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January 2016

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Aaron Rosenblatt, MD

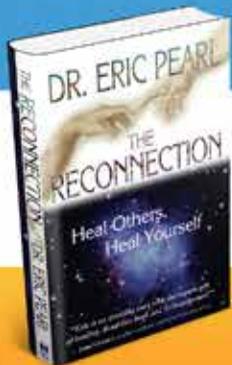
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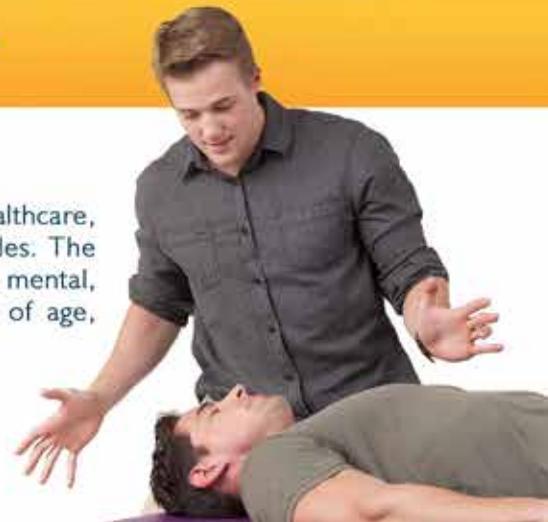
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For Those Who Are Experiencing Hearing Loss – **Start the New Year with Better Hearing!**



That time of year has just passed, and what comes to mind? A variety of holiday events, and emotions, experienced only during the holiday season, and hopefully you didn't spend time asking everybody to repeat what was going on around you. The unfortunate truth for those of us with hearing loss is that we do miss out on so much, trying ever so politely to nod in bluffed agreement even though we may not have heard the whole story, no matter how attentive and courteous we try to be.

The worst part can be the times when everybody is gathered around, sharing jokes and laughter, or at the dinner table sharing stories and updating everybody on our lives. Not being able to keep up with the conversation can be particularly frustrating when these conversations happen in large groups— nobody wants to be the person who throws the conversation off its tracks. Did you experience this frustration?

So what can be done? Everybody should celebrate the holidays without having hearing loss get in the way! This year, resolve to improve your hearing now so you can enjoy more for many holidays to come. It's no surprise that technology has changed our lives with marvelous advancements in our everyday health and wellness. Why not see if nearly invisible, extremely comfortable, technologically advanced and scientifically developed hearing aids are a good fit for you? The first step to improving your active lifestyle could be as simple as an appointment with a nearby HearUSA hearing health provider.

A quick and confidential hearing test could mean the difference between missing the defining moment from the holidays, or being the one to bring up the inside jokes from family gatherings for years to come. Make last year's holidays the last year that you suffer from hearing loss and resolve to hear more in the coming years.



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NEW YEAR, NEW YOU: *Make 2016 A Great Hair Year!*

By Alan J. Bauman, M.D.

Is hair loss standing in your way of becoming a "new you" in the New Year?

If thinning hair is an issue you're hoping to tackle in this year, you are in luck, because there are an abundance of options available to treat hair loss at every stage. From the first signs of thinning to advanced hair loss, recent medical advancements have made stopping hair loss and restoring hair growth a medical reality.



GIVING YOUR HAIR A BOOST

Whether your problem is thinning hair, a dry and flaky scalp, or hair that has simply lost its luster, here are a few simple steps you can take to put a little life back into your locks.

- **Start With Your Scalp** – Healthy hair starts with a healthy scalp. So if you want to grow healthy hair, first you need to have a healthy scalp. With a Scalp Makeover, women undergo a simple skin diagnostic test to see if their sebum, pH, hydration, toxin and cortisol levels are imbalanced, and then depending on the results, a variety of scalp therapies are provided, ranging from sebum-regulating topical serums (as well as hydration, anti-hormonals and blood microcirculation stimulants) to scalp steaming, scalp massage, electrotherapy stimulation, and hair boosting dermal patches.

- **Eat for Healthy Hair** – Your body needs vitamins and nutrients to grow, and so does your hair. How you eat can determine how healthy, or unhealthy, your hair is. Women and men who lack these key vitamins are more at risk of thinning: biotin, antioxidants, zinc, iron, Vitamin B and protein. Another good tip is to avoid extreme diets, these "crash" diets can lead to major shedding, and temporary hair loss. For those really looking to give their hair an added boost, nutritional supplements can be extremely effective in stimulating growth.

STIMULATING GROWTH & SLOWING DOWN HAIR LOSS

For those who are already experiencing hair loss and thinning, you may need to consider a regimen that both stimulates healthy hair growth and slows the progression of hair loss. Today, there are several highly effective treatments available for both men and women.

- **PRP – Cell Therapy:** Helping the body heal itself through cell therapy is a hot trend today in medicine. The use of autologous PRP (platelet rich plasma) for wound healing after hair transplants and as a stand-alone treatment for enhancing hair growth is becoming more widespread as research continues.

- **Laser Therapy:** Over the past few years, the FDA has given the "nod of approval" to more than a few low-level lasers for regrowing and improving hair

growth-and not just for men, but for women too. From combs to caps, and other hands-free devices, laser therapy offers a discreet hair loss treatment that is non-chemical, non-invasive, and pain-free.



- **Latisse for Hair Loss:** Latisse (Bimatoprost) is already FDA-approved to grow longer eyelashes. Allergan is currently in phase II clinical trials to use it on male and female pattern hair loss as well. If it succeeds, it will be only the second topical treatment to receive FDA approval for hair loss. A small but growing number of doctors are prescribing prostaglandin analogs like bimatoprost for off-label use on the scalp in certain patients and seeing positive results.

- **Formula 82M** – Aside from the generic minoxidil or brand name Rogaine you find on the shelf at the pharmacy, a growing number of off-label, customized, compounded versions of the medication can be obtained with a doctor's prescription. Sophisticated minoxidil formulas such as Formula 82M may offer a dramatic improvement over the aging Rogaine/minoxidil recipe with fewer side effects, which is good news, since medical studies have found that the efficacy rate for over-the-counter minoxidil is just 38.3 percent!

HAIR TRANSPLANTS

Medications, laser therapy, Platelet-Rich-Plasma, nutritional, etc. can help make hair follicles grow thicker, healthier hair; however, once the follicle is dead and gone; the only option for regrowth in that area is a hair transplant.

- **NeoGraft FUE** – The FDA-approved NeoGraft FUE machine is used to extract individual hair follicles, via a suction-based system, from the donor area at the back of the patient's scalp - which are then implanted into the bald areas of the scalp. This means no scalpels, sutures, or staples for the patient. It also replaces the older "strip harvest" method of hair transplantation, which removes a large strip from the back of the patient's scalp, resulting in a long linear scar. The FUE procedure has been available for several years, but prior to the NeoGraft machine, it was too time consuming and expensive for most patients to utilize. Now that the process is automated by NeoGraft, surgeons can perform the "Cadillac" of hair transplants in considerably less time, and at less expense for patients.

- **ARTAS Robotic-Assisted FUE Hair Transplant** – The ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot's precision allows patients to benefit from an unprecedented level of safety; efficacy and comfort during their hair transplant procedure. The innovative ARTAS robotic FUE system uses advanced digital imagery to map and analyze the hair in natural groupings on the scalp.

MAKE THE COMMITMENT

One of the hardest parts of treating hair loss in both men and women, is helping the patient understand that it is a long-term process. Just like hair loss, initial changes in hair regrowth take time and can be subtle before they are noticeable to the naked eye. When treating hair loss, it is important to keep in mind that it can take more than a year to see the full, final results from treatment, which is unfortunately longer than many patients are willing to wait, so many end their treatment early, disrupting any progress that had been made.

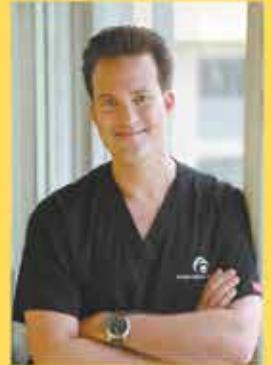
Regular follow-ups should be performed every 90 days while undergoing treatment. These appointments can help ensure patients are responding to their treatment regimen and getting the best results possible.

THE SOONER YOU START, THE SOONER YOU'LL SEE RESULTS...

