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March 2016

South Palm Beach Edition - Monthly

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**DIABETES and the Link to
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**7 High-Tech Reasons
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**6 POSSIBLE REASONS
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7 High-Tech Reasons

You Should Finally Deal with Your Hearing Loss



Lifting your mood, boosting your energy, protecting your earnings, super-charging your social life — and even keeping your mind sharp: These are just some of the many spoils that come with facing and dealing with a noise-induced hearing loss that has been slowly but persistently creeping up on you.

The quality-of-life and feel-good benefits of treating even just mild hearing loss brought on by years of loud music, power tools, high-volume headphones, motor-sport engines, crowded night clubs and bars, noisy restaurants, and raucous sporting events are plenty. But in this digital age of smart phones and wearable technologies, the draw for many solution-minded consumers may be in the technology itself. Super-smart, super-sleek, super-convenient, and super-sophisticated — today's hearing aids give you a multitude of reasons to address that hearing loss you've been trying so hard to ignore.

Consider these inspiring facts about today's highly functional, high-powered hearing aids. They just may get you to finally do something about your hearing loss and make your life easier.

1. They're cool, sleek, discreet and virtually invisible. New technologies are all about function, style, and effortless living. The latest hearing aids offer all three. The designs are incredibly attractive with smooth, modern contours. And they're much smaller than even conventional Bluetooth earpieces. Many of the latest hearing aids are so tiny, they sit discreetly and comfortably inside the ear canal, out of sight. You might say that aesthetically, hearing aids have had a complete makeover.

2. They cut out background noise so you hear what you want to hear. Even with the best of hearing, it's tough to hear people when it's noisy. But many state-of-the-art hearing aids not only reduce unwanted noise, they also scan the listening environment and automatically adapt to it — even in wind. There are hearing aids that can actually “geo-tag” a location. So if it's convenient for you to network at a certain coffee shop, your hearing aids will know when you're there and adjust themselves accordingly. For the record, it's not by chance that the latest state-of-the-art hearing aids are so adaptable to changing noise scenarios. Recordings of virtually every imaginable listening situation have been used to create algorithms and “train” these amazing mini-computers for your ears.

3. They capture the natural richness and variation of speech, so it's easier to follow the conversation wherever you are. Let's face it, one of the most pesky aspects of not hearing as well as you once did is not catching everything people are saying. New technologies not only help you decipher speech details in music and noise, but they better preserve and clarify the more subtle sounds of language — like the consonants B, S, F, T, and Z — so you can really follow what someone is saying. No faking.



4. You can hear from all directions — even when scoping out what’s in the fridge. Advanced directional microphone technology lets you hear from the back and side — something really important when driving a car. But it also makes it easier to hear voices more clearly in other everyday settings — like when your head is in the fridge and your significant other is talking at your back. Yes, that’s one great feature.

5. Digital, Bluetooth, and wireless capabilities keep you connected when it counts. Digital, wireless hearing aids are the now the norm. That means many new technologies let you stream sound directly into your hearing aids — at the perfect volume — from your smartphone, laptop, conference-room speakerphone, home entertainment system, and other Bluetooth



devices. Music, phone calls, podcasts, videos, whatever you listen to through your iPhone (or iPad and iPod for that matter), you can listen to through many hearing aids. Some even let you control the volume and other personalized sound settings with an app on your smartphone. Several types of wireless accessories give you a listening boost by bridging the gap between you and the speaker, making it easier to hear in loud or large places. Using a wireless mini-microphone — with cool, contoured designs, some even looking like a pen — placed on the restaurant or conference-room table, or near anyone you want to hear, makes it feel like they’re speaking directly and clearly into your ears, no matter how noisy the setting. You adjust the volume.



