

SOUTH FLORIDA'S

Health & WellnessSM

MAGAZINE

December 2015

North Palm Beach Edition - Monthly



FREE



www.sflhealthandwellness.com

**BEYOND THE SCALP,
BIZARRE BALD**

**What is
HISTOPLASMOSIS?**

**Wanting to
ELIMINATE YOUR
DOUBLE CHIN?**

**Are DENTAL IMPLANTS
Right for You?**

**THE OBESITY
STRUGGLE**

Florida BARIATRICS & WELLNESS CENTER



- IntraGastric Balloon
- Gastric Band Surgery
- Gastric Sleeve Surgery
- Gastric Bypass Surgery
- Medical Weight Loss
- Gastric Band Adjustment
- Bariatric Surgery Revisions
- Support Groups



Office Locations

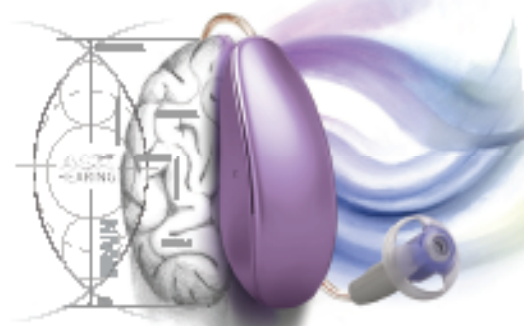
WELLINGTON	MIAMI	MIAMI	OCEEWAH	STUART
1007 Medical Park Blvd Suite 104 Wellington, FL 33414	4282 Lincoln Blvd Suite 250 Delray Beach, FL 33446	7701 B.K. S.W. Blvd Suite 107 Miami FL 33155	4980 Coconut Creek Parkway Suite 200 Coconut Creek, FL 33433	7870 North Palm Highway Suite 101 Stuart, FL 34994

561-500-HOPE(4673)
www.weightlosshope.com

A MATCH MADE IN HEARING

PREMIUM TECHNOLOGY. TOTAL BRAIN SUPPORT.

From your local AudigyCertified™ practice.



YOU'RE INVITED

Hearing Health Seminar
Tuesday, December 15th - 11:30am-1:30pm
Duffy's Sports Grill
11588 US Hwy 1 - North Palm Beach, FL

Learn About:

Hearing Loss | Connection of Hearing Loss & Dementia | Tinnitus | Help for Your Hearing

RSVP required. Complimentary lunch included. **561.536.5557**



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

4266 Northlake Blvd
Palm Beach Gardens

HearingCareFL.com

Do You Suffer from Pain, Inflammation or Arthritis? Now there's Hope...

CONTROL PAIN & PROMOTE WELLNESS WITH LOW LEVEL LASER THERAPY

For those who experience chronic or periodic pain, the Infinity Laser is a drug-free, FDA approved solution. This non-invasive treatment has no known side effects. It increases mobility and function and promotes faster healing.

And now there's no need to visit a doctor to experience this laser therapy... you can purchase the technology directly from your local representative of:



RN MEDICAL
Tomorrow's Health Care, Today

Low Level Laser Therapy has been in active use for 30 years. Proven safe and effective in our 2,500 research studies. Call or visit our website to receive an information pack and DVD at no charge.



For more information visit www.RNMedical.com
Call 352-895-8968 for your FREE Consultation and Treatment! Ask About Our Seminar's!



Smile In a Day

Learn about the revolutionary benefits of **DENTAL IMPLANTS** and tooth replacement in a day



COMPLIMENTARY SEMINAR

Friday January 29, 2016 at 10:00 AM

Refreshments provided. Seating is limited, call to reserve your seat
561-627-9000

Why are so many people choosing dental implants as more permanent, more comfortable, more secure alternative to dentures and partials? This seminar will fully explain the benefits of dental implants.



Gerard J. Lemongello DMD



LERNER & LEMONGELLO
AESTHETIC & RESTORATIVE DENTISTRY

Creating South Florida's Most Beautiful Smiles.

5802 PGA Blvd, Suite 201, Palm Beach Gardens, FL 33418

Phone: (561) 627-9000

www.lernerlemongello.com



THE EXPERT IN NEOGRAFT

Minimally-Invasive Hair Transplant

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

Less Downtime

You're back in the gym
in three days.

Dr. Alan J. Bauman M.D.

The worlds leading NeoGraft
FUE hair transplant expert.

State-of-the-art

Hair transplant
facility in Boca Raton
since 1997.

Artistry

Restoring a
natural hairline,
one follicle
at a time.



BAUMAN MEDICAL GROUP, P.A.

Hair Restoration for Men and Women

www.BaumanMedical.com

1.877.BAUMAN.9



A Luxury Medspa featuring the latest in Laser Technologies

BUILT ON REFERRALS, INSPIRED BY TRUST

- Botox® / Fillers
- Skin Tightening
- Anti Aging Medicine
- Miradry®
- Tattoo Removal
- Medical Facials
- Laser Liposuction
- Toe Fungus Removal
- Lash Extensions
- Weight Loss
- Weight Loss
- Cellulite Reduction
- Laser Hair Removal
- Vibration Therapy
- Fractional Skin Resurfacing
- Hormonal Therapies
- Chemical Peels
- Massage Therapies
- IV Vitamin Therapy



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



MDBL

BEAUTY LABS

Spa & Wellness Center

DANIELA DADURIAN, M.D.

MEDICAL DIRECTOR

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

**Bring in this ad to receive \$100 off*
your first Medical Service.**

*VALID ON PURCHASES OF \$300 OR MORE

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



KICK OFF THE NEW YEAR WITH A NEW LOOK

Invisalign, Implants, Botox, Juvederm, Liposuction.



Up to \$5000 In an Instant

No money, No credit, No problem!
Affordable monthly payments

Approval is as easy as 1.2.3.
No Credit Check,
No Social Security Number Needed.

Ask your medical provider for details. For a participating provider log onto www.PrivePay.net or call **888-775-2124**



The Retina Institute of Florida

Providing expert specialized care for over 25 years

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



Lauren R. Rosecan,

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

Diplomate American Board of Ophthalmology

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

We Have Emergency Care!

(800) 445-8898

www.theretinainstitutcofflorida.com

LOCATIONS

WEST PALM BEACH

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

PALM BEACH GARDENS

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

STUART

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

BOCA RATON

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

- 6 Beyond the Scalp, Bizarre Bald
- 8 If You're Suffering From Nerve Problems In The Arms and Legs, You Must Read This Immediately!
- 10 Wanting to Eliminate Your Double Chin?
- 11 Could Stem Cells be the Next Penicillin?
- 12 What is Histoplasmosis?
- 15 Smoking and Hearing Loss
- 16 The Obesity Struggle
- 18 Laser Therapy can be 90% Effective at Relieving Inflammation and Pain
- 19 Smile in a Day
- 20 Holiday Stress and Weight Gain: The combination most dreaded by American's can be avoided with a few simple steps
- 22 What is a Periodontal Examination and Why You Need One
- 23 Turn Back the Hands of Time!
- 24 Are You Chronically Anxious? Wish It Could Just Stop?
- 26 Hormones Are for Life (part 1)
- 27 Holiday Travel and Limb Swelling
- 28 How Super Oxygen Can Change your Life
- 30 The Cornea
- 31 The Arrival

CONTACT US

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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

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

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2015. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



CROCODILE TEARS™

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

Made In USA

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

 twitter.com/crocteadrops

 facebook.com/crocteadrops

 youtube.com/croctearseyedrops

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



BEYOND THE SCALP, BIZARRE BALD

By Alan J. Bauman, M.D.

When we think of hair loss, we of course think of the hair on our head. This isn't surprising, especially when you think that over 80 million men and women are suffering from hair loss. But while receding hairlines and bald spots may be the most obvious, hair loss can come in many forms.

There are several bizarre areas where follicles can fail, areas that you probably never think about when talking about hair loss. Hair loss can be experienced in the eyebrows, eyelashes, beard, mustache, and sideburns, for a variety of reasons, ranging from heredity, aging, or scarring. And while these may seem like merely cosmetic problems, like all hair loss, the effects can extend far beyond the physical symptom, including loss of confidence and self-esteem, and in some cases, depression, anxiety, social withdrawal and more.

But the good news is, hair loss in these areas can be treated and corrected through hair transplantation.

- **Beard / Mustache / Sideburns** – Men can see patchy facial hair due to heredity, illness, aging, injury or scars. In addition, sideburns specifically can become sparse following plastic surgery, namely facelifts. The use of artistically-placed follicular units into a beard area can restore



or enhance areas of facial hair that are lacking. Particular attention must be paid to the angle, orientation and position of each individual graft to achieve an aesthetically-pleasing result that looks 100 percent natural. Hair transplanted into the beard or mustache areas will need to be trimmed routinely, as the hair continues to live and grow naturally in the new location.

- **Eyelashes** – Eyelash transplants are an advanced microsurgical procedure that takes living, growing hairs from the scalp and implants them into the upper eyelids. These transplants

can be used to enhance the density and fullness of the eyelashes for purely cosmetic purposes; it is also an effective treatment to restore permanent loss of the lashes due to trauma, burns, chemotherapy and trichotillomania. The newly implanted lashes will continue to grow, just like the hair on the head and require regular maintenance and trimming.



• **Eyebrows** – Over-plucking the brows can cause follicular damage and permanent brow loss. In addition to over-plucking, hair loss in the eyebrows can be caused by heredity, illness, aging, medications, chemotherapy, radiation, injury, or scarring. An eyebrow transplant can create new living, growing eyebrows; the procedure is also effective to cover scars. Careful, accurate planning and meticulous implantation is required to obtain the correct angle, orientation and position of the transplanted follicles so the resulting growth blends naturally. The transplanted hair needs to be routinely trimmed.