To learn more about any of these treatments, or to assess your personal hair loss risk, contact a hair restoration physician who can work with you to determine the most effective treatment regimen for your specific needs. Patients should look for a specialist who is board-certified by the American Board of Hair Restoration Surgery, recommended by the American Hair Loss Association and a Fellow of the International Society of Hair Restoration Surgery. Only a qualified and experienced hair restoration physician can perform natural-looking hair transplants and prescribe the most effective multi-therapy treatment options, including the latest available products.

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

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



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

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

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What are **FLOATERS** and **FLASHES**?

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

You may sometimes see small specks or clouds moving in your field of vision. These are called **FLOATERS**. You can often see them when looking at a plain background, like a blank wall or blue sky. Floaters are actually tiny clumps of cells or material inside the vitreous, the clear, gel-like fluid that fills the inside of your eye.

While these objects look like they are in front of your eye, they are actually floating inside it. What you see are the shadows they cast on the retina, the layer of cells lining the back of the eye that senses light and allows you to see. Floaters can appear as different shapes, such as little dots, circles, lines, clouds or cobwebs.

When the vitreous gel pulls on the retina, you may see what look like flashing lights or lightning streaks. These are called **FLASHES**. You may have experienced this same sensation if you have ever been hit in the eye and seen "stars." The flashes of light can appear off and on for several weeks or months.

As we grow older, it is more common to experience floaters and flashes as the vitreous gel changes with age, gradually pulling away from the inside surface of the eye.



right away if you notice the following symptoms, especially if you are over 45 years of age, have had an injury to your eyes or head, or if you have substantial nearsightedness:

- A sudden increase in size and number of floaters
- A sudden appearance of flashes
- Having a shadow or curtain appear in the periphery (side) of your field of vision
- Seeing a gray curtain moving across your field of vision
- Having a sudden decrease in your vision

FLOATERS AND FLASHES SYMPTOMS

Symptoms of vitreous floaters include seeing small specks or clouds moving in your field of vision, or seeing dots, circles, lines or "cobwebs." Symptoms of flashes include seeing flashes of light or seeing "stars."

If the vitreous gel shrinks and pulls away from the wall of the eye, the retina can tear. This sometimes causes bleeding inside the eye that may appear as new floaters.

A torn retina is always a serious problem, since it can lead to retinal detachment. You should see your ophthalmologist (Eye M.D.) as soon as possible if you suddenly see an increase in the size and number of floaters, and/or you suddenly see flashes of light.

Some people experience flashes of light that appear as jagged lines or "heat waves" in both eyes, often lasting 10 to 20 minutes. These are not flashes from the vitreous gel pulling on the retina; instead, these types of flashes are usually caused by a spasm of blood vessels in the brain, called a migraine. If a headache follows the flashes, it is called a migraine headache. However, jagged lines or heat waves can occur without a headache. In this case, the light flashes are called an ophthalmic migraine, or migraine without headache. Contact your ophthalmologist if you experience these symptoms.

CAUSES OF FLOATERS AND FLASHES

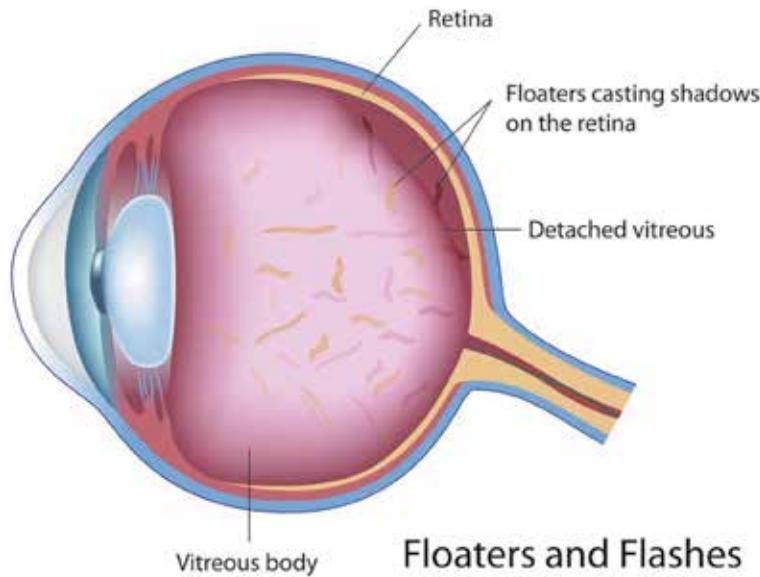
As we grow older, it is more common to experience floaters and flashes. When people reach middle age, the vitreous gel may start to shrink, forming clumps or strands inside the eye. The vitreous gel pulls away from the back wall of the eye, causing a posterior vitreous detachment. This is a common cause of floaters.

Floaters and flashes are also caused by posterior vitreous detachment, where the vitreous gel pulls away from the back of the eye. This condition is more common in people who:

- Are nearsighted;
- Have undergone cataract operations;
- Have had YAG laser surgery of the eye;
- Have had inflammation (swelling) inside the eye.
- Have had an injury to the eye.

VITREOUS DETACHMENT

The appearance of floaters and flashes may be alarming, especially if they develop very suddenly. To find out if a retinal tear or detachment is occurring, you should call your ophthalmologist



If you notice other symptoms, like the loss of side vision, you should see your ophthalmologist.

FLOATERS AND FLASHES DIAGNOSIS

Vitreous floaters and flashes become more common as we grow older. However, while not all floaters and flashes are serious, you should always have a medical eye examination by an ophthalmologist to make sure there has been no damage to your retina.

When an ophthalmologist examines your eyes, your pupils may be dilated (enlarged) with eyedrops. During this painless examination, your ophthalmologist will carefully observe areas of your eye, including the retina and vitreous. If your eyes have been dilated, you will need to make arrangements for someone to drive you home afterward.

FLOATERS AND FLASHES TREATMENT

Vitreous floaters may be a symptom of a tear in the retina, which is a serious problem. If a retinal tear is not treated, the retina may detach from the back of the eye. The only treatments for a detached retina are a laser procedure or surgery.

Other floaters are harmless and fade over time or become less bothersome, requiring no treatment. Surgery to remove floaters is almost never required. Vitamin therapy will not cause floaters to disappear.

Even if you have had floaters for years, you should schedule an eye examination with your ophthalmologist if you notice a sudden increase in the size or amount of floaters or a sudden

appearance of light flashes — especially if these symptoms are accompanied by any change in your vision.

KNOW YOUR RISKS. SAVE YOUR SIGHT.

The American Academy of Ophthalmology recommends that adults with no signs or risk factors for eye disease get a baseline eye disease screening at age 40 — the time when early signs of disease and changes in vision may start to

occur. Based on the results of the initial screening, an ophthalmologist will prescribe the necessary intervals for follow-up exams.

For individuals at any age with symptoms of or at risk for eye disease, such as those with a family history of eye disease, diabetes or high blood pressure, the Academy recommends that individuals see their ophthalmologist to determine how frequently their eyes should be examined.



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Lauren R. Rosecan

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

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The Reconnection®

Heal Others, Heal Yourself

Reconnective Healing: ‘Information Medicine’ in the 21st Century

This is New, this is Different, this is Real!

By Jackie Lapin

Today’s headlines are filled with stories that chronicle our broken medical system, the people who suffer because of a failed safety net, or who cannot afford the care that would help them. And still more people are written about who can afford medical treatment, but modern medicine seems not to allow them to heal or even eliminate their pain and suffering. Even alternative healthcare is found to be only mildly beneficial.



We wonder, “What if there was another way, one so simple and easy that it defies present day belief? A method so effective that many chronic health conditions and emotional traumas could be eliminated, in many cases, virtually immediately? A method that anyone can learn in a weekend and can use it to help others?”

This is not a futuristic scenario. It’s known internationally as Reconnective Healing, a remarkable new transformative paradigm in healing that has been learned by 100,000 people in more than 75 countries. It’s the cutting edge of what researchers are calling “Information Medicine.” Scientifically documented frequencies, credited with bringing about a state of restored health. You can learn how to access these frequencies to heal others, and to heal yourself as well. Stanford Professor Emeritus

Dr. William Tiller says that when information carried through these frequencies is introduced, it creates coherence and order. The result: dramatic reports of regeneration instead of degeneration and numerous accounts of seemingly unexplainable, often instantaneous and life-long healings from medically documented cancers, epilepsy, cerebral palsy, arthritis and more.