6. State-of-the-art comfort and convenience mean you’ll always want to use them. Super-small, super-light, customized, functional, and ergonomically designed, hearing aids today are more comfy than ever — yet tough enough to with stand real life. For most of the newest hearing aids, there’s virtually no feedback or whistling thanks to advances in digital technologies. And most are hypoallergenic with nanotechnology coating to keep them clean and dry. Some are even fully waterproof, so you can swim and shower in them, no problem. Plus, today’s greater-than-ever audio-processing goes hand-in-hand with less battery usage. Some hearing aids are even rechargeable, eliminating the need to change batteries altogether. But the convenience and comfort don’t end there. Some brands let you set up reminders for things like appointments or taking medicine. Perhaps the most “peace-of-mind-preserving” life hack, though, is leading-edge technology that helps sooth the ringing in your ears (tinnitus) in a way that suits you.

7. There are even more revolutionary hearing technologies on the horizon. Totally out-of-sight, semi-permanent hearing aids that stay in for two to three months let you shower and sleep in them, no fuss. Perhaps the most futuristic glimpse of hearing aids is tied to recent ground-breaking studies revealing a significant link between untreated hearing loss and dementia. Hearing aid manufacturers are deep in the trenches working to create future break-through technologies that will make it as easy as possible for the brain to decode speech and other sounds. Reducing cognitive load — that is, drawing fewer resources from the brain just to “hear” — is a very good thing. After all, we really do hear with our brains and not with our ears. Some hearing aids with these technologies are already available. Yes, leading-edge hearing aids are here to help you keep your mind sharp and your life easier by hearing your best at every age — starting today.



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6 POSSIBLE REASONS Behind Your Hair Loss

By Alan J. Bauman, M.D.

Here are 6 Possible Reasons You Could Be Losing Your Hair:

The hair restoration field is constantly evolving and advancing, as each year, we learn more about the root causes of hair loss. Each discovery is bringing us closer and closer to not only understanding why we lose our hair, but what we can do to both treat, and prevent it.

We've already taken another step forward in 2016, with two new studies, which both found that hair follicle stem cells play a large role in age-related hair loss. These findings confirm what many hair restoration experts have known for some time, that stem cell therapy will no doubt play a key role in reversing hair loss, stimulating hair growth, and ultimately preventing hair loss in the future.

While these scientific findings are exciting for those of us in the field, they don't mean a lot to hair loss sufferers, at least not yet. And while stem cells may be playing a role in your hair loss, there are also a number of other reasons why you are losing your hair.

GENETICS – There are approximately 200 genes that regulate hair growth. Both men and women can inherit “the hair loss gene” amongst other hair characteristics that make hair loss more significant. After puberty, the hereditary hair loss genes can take over—causing a gradual and progressive miniaturization of hair follicles. As our hair ages, the follicle function diminishes in proportion to hereditary risk.

HORMONES – This is especially important for women, because at times in a woman's life when hormone levels change—birth control pills, childbirth, menopause, hormone replacement therapy, etc.—sometimes there's an association with significant hair loss. Scientific studies suggest that some women may be genetically predisposed to be sensitive to androgens (even small levels), which are known to be the primary trigger for hair loss in men.

HEALTH – Your health can play a large role in the health of your hair. Weight loss, thyroid disorders, stress and other health-related issues can also cause hair loss. Additionally, certain medications may also cause hair loss, such as: oral acne medications with retinoids, antibiotics, antifungals, antidepressants and other mood modulators, birth control pills and other hormone treatments, anti-hypertensives, cholesterol-lowering drugs, immunosuppressants, and more.

PHYSICAL DAMAGE – Women who wear hair extensions, braids and tight ponytails can cause lasting physical harm to hair follicles, resulting in a type of permanent hair loss known as *traction alopecia*, a form of *scarring alopecia*. Even men who frequently sport a “man-bun” can be at risk. Additionally, using harsh chemicals like bleaches

and dyes, blow dryers and flat irons, and combing the hair when wet puts the hair strands themselves at risk of damage and breakage.

DIET – Our follicles need certain types and amount of nutrients to produce healthy hair, so when you engage in unhealthy dieting (such as crash diets) or have nutritional deficiencies – particularly in calories, protein, iron, zinc or vitamins A, B, C – you become at risk of a short-term hair loss condition known as ‘telogen effluvium.’ This risk is compounded for those who are already genetically predisposed to hair loss.