For the best results, these cutting-edge transplants are performed with NeoGraft FUE: The "Cadillac" of transplants. The minimally-invasive



NeoGraft device helps the surgical team extract hair follicles from the donor area of the scalp individually without the need for scalpel or stitches, leaving no linear scar. Less downtime, less pain, quicker recovery, fewer activity restrictions, and absolutely NO linear scar are some of the benefits of NeoGraft FUE approach. When properly performed, artistic hairline design using grafts of single follicles creates hair transplant results that truly defy detection.

At Bauman Medical, many of the patients we see for hair restoration treatments are looking for "cosmetic enhancement," however, some of our most rewarding professional opportunities have been treating both children and adults who have suffered with a birth defect or survived physical injuries or traumas (including those caused by fire or accident). In these cases, we have utilized non-invasive therapies and/or surgical hair transplant techniques to restore hair into their hairline or face. This is especially useful in order to camouflage scarring and restore a patient's natural appearance where they would normally have hair.

If you're worried about hair loss, on your head, or elsewhere, it is important to consult with an experienced hair restoration physician – someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment. Only a qualified and experienced hair restoration physician can prescribe the most effective multi-therapy treatment options, and perform the latest advanced surgical procedures necessary to achieve natural-looking results.

KEY BENEFITS OF A NEOGRAFT FUE:

- Least invasive hair transplant available
- No scalpel, no stitches, no staples are used in the donor area
- No 'tell-tale' linear scar is left in the back of the scalp
- Shorter, more comfortable recovery
- No stitches to be removed
- Less activity restrictions after surgery and quicker return to athletic activity
- Very short haircuts are possible after surgery
- Transplants more than twice as many hair grafts in a single surgery as the previous manually-performed FUE surgery in the same amount of time

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.

Hair Loss Study Candidates Needed!

Bauman Medical is currently enrolling qualified candidates for exciting Hair Loss Studies. Please visit www.844GETHAIR.COM for more details.



BAUMAN MEDICAL GROUP

Hair Restoration
for Men and Women
www.BaumanMedical.com
1.877.BAUMAN.9



If You're Suffering From Nerve Problems In The Arms And Legs, You Must Read This Immediately!

By Richard A. Reiner, D.C.

Numbness, tingling and pain is an extremely annoying problem. It may come and go...interrupt your sleep...and even makes your arms and legs feel weak. Maybe you've even been to other doctors and they claim all your tests indicate you should feel fine.

IF YOU READ NOTHING ELSE, READ THIS: More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions. Its time to get help by someone trained to correct the major cause of peripheral neuropathy. Read the following facts;



MORE PILLS ARE NOT THE SOLUTION:

A common treatment for many nerve problems is to take some pills and "wait and see." While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications and anti-depressants—all of which have serious side effects.

THE LIKELY CAUSE OF YOUR PROBLEM:

Our practice has been helping people with neuropathy and nerve problems for over 30 years. Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck down to the tailbone. The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves. By using gentle techniques, I'm able to release the pressure that has built up on the nerve and the symptoms go away. What this means is that you could soon be enjoying life... without those agonizing and aggravating nerve problems.



COULD THIS BE YOUR SOLUTION? It's time for you to find out if chiropractic will be your neuropathy solution. We want to turn your disabilities into possibilities.

HERE'S WHAT OUR PATIENTS HAVE TO SAY: *"I woke up one morning with numbness in right hand. Dr. Reiner told me that I must have slept wrong and pinched a nerve in my neck, causing the numbness in my hand. After a treatment, it loosened up my neck and arm, and the numbness was gone."* – Loni D. *"I recently relocated to the area and chose Dr. Reiner because of location, and I'm glad I did. He takes his time and explains everything. I had burning pain going down my legs, especially after playing golf. His treatments made my recovery so much faster than I ever expected. I highly recommend him."* – Ronald R.

AVAILABLE TO THE FIRST 25 CALLERS:

1. An in-depth consultation about your health and well-being where I will listen... really listen... to the details of your case.
2. A detailed evaluation of your area of chief complaint.
3. A thorough analysis of your evaluation so we can start mapping out your plan to be pain free.
4. I'll answer your most probing questions about nerve problems and how chiropractic can help.

THE FIRST 25 CALLERS ONLY:

will receive everything I've listed for only **\$35**.

The regular charge is \$150, so you're saving money by taking me up on this offer.

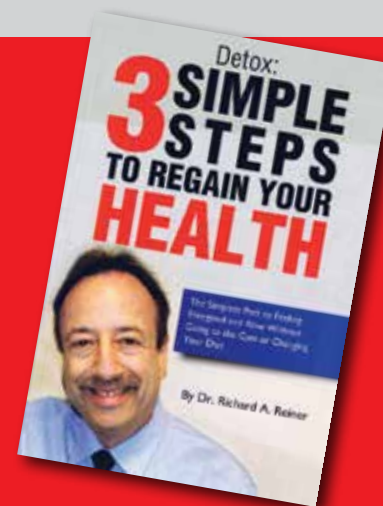
Call 561-689-4700.

We can get you scheduled for your consultation as soon as there is an opening.

**AT REINER CHIROPRACTIC AND WELLNESS CENTER
WE HELP YOU FEEL HEALTHY!**

**Our office is called
REINER
CHIROPRACTIC
AND WELLNESS
CENTER,
we are located at
5768 Okeechobee Blvd.
in West Palm Beach, FL.**

**When you call, be sure to say
you want to schedule an
appointment for the neuropathy
evaluation SPECIAL.**



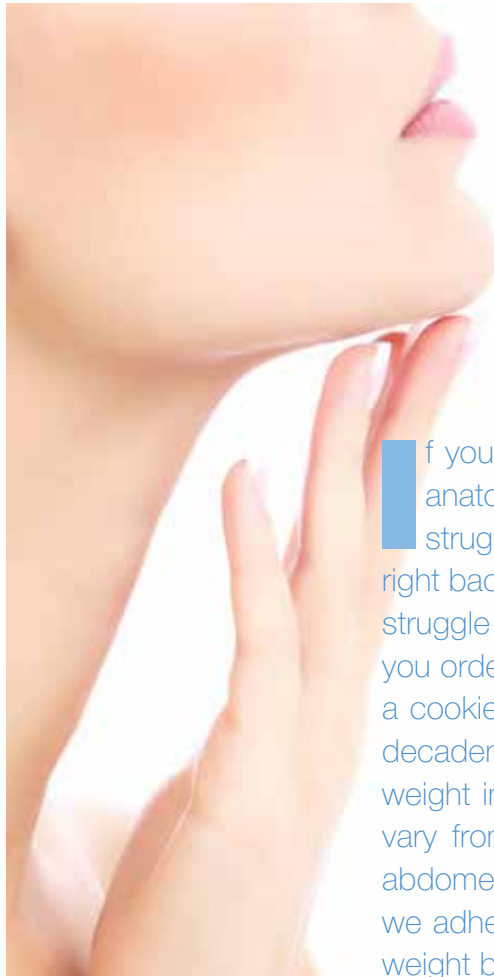
If you sign up for a series of treatments, you'll get a personalized autographed copy of my book,

Detox: 3 Simple Steps To Regain Your Health.

**Call 561-689-4700
www.ReinerChiro.com**

**AVAILABLE TO THE
FIRST 25 CALLERS**

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT. DUE TO FEDERAL AND STATE REGULATIONS, MEDICARE/MEDICAID PATIENTS ARE NOT ELIGIBLE FOR THIS OFFER.



Wanting to Eliminate Your **DOUBLE CHIN?**

If you are one of the thousands of people bothered by the anatomy of your chin, then you are not alone. Many of us struggle with the battle of losing weight only for it all to come right back. This can be very difficult and stressful. However, the struggle is no surprise. Access to eating poorly is all too easy. If you order food online, you may notice an upgrade to purchase a cookie or soft drink. Even in the grocery stores, the array of decadent desserts is all too tempting. So we continue to gain weight in all the wrong places and where we gain weight can vary from person to person. Some of us gain weight in our abdomen, others in the face, and this issue is correctable if we adhere to a healthy lifestyle. Yet most of us don't, and the weight battle continues.

The term double chin is all too familiar and is attributed from these weight issues, but for some this can be hereditary. Laser liposuction can be a good option, however, many don't want to be bothered with incisions, chin slings and any kind of down time. Fortunately, there is a new FDA approved medical treatment called Kybella. Kybella is not only the first, but also the only FDA-approved nonsurgical treatment for fat deposits under the chin.

Kybella consists of deoxycholic acid, a naturally occurring substance in the body that breaks down fat. It works by systematically injecting this solution into the area of fat under the chin. Over a period of 4-6 weeks the fat cells dissolve. On average patients require 2-4 in-office treatments that normally take about 15 to 20 minutes. There is minimal downtime with this procedure, the most common side effects being swelling, bruising, redness, pain and temporary numbness. This treatment is ideal for patients who cannot have surgery due to medical reasons or who absolutely do not want any invasive procedures.

For many of my patients, Kybella may not be the answer because there is no fat under the chin, just loose sagging skin. If that is the case, then there are other options to treat a patient with. For example, Ultherapy is an ultrasound based technology that penetrates to the underlying layer of the skin causing collagen to contract thereby promoting skin tightening. It is a onetime treatment for most, however determining a treatment plan is discussed during a consultation.

During a complimentary consultation a treatment plan is customized for each individual patient. To find out the right solution for you call **561-655-6325** or visit **www.drdadurian.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.

MD
BEAUTY LABS
Spa & Wellness Center

Complimentary Consultation / Gift Cards
Financing Available

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

Could Stem Cells be the Next Penicillin?