These bandwidths – comprised of energy, light and information – appear to innately “know” what needs to be done. You are returned to an optimal and appropriate state of balance merely by experiencing or interacting with this healing continuum. The trained Reconnective Healing practitioner simply facilitates the process. By feeling the frequencies and playing with them physical and emotional health shifts suddenly come about. The information-laden frequencies reconnect us to our original fullness as human beings and seemingly restore us to a more complete connection with the universe.

Tiller and other scientists such as Dr. Gary Schwartz (University of Arizona) and Dr. Konstantin Korotkov (St. Petersburg Technical University) have been studying Reconnective Healing practitioners and the charged environment that results in the rooms where this work is taught. As a result, these world-renowned researchers are now measuring and validating the frequencies, and the impact that Reconnective Healing has on humans, plants, water and more.

Dr. Pearl is the first to tell you that he is not a scientist. He was a very successful chiropractor for 12 years before his life took a dramatic turn. As he recounts, “I left my office on a Friday, thinking I was I chiropractor, I came back on a Monday, and I was something else...” Then his humor begins to show as he adds, “My parents always told me that I was ‘something else,’ but this was probably not what they had in mind!” Over that weekend he had an

experience that introduced an ability within him to facilitate this work. When his patients arrived, they told him that they could feel his hands on them even though he wasn’t physically touching them – and they could report accurately where he held his hands! They suddenly began relating astonishing healings from physical conditions that may have been present for 10 years or more, and had been crippling their lives.

It became clear to him that this was something that needed to be shared with the world. Eric’s book, *The Reconnection: Heal Others, Heal Yourself*, has now been published in 39 languages and he teaches people around the globe how to do this work. What is especially exciting about this is that it also appears to have benefits to the healer. In other words, as you heal others, you also heal yourself!

Reconnective Healing has given many people the joy of personally helping those they know, love and care about to heal physically, emotionally and spiritually.

“I feel deep gratitude for having been the person entrusted to bring Reconnective Healing into the world. But this is not about me. It’s truly about you and your Reconnection to your complete and vital self in this new era of ‘information medicine.’”

Dr. Eric Pearl is the worldwide bestselling author of *The Reconnection: Heal Others, Heal Yourself*, now in 39 languages, and is considered today’s leading authority in energy healthcare. The Reconnection, is leading the way in teaching the transformative new paradigm in healing, Reconnective Healing, to people around the globe. For more information on the upcoming Reconnective Healing Training Programs visit www.TheReconnection.com, to see a video clip, click www.youtube.com/TheReconnectionTV.



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FACET JOINT INJECTIONS FOR BACK PAIN



By Aaron Rosenblatt, MD

Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialist, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a double board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 10 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.



Facet joint injections link the bones of the spine together in the posterior or back part of the spine. Two facet joints are in the present at each spinal segment. They are named after the spinal bones that they connect. Because there are two joints per level, there is a right and left joint. The facet joints are important in restricting the motion of the cervical and lumbar spine, but they also allow twisting, flexion, and extension motions.

Facet joints are common sources of neck pain and lower back pain and also go under diagnosed and under treated. Trauma and arthritic changes can cause the release of pain generating substances that sensitize nerve endings located in the joint. This is easily treatable.

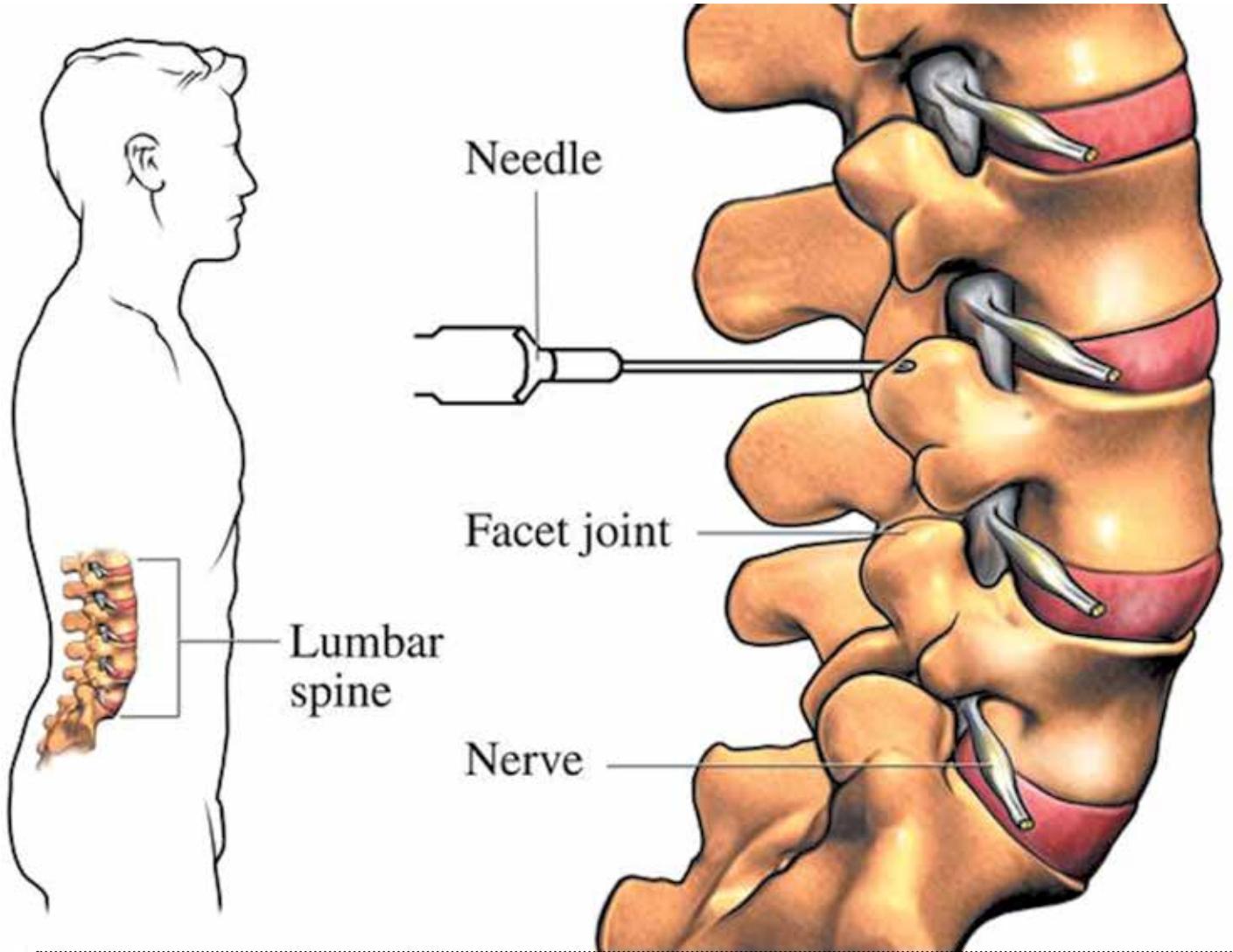
For patients with facet joint pain from the lower back, complaints usually consist of pain or tenderness in the lower back slightly over to one or both sides, pain with lower back extension, pain with twisting, and radiation of pain to the buttocks or back or front of the thighs. Similar symptoms can be found in the mid back and neck with pain, headaches and shoulder discomfort.

A facet joint block involves the injection of a local anesthetic into or next to the joint itself. This is always done under fluoroscopic guidance so Dr. Rosenblatt can see exactly where the medication needs to be placed. A local corticosteroid is commonly administered as well to provide extended relief. This simple procedure, which takes less than 5 minutes to perform, is done to help diagnose where the pain is gen-

erated from and then to also treat the painful condition. Patients normally resume their usual activities immediately after this minimal procedure.

Dr. Rosenblatt explains, "This simple procedure to help people of all adult ages is extremely easy to perform and provide an immense amount of relief." In Dr. Rosenblatt's interventional pain man-

agement clinic in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!



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Dr. Ariel Rodriguez

If you answered “YES” to any of these questions, then you are ready to start the conversation with Dr. Ariel Rodriguez about the benefits of metabolic and bariatric surgery! It is the time to rid yourself of the things that do not benefit you any longer. Weight loss/Bariatric surgery succeeds when New Year’s Resolutions tend to fail. Start your new life now. There is still HOPE.