SCALP CONDITIONS – An unhealthy scalp, and certain skin conditions, such as dandruff, psoriasis, and fungal infections, can cause inflammation, which can make it difficult for hair to grow. A medical analysis of the scalp can also identify problems such as imbalances in sebum, pH, hydration, toxin and cortisol levels, which can be contributing factors in unhealthy hair, as well as hair loss and thinning.

Hair loss may be due to one or a number of factors. If you are concerned about hair loss, or would like more information on the growing number of effective treatment options, you should contact a board-certified hair restoration physician—someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment. These specially trained physicians have had extensive training specific to treating hair loss, and have up-to-date knowledge of the newest treatment options. Unlike primary care physicians, hair restoration physicians will use advanced diagnostic tools, like the HairCheck device, which helps to accurately assess hair loss, growth and breakage on any on any area of the scalp, to help determine the extent and rate of the patient's hair loss.



BEFORE

AFTER

Once the extent of your hair loss has been identified, your hair restoration physician may recommend both pharmaceutical and lifestyle changes as part of your treatment regimen. Medical treatments that will help mitigate hair loss include a specially compounded prescription Formula 82M minoxidil solution, platelet-rich plasma injections (PRP, also called the 'vampire hair growth treatment'), prostaglandin analogs, low-level laser therapy, and nutritional supplements. In advanced cases, hair transplantation via NeoGraft FUE, or the ARTAS robot, may be the patients' best



BEFORE

AFTER

strategy for treating their hair loss. These state-of-the-art techniques are only available through board-certified hair restoration surgeons, and require both proper planning and artistry for natural-looking results.

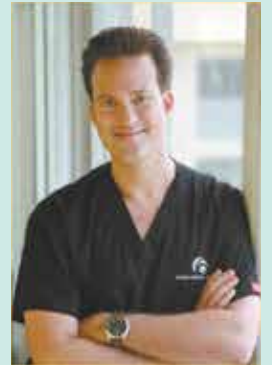
We may not know exactly why some people lose their hair, and others don't, but we do know that hair loss is no longer inevitable, it's optional. Remember, early detection and intervention give you the best chance at saving the hair that you have, and reversing the loss.

WEAPONS TO FIGHT HAIR LOSS

- **PRP Hair Regrowth** - Does our own blood hold the cure for baldness? A new "vampire" cell therapy treatment called PRP or Platelet Rich Plasma concentrates platelets from a small sample of your own blood and re-injects them back into the scalp to rejuvenate weakened hair follicles in a quick and effective non-invasive outpatient procedure.
- **Laser Therapy** - Low-level laser therapy has become an accepted standard in the treatment of hair loss, including FDA approved laser caps that are easy to use and hands-free.
- **NeoGraft FUE Hair Transplant:** The "Cadillac" of transplants. NeoGraft FUE is a machine that allows doctors to perform a hair transplant surgery with remarkable precision and without scalpel or stitches.
- **ARTAS Robotic Hair Transplant** - The Artas Robotic System is an image-guided robot that can harvest up to 1,000 hair grafts in a single hour – which makes hair transplant surgery faster and safer.
- **Formula 82M** - A new upgrade on the FDA-approved topical treatment minoxidil (aka Rogaine). Formula 82M has a better delivery mechanism, less side effects, and dramatically improves the efficacy of this powerful treatment.
- **Genetic Tests for Hair Loss** - Do you have the hair loss gene? With a simple swab of the cheek, you can accurately determine your chances of going bald later in life!
- **HairCheck** - By the time hair loss becomes noticeable, you've already lost 50% of your strands! A new gadget now makes it possible to track your hair count and spot hair loss early on, before it's too late.
- **Future Treatments** - Hair cloning and stem cell therapy are just a few of the future treatments now in development.