By David Eiser - Staff Writer

Chances are that you have heard about stem cells—they have been in the news for years. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? Success of diseases like COPD and pulmonary fibrosis are receiving life-changing stem cell treatments that just a few short years ago had not yet been thought-of as possible.

With further advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin both come from healthy beginnings and accidental discovery, they are both used to treat life-threatening conditions and diseases and, just like penicillin, stem cell biologists have won Nobel Prizes due to the practical uses of their discoveries.

Consider the history of penicillin. Originally discovered in 1928 by the Scottish biologist, Sir Alexander Fleming, the full potential of the medication was not seen until its wide use in WWII. It wasn't until 1945, 17 years after its discovery, that Sir Fleming received the Nobel Prize. By that time, the medication had saved millions of lives.

Stem cells have also been studied extensively over time and have come into the national dialogue as a hot-button, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the stem cells that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people—regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells that reside in the body have not yet been assigned as a certain type of cell. Stem cells are

simple stem cells waiting by to meet your body's needs. The use of these cells to treat disease traces back to 1968 when the first bone marrow transplant was performed. The result of placing healthy stem cells into a sick individual's body is the creation of healthy blood cells that are not infected with the disease. In turn these cells replace the diseased ones and start to heal the patient.

Today a clinic called the Lung Institute is using adult stem cells harvested from the patient's own fat, blood or bone marrow to provide needed healing results for people with lung disease. Their website, lunginstitute.com, states that they have treated over 1500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells and extracts the stem cells

from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

Just as penicillin was recognized by the scientific that awarded the Nobel Prize in Medicine, so have stem cell developments. If the number of people



who have already been successfully treated with stem cells is any indication of the future, then it will undoubtedly be heralded as one of the ground-breaking medical technologies of its time.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (800) 821-4631 or visit lunginstitute.com/health to find out if you qualify for these new treatments.

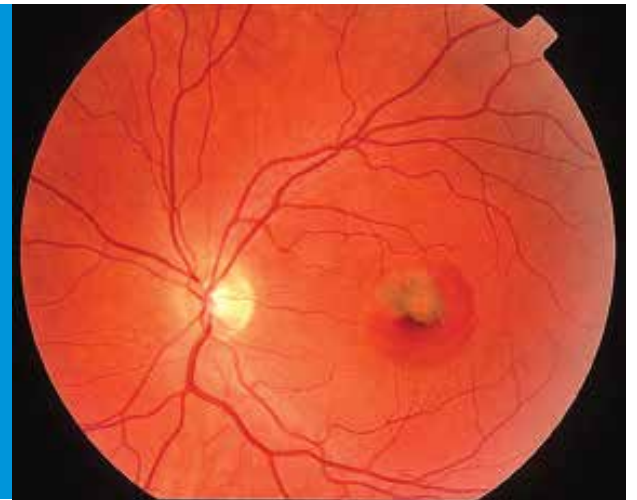


What is **HISTOPLASMOSIS?**

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

Histoplasmosis is a disease caused when airborne spores of the fungus *Histoplasma capsulatum* are inhaled into the lungs. This microscopic fungus, sometimes called histo for short, is released into the air when soil is disturbed by plowing fields, sweeping chicken coops, or digging holes.

Histoplasmosis initially is a lung infection. However, it is believed that the infection, even if mild, can later migrate to the eye through the blood stream and cause a serious eye disease called ocular histoplasmosis syndrome (OHS). OHS is a leading cause of vision loss in Americans ages 20 to 40.



HISTOPLASMOSIS SYMPTOMS

Ocular histoplasmosis syndrome (OHS) often has no symptoms in its early stages. You may have been affected by OHS without knowing it. The evidence that the inflammation ever occurred are tiny scars called "histo spots," which remain at the infection sites. Histo spots do not generally affect vision, but for reasons that are still not well understood, they can result in complications years — sometimes even decades — after the original eye infection. Histo spots have been associated with the growth of the abnormal blood vessels underneath the retina.

In later stages, histoplasmosis symptoms may appear if the abnormal blood vessels cause changes in vision. The symptoms for OHS are the same as choroidal neovascular membrane symptoms.

These include:

- Blank spots in your vision, especially your central vision;
- Distorted vision, so that straight lines appear bent, crooked or irregular;
- Size of objects may appear different for each eye;

- Colors lose their brightness; colors do not look the same for each eye;
- Central light flashes or flickering.

HOW IS HISTOPLASMOSIS DIAGNOSED?

Your Eye M.D. will be looking for two things in particular:

- The presence of histo spots, which indicate previous exposure to *Histoplasma capsulatum* fungus spores;
- Swelling of the retina, which signals the growth of new, abnormal blood vessels.

The examination to diagnosis histoplasmosis is similar to that used for a wet macular degeneration diagnosis. Your doctor may have you use an Amsler grid to check for histoplasmosis symptoms such as wavy, blurry or dark areas in your vision. As part of the examination, your Eye M.D. will dilate (widen) your pupils using dilating eyedrops and examine your eyes with an ophthalmoscope, a device that allows him or her to see the retina and other areas at the back of the eye. If fluid or abnormal blood vessels (choroidal neovascular membranes) are detected, your ophthalmologist will take special photographs of your eye with

optical coherence tomography (OCT) and fluorescein angiography.

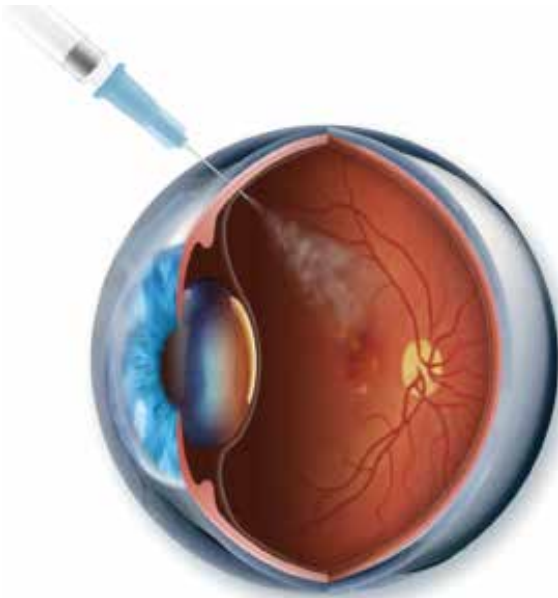
OCT scanning uses light waves to create detailed images of the underlying structure of the retina. OCT images show the thickness of the retina, and can help your Eye M.D. detect swelling and abnormal blood vessels.

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.

HOW IS HISTOPLASMOSIS TREATED?

Anti-VEGF treatment

One method for treating histoplasmosis targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is 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



blood vessels, slows their leakage, helps to slow vision loss, and in some cases improves vision.

Your ophthalmologist (Eye M.D.) 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.

Laser treatment

Laser treatment for histoplasmosis 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.

Laser treatment does not cure histoplasmosis. However, it reduces the chance of abnormal blood vessels returning. If these blood vessels do return, additional laser surgery may be needed.

Steroid injection

Because histoplasmosis can cause inflammation in the eye, sometimes steroid injections are given in the eye to reduce the swelling.

Histoplasmosis remains a threat to your vision for your lifetime. Therefore, it is important to have regular checkups with your ophthalmologist to detect any problems as early as possible.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

Toll Free Phone Number:

1-800-445-8898

561-832-4411

West Palm Beach

901 North Flagler Drive, 33401

(561) 832-4411 Office

(561) 832-1591 Fax

Palm Beach Gardens

11382 Prosperity Farms Rd., #128, 33410

(561) 627-7311 Office

(561) 627-6791 Fax

Stuart

618 East Ocean Blvd., #3, 34994

(772) 287-7026 Office

(772) 220-4186 Fax

Boca Raton

1050 NW 15th Street, #114, 33486

(561) 368-7723 Office

(561) 368-0093 Fax


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

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

Meng's Acupuncture Medical Center
 Over 18 years of experience as a doctor of Chinese medicine.

Schedule Your
**Free
Consultation**
 \$185 Value
With coupon. Cannot be combined with other offers. Expires 12/31/14

Most Major Insurance Accepted,
 Workman's Comp


**Lost
55 lbs**

Fall Cleanse Program
 Pain Relief • Tennis Elbow
 Headache • Insomnia • Back Pain
 Menopause • Anxiety • Hypertension
 Lymphatic Drainage & Many More

561-656-0717
 4050 PGA Blvd., Suite 202, Palm Beach Gardens


Gina Meng, A.P., D.O.M.
Licensed in USA, China, Ireland
1987-2014

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

**REINER
CHIROPRACTIC & WELLNESS
CENTER**

OUR SERVICES

- Body Cleanse & Detox Programs
Fibromyalgia, Chronic Fatigue,
Immune Disorders
- Chiropractic Examinations & Treatment
- X-ray Facilities
- Applied Kinesiology
- Activator and Impulse Methods
- Nutrition Counseling
- Physical Therapy
- School / Employment Physicals
- Massage Therapy



DR. RICHARD REINER
1. 561.689.4700
1. 561.689.9909
 Reiner
 Chiropractic & Wellness
 Center
 5768 Gladesway Blvd.
 West Palm Beach,
 FL 33417

Dr. Richard Reiner Has Been Seen On:


Chiropractor, Dr. Reiner – The Best Kept Secret in West Palm Beach, FL.


Oceanside Vein Center

**Get Rid of Your Unwanted
SPIDER VEINS**

Sclerotherapy
 Vitamin B12 injection
 Dermal Filler Evaluation
 Vein Consultation
 Vein Treatment
 Dermal Filler
 Botox



Oceanside Vein Center
 1080 E. Indiantown Road, Suite 106B
 Jupiter, FL 33477
 Phone: 561-885-8798
 Email: OceanSideVeins@yahoo.com

**Are You Looking for
a New Career Path?**

Self-Motivated?