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grow more severe over the long term. Cancer, diabetes, high blood pressure, heart problems and sleep apnea have all been identified as serious medical issues linked to obesity. Although staying obese does not necessarily mean one will experience these specific conditions, at the very least it will lead to poor health and, in many cases, low self-esteem or depression.

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For many years therapy was something recommended to individuals who required a medically supervised exercise program to hopefully regain in part, their strength and flexibility. Typically the therapy was preceded by a deterioration of personal abilities or a loss of function due to an acute crisis. Recent improvements to therapy programs have expanded upon the already accepted plan of care, thereby increasing the physical challenges to one's body but the functional systems used remained the same. Any enhancement in muscular strength and skeletal movements were very dependent upon the individual's personal determination and focus on the program. Not an ideal structure for those experiencing the multitude of disease that poses neurological limits to one's ability to move.

The mounting challenges of living with neurologically based diseases like Parkinson's disease, multiple sclerosis, or stroke recovery led many researchers to more closely examine the underlying causes of the disease and develop new ways in which to rehab the ailing body. Becky Farley's LSVT program was one of the first programs specifically designed for the neurologically challenged patient. Other programs include Neuro-Fit by Neuro-Fit Systems, Inc., GIGERMD Therapy by Combo LTD and a multitude of others. These programs, while remaining limited in the availability, did result in significant breakthroughs for many.

In 2013, after many years of focusing on the neurologically based diseases, Ed Gray, OTR/L PTA and his wife, Jodi Gray, PT, formed Florida Movement Therapy Centers for Excellence. This represents the culmination of the 7 years of successful and evolving therapy at Avenue Therapy & Wellness and two years of neurologically focused therapy at the GIGERMD Movement Therapy Center. The focus of the organization is simple: offer the best, most comprehensive outpatient therapy possible for all who desire to improve their mobility for a better lifestyle.

With proprietary programs like Boxing For Balance, Neuro ED, and GIGERMD Therapy, the specially trained and certified therapists can address all the physical aspects of mobility; muscular, skeletal as well as neurological. The programs at Florida Movement Therapy Centers for Excellence are the first and only comprehensive programs designed to retrain the brain and develop the body to work as a whole again. Utilizing unique devices like the GIGERMD medical device, imported from Switzerland for its novel approach to neurological therapy, the patient reprograms the brain to direct movement with a "normal" pattern again. The GIGERMD medical device is exceptional in retraining the arms and legs by simply placing the patient in the most physiologically safe position and encouraging harmonious movement against varying resistance. With an equal number of revolutions forwards and backwards completed, neuroplasticity can occur.

The Boxing For Balance program encourages patients to think and act beyond their limits through atypical movement patterns. This helps develop better response times and reactions to every day challenges. NeuroED is a combination of various training programs like Tai Chi, dance, TRX and ropes.



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The foundation for each of these programs further develops the four key components to enhanced neuro-performance; emotion, cognition, strength and coordination. At the completion, the patients declare they are more confident and ready to live and act independently again.

Patients who benefit from Florida Movement Therapy Center for Excellence programs include those with Parkinson's disease, multiple sclerosis, stroke, stenosis, balance, orthopedic and gait disturbances. All together, the programs, unique devices and highly trained and licensed therapists will challenge the patient to help them meet their goals. At Florida Movement Therapy Centers – WE GET YOU MOVING AGAIN!

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KEEP AN EYE ON YOUR HEALTH!

They say eyes are the windows to our soul yet many people don't take care of one of our most important attributes, our sight! The average American waits until they have an issue with their sight before getting an eye checkup. Don't wait and follow this checklist for the health of your eyes.

2015 CHECKLIST FOR AN EYE-HEALTHY YEAR



1. Eat healthy. The holidays can be especially tempting for poor diet choices. Make sure you eat plenty of leafy greens, colorful fruits and omega-3 fatty acids for better eye health.

2. Quit smoking. No butts about it: Smoking is harmful to almost every organ in your body, including your eyes. Those who smoke are up to four times more likely to go blind in old age. If you are a smoker, make a New Year's resolution to kick the habit.

3. Wear Eye Sun Protection. It's important to wear sunglasses all year long, but summertime is great for purchasing new shades for your whole family. Even little eyes need protection from the sun's harmful UV rays. Remember that UV rays can damage eyes even on cloudy days. Wearing sunglasses whenever you are outside can reduce your risk for cataracts and macular degeneration.

Time for new glasses? Eyewear Bazaar located within The Big Apple Flea Market offers the most popular modern styles and deeply discounted designer name brand sunglasses such as RayBan, Bolle', Serengeti and many other well-known designers at deeply discounted prices along with readers, eyeglass accessories that can take years off your appearance.

4. Sports eyewear. Almost 90 percent of sports-related eye injuries are preventable with protective eyewear. The Eyewear Bazaar offers sports glasses which offer eye protection, color enhancement, light control and more for adults and children.

Make sure your children wear sunglasses that block 100 percent of UV rays when outdoors.

5. Polarized lenses. Don't let glare from the sun ruin outdoor activities like boating, golfing and even jogging. Polarized lenses for sunglasses can help control glare and provide a clearer view with a special filter that blocks intense reflected light.

6. Eye exams. Before school starts, make sure your kids have comprehensive eye exams to help detect any vision problems that could affect their learning. In-school vision screenings are not a substitute for eye exams.

The Eyewear Bazaar works closely with many Optometrist and Ophthalmologists in the area and will be happy to refer you and then will be able to fill you prescription for glasses at a 50-70% off retail prices. They specialize in Varilux Progress, Crizal Antireflect and Transition lenses.

7. Rest your eyes. If you're spending more time indoors on a computer, or sit in front of a computer at work, remember to rest your eyes. Take a break every 20 minutes and look at objects at least 20 feet away for at least 20 seconds to relieve computer vision syndrome. This is the "20-20-20" rule.

8. Shopping. Planning to take advantage of the deals on Black Friday or Cyber Monday? Why not come and see Lou Gross, Owner of Eyewear Bazaar in The Big Apple Flea Market.

Remember to include new eyewear on your shopping list. Let your child pick a frame, and have an optician make sure it fits properly. It's a good idea to purchase a back-up pair, too, in case of accidents. While you're shopping for new eyewear, consider buying a low vision aid for any friends or family who have impaired vision. Gift ideas like portable magnifiers or distance vision aids can change someone's life all available at The Eyewear Bazaar within The Big Apple Flea Market!

9. Stay active. Don't let the weather keep you from exercising regularly. Staying active is good for your



entire body and can help protect against diabetes, macular degeneration and more.

10. Drink lots of water. The fall season brings with it lots of yummy coffee and hot cocoa flavors, but don't forget to continue to drink lots of water.

For a limited time, The Eyewear Bazaar is offering \$25.00 off all in the lowest priced in stock items for even more savings! Don't miss out on this optical opportunity to take care of your most precious gift, the gift of sight!



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A vast majority of us would prefer to have whiter teeth. While there are many options today to make this possible, it can be a very difficult decision for a patient to make and choose the way that is best for him or her, not to mention knowing the genuine, healthy way to whiten your teeth.

There are plenty of whitening treatments being offered on TV, in pharmacies, shopping malls and in beauty salons. Even cruise lines are getting 'on board' with providing teeth whitening treatments. Wow, talk about impulse buys, huh?

Regardless of what you are told, there is no place safer or more predictable than in your dentist's office. Your knowledgeable, experienced dentist will get the best results and prevent any possible negative side effects that might occur while having the treatment done by someone other than a dental professional. Your dentist will also make sure that choosing a particular whitening treatment is indeed the best treatment for you.

My favorite method of whitening is performing the in-office Zoom! treatment for our patients. The Zoom! treatment not only gets the best results, but lets us control the results of our patients as well.

After your initial treatment and visit, whitening trays are created for you to use at home as part of this proven whitening treatment. No matter what anyone tells you, the results will, in fact, change over time. Similar to when you color and bleach your hair, your teeth also need periodic touch ups over time. This time period will certainly vary for each patient, so when you have the trays as part of the whitening treatment, you indeed have a full service system that allows you to perform touch ups very easily.

A great tip to make sure your teeth maintain that pearly white appearance is to keep a diet free of foods and drinks that may stain the teeth, like coffee or soda. However, that's a recommendation most coffee lovers would avoid. If you are one of many who can't see yourself sticking to this type of diet, make sure you take a travel toothbrush with you so you can brush your teeth directly after sipping that much needed coffee.

