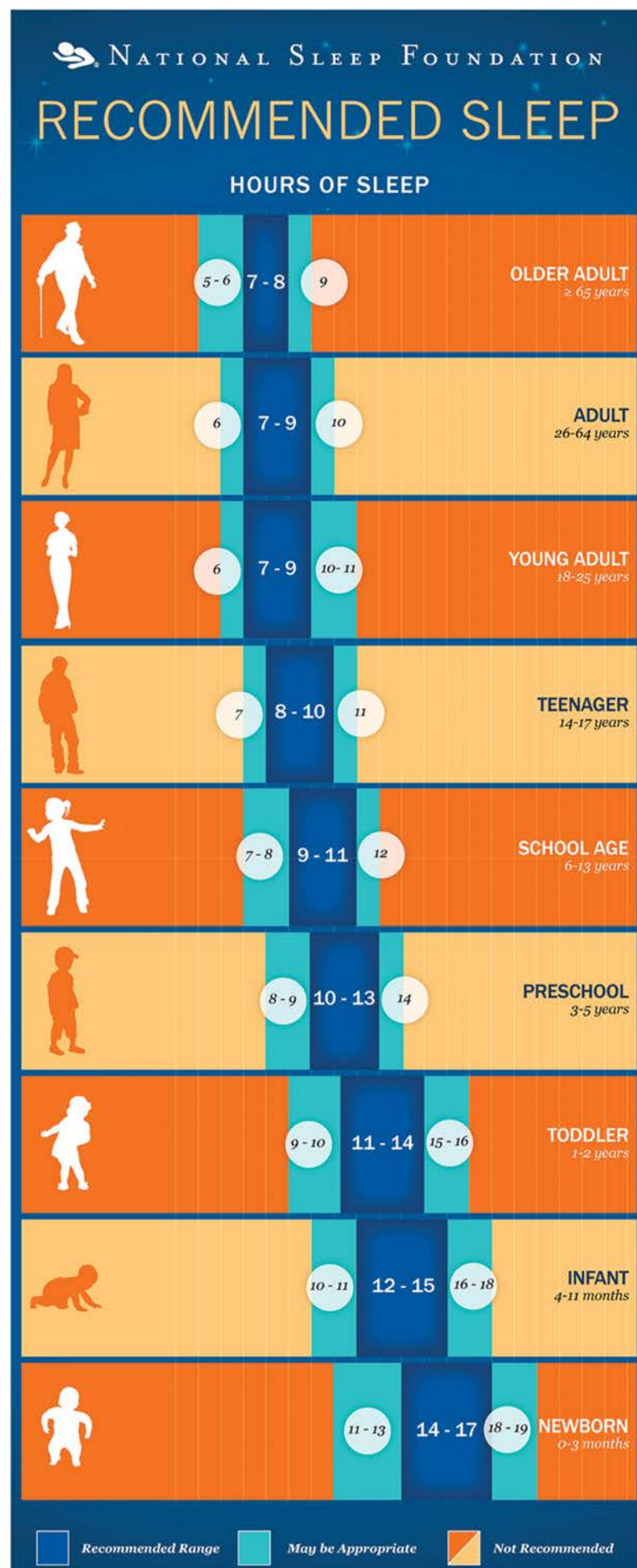
Benefits of Adequate Shut-eye:

- Improve memory
- Live Longer
- Curb Inflammation
- Spur Creativity
- Improved Athletic Performance
- Improved Learning
- Better Attention
- Improved metabolism
- Lower Stres
- Improved mood

Here Are Some Tips for a Good Night's Sleep:

- Avoid caffeine after 2:00 PM
- Avoid a heavy meal right before sleeping.
- Keep lights lowered in the evening.
- Try gentle stretching and deep breathing right before bed.
- "Unplug" from all electronics one hour before bed and keep all electronics in another room after bedtime
- Make your bedroom a calming, comfortable haven. Clear it of all distractions and stress.

Sources: Sleepfoundation.org
<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/health.com>



National Poison Prevention Week is March 15-21

More than 2 million poisonings are reported each year to the poison control centers across the country. More than 90 percent of these occur in the home. The majority of non-fatal poisonings occur in children younger than six years old. And, poisonings are one of the leading causes of death among adults. National Poison Prevention Week is a week nationally designated to highlight the dangers of poisonings and how to prevent them using the following Medicine Safety Tips.

Medicine Safety Tips



- Ask babysitters, visitors, and houseguests to keep purses, briefcases or bags that contain medicines up high, away and out of sight from your children. The same rule applies when your children are visiting a friend or relative's home.
- Buy products in child-resistant packaging whenever possible. But remember, child-resistant is not childproof, and is designed to keep children away from the product for a short time before a parent notices.

- Use child-resistant packaging properly by closing the container tightly after use.
- If you think someone has been poisoned, call 1-800-222-1222 to reach your local poison center. This national toll-free number works anywhere in the U.S. 24 hours a day, 7 days a week, 365 days a year.
- Keep the poison center toll-free number near your phone, or program 1-800-222-1222 into your home and mobile phone.
- Read medicine and product labels before each use and follow directions exactly.
- Tell children what medicine is and why you must be the one to give it to them.
- Never call medicine "candy" to get a child to take it.
- Never leave medicine out on a kitchen counter or at a sick child's bedside.
- Always turn the light on when giving or taking medicine. Check the dosage every time.
- Put on your glasses to read the label when you need to take a medicine so that you know you have the correct amount of the right medicine.
- Avoid taking medicine in front of children.

- Never take more than the prescribed amount of medicine.
- Never "borrow" a friend's medicine or take old medicines.
- Tell your doctor what other medicines you are taking so you can avoid harmful or dangerous drug interactions. This includes prescriptions, over-the-counter medicine, vitamins and herbal products.
- Clean out the medicine cabinet periodically, and safely dispose of medicines that are expired or no longer needed.
- Always relock the safety cap on a medicine bottle. If the medicine has a locking cap that turns, twist it until you hear the click or you cannot twist any more.
- Don't remove medicine from a child-resistant package and put it in another type of easy to open container.
- Read the labels of prescription and over-the-counter medicine carefully to make sure you are not taking more than one product at a time with the same active ingredient.
- Use only the measuring device (dosing cup, dosing syringe, or dropper) that is included with your medicine. If a measuring device is not included or you do not receive one, ask for one from your pharmacist. Don't substitute another item, such as a kitchen spoon.
- If you don't understand the instructions on the medicine label, or how to use the dosing device (dosing cup, dosing syringe, or dropper), talk to your pharmacist or doctor before using the medicine.
- Never share or sell your prescription medicines.
- Monitor the use of medicines prescribed for children and teenagers, such as medicines for attention deficit disorder, or ADD.
- Keep medicines in their original bottles or containers whenever possible. If you transfer medicines to another container, such as a pill minder or organizer, store them in a place that is too high for a child to reach or see, since these containers are often not child-resistant. If possible, ensure the storage location has a safety latch.
- Some medicines are dangerous when mixed with alcohol. Consult your doctor or pharmacist before drinking alcohol if you are taking a prescription or over-the-counter medicine.
- Talk to your doctor before taking any vitamins or herbal supplements. They can interact with your medicine.



NATIONAL POISON PREVENTION WEEK
2015: March 15-21
poisonprevention.org

Article Source: PoisonPrevention.org



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A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit www.CentraSight.com or call Dr. Goldman’s office at (561) 630-7120.



Spring (Change) is in the Air

Brent Myers

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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