**Work From
Home?**



Health and Wellness Magazine
 is currently seeking an account
 executive in the South Florida Market.
 Full time and Part Time positions
 available. Competitive Commission
 Structure.

If interested,
 Contact Sybil Berryman


Sybil.getthehealthandwellness.com
 tel. 239-250-4104

Health & Wellness MAGAZINE

Smoking and Hearing Loss

By Dr. Dana Luzon, Au.D CC-A, FAAA



“Cigarette Smoking and Hearing Loss: The Epidemiology of Hearing Loss Study,” published in the Journal of the American Medical Association, evaluated the association between cigarette smoking and hearing loss in a large population. The study revealed that people who smoke are almost twice as likely as nonsmokers to develop hearing loss. Also, those nonsmoking participants who lived with a smoker were more likely to have a hearing loss than those who were not exposed.

These results are consistent with early clinical studies reporting worse hearing in smokers compared to nonsmokers, animal studies showing cochlear damage after exposure to cigarette smoke, and population-based self-reported data. Cigarette smoking may have direct ototoxic effects on hair cell function and an effect on the transmission of those hearing signals.

This data, along with several other studies have tied smoking to increased risk of hearing loss in humans. Nicotine and carbon monoxide may actually deplete oxygen levels in the cochlea (the auditory portion of the inner ear), which is bathed in fluids and blood supply. Like any part of the body, if oxygen is depleted, tissue damage can occur.

Hearing loss has often been thought of as an inevitable consequence of aging; however, research shows this is not always the case. If you do smoke, consider having your hearing evaluated to see if there has been any damage. By quitting for even one day, smokers take an important step toward a healthier, tobacco-free life — a step that can lead to reducing cancer risks and lessening the potential effects of hearing loss in your everyday life.



**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.



Audiology & Hearing Aids
of the Palm Beaches, Inc.

561.627.3552

4266 Northlake Blvd
Palm Beach Gardens,
FL 33410

www.hearingcarefl.com

The Obesity Struggle



Florida Bariatrics and Wellness Center offers a comprehensive bariatric surgical program as well as a medical weight loss program to its patients. Obesity continues to be one of the most prevalent health care issues in the nation; recent CDC statistics shows that more than 1 in 3 adults (34.9% or 78.6 million) are obese. More alarmingly, despite recent declines in the prevalence among preschool-aged children, obesity among children is still too high. Florida Bariatrics and Wellness Center is committed to helping patients combat obesity.



Obese patients frequently are judged as not doing enough for themselves, that they eat too much and exercise too little; but this is not necessarily a complete picture. Although what we eat and our eating habits have a major effect on our metabolism, the answer to a healthy weight is not a simple one. Certainly we need to change the way we eat and our sedentary life-styles, but that will not be enough, healthcare organizations have been promoting diet and exercise to achieve weight loss for decades with no significant results. We know that once obesity has set in it is very difficult if not impossible to revert back to a healthy weight without a comprehensive assessment and an individualized treatment plan that for some may include the consideration of weight loss surgery. At Florida Bariatrics and Wellness Center, our surgeons pride themselves on being at the forefront of bariatric care and believe strongly in a comprehensive approach to weight loss for long-term success. It has been demonstrated in multiple studies that surgery is superior in achieving weight loss and reverting diabetes and cardiovascular disease than any other intervention providing safe, long lasting results.

The surgeons at Florida Bariatrics and Wellness Center are highly credentialed, board certified, fellowship trained and have extensive experience performing bariatric surgeries. Dr. Ariel Rodriguez, MD is a Board Certified General Surgeon who specializes in bariatric procedures, as well as the IntraGastric Balloon. The staff at Florida Bariatrics and Wellness Center personally navigate your experience to help you understand your expectations and achieve realistic goals in your quest to improve your health and lifestyle. Our patients can visit one of our five conveniently located offices throughout South Florida.

Our caring staff is dedicated to assisting patients in their weight loss journey. We are the hope they are looking for.

If you have questions or would like to set up a consultation, please call us at **561-500-HOPE (4673)**.

Florida BARIATRICS & WELLNESS CENTER

WELLINGTON

1447 Medical Park Boulevard
Suite 101
Wellington, FL 33414

DELRAY

4608 Linton Boulevard
Suite 250
Delray Beach, FL 33445

MIAMI

8501 S.W. 124th Avenue
Suite 101
Miami FL 33183

COCONUT CREEK

4848 Coconut Creek Parkway
Suite 200
Coconut Creek, FL 33063

STUART

789 South Federal Highway
Suite 102
Stuart, FL 34994

561-500-HOPE(4673) www.weightlosshope.com

Laser Therapy can be 90% Effective at Relieving Inflammation and Pain



Cold Laser Therapy or Low Level Laser Therapy (LLLT) is a treatment that utilizes specific wavelengths of light to interact with tissue and is thought to help accelerate the healing process. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality.

HOW DOES LASER THERAPY WORK?

Lasers are handheld devices used by the clinician and are often the size of a flashlight. The laser is placed directly over the injured area for 30 seconds to several minutes, depending on the size of the area being treated and the dose provided by the cold laser unit.

During this time, the non-thermal photons of light that are emitted from the laser pass through the skin's layers (the dermis, epidermis, and the subcutaneous tissue or tissue fat under the skin). This light has the ability to penetrate 2 to 5 centimeters below the skin at 90mw and 830 nm.

Once the light energy passes through the layers of skin and reaches the target area, it is absorbed and interacts with the light sensitive elements in the cell. This process can be compared to photosynthesis in plants – sunlight is absorbed by plants, which is then converted to usable energy so that the plant can grow.

When cells absorb this light energy, it initiates a series of events in the cell that is theorized to eventually result in normalizing damaged or injured tissue, a reduction in pain, inflammation, edema and an overall reduction in healing time by increasing intracellular metabolism.

TYPES OF CONDITIONS TREATED WITH LASER THERAPY

Cold laser therapy can stimulate all cell types including muscle, ligament, cartilage, nerves, etc., so a number of conditions can be treated by cold laser therapy. Some of conditions that may typically be treated by cold laser therapy include:

- Arthritis pain
- Back pain
- Carpal tunnel syndrome
- Fibromyalgia pain
- Knee pain
- Neck pain
- Tendonitis

EFFECTIVENESS LASER THERAPY

For years, physicians have been using laser therapy on patients who seeking effective, alternative methods for pain relief. Since 1967 there have been over 2,500 clinical studies published worldwide. Many of these studies are double-blinded, placebo-controlled and have demonstrated cold laser therapy to be a proven method for pain relief.

The effectiveness laser therapy for neck pain was recently reviewed by The Bone and Joint Decade 2000-2010 Task Force on Neck Pain, an initiative conducted by a multidisciplinary team of researchers and clinicians.

The task force concluded that low-level laser therapy can be a beneficial treatment for certain types of neck pain, including types of pain that cause little or no interference with daily activities and pain that does limit daily activities, as compared to pain that includes radiculopathy (arm pain) or serious pathology.

HISTORY OF LASER THERAPY

Laser therapy has been used in clinical practice all around the world for over four decades. In 1916, Albert Einstein conceived the theory of Light Amplification through Stimulated Emission of Radiation or LASER. In 1967, Professor Andre Mester began using low power lasers in medicine. Dr. Mester is recognized by many as the grandfather of laser therapy.

F.D.A RECOGNITION OF COLD LASER THERAPY

Certain low level laser devices are also FDA approved for relief of the following conditions.

- Muscle and joint pain
- Stiffness associated with arthritis
- Pain associated with muscle spasms
- Hand pain and wrist pain associated with Carpal Tunnel Syndrome
- Neck pain
- Lower back pain
- Wound healing

ADVANTAGES OF LASER THERAPY

Laser therapy is a non-invasive procedure, meaning that it does not require a surgical incision. This means that there is no prolonged recovery time.

Laser therapy also does not involve taking any medications, and many patients prefer to avoid taking medications. Studies have so far found that laser therapy does not have serious side effects when used properly by a doctor.

Laser therapy is one option among a variety of treatment approaches that can potentially provide pain relief or pain reduction, especially for patients seeking a treatment without the use of surgery or drugs.

It can be used alone or in combination with a number of other therapies.

Laser therapy is yet another method in the set of tools to help assist in pain relief, and it is considered a reasonable treatment option for certain types of pain by most health care professionals. While it is still a relatively new treatment option, it is considered a viable treatment option for those seeking an alternative to invasive treatment.



For more information visit
www.RNMedical.com

Call **734-716-5571**
for your free consultation and treatment!
Ask About Our Seminar's!

Tamara L. Jorgensen, H.H.A.
Medical Director



SMILE IN A DAY

Learn about the revolutionary benefits of **DENTAL IMPLANTS** at our **COMPLIMENTARY SEMINAR** **DENTAL IMPLANTS: A PERMANENT SOLUTION TO MISSING OR DAMAGED TEETH**

January 29, 2016 at 10:00 AM

SEATED IS LIMITED. CALL TO RESERVE YOUR SEAT.
561-627-9000

Imagine a world where you can eat anything you want, taste food again, have no pain when you chew or eat, no longer have bad breath and have a beautiful healthy smile.

USEFUL INFORMATION ON DENTAL IMPLANTS

A dental implant may be the best option for restoring your smile when you have lost or broken a tooth.

AM I A CANDIDATE FOR DENTAL IMPLANTS?