A new whitening treatment recently introduced in our own office is our in-office procedure we so aptly dubbed, "Express Whitening." Express whitening only takes 15 minutes and it is giving us excellent, instant results, which patients love. It's quick, it's easy and it's painless, which are the 3 things we all love to hear.

We have been performing whitening procedures for so long while getting such great results. Being an authority on teeth whitening allows us to offer the advice you need in order to get the maximum effect from this new method and others.

You need a team of highly skilled doctors to recommend various over the counter products on that work well for your teeth in order to help you maintain that remarkable new white smile. Don't go it alone and waste money on products you don't need, or products that don't work. All you'll end up with are empty pockets and teeth that haven't whitened one bit.



If you are looking for the best way to whiten your teeth and bring out your best smile, or if you have any questions or concerns about which treatment is best for you, contact your dental professional immediately and get the answers you deserve. Your overall health is most important, so be sure to choose a dentist that has your well-being at the very top of his or her list.

Now go out there and find your whiter smile today. There is no reason to wait!

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Hand Veins



When most people think of having veins treated, they are usually concerned with spider veins and varicose veins on their legs. However, with increasing frequency over the last ten years, there is a growing interest in eradicating ugly hand veins and with the advent of modern venous treatment techniques such as laser and sclerotherapy, hand veins can be safely treated in the office under local anesthesia.

Although both men and women develop prominent hand veins with age, women are usually more self-conscious about them. Hand veins tend to become larger and more obvious due to loss of fat volume and muscle tone that occurs with the aging process. In fact, the same tissue deflation that occurs in the aging face occurs in the aging hand. The areas that are the telltale signs of aging are the face, neck and hands.

There are basically two types of hand veins, smaller and larger. Smaller veins can be treated by sclerotherapy (injecting them with a solution) and the larger veins are best treated by inserting a laser into the vein (endovenous) and dissolving the vein just as is done in treating leg veins. This procedure is done under local anesthesia and cosmetically very satisfactory.

The procedure to treat hand veins requires about one hour (one half hour per hand). Both hands are done at the same time and several follow up visits may be necessary. There is essentially no downtime with return to full activities the next day. Usually overnight compressions of the hands is required with an ace bandage and no pain medicine is required.

By John P Landi, MD, FACS, RPVI, RPhS,
Diplomate of The American Board
of Venous and Lymphatic Medicine



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What is CBD

AND THE MEDICAL TREATMENT IT PROVIDES

Jeff Mandall, owner of Vapor Rocket, South Florida CBD, and on the board of directors for Miami Beach Community Health Centers is the local expert about CBD and its use. He prides himself in working with area medical providers to educate, and facilitate treatment of patients with a multitude of different health problems. We went straight to the expert to get our questions answered and here's what we learned:



CANABIDIOL—CBD—is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually counteract the psycho activity of THC. The fact that CBD-rich cannabis is non-psychoactive makes it an appealing option for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions without disconcerting feelings of lethargy or dysphoria.

Scientific and clinical research—much of it sponsored by the US government—underscores CBD’s potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its anti-cancer properties are currently being investigated at several academic research centers in the United States and elsewhere.

Extensive preclinical research—much of it sponsored by the U.S. government—indicates that CBD has potent anti-tumoral, antioxidant, anti-spasmodic, anti-psychotic, anti-convulsive, and neuroprotective properties. CBD directly activates serotonin receptors, causing an anti-depressant effect, as well.

Here are five facts that you should know about this unique compound:

1. CBD is a key ingredient in cannabis

CBD is one of over 60 compounds found in cannabis that belong to a class of molecules called cannabinoids. Of these compounds, CBD and THC are usually present in the highest concentrations, and are therefore the most recognized and studied.

CBD and THC levels tend to vary among different plants. Marijuana grown for recreational purposes often contains more THC than CBD.

However, by using selective breeding techniques, cannabis breeders have managed to create varieties with high levels of CBD and next to zero levels of THC. These strains are rare but have become more popular in recent years.

2. CBD is non-psychoactive

Unlike THC, CBD does NOT cause a high. While this makes CBD a poor choice for recreational users, it gives the chemical a significant advantage as a medi-

cine, since health professionals prefer treatments with minimal side effects.

CBD is non-psychoactive because it does not act on the same pathways as THC. These pathways, called CB1 receptors, are highly concentrated in the brain and are responsible for the mind-altering effects of THC.

A 2011 review published in Current Drug Safety concludes that CBD “does not interfere with several psychomotor and psychological functions.” The authors add that several studies suggest that CBD is “well tolerated and safe” even at high doses.

3. CBD has a wide range of medical benefits

Although CBD and THC act on different pathways of the body, they seem to have many of the same medical benefits. According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

MEDICAL PROPERTIES OF CBD	EFFECTS
Antiemetic	Reduces nausea and vomiting
Anticonvulsant	Suppresses seizure activity
Antipsychotic	Combats psychosis disorders
Anti-inflammatory	Combats inflammatory disorders
Anti-oxidant	Combats neurodegenerative disorders
Anti-tumoral/ Anti-cancer	Combats tumor and cancer cells
Anxiolytic/ Anti-depressant	Combats anxiety and depression disorders

Unfortunately, most of this evidence comes from animals, since very few studies on CBD have been carried out in human patients.

But a pharmaceutical version of CBD was recently developed by a drug company based in the UK. The company, GW Pharmaceuticals, is now funding clinical trials on CBD as a treatment for schizophrenia and certain types of epilepsy.

Likewise, a team of researchers at the California Pacific Medical Center, led by Dr. Sean McAllister, has stated that they hope to begin trials on CBD as a breast cancer therapy.

4. CBD reduces the negative effects of THC

CBD seems to offer natural protection against the marijuana high. Numerous studies suggest that CBD acts to reduce the intoxicating effects of THC, such as memory impairment and paranoia.

CBD also appears to counteract the sleep-inducing effects of THC, which may explain why some strains of cannabis are known to increase alertness.

5. CBD is legal in the US and many other countries:

If you live in the US, you can legally purchase and consume Cannabidiol in any state.

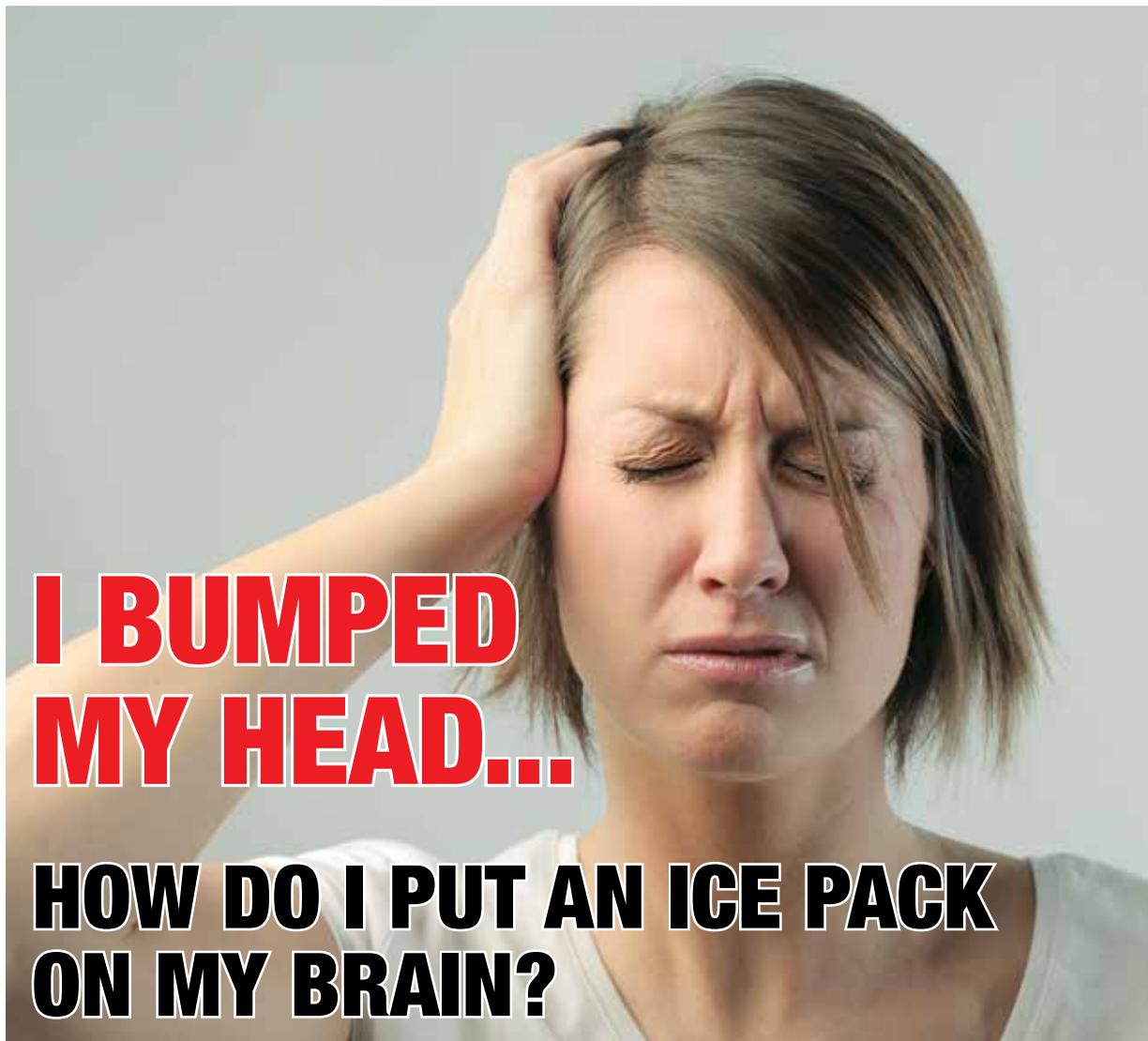
Cannabidiol from industrial hemp also has the added benefit of having virtually no THC. This is why it’s not possible to get “high” from CBD.