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. A 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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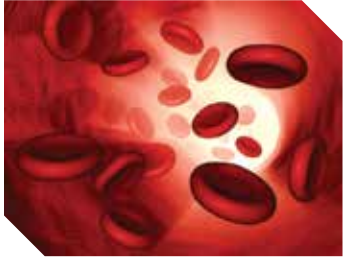
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Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



PLATELET-RICH PLASMA THERAPY, sometimes called PRP therapy, takes advantage of our blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use

this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

When treating osteoarthritis with platelet-rich plasma, we inject PRP directly into the affected joint.

The goal is to:

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

Platelet-rich plasma is derived from a sample of the patient's own blood which is easily obtained at their time of the visit. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. This is also all prepared in the doctor's office.



WHAT IS PLASMA? Plasma refers to the liquid component of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

WHAT ARE PLATELETS? Like red and white blood cells, platelets are a normal component of blood. Platelets secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

We use PRP therapy to treat osteoarthritis and also theorize that the platelet-rich plasma:

- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 90 minutes.

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freezing and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.
- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.



By Aaron Rosenblatt, MD

Scientists are still exploring which arthritis patients should be eligible for PRP injections. While nodefinite conclusions can be made, research suggests that PRP injections are appropriate for patients of all ages.

Dr. Rosenblatt explains, "When appropriate, PRP injections are an extremely safe and effective way to help treat the pain of so many different types of individuals. I have used this technique on young athletes and for older patients with joint and or spine pain with great success. It even surprises me sometimes how well this treatment works. It's truly amazing how people with acute or chronic pain and or injuries respond to this treatment."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. 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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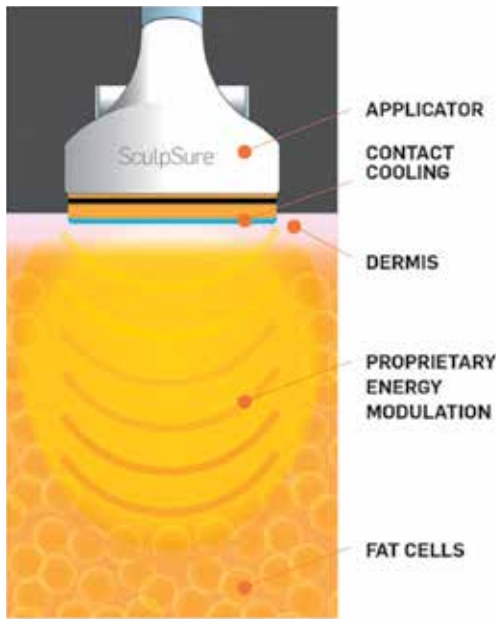
Are There Any New Technologies For Fat Reduction?

It is interesting to watch technology as it continues to evolve. Many of my patients are up to date with what is trending in aesthetic technology. There is a new exciting technology that melts and tightens skin simultaneously without downtime.

COOLSCULPTING® has been a good fat reduction treatment for many of my patients. It is a way to non-invasively destroy fat cells by freezing fat, however it takes about 1 hour per area and depending on the patient, it could take up to 4 to 6 hours in one day! Also, the cost of CoolSculpting® is pretty much equivalent to liposuction.

A newer technology has just been FDA approved for the same application of destroying fat cells non-invasively, but it uses heat. It's called SculpSure™ by Cynosure®. SculpSure™ is a laser device that uses a 1060 nm wavelength to target fat cells and destroy them without any incisions.

Unlike CoolSculpting®, SculpSure™ takes less time, the treatment areas are much larger and there is no downtime. One treatment takes only 25 minutes and there have been no reported side effects.