People of all ages can be a candidate for replacement of missing teeth with dental implants. Whether tooth loss due to decay, disease, injury or a medical condition, dental implants can be a great choice. If you can't wear dentures comfortably you may be an ideal candidate for dental implants. There are new techniques available using advanced technology where implants can be placed and teeth secured the same day. For denture wearers imagine being able to eat anything you want without the roof of your mouth being covered so you can taste your food. This can be life changing for people who have lost all their teeth and struggle with dentures.

Implant patients must be in good health. Most patients are still candidates even with certain medical conditions but should consult with their dentist. Your dentist will take into consideration your medical and dental health to ensure implants are the right choice for you.

WHAT IS THE IMPLANT PROCEDURE LIKE?

Your dentist will review what type of dental implant treatment is right for you. A procedure will be done to place the implant in the jawbone. The jawbone will then be allowed to heal around the implant to hold it firmly in place. The dentist will then complete the process by

securing a post onto the implant and place a crown or artificial tooth that resembles your natural teeth.

DOES IMPLANT PLACEMENT TAKE A LONG TIME?

Once the implant is placed, usually an hour or two, healing can begin. If you are a candidate, a temporary tooth or teeth can be placed during the healing phase creating a beautiful smile in one day. Once healed the permanent tooth replacement can usually be completed in two to three weeks. In other situations, depending on certain factors, healing can take three to six months but you will always have beautiful temporary teeth to smile with.

HOW DO I CARE FOR MY IMPLANT?

You care for your dental implant teeth just as you would your natural teeth. It is important to brush and floss as well as see your dentist every three to six months for dental cleanings to maintain your health.

If there are any specific needs for maintaining your dental implants your dentist will let you know.

THE RIGHT CHOICE

The dental team at Drs. Lerner and Lemongello's office is available to ensure your comfort and safety and are available to answer any of your concerns. So whether it is for a dental check up, a simple tooth restoration, a smile makeover, dental implants, or complete mouth restorations our team is ready to help you achieve the smile you deserve and the dental health you want.

Get the beautiful smile you have always dreamed of, make an appointment today! Contact Drs. Lerner and Lemongello for an appointment and information on all dental procedures at 561-627-9000. Visit our website at www.lernerlemongello.com and view our "Smile Gallery" for examples of some of South Florida's most beautiful smiles.

Seating is limited.
Call 561-627-9000 to register.



Gerard J. Lemongello DMD



**LERNER
& LEMONGELLO**

AESTHETIC & RESTORATIVE DENTISTRY

Creating South Florida's Most Beautiful Smiles.

**5602 PGA Blvd, Suite 201,
Palm Beach Gardens, FL 33418**

Phone: (561) 627-9000

www.lernerlemongello.com



HOLIDAY STRESS and WEIGHT GAIN:

The combination most dreaded by American's can be avoided with a few simple steps.

There are a number of claims made in the literature about how much weight people gain during the holidays. Depending on whom you read or listen to about it, the amount of weight gain from Thanksgiving to New Year's Day could range from 1-10 pounds. There are ways to avoid this trap. Try these simple strategies and you can still eat, drink, and be merry without ending up looking as plump as Santa Claus:

HYDRATE:

While rushing around shopping and preparing for guests it's easy to forget to drink plenty of water. Try to get in at least eight glasses a day. Your body easily confuses being hungry and being thirsty, so drinking water regularly will keep you from eating when what you really need is to hydrate.

LIMIT ALCOHOL INTAKE:

Alcohol calories add up fast. A 12-ounce beer has 140 calories and a 5-ounce glass of wine has 100. Plus having too many drinks lowers your inhibitions, so when you imbibe you're likely to eat more. Decide how many drinks you will have at holiday parties beforehand and stick to your decision. Or plan to be the designated driver, and avoid alcohol all together.

EAT SLOWLY:

Research shows that slow eaters tend to eat less food. Try this: Swallow each mouthful before taking the next bite and chat with a table mate in between forkfuls.

BE SELECTIVE, NOT RIGID:

Don't declare all party food off-limits. It's a strategy that's bound to backfire: if you decide to deprive yourself of all treats, you may end up overindulging out of frustration and rebellion. Instead, be honest with yourself about what foods you're really looking forward to and enjoy those in moderate amounts; at the same time cut back on high-fat and calorie-bomb snacks and fillers you really can live without.

STAY ACTIVE:

Exercise is probably the first thing to fall off your to-do list during the holidays, but it's your best ally in the battle against holiday bulge—as well as

holiday stress and depression. Don't worry if you can't maintain your regular workout routine due to travel or other commitments. Simply challenge yourself to add some physical activity to your day.

INCORPORATE ACUPUNCTURE:

While people seek out acupuncture for a variety of health problems and often come in with a long list of complex issues they want to address, many of them will ask if acupuncture can also help them lose weight. The answer is yes – along with healthy changes to diet and movement, acupuncture has been shown to dramatically impact weight in number of ways.

Where does acupuncture fit into a weight loss plan?

Acupuncture can address just about every one of these aspects and greatly improve the results of a multi-faceted weight loss program. Let's take a closer look at what acupuncture has to offer.

1. Acupuncture reduces food cravings and regulates appetite

Ear acupuncture is one of the most successful methods for addiction treatment, including food addiction and emotional eating where bingeing or constant nibbling serves to stuff down difficult emotions like sadness, anger, boredom and loneliness; or where sensations like pain, fatigue and thirst are mistaken for hunger.

Ear acupuncture stimulates the vagus nerve, the longest cranial nerve that is part of the involuntary nervous system and controls such automatic functions as regular heart rate and digestion.

In a randomized study by Sabina Lim and others (Graduate College of Basic Korean Medical Science at Kyung Hee University, Seoul, South Korea), 91 obese persons were randomly assigned to a group receiving stimulation of a five-needle protocol on the outer ear, a group receiving a single ear acupuncture point, or sham (fake) acupuncture. The five-needle group achieved the largest drop in waist circumference, as well as drop in body fat, followed by the one-needle group, and no change in the control group. The study was published in *Acupuncture in Medicine* on Dec 16, 2013.

It was not surprising to learn that holiday weight gain ranked second in what people dread most about the holidays. Gaining weight is on the minds of many Americans and for good reason. According to the National Center for Health Statistics (NCHS) of the Centers for Disease Control and Prevention (CDC), the National Health and Nutrition Examination Survey (NHANES) revealed, when adjusting for age, an estimated 34.2% of American adults 20 years of age and older were overweight, while 33.8% were obese (Ogden & Carroll, 2010). The overall prevalence estimates for overweight and obesity when combined for adults 20 years of age and older (BMI 25) was a stunning 68.0% (Ogden & Carroll, 2010). Another way to think about the overweight and obesity epidemic is that less than a third of adults (i.e., 31.6%) in the United States are at a healthy weight.



2. Acupuncture regulates hormones

Acupuncture's balancing effect on overall body chemistry, including hormones, is well-established. Acupuncture lowers stress hormones. It regulates sexual and reproductive hormones and is widely used in addressing menstrual, fertility and menopausal concerns.

An area of particular interest is the effect of acupuncture on obesity hormones.

Hunger and satisfaction are regulated by two hormones: grehlin stimulates hunger and initiates eating, while leptin suppresses food intake. Surprisingly, in obese people leptin in the bloodstream is increased, while grehlin is decreased. Obese people are considered not only insulin-resistant, but also grehlin-resistant. (Obesity Review, Jan 2007)

In a Turkish study reported in *Acupuncture in Medicine*, September 2012, 40 obese women were randomly assigned to receive acupuncture on five common points twice weekly for five weeks for a total of 10 sessions. The results showed that acupuncture lowered insulin and leptin levels and increased plasma grehlin in the treatment group, compared with a control group receiving sham acupuncture. Acupuncture also reduced the BMI (basic metabolic index).

The conclusion is that acupuncture can help normalize obesity hormones and the hunger response and contribute to improving metabolism.

3. Acupuncture reduces inflammation and pain

Acupuncture is mostly known for – and researched for – its ability to relieve pain, reduce inflammation and heal injuries.

Acupuncture promotes blood flow, which brings oxygen, nutrients, immune substances, hormones, pain killers and anti-inflammatories to the compromised area. Acupuncture needles create “micro traumas” that stimulate the body's natural healing

response. Acupuncture releases natural painkillers such as endorphins and enkephalins. Acupuncture relaxes tense muscles that put pressure on joints and impinge nerves.

About 3 million Americans visit acupuncturists each year, most of them for the relief of chronic pain. Now a new study shows the relief they get may be modest – but real.

The study is a review of previous acupuncture studies that compared the ancient Chinese practice to standard pain care or to sham acupuncture. In the latter, patients are needled in a manner different from (or at spots on the body not tied to) traditional acupuncture.

The researchers found that people who got acupuncture ended up having less pain than those who didn't receive it. And the result was similar among different sources of pain, whether it was chronic back and neck pain, osteoarthritis, or headache.

In the end, their results translate to about 30% less pain compared to people taking pain medications and other standard treatments for pain.

4. Acupuncture improves digestion and metabolism

Acupuncture addresses many digestive problems, including GERD, reflux, stomach ulcers, IBS, diverticulitis and colitis. Acupuncture can help regulate digestion and elimination of toxins.

Chinese medicine describes the digestive process as a function of the stomach, which breaks food down, and the “spleen,” which transforms the nutrients from food into usable energy. What is termed the “spleen” here includes functions of the pancreas, the small intestine and the metabolic process on a cellular level. The Western medical equivalent of this spleen function is the mitochondria or the “powerhouses” of the cell that break down glucose and fatty acid for ATP, an energy-carrying molecule. Remember High School biology

and the Krebs cycle? People with insulin-resistance have compromised mitochondrial function.