In fact various government agencies are taking notice to the clinical research supporting the medical benefits of CBD. The U.S. Food and Drug Administration recently approved a request to trial a pharmaceutical version of CBD in children with rare forms of epilepsy. The drug is made by GW Pharmaceuticals and is called Epidiolex.

According to the company, the drug consists of “more than 98 percent CBD, trace quantities of some other cannabinoids, and zero THC.” GW Pharmaceuticals makes another cannabis-based drug called Sativex, which has been approved in over 24 countries for treating multiple sclerosis.

We at Vapor Rocket are not medical doctors, we do pride ourselves on working closely with treating medical physicians, scientists, and leading researchers in the CBD field to ensure we provide our patients with the highest quality CBD to treat identified medical conditions. If you are interested in using CBD for treatment of ailment we recommend you consult your doctor to make sure it’s right for you.

Vapor Rocket provides top of the line, high quality organic botanical oils, waxes, and pastes that offer numerous medicinal benefits. With no prescription required, our product captures the highest concentration of cannabidiol available, a chemical compound that triggers and modulates receptors in the brain to offer the following benefits: Anti-seizure, Easing chronic pain, Psychological Health Benefits, Anti-inflammatory properties. If you have further questions about CBD or request that we work with your medical professional please contact Vapor Rocket’s knowledgeable staff at **561-200-0122**.



By Renee Chillcott, LMHC

Concussions are getting more and more attention these days and as the focus on NFL football players experiencing residual effects of concussions many years later is making headlines, youth sports officials are taking action. More knowledge is being given to referees and parents about the risk and symptoms and more physicians and ER's are screening and testing for concussions as well. But what is the treatment?

First, what is a concussion? As seen in countless Saturday morning cartoons, a concussion is most often caused by a sudden, direct blow or bump to the head. The brain is made of soft tissue. It is cushioned by spinal fluid and encased in the protective shell of the skull. When a person sustains a concussion, the impact can jolt the brain. Sometimes, it literally causes it to move around in the head. Traumatic brain injuries can cause bruising, damage to the blood vessels, and injury to the nerves. The result? The brain doesn't function normally. If a concussion has

occurred, vision may be disturbed, equilibrium may be lost, or unconsciousness may occur, but doesn't have to. In short, the brain is confused. That's why cartoon characters often saw stars.

What activities/injuries can cause a concussion?

- Fights
- Falls
- Playground injuries
- Car Accidents/Whiplash
- Bike Accidents/Skateboarding/Roller Skating
- Any sport or activity such as football, boxing, hockey, soccer, skiing, or snowboarding
- Even water sports can cause concussions, and more...

Who is most at risk?

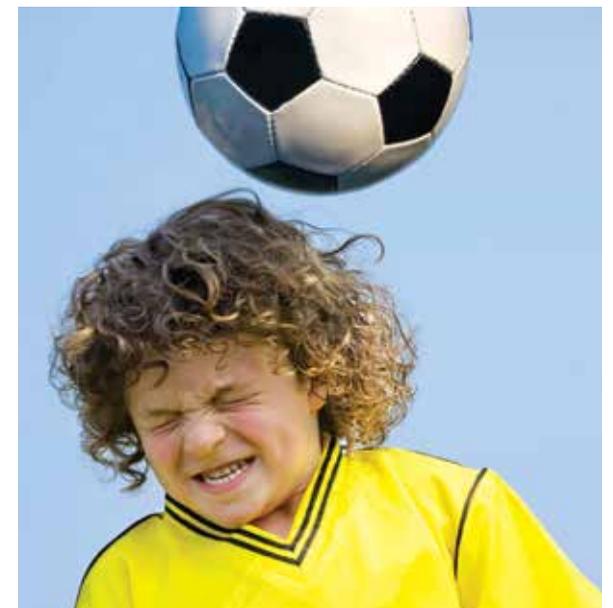
- Infants
- Kids
- Teens
- Adults
- Elderly

According to the Mayo Clinic, the treatment for a concussion is rest, and if a headache occurs, a pain reliever is recommended. But what if one has been evaluated, diagnosed, and rested, but still having symptoms?

Here's an example of what we see in our office:

Jessica is a 12-year-old who, while at soccer practice one day, struck the ball with her head the wrong way, which resulted in a convulsion. Mom and Dad promptly took her to be evaluated where she was scanned, examined, and diagnosed with a concussion. She instantly had a headache after striking the ball, and she was told to rest and take pain relievers. The headache persisted, and she was set up on hospital home-bound (home school for medical reasons) for the remainder of her school year. The headache was relentless, and it made sleep difficult. Mom and Dad tried everything, and they took her everywhere. She went to the top-notch hospitals and saw the leading neurologists. The solution was a cocktail of medications prescribed so that she could sleep and function, although they did very little to reduce the pain. The headache continued, non-stop for almost 12 months before she walked into my office.

From our point of view, a concussion is like a bruised muscle or sprained joint: upon initial impact or injury, there's swelling. The body does this to promote healing. Just like a sprained wrist, this swelling is uncomfortable. So, if a wrist is sprained, does one just rest and see if the swelling goes down? According to the Mayo clinic, in addition to rest, elevation of the area, and taking anti-inflammatory medications, it is also recommended to add ice therapy. Cold therapy closes capillaries and reduces blood flow (swelling), as well as relieves discomfort. But, how does one apply an ice pack to the brain?



Neurofeedback acts as an ice pack for the brain. Through neuron reorganization, blood flow is affected, and there's less chance of inflammation to persist over time. We also recommend natural anti-inflammatory supplements such as Turmeric and Omega-3's to reduce inflammation.

That brings us back to Jessica. The inflammation in her brain that was supposed to "go down" or reduce with rest and medication, had not reduced and was, instead, causing interference and pain. With just two Neurofeedback sessions, she was experiencing periods of time without a headache. This was the first time in 12 months. However, because the inflammation had remained for a prolonged period of time, it would take several more repetitive sessions before she would experience consistent relief from the headache as well as improved mental ability and restored school performance.

WHAT ARE SOME OF THE SIGNS OF A CONCUSSION?

- confusion or feeling dazed
- clumsiness
- slurred speech
- nausea or vomiting
- headache
- balance problems or dizziness
- blurred vision
- sensitivity to light
- sensitivity to noise
- sluggishness
- ringing in ears
- behavior or personality changes
- concentration difficulties
- memory loss

Prevention is, of course, the best course of action when it comes to concussions. Wearing protective



gear and being taught how to properly engage in head impact sports can help reduce the incidence of concussions. Neurofeedback immediately following an impact can also help prevent further injury to the brain or residual effects from the impact.

WHAT ARE THE SIGNS THAT A CONCUSSION NEEDS FURTHER TREATMENT?