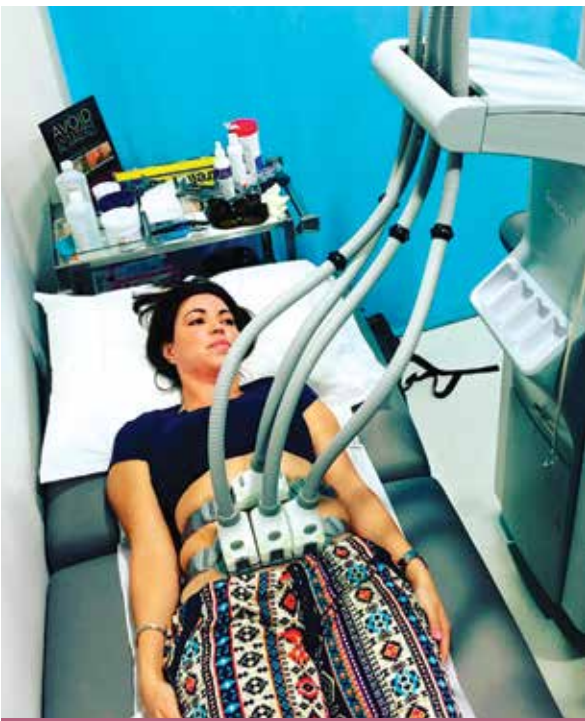
- TARGET**
Selective wavelength to target fat cells below the dermis.
- DISPURT**
Highly efficient wavelength for controlled energy delivery.
- ELIMINATE**
Overtime, the body naturally eliminates the fat cells.



SculpSure™ is a breakthrough non-invasive body contouring treatment for fat that has been unresponsive to diet and exercise.

- 25 minute treatment
- Clinically proven to permanently reduce fat
- Customized treatment sessions to achieve the look you want

The treatments applicators are placed on the skin and a balance of laser wavelength with cold is projected to the fat layer, making it hot enough to achieve the right temperatures to destroy fat cells, but cold enough to be comfortable. The destroyed cells are disposed of by the body's lymphatic system.



The results are seen in 6-8 weeks and most people require just 1 treatment. Another major advantage and game changer is the skin tightening effects of this laser.

So in summary, SculpSure™ is less expensive, takes less time and tightens skin very effectively. I'm very excited and happy to share this information!

FOR MORE INFORMATION
or to schedule a complimentary consultation 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.



Complimentary Consultation / Gift Cards
Financing Available

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

THE SOCK SPOT : DIABETES REQUIRES EXTRA FOOT CARE



Diabetes can cause a variety of problems with the feet and it's important to be assertive, involved and take a preventative approach to foot care. Choosing quality diabetic socks addresses moisture, friction, pressure from sock seams, or wrinkling and bunching, all of which can potentially be a source of irritation for diabetic or sensitive feet. Diabetic socks are the first layer of protection.

WHY DO PEOPLE WITH DIABETES NEED SPECIAL SOCKS?

People with diabetes are at higher risk of foot injuries and infection due to damage to their circulatory and nervous systems caused by high blood sugar levels.

Nerve damage, or neuropathy, decreases sensation and increases risk of injury, especially on the bottom of the feet. It can also cause a patient to be unaware of an injury and delay treatment. Circulatory problems make it harder for wounds to heal, high blood sugar levels also can create a sluggish immune system. People with diabetes are at higher risk for developing ulcers because they cannot sense pressure, friction, heat or cold.

CHOOSING A GOOD DIABETIC SOCK: PROTECTION FROM INJURY

Every day your feet are at risk for injury and the right socks are the first layer of protection. At risk feet require the extra protection provided by a quality sock made for sensitive feet.

MOISTURE CONTROL

Socks for sensitive feet should be made with the best fiber technologies available for moisture control. These high-tech fibers actually wick the moisture away from the skin to the exterior of the sock, moving the moisture up and out of the foot area. Studies show moisture-wicking fibers dry up to four times faster than cotton. The result is a sock that effectively controls moisture, and helps reduce friction.



REDUCE PRESSURE FROM SOCK SEAMS

Bulky sock seams can increase pressure to the feet and cause friction and rubbing. The result of repeated rubbing of sock seams against the skin can vary from mild irritation and redness, to blisters and ulcerations.

REDUCE WRINKLING AND BUNCHING

One size does not fit all. Socks that do not properly fit the feet can wrinkle or bunch inside the shoe putting feet at risk for pressure blisters and ulcerations. People with at-risk feet should avoid bulky tube socks that may be too large or too thick. Socks should be form-fitting to the feet.