Acupuncture can help restore the body's homeostasis, bringing back its optimal functioning.

In acupuncture lingo, we call it “Restoring the Qi” or the body's vital energy.

5. Acupuncture reduces stress and increases relaxation

Stress-reduction and increased relaxation are probably the biggest all-encompassing effects of acupuncture. The effects of stress, especially chronic, long-term stress, on lowered immunity, increased depression and anxiety, lack of sleep, and overall compromised health have been well-established.

Increased stress and lack of sleep lead to increased release of the stress hormone cortisol from the adrenal glands. Cortisol makes us feel hungry even when we are full. Loss of sleep also decreases levels of growth hormone, which regulates the proportion of fat to muscle. And lack of sleep interferes with carbohydrate metabolism. Plus, tired people tend to eat more for the short-term energy boost they gain, especially from carbohydrate-rich foods.

As we've seen, there are many factors that interfere with successful weight loss. The causes leading to obesity and the difficulties with losing weight are complex. A successful weight maintenance plan must address all these aspects. At Meng's Acupuncture Medical Center we offer our patients a comprehensive approach to weight loss and pain management. For more information or to schedule a consultation, contact us at **561-656-0717**.



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.

Lose Weight, Reduce Stress,
Achieve Optimum Health
Call Today for Details and Schedule Your
FREE Consultation Appointment

561-656-0717

4060 PGA Blvd., Suite 202
Palm Beach Gardens

WHAT IS A PERIODONTAL EXAMINATION and Why You Need One



A recent major study reported that 1 in 2 adults over the age of 30 have periodontal disease. This may be even more important as periodontal disease has been linked to significant medical issues such as heart attacks, stroke, respiratory issues and even pre-term low birth weight babies.

What is Periodontal Disease:

Periodontal disease is a term that includes a number of diseases of the gum tissue and jaw bone. Examples include gum recession, gum inflammation, bone loss (that can lead to tooth loss) and lesions in the mouth. Gum and bone disease can occur rapidly or slowly over time.

Gingivitis:

The plaque in our mouths (the light film you can feel on your teeth), which consists of things such as bacteria and food debris, often accumulate along the gum line. If not removed with brushing and flossing, the plaque can calcify into tartar (also known as calculus). The tartar can then help catch even more plaque and continue the cycle. The body views this plaque as a bacterial infection and responds as it would to any other infection. Gum tissue fills with blood to help ward off the bacteria.

This gum swelling, known as Gingivitis, usually appears as puffy, red-purple and bleeding gums. The reaction is similar to the red and swollen appearance you get around a cut on your hand. A very important factor is that Gingivitis is REVERSIBLE.



If addressed with professional treatment (often called by patients “deep cleaning”), the infection may be cleared and the inflammation typically resolves.

Periodontitis:

Should the process of Gingivitis not be properly addressed, (in most cases) the disease will progress to Periodontitis, a situation where the inflammation has now led to jaw bone loss. Ultimately, this can lead to tooth mobility and tooth loss. Periodontitis is IRREVERSIBLE loss of the jaw bone. A number of treatment options exist to help slow the continuation of this disease. The more advanced the disease becomes; the more difficult it may be to save one's teeth. Preservation of the teeth and bone are a periodontist's primary goal. Once a patient has periodontal disease, they have it for life. Continued professional hygiene appointments (usually every 3 months) are critical to helping keep the disease in remission.

A number of factors can influence the presence or severity of the disease. Commonly related factors include genetics (did mom and dad pass this on to you), personal oral hygiene, habits (such as smoking or tobacco chewing) and your own immune system. Once the disease begins, it is important to realize that the damaging bacteria present in the gums are now able to travel throughout the entire body possibly leading to systemic inflammation or medical issues.

Having a complete periodontal evaluation can be very critical to not only the health and preservation of the teeth, gums and jaw bone, but also the health of the entire body. It is important to remember the mouth and body are connected. **A true periodontal evaluation is painless and includes a review of a full set of recent x-rays and gum measurements.** Both of these are needed to help determine if you are one of the 50% that has the 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 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.



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

Lee R. Cohen, D.D.S., M.S., M.S.
4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418

Phone: 561-691-0020
www.pbcperio.com

Turn Back the Hands of Time!

Now you can restore a more youthful appearance to your hands with the instant volumizing effect of Radiesse! Did you know that next to the face, our hands reveal the most about our age? Simple, everyday gestures such as a handshake, a touch of the face, even a sip from a cup put our hands on constant display. Over time, our hands naturally lose volume, which can leave skin looking thin and wrinkled, often revealing unsightly tendons and veins. Radiesse is the first and only filler deemed safe and effective by the FDA to correct lost volume in the hands.



In just one treatment, Radiesse for hands provides immediate volume restoration to enhance the appearance of your hands, and it continues to work by stimulating your body to produce its own natural collagen. Not all fillers are the same. Radiesse is the only filler currently used in the face that is also FDA approved for the hands! In addition, Radiesse has the unique ability to reduce the appearance of tendons and veins

while stimulating the body to produce its own collagen. Radiesse is a quick in-office treatment that immediately provides volume correction and smooth natural-looking results. This treatment lasts up to one year in 86% of patients with a single treatment.

Radiesse has been clinically proven as a safe and effective treatment for volume loss in the hands and the face for nearly a decade.

Millions of patients have been treated with Radiesse worldwide. Schedule an appointment for a hand consultation today. To learn more visit www.radiessehands.com. See what Radiesse can do for the man in your life. Visit www.radiessemen.com. We look forward to meeting you and taking care of all of your medical esthetic needs. Visit www.OceansideVeinCenter.com to schedule your consultation.



Schedule
your appointment today at:
www.OceansideVeinCenter.com
or call (561) 685-8796.
*We look forward
to meeting you!*



Oceanside Vein Center



Are You Chronically Anxious? Wish it could just stop?

Have medications failed, or do they have side effects?

By Michael Cohen, Founder, Center for Brain

DO YOU OR SOMEONE YOU KNOW SUFFER FROM ANXIETY?

- *Do you get fearful, tense, or overwhelmed?*
- *Do you have racing thoughts?*
- *Have you lost hope of getting rid of anxiety?*

At Center for Brain, we have a unique program for adults and children who have tried everything to help their anxiety. Many of our clients have been

to the best doctors, therapists, and have tried many approaches and medications to keep their anxiety at bay and their symptoms under control. And still, nothing works well.

We use a very different approach. Rather than trying to medicate, we use a unique combination of neurofeedback and biofeedback technology. They are powerful tools to help you learn to calm and quiet your nervous system. With practice and reinforcement, you can train your brain and your body to control how you respond to stress. You don't have to learn to live with it.

When you learn to quiet your nervous system, you learn how to break the anxiety "habit." It may sound strange, but many people become excellent at being anxious. They are quite skilled at it. You can train to become good at NOT having anxiety. You just don't know how. When you combine biofeedback technology with other approaches, you train your nervous system to respond differently. The Center for Brain has helped countless people (both children and adults) to get control of their anxiety and take charge of their life again, often in a surprisingly short period of time.

Many people with chronic anxiety or panic attacks have tried multiple medications to feel better or to calm down. Medications may reduce but not eliminate your symptoms, and they don't teach your brain to make permanent changes.

Unfortunately for sufferers of chronic anxiety, many health professionals are unfamiliar with neuro and biofeedback, even though it has such a big impact on anxiety. The health field changes slowly. More and more clinicians have heard about the positive clinical results, even if they haven't had time to read all the research. When you combine multiple approaches with neuro and biofeedback technology it can help really change chronic patterns.

WHAT CAN BIOFEEDBACK DO?

Biofeedback and neurofeedback have been proven to greatly reduce or even eliminate anxiety symptoms. For people taking medication, biofeedback can help lessen reliance on medicines. In some cases people are able to stop taking anxiety medication entirely. Patients are often surprised how much better they feel with biofeedback, particularly since they've tried many approaches with limited relief.

Consider the experiences of three patients:

52-year-old Cecily had suffered from depression and anxiety since her late 20s following a car accident. She was taking medications for depression and sleep, but over time these didn't help. Doctors ran out of ideas, and her anxiety surged. Cecily became increasingly fearful and anxious of everything in her life, stopped participating in normal activities, and felt completely overwhelmed. An intensive and comprehensive intervention of biofeedback therapy, an adjustment of her hormones and acupuncture broke her cycle of anxiety and depression. Today she is sleeping without medication and living a calm and peaceful life.

24-year-old Brett had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function. After one month of biofeedback sessions 3-4 times per week his panic attacks and extreme anxiety diminished and he was able to drive again. Now that he knows how to calm himself he reports feeling “completely normal.”

Melissa, 47, had anxiety so severe that she was unable to drive, couldn't pay attention to anything and was afraid to leave her house. She took numerous medications for anxiety and sleep but she did not get better. At the time she came to Center for Brain she had been suffering extreme anxiety for a solid year with very little relief. After a month of biofeedback she began feeling much calmer and was sleeping better. She started leaving the house and was even able to get and keep a job. Following three months of treatment she appeared in our office bright, cheerful and engaging without any anxiety symptoms.

WHY CAN'T YOU SIMPLY TALK YOURSELF OUT OF ANXIETY?

People who don't understand anxiety may tell you to calm down and not let things bother you. If it were that easy, you'd already do it, right? When you have anxiety, the parts of your brain that are supposed to keep you calm aren't working very well.

As a result, anxiety sufferers are often overwhelmed, exhausted, and feel the people around them don't understand. You can't talk yourself out of an entrenched emotional pattern.

CAN YOU LEARN TO BE CALMER?