- continuation of the above symptoms
- decrease in school performance or a drop in grades
- difficulty with sleep or persistent change in sleep pattern
- no longer being good at something that once came naturally (ex: "I was a good speller, now I can't spell well at all.")
- difficulty with short term memory or odd behavior while performing easy tasks

In our experience, we have found that immediate Neurofeedback (after evaluation from a medical physician, if needed) for a concussion can significantly reduce the amount of treatment needed. One or two sessions may be all that is needed to help reduce the swelling and prevent impairment. So, be sure to call your local Neurofeedback practitioner after any head injury or mild concussion.

References: <http://www.webmd.com/brain/concussion-traumatic-brain-injury-symptoms-causes-treatments>
<http://www.mayoclinic.org/diseases-conditions/concussion/basics/definition/con-20019272>
 Research: <http://www.isnr.net/neurofeedback-info/mtbi.cfm>



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee attended The University of Central Florida where she received her Bachelor of Arts Degree in Psychology in 1995. She then went on to complete her Master's Degree in Mental Health Counseling with Nova Southeastern University in 2001. She has been a mental counselor in a variety of settings including Outpatient Treatment Agencies, Alternative Education Settings, and Private Practice. Renee received her license in Mental Health Counseling in 2004. Renee decided to enter the field of Neurofeedback because there was very little information made available to people/parents about alternatives to medication. Through the use of Neurofeedback she saw more significant and permanent changes in not only her clients, but also her own family and herself. This inspired her to become the owner/operator of The Wellness Center, located in Boca Raton. At The Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.

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Organic Gem in Downtown Boca Raton

By Juli Edwards



Excited to share the concept of natural hairstyling with Boca Raton, hair color specialist Juli Edwards, owner of Healthy Life Salon does long lasting hair color that covers gray hair without using ammonia and artificial fragrance. “You will be very pleased to go home looking fabulous and not smell like perfume. And, your hormones will be happy too! Artificial fragrances contain toxic ingredients that get into the bloodstream through the skin.” Dr. Anne Steinemann is an internationally recognized scientist who is dedicated to helping people live healthier lives and improve their working environments. She stated:

“In my epidemiological studies, I found that nearly 30% of the US population experiences adverse health effects when they are exposed to fragranced products.”(*)

There is a better way... Choose Organic!!” And that is easy to do when you get your hair and waxing services done at Healthy Life Salon. The American-made nose-friendly line called Shear Miracle Organics contains 100% natural/70% organic ingredients with NO artificial fragrances,

preservatives and NO alcohol or silicone. The ingredient used to hold the hair is corn or rice (instead of damaging alcohol and silicone). The line is completely safe with flat ironing and of course its sulfate free and vegan. Gosh if you’re not interested yet, well let me wake you up with this one: Juli not only works on your hair, she can work on your house as well. Have your home Feng-Shui-ed and see what can happen to your life. Bring in love, prosperity, and good health. She will determine the best colors for your hair, wardrobe and home; best shapes for your haircuts as well as, the best directions to have your front door, location of your bed, and position of your stove. “Almost everything that is inauspicious can be corrected. It sometimes takes a little work, but will pay off in the end.”

Damage-free reusable human hair extensions are another great reason to go to Healthy Life Salon. “Quick installation, affordable maintenance, and the hair can last a year or more with proper care.” Juli explains, “Some women love to have their hair touch their backs; usually a person with the Feng Shui wood element. It’s a real part of them; like an appendage. As we mature, the hormone

levels drop and the hair sometimes gets thinner in diameter and density. This Feng Shui type should consider extensions”. Whatever your element is, honor it. Each element has its own shape and colors. When you are wearing the colors specified in your chart, your confidence level increases and the magic happens! A person who has the element of water should consider wearing their hair curly or wavy. Or adding blue or aqua streaks to their hair will enhance their personality as well. Healthy Life Salon only uses European human hair extensions, which has the best most natural looking texture and the easiest to maintain at home.

The bright and tastefully remodeled 2 station holistic hair salon, known as Healthy Life Salon has an organic wine bar as well! Fun, beauty AND relaxation! Housing a fantastic variety of organic wines and champagnes, the space is perfect for bridal parties and other celebrations. Free parking in front and across the street in the public parking garage makes this downtown location easily accessible. Stop by for a glass of organic wine and consultation with a real professional. You’ll be glad you did.



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* John P. Thomas interviewed Dr. Steinemann by phone on 6/5/2014. <http://www.drsteinemann.com/index.html> - See more at: <http://healthimpactnews.com/2014/secondhand-fragrance-contamination-a-public-health-problem/#sthash.j4mQuNIV.dpuf>

COMPRESSION DEVICES: Effective Treatment for Limb Swelling

By Alyssa Parker

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Limb swelling, also known as edema, may be a symptom of an underlying medical condition. Some of the most common conditions where limb swelling is the first symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Clinicians may overlook the cause of your swelling; Lymphedema or venous insufficiency is not always evident in their earliest stages. It's important to seek treatment early on to prevent further complications. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.



LYMPHEDEMA AND CHRONIC VENOUS INSUFFICIENCY

After having a surgical procedure cancer or non-cancer related (example hysterectomy or gall-bladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers include vein stripping, peripheral

vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

TREATMENT

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

This is where choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical.



Some good questions to ask your physician include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

Remember ANY swelling is an indication of an overloaded Lymphatic system.

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.

ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call **239-949-4412** and speak with a specialist

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DIAGNOSING DIABETES and Learning About Prediabetes

There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to diagnose diabetes.

Testing should be carried out in a health care setting (such as your doctor’s office or a lab). If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test to diagnose diabetes.

A1C

The A1C test measures your average blood glucose for the past 2 to 3 months. The advantages of being diagnosed this way are that you don’t have to fast or drink anything.

- Diabetes is diagnosed at an A1C of greater than or equal to 6.5%

Result	A1C
Normal	less than 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or higher

FASTING PLASMA GLUCOSE (FPG)

This test checks your fasting blood glucose levels. Fasting means after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast.

- Diabetes is diagnosed at fasting blood glucose of greater than or equal to 126 mg/dl

Result	Fasting Plasma Glucose (FPG)
Normal	less than 100 mg/dl
Prediabetes	100 mg/dl to 125 mg/dl
Diabetes	126 mg/dl or higher

ORAL GLUCOSE TOLERANCE TEST (ALSO CALLED THE OGTT)

The OGTT is a two-hour test that checks your blood glucose levels before and 2 hours after you drink a special sweet drink. It tells the doctor how your body processes glucose.

- Diabetes is diagnosed at 2 hour blood glucose of greater than or equal to 200 mg/dl

Result	Oral Glucose Tolerance Test (OGTT)
Normal	less than 140 mg/dl
Prediabetes	140 mg/dl to 199 mg/dl
Diabetes	200 mg/dl or higher

RANDOM (ALSO CALLED CASUAL) PLASMA GLUCOSE TEST

This test is a blood check at any time of the day when you have severe diabetes symptoms.

- Diabetes is diagnosed at blood glucose of greater than or equal to 200 mg/dl

WHAT IS PREDIABETES?

Before people develop type 2 diabetes, they almost always have “prediabetes” — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

NO CLEAR SYMPTOMS

There are no clear symptoms of prediabetes, so, you may have it and not know it.

Some people with prediabetes may have some of the symptoms of diabetes or even problems from diabetes already. You usually find out that you have prediabetes when being tested for diabetes. If you have prediabetes, you should be checked for type 2 diabetes every one to two years.