NON-BINDING

Sock tops that are too tight could potentially reduce blood flow through the legs and feet. For the overall health of the legs and feet, it is important to avoid socks that bind. To ensure socks properly fit the legs, choose socks that do not have an elastic band in the top. Socks should stretch at the top to a comfortable fit and still stay up without slipping down.

People with diabetes may develop artery disease, nerve damage, edema, foot pain, poor circulation, and various skin conditions that can severely affect the health of their legs and feet. Quality Diabetic socks can help keep your legs and feet healthy by offering the extra cushioning and protection your feet need. Our diabetic socks for men and women are available in a variety of styles, brands, colors, and lengths to meet your unique foot care needs. Come visit us at The Big Apple Shopping Bazaar, the team at the Sock Spot will help you find the diabetic socks to meet your individual needs, or give us a call at **561-921-5185**.



The Big Apple Flea Market is located at
**5283 West Atlantic Avenue,
Delray Beach, Florida.**
Call **561-499-9935**
or stop by today!

THERAPEUTIC OPTIONS TO IMPROVE BLOOD CIRCULATION

By Alyssa Parker

Blood circulation is one of the most important components of our overall health and well-being. When clinical symptoms begin to arise due to poor circulation it's vital to seek preventative treatment options to avoid further complications. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness in affected limb. Blood circulation is driven by our heart which supplies our entire body with blood through the blood vessels. When the normal anatomy and function of our venous system has been disrupted that may lead to conditions such as venous insufficiency and lymphedema.



Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital condition, where an individual is born with a compromised lymphatic system. Signs and symptoms of this condition may take years to manifest in an individual.

RISK FACTORS

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one. Risk factors may include

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening

THERAPEUTIC OPTIONS:

COMPRESSION PUMP

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body. Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long term treatment. Compression devices are widely recognized and highly effective treatment. 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. A pneumatic compression device mimics the muscle contraction that

naturally occurs when performing a cardiovascular activity. Compression Devices are a recognized treatment option by Medicare and many commercial insurers.

WOUND HEALING

Chronic wounds are a huge burden on patients as well as health care providers. With poor blood circulation our body's ability to heal itself becomes less efficient. Compromised skin integrity from poor circulation will progress without treatment. At Acute Wound Care we provide patients with specialty dressings that heal the wound quickly and effectively direct to the home.

Remember it is important to seek treatment options to avoid further complications. The compression pump and specialty wound dressings are a therapeutic option 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. Our highly trained staff will assist you in finding the appropriate treatment that will offer you a better quality of life.



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

DIABETES and the Link to PERIODONTAL DISEASE

By the Doctors at Advanced Dentistry South Florida

Diabetes affects nearly 30 million Americans today and the link to gum disease may surprise you.



The surprising fact that periodontal disease (gum disease) has a direct association to diabetes really shouldn't be alarming at all. In fact, if you think about it, the mouth is the pathway to the body. What you breathe, eat and digest directly affects the health of your body.

According to the American Diabetes Association, "Not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may have the potential to affect blood glucose control and contribute to the progress of diabetes." The association notes that almost 2 million people are diagnosed annually with Diabetes, while another 86 million are estimated to have pre-diabetes.

Periodontal disease is the most common dental disease in people who are living with diabetes.

AM I AT RISK?

People with diabetes are unfortunately at a higher risk of developing oral health issues. This is due to the fact that the risk of bacterial infection is greater with the decreased ability to fight off bacteria in the gums. Basically, your body fights hard to do the simple task of removing waste while attempting to deliver the nutrients necessary for the body. As you age, the risk of getting periodontal disease is greater due to poor sugar control.

WHAT ARE THE SYMPTOMS?

When left untreated, diabetes has several symptoms in relation to your oral health. A few of these symptoms are:

1. Dry Mouth
2. Gingivitis (inflamed gums)
3. Susceptible to infection inside the mouth
4. Higher risk of cavities

STAY IN CONTROL!