Absolutely! Biofeedback is one of the most powerful technologies in the world for reducing anxiety and panic attacks. It helps the brain change the stuck patterns that cause the anxiety. While everyone experiences anxious moments, with chronic anxiety, your brain gets stuck in that state, and it's difficult to change it.

Biofeedback worked for 65-year-old Jacob who developed severe agoraphobia (fear of leaving the house). Antidepressants didn't help. Neither did Valium, other calming medications and even daily medical marijuana. He suffered through eight months of non-stop anxiety. He fantasized about “walking in front of a bus” rather than go on living the way he was. Center for Brain provided biofeedback services to him at home, five times a week for two weeks. Within ten days he had stopped the medical marijuana. Over the course of three months he significantly reduced his other medications and once again was able to leave his house.

“We've developed a unique comprehensive program to help those with chronic Anxiety and Depression to change their life. It helps your brain to manage mood and anxiety successfully.”

Michael Cohen, President and Founder, Center for Brain

HOW DOES BIOFEEDBACK WORK?

Biofeedback training helps in changing brain patterns, and in quieting the nervous system. For example, neuro-biofeedback measures the brain's rhythms. It rewards you when you make healthy patterns. With repeated training, the brain and body learn to maintain those healthier patterns. Correcting anxiety with biofeedback takes practice and reinforcement. The more your brain learns how to be calm through biofeedback, the more it becomes a normal state in everyday life.

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

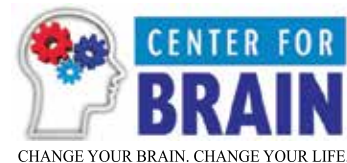
Michael Cohen, President and Founder, Center for Brain

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



By Michael Cohen, Founder, Center for Brain

President and Founder of the Center for Brain Training, is a leading expert in neurotechnology and biofeedback, with 20 years of experience. He's taught courses to over 2000 health professionals, including psychiatrists, neurologists and psychologists, helping them incorporate biofeedback for use with chronic pain, anxiety and mood disorders, ADHD and neurological problems.



Jupiter Office 561.744.7616

www.CenterforBrain.com

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

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

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

Dr. MITCH'S LONGEVITY & WELLNESS INSTITUTE

ALTERNATIVE & INTEGRATIVE MEDICINE

- Feeling fatigued? Trouble sleeping?
- Weight Gain / Loss?
- Mood Swings?
- Low Sex Drive / Sexual Dysfunction?
- Headaches? Difficulty Concentrating?
- Compromised Immune System?

Call Today: 561.508.3095

1983 PGA Blvd., Suite 103
 Palm Beach Gardens, FL
 (On PGA b/w US 1 and Ellison-Watson)

Info@drmitchghen.com
 drmitchghen.com
 facebook.com/drmitchghen



By Dr. Mitchell Ghen

HORMONES ARE FOR LIFE (part 1)

From my clinical experience, I see that people are confused when they hear the word hormone and are often without real understanding, even become afraid, mostly because of ignorance, about true nature, importance, and the many functions hormones have in our bodies.

Hormones are substances our bodies required in adequate amounts for life. They allow our hundred to two hundred trillion cells the capability to communicate with each other. Hormones are not about just for a certain period of our life but are required all the time. As you can imagine, the lack of a substance that allows our cells to talk to each other, if not available would create many health issues.

The studies available underscore our crucial need for healthy levels of these chemicals. Although when the word hormone is used, it is often thought of as only sex hormones, there are literally hundreds of these substances in our body. However, the sex hormones themselves – testosterone, estrogen, and progesterone are not just for good sexual activity. They play a major role in our overall health including heart, bone, muscle, and mental health.

Every cell of the human body has a receptor for testosterone, estrogen, and progesterone. For a moment just think about when you were in high school. Pretty much all of the classmates of yours were healthy, happy and had almost no health issues. At that time, all the sex hormones were the highest. During those years you were in what we call an anabolic state. The wear and tear on your body was much less than the repair. By the time we reach our early 40s and onward, we are in what we call a catabolic state. The wear and tear on our bodies is much greater than the repair. Therefore there is great reason for maintaining the healthy hormone state of our youth. Excuses like I don't have sex anymore, I don't have a mate, I'm old, or even the fear of cancer, are not good enough to preclude the safe repletion of these hormones.

A brief look at the literature will help us understand all this. The School of Medicine and Pharmacology, University of Western Australia, Perth, Western Australia, found that elderly men with the best testosterone levels live the longest. Another study found, that bio available testosterone is an independent predictor of height loss in elderly postmenopausal women. Also, American Academy of Neurology, recently wrote "Early Surgical Menopause Linked to Declines in Memory and Thinking Skills." Researchers from the University of Edinburgh found low testosterone levels are linked to a resistance to insulin, the hormone that controls blood sugar level, and therefore low testosterone could be a factor in the development of Diabetes. One thing that becomes obvious is any already diagnosed diabetic, probably will develop if not present at the onset, low testosterone levels.

Also, new research from John Hopkins, that suggests that use of hormone therapy may affect women's risk for developing Alzheimer's disease: those who start it within five years of menopause may experience a lower risk, and those who start it later may experience a raised risk for the neurodegenerative disease. A neuropsychologist at the University of Rochester Medical Center stated that memory difficulties are one of the most common symptoms for women in their late 40s and early 50s, she said, a transition stage known as perimenopause. Women develop symptoms such as hot flashes, night sweats, depression, irritability and loss of concentration.

In men, two observational studies have supported the hypothesis that lower testosterone may increase their risk of developing colorectal cancer. A new review, published in the Journal of Clinical Endocrinology & Metabolism (JCEM), of nine observational studies from 1970 to 2013, however, reveals that men with low testosterone may also have a higher risk of developing or dying from heart disease compared to men with higher level. Testosterone helps to maintain sex drive, strengthens bone and muscle. Low levels can trigger metabolic changes that lead to increased body fat and thinning muscles, as well as reduced sex drive.

Testosterone also affects our psychosocial behavior. A study determined that subjects who had received testosterone clearly lied less frequently than individuals who had only received a placebo.

Testosterone and estrogen are the major players in sex hormone family.

They both start out from cholesterol, one of the chief building blocks of the body. Cholesterol is converted into testosterone by in the testes, ovaries, and adrenal glands.

Testosterone can be converted into estrogen, but estrogen cannot be converted back into testosterone. When we put on weight and add fat to our bodies, more testosterone is converted to estrogen which can negatively affect our health.

People differ in their testosterone levels. The normal range for men is 300 -1,100 ng/dl. A man who was 1,100 at age twenty and drops to 300 by age fifty might have a number of uncomfortable symptoms. While a man who was 350 at age twenty and 300 by age fifty may experience no symptoms. Yet, both might test as having "normal" levels of Testosterone. We actually feel the best when our testosterone levels whether

male or female, are similar to our levels as a teenager. Most men feel the best at T level of 800-1000 ng/dl.

Testosterone levels can shift up and down as required to meet life's challenges.

Testosterone levels elevate when needed, for example, in men when they are competing for a mate. Women are high when they ovulate. When people and other animals are high in testosterone, they focus on sex and dominance, but often then neglect other important aspects of their lives.

The results of a new speed-dating study suggest that when romantic sparks fly, so do testosterone levels, with mutual attraction giving rise to a hormonal spike in both men and women. A new study finds that a drop in testosterone levels over time is more likely to result from a man's behavioral and health changes than by aging itself. The study results were presented at The Endocrine Society's 94th Annual Meeting in Houston: "Declining testosterone levels are not an inevitable part of the aging process, as many people think," said co-author Gary Wittert, MD, professor of medicine at the University of Adelaide in Adelaide, Australia. "Testosterone changes are largely explained by smoking behavior and changes in health status, particularly obesity and depression."

So, have I convinced you yet that hormones are integral part of your life, for life? Well, the question you need to ask yourself is: do you want to feel like you did when you were most vibrant? It's all about quality of life, and hormones play a most important role in your overall "Joie de Vive". Stay tuned, next month we'll talk about how to test and safely replace our dwindling hormones.



Dr. Mitchell Ghen
The Doctor's Doctor

Consultant to Physicians Worldwide

561.508.3095

1983 PGA Blvd., Suite 103 Palm Beach Gardens, FL
(On PGA b/w US 1 and Ellison-Wilson)

info@drmittchghen.com • www.drmittchghen.com
facebook.com/drmittchcares

HOLIDAY TRAVEL AND LIMB SWELLING

By Alyssa Parker

The holidays are right around the corner, which means many will be traveling to visit their loved ones, or for those of you who are snow birds you're heading home to the warm weather down south. Many individuals choose air travel to reach their destination. For those who suffer from venous insufficiency or lymphedema this can be a painful process. Your lymphatic system endures an extreme amount of pressure when flying at high altitudes. Also, the risk of getting chronic edema rises for those who have already undergone an invasive procedure or radical cancer surgery.

KEEP CIRCULATION FLOWING

Trying to get home for the holidays isn't always easy when you have a painful swelling in your limbs, and flying may worsen symptoms after enduring extreme pressure. The Lymphatic system is a major player in the body's immune process, it's important to keep your circulation flowing with good health. After going under the knife for various surgeries, having joints replaced, or lymph nodes removed your bodies lymphatic system isn't going to be working at its top performance.

Some of the most common conditions where edema is a symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Some physicians may overlook the cause of your swelling and treat it with a diuretic. Swelling in a limb is due to the excessive amount of fluid in your cells tissues or organs. Finding the origin of the edema is vital to getting the proper medical care. Diuretics may be useless and harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic this will only aggravate your lymphatic system which may lead to additional fluid retention.