Results indicating prediabetes are:

- An A1C of 5.7% – 6.4%
- Fasting blood glucose of 100 – 125 mg/dl
- An OGTT 2 hour blood glucose of 140 mg/dl – 199 mg/dl

PREVENTING TYPE 2 DIABETES

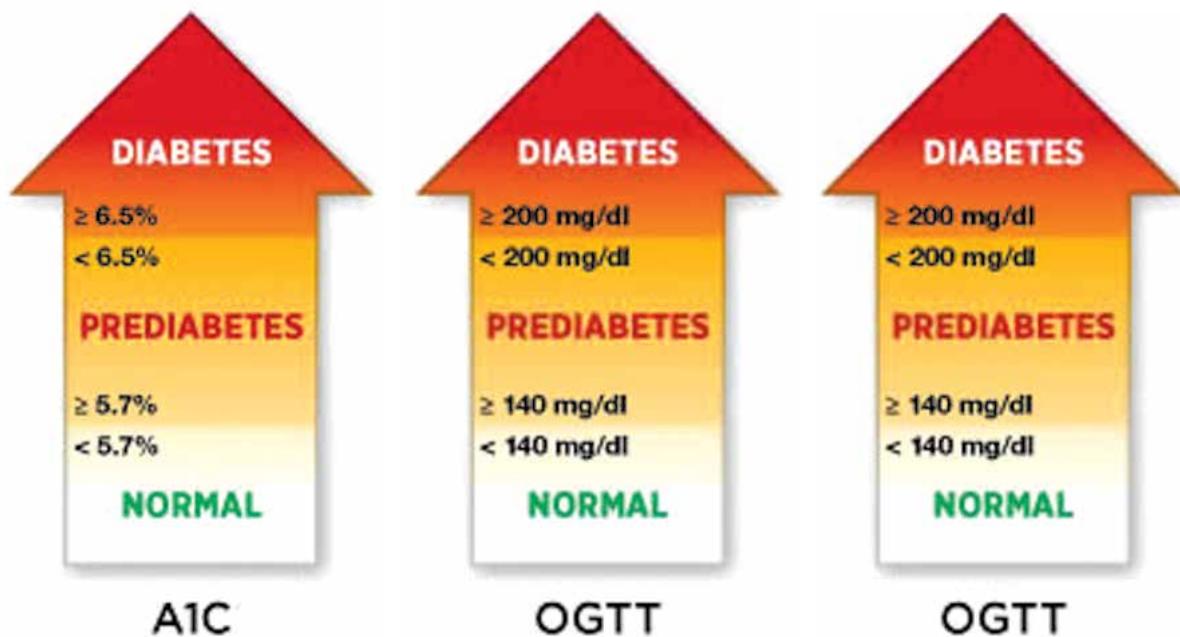
You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range.

Research shows that you can lower your risk for type 2 diabetes by 58% by:

- Losing 7% of your body weight (or 15 pounds if you weigh 200 pounds)
- Exercising moderately (such as brisk walking) 30 minutes a day, five days a week

Don’t worry if you can’t get to your ideal body weight. Losing even 10 to 15 pounds can make a huge difference.

Provided by the American Diabetic Association – www.Diabetes.org

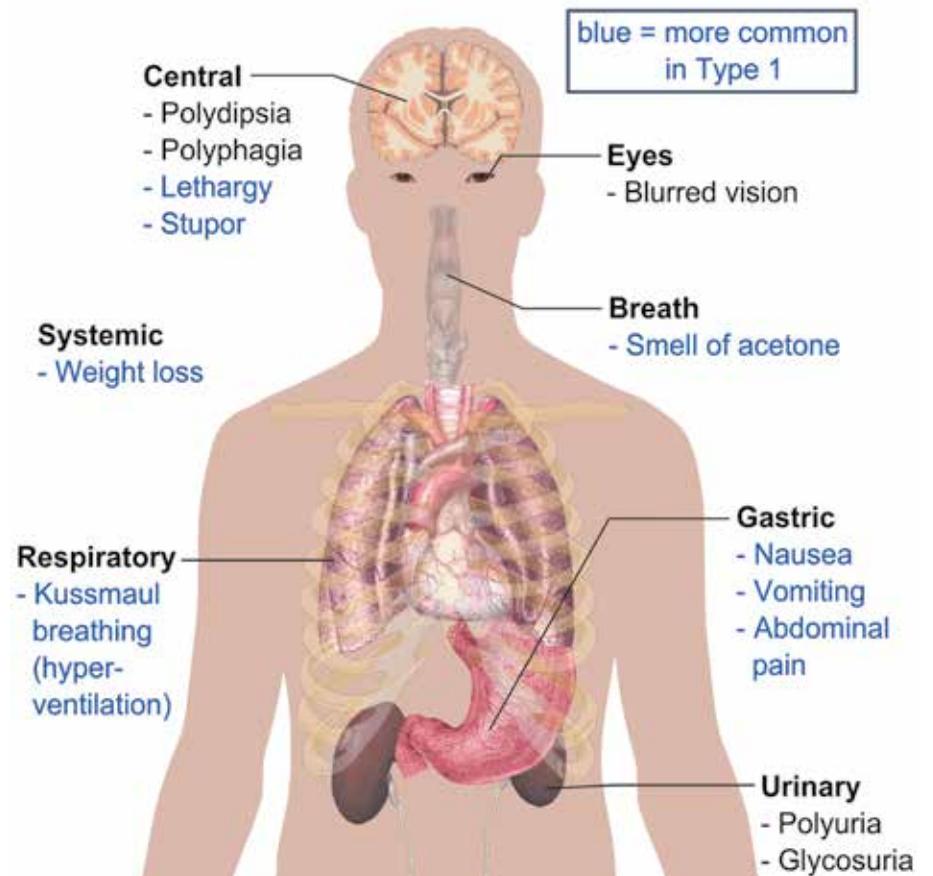


COMPLICATIONS LINKED TO BADLY CONTROLLED DIABETES:

Below is a list of possible complications that can be caused by badly controlled diabetes:

- **Eye complications**- glaucoma, cataracts, diabetic retinopathy, and some others.
- **Foot complications** - neuropathy, ulcers, and sometimes gangrene which may require that the foot be amputated
- **Skin complications** - people with diabetes are more susceptible to skin infections and skin disorders
- **Heart problems**- such as ischemic heart disease, when the blood supply to the heart muscle is diminished
- **Hypertension** – common in people with diabetes, which can raise the risk of kidney disease, eye problems, heart attack and stroke
- **Mental health** – uncontrolled diabetes raises the risk of suffering from depression, anxiety and some other mental disorders
- **Hearing loss** – diabetes patients have a higher risk of developing hearing problems
- **Gum disease** – there is a much higher prevalence of gum disease among diabetes patients
- **Gastroparesis** – the muscles of the stomach stop working properly
- **Ketoacidosis** – a combination of ketosis and acidosis; accumulation of ketone bodies and acidity in the blood.
- **Neuropathy** – diabetic neuropathy is a type of nerve damage which can lead to several different problems.
- **HHNS (Hyperosmolar Hyperglycemic Nonketotic Syndrome)** – blood glucose levels shoot up too high, and there are no ketones present in the blood or urine. It is an emergency condition.
- **Nephropathy** – uncontrolled blood pressure can lead to kidney disease
- **PAD (peripheral arterial disease)** – symptoms may include pain in the leg, tingling and sometimes problems walking properly
- **Stroke** – if blood pressure, cholesterol levels, and blood glucose levels are not controlled, the risk of stroke increases significantly
- **Erectile dysfunction** – male impotence.
- **Infections** – people with badly controlled diabetes are much more susceptible to infections
- **Healing of wounds** – cuts and lesions take much longer to heal

DIABETES SYMPTOMS



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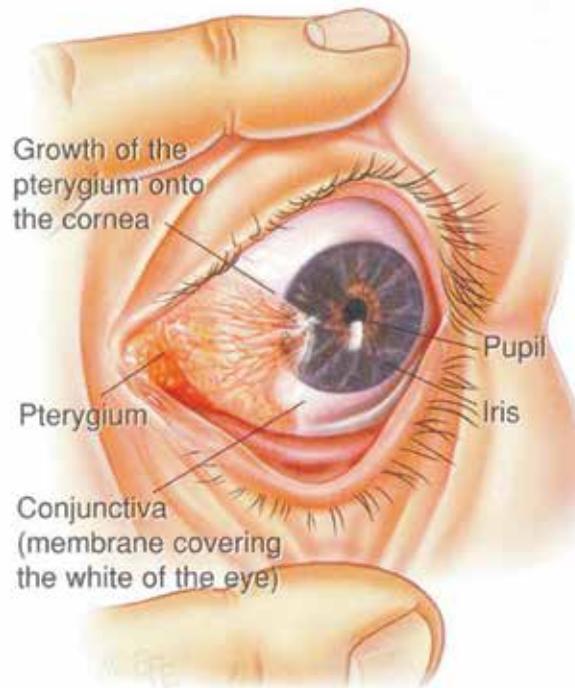
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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SELFIES



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

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

And probably more than you even realize.

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

We are God’s selfie.

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

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

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

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

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

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

You are God’s selfie.

Brent Myers

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