One of the best ways to treat periodontal disease if you have diabetes is to stay in control of your blood sugar. Practicing good oral hygiene will help maintain healthy gums and assist in the prevention of gum disease. This includes brushing your teeth at least twice a day and



According to the American Diabetes Association, “Not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may have the potential to affect blood glucose control and contribute to the progress of diabetes.”



remembering to floss each and every day as well. If you are not in control of your blood sugar, you are much more likely to have gum disease and the probability of losing your teeth is much higher. If you wear dentures, be sure to clean them every single day.

VISIT YOUR DENTIST REGULARLY.

Make sure you are visiting your dentist for regularly scheduled hygiene appointments. Treating periodontal disease has been shown to improve blood sugar control for those living with diabetes. Our expert team of dental professionals use only the most advanced state-of-the-art equipment to diagnose and treat our patient’s conditions. Routine visits to Advanced Dentistry South Florida in Delray Beach, FL will help you maintain that beautiful smile and keep you healthy.

**WHERE CAN I FIND
ADVANCED DENTISTRY SOUTH FLORIDA?**

Advanced Dentistry South Florida is dedicated to providing first class dental services for over three decades, enhancing the overall health of patients from Delray Beach, Boca Raton, Boynton Beach, West Palm Beach and surrounding areas in South Florida. Whether you



are in need of general dentistry, cosmetic dentistry, oral surgery, endodontics, or periodontics, our elite team of doctors is dedicated to helping you achieve your greatest smile and optimum oral health. Contact us today at **561-404-4083** to schedule your appointment with one of our dental professionals, or visit us on the web at **www.ad-sf.com**. Stop by our office in the Village Professional Center at 15340 Jog Road, Suite 100, Delray Beach, FL 33446.



561-404-4083 www.ad-sf.com

Village Professional Center at 15340 Jog Road, Suite 100, Delray Beach, FL 33446.



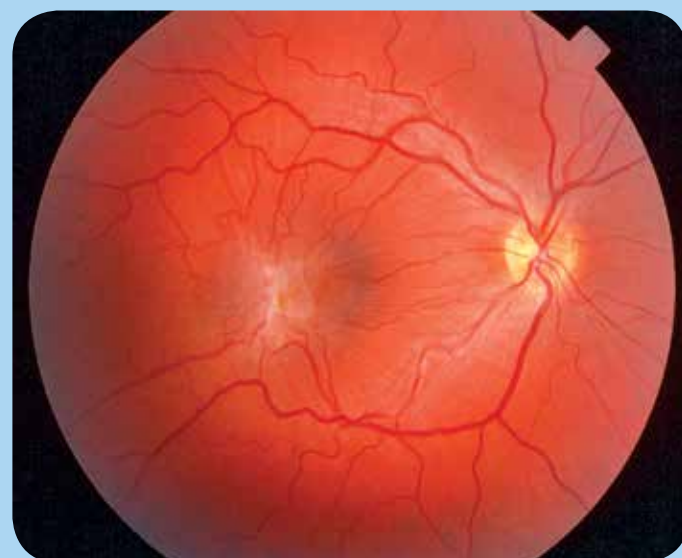
WHAT IS A MACULAR PUCKER?

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

A MACULAR PUCKER (also called an epiretinal membrane) is a layer of scar tissue that grows on the surface of the retina, particularly the macula, which is the part of your eye responsible for detailed, central vision.

The macula is the small area at the center of the eye's retina that allows you to see fine details clearly. The retina is a layer of light-sensing cells lining the back of your eye. As light rays enter your eye, the retina converts the rays into signals, which are sent through the optic nerve to your brain where they are recognized as images. Damage to your macula causes blurred central vision, making it difficult to perform tasks such as reading small print or threading a needle.

As we grow older, the thick vitreous gel in the middle of our eyes begins to shrink and pull away from the macula. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or become swollen or distorted.