Deep vein thrombosis is another medical condition that may develop from cramping that air travelers endure under high altitudes. Some individuals may



develop blood clots in their legs over time from flying. Those who develop small blood clots may not experience any complications, leaving them untreated. This is a life-threatening medical problem that can be prevented through compression therapy. The sequential compression pump sleeves squeeze the muscles of the legs or arm as they inflate. Then in a sequential pattern they deflate and the muscles are able to relax. This pumping action promotes the circulation of the blood preventing blood clots from occurring.

A NONINVASIVE TREATMENT OPTION

With a compression pump, your lymphatic system gets assistance through a massaging action that gently moves the fluid naturally from your limbs back into the rhythm at which the lymph system circulates. Each chamber of the sleeve moves the fluid underneath the skin in the direction of the lymphatic flow enabling the body to get rid of the fluid and waste build up.

MAIN PURPOSES OF LYMPH NODES

The lymphatic system is the anatomical underpinnings of the immune system, through a complex network of the lymphoid organs, tissues, and lymph nodes. Your lymph nodes have two main purposes which are to filter lymph then transport it back to the blood stream, and activate the immune system. The lymph nodes are found strategically placed throughout the whole body, so when a site encounters antigens or something foreign a red flag is drawn, and an attack is mounted. This mean's when your lymphatic system isn't functioning properly it becomes a gateway for infections to attack the body without defense. Any swelling is an indicator for lymphedema.

DIFFERENT STAGES OF LYMPHEDEMA

There are different stages of edema that correspond with the severity of the condition. Pitting edema is also known as Stage I. Stage I lymphedema is characterized by swollen soft tissue. You can determine this by pressing on the area where your skin if experiencing swelling. If an indentation still appears after pressing on the particular area on the limb than this is an indication that the lymphedema has progressed to Stage II or Stage III. Stage II lymphedema the issues are no longer soft and they have become fibrotic (hardened). Stage III lymphedema the damage has been done and the tissues have hardened. At Stage III lymphedema treatment can reduce swelling but the damage is irreversible. It's important to receive treatment before progressing to the later stages of lymphedema.

BENEFITS OF A COMPRESSION PUMP

The compression pump is a Medicare approved treatment option, along with many other private insurance companies. The compression pump is an in home device that enables individuals to use at their convenience without having to leave the home for costly and time consuming appointments. The compression pump will improve scar formation for those who are experiencing difficulty healing after surgery by increasing the circulation that brings all of the main components in the healing process to the incision site or infected area.

WE CAN HELP IF YOU EXPERIENCE

Any of the Following Symptoms:

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection
- Hardening or thickening of the skin on your arms or legs

Contact Acute Wound Care LLC today, through patient education and compression therapy we can provide a better quality of life for you!

ACUTE WOUND CARE

239-949-4412

WWW.ACUTEWOUNDCARE.COM

Discover a life more fulfilling 

ACUTE WOUND CARE

Are you suffering from lymphedema and chronic swelling of upper or lower extremities?

We Can Help!
Whether you need short-term recovery assistance or a long-term treatment plan, we deliver the supplies you need to shorten recovery time in your own home!

Specializing in Pneumatic Compression Systems, specialty dressing supplies for treatment of chronic and hard to heal wounds.



Call Us Today!
239-949-4412
www.acutewoundcare.com

*Deductibles and co-pays may apply. Coverage may vary and is based upon individual insurance benefits. Covered by most insurance and Medicare for qualifying patients, deductibles and copays may apply.

SUPER OXYGEN
IMPROVE YOUR HEALTH
IMPROVE YOUR LIFE



In 30 minutes you can:

- Improve athletic endurance
- Speed up workout recovery
- Enhance memory
- Improve sleep
- Increase metabolism
- Decrease brain fog
- Improve immune system
- Enhance libido
- **GET MORE ENERGY.....**

WE ARE THE PLACE TO GET HEALTHY!
No One Offers What We Do
561.962.1516
25% OFF 1st appointment

Bio2 Energy Zone, LLC.
675 W. Indiantown Rd. Suite 100
Jupiter, FL 33458
Email: info@bioenergyzone.com
www.bioenergyzone.com

How **SUPER OXYGEN** Can **CHANGE YOUR LIFE**

By Dr. Steve Lanoff and Cyndi Menaker, LMT



SUPER OXYGEN is a strategic approach to longevity, healthy living and overall vitality. It goes beyond a quick fix to alleviate symptoms and significantly helps in rebuilding and supporting your body from the inside out!

T rue wellness involves a lifestyle that includes an understanding of how the environment, products we use, foods we eat and medications we take impact our health. All of these things are sources of many different toxins that get into our body and effect the way our organ systems are working right down to each individual cell!

The negative effects are imperceptible at first. As time goes by and toxins accumulate, impairing the cells ability to absorb and utilize oxygen, we notice changes in our energy levels, body weight, troubles with our digestion, experience more congestion, brain fog, blood pressure increases and the list goes on and on. Most commonly we think it's just because we are getting older. Contrary to popular

belief the body is not on a set schedule of demise directly correlated with our age. We have been told it's natural to have arthritis at 40 or memory loss at 50... no, no, no!

In reality the body is screaming for more Oxygen! Our cells are not utilizing all the energy producing factories inside them because they are slowly suffocating. If cells are depleted of oxygen, they can't make adequate amounts of energy known as Adenosine Tri-Phosphate, ATP.

Now we have become symptomatic and the list of diagnosis for syndromes and diseases start building. We need to know how we can repair damage already done and prevent further damage from happening.





- Increases circulation
- Improves athletic endurance
- Lowers blood pressure
- Enhances libido
- Decreases brain fog
- Improves immune system
- Helps weight loss
- Improves sleep
- Enhances memory

HOW CAN YOU GET SUPER OXYGEN?

THE BARDO SAUNA

There are many ways to administer Super Oxygen, however, the easiest and most enjoyable way is to receive Super Oxygen as you sit in a personal steam sauna. The only sauna that delivers Super Oxygen effectively is one that starts with a cycle of carbonic acid, like the Bardo Sauna. Carbonic acid is a powerful vaso-dilator that enhances the oxygen delivery system in the

SO, WHAT SHOULD WE DO???
ENERGIZE YOUR BODY'S ENERGY ZONES
WITH SUPER OXYGEN!

When Super Oxygen, O₃, is introduced it reacts with these unhealthy cells and neutralizes the damage. Even better, Super Oxygen targets impaired cells and pathogens while energizing healthy cells. It is nature's natural antibiotic cleansing and purifying the blood. The many benefits of Super Oxygen include:

body so maximum absorption of Super Oxygen is achieved. Additional benefits are stimulating collagen production so skin appears tighter and brighter.

When your body starts to detoxify, you will feel the uplifting effects. The Bardo Sauna is also unique because it has several other modalities that enhance the effects of Super Oxygen such as Ultrasonic Cavitation. Ultrasonic Cavitation mobilizes fat cells and releases more toxins as it

sculpts the body. Electrotherapy utilizes specific electrical impulses to target pathogens, bacteria, viruses etc., again enhancing the detoxification effects. The Hyperthermia effects of increasing the body's temperature promotes dilation increasing nutrient and blood flow, aiding detoxification and energy production.

Experience a higher level of health and energy after a series of Super Oxygen sessions at the BiO₂ Energy Zone.

THE CORNEA

By David A. Goldman MD



A healthy cornea may have saved the world. The cornea is responsible for the eye's ability to refract or bend light to create a clear image. It is the outermost and most protective layer of the eye. The cornea is made of five layers.

At birth, the cornea is transparent. However, as we age, the cornea becomes more opaque. This is due to the accumulation of proteins in the cornea. These proteins can cause the cornea to become cloudy, a condition known as corneal opacity. This can lead to vision loss and blindness.

The cornea consists of several layers, but it is the outermost layer, the epithelium, that is most important to health. It serves as a barrier against

injury and infection. The epithelium is the outermost layer of the cornea. It is made of several layers of cells. The cells in the epithelium are constantly being replaced. This process is called turnover. The turnover of the epithelium is very rapid. It takes only a few days for the epithelium to be completely replaced.

The innermost layer of the cornea is the endothelium. It is a single layer of cells. The endothelium is responsible for maintaining the shape of the cornea. It does this by pumping fluid out of the cornea. This fluid is called aqueous humor. The endothelium is very sensitive to injury. If it is damaged, the cornea can become cloudy. This is known as endothelial dysfunction. Endothelial dysfunction can lead to vision loss and blindness.

the most sensitive layer of the cornea. Damaging the epithelium can lead to vision loss and blindness. The epithelium is the outermost layer of the cornea. It is made of several layers of cells. The cells in the epithelium are constantly being replaced. This process is called turnover. The turnover of the epithelium is very rapid. It takes only a few days for the epithelium to be completely replaced.

This is not to say that a healthy cornea is enough to ensure good vision. The cornea is just one part of the eye. The lens, retina, and optic nerve are also important. If any of these parts are damaged, vision can be lost. However, a healthy cornea is a good start. It is the first line of defense against the world.

While patients of the Goldman Eye Center benefit from the expertise of our ophthalmologists, we also benefit from the expertise of our cornea specialists. Our cornea specialists are experts in the treatment of corneal disease. They use the latest technology to treat corneal disease. This includes laser surgery, corneal transplantation, and corneal cross-linking. Our cornea specialists are committed to providing the best care for our patients.



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 200 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 Yale School of Medicine. This

was followed by a medical residency at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and core 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, recognition for the Ophthalmology Trainee's award program, 2006 Paul Kager International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as a consultant 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 review maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com





THE ARRIVAL

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers

We are right at
your **fingertips**



On the Web



On Facebook



On Twitter



In Your Inbox



Sign up for our
Newsletter
and receive it
monthly in your inbox

Visit www.SFLHealthAndWellness.com