MACULAR PUCKER CAUSES

As you age, the vitreous — the clear, gel-like substance that fills the middle of your eye — begins to shrink and pull away from the retina. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

Other eye conditions associated with macular pucker include:

- Vitreous detachment;
- Torn or detached retina;
- Inflammation (swelling) inside the eye;
- Severe trauma to the eye (from surgery or injury); and
- Disorders of the blood vessels in the retina, such as diabetic retinopathy.

MACULAR PUCKER SYMPTOMS

With a macular pucker, you may notice that your central vision is blurry or mildly distorted, and straight lines can appear wavy. You may have difficulty seeing fine detail and reading small print. There may be a gray or cloudy area in the center of your vision, or perhaps even a blind spot.

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.



For most people with macular pucker, their vision remains stable and does not worsen over time.

MACULAR PUCKER DIAGNOSIS

During an eye exam, your ophthalmologist will dilate your pupils and examine your retina. You may have a test called fluorescein angiography that uses dye to illuminate areas of the retina.



Another test called optical coherence tomography (OCT) is helpful in making an accurate macular pucker diagnosis. With OCT, a special camera is used to scan your retina. It measures the thickness of the retina and is also very sensitive at detecting swelling and fluid.

OCT can also diagnose macular abnormalities that are too small to be seen in an examination or with angiography.

MACULAR PUCKER TREATMENT

For more severe symptoms, a surgery called vitrectomy is recommended. The surgery is usually performed as an outpatient procedure in an operating room. During surgery, your ophthalmologist uses microsurgery instruments to remove the wrinkled tissue on your macula and to remove the vitreous gel that may be pulling on the macula. Sometimes an air or gas bubble is placed in the eye to help the retina heal or to seal any tears or holes.

After the tissue is gone, the macula flattens and vision slowly improves, though it usually does not return all the way to normal. After the operation, you will need to wear an eye patch for a few days or weeks to protect the eye, and you may need to do some particular head positioning if an air or gas bubble was placed in your eye during surgery. You will also need to use medicated eye drops to help the eye heal.

In most cases, while vision improves after macular pucker surgery, it generally does not return to normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.



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
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(772) 287-7026 Office
(772) 220-4186 Fax

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

DESIGNER TERESA TAYLOR Knocks One Out Of The Park Launching her MLB WALKING CANES with Sport Team Logos

ORIGINALITY & INNOVATION

When you think of a great company, you think of the happiness or emotions their products inspire or their mission to make a difference in the world, Teresa's brands inspire both happiness & goodwill.

From a very early age, I wanted to make a difference in the world. My passion and determination started at a very young age when I left Cleveland for Hollywood at the tender age of 17 to pursue a career in acting and dancing. By the age of 24, my hard work had paid off. I was earning 6 figures running my own PR firm representing high profile celebrities and had already co-starred in 2 films. My first job in Hollywood was riding a bike through 20 Century Fox Studios delivering scripts to directors and producers such as Ridley Scott (Aliens) & David Brown (Jaws) "I will never forget my hair blowing in the wind on my bike with a basket full of scripts"

With great style and compassion I traveled the globe interviewing celebrities like Willie Nelson, Bill Shatner and was representing the iconic Carradine Family (David, Keith & Bobby) David starred in Kung-Fu & I met the family when the patriarch 'John Carradine' their father passed & I handled his press.

Today, Teresa is the founder & CEO of www.TeresaTaylorproducts.com. I started my healthcare company as the direct result of competing in sports in Los Angeles. The phrase 'Break a leg' had new meaning when I injured myself after years of training for athletic competition. Hobbled on crutches to my first medical store in California, I was determined to not allow this mishap to slow me down. It was that moment that I discovered a need in the market for a fashionable designer healthcare product. "The medical products they were selling offered no value, style or fashion benefit." I went home, tore my own clothes apart in my closet and starting sewing fabrics for my new healthcare product line. I literally fell upon a new business.

Along with my former VP Alan Hart we consulted with hundreds of orthopedic surgeons, nurses, and physicians before we embarked on this new path. After an initial capital raise, and now Chief Executive Officer of a new company, I created my own signature style of Designer Healthcare products. I am very excited to introduce to your readers a beautiful new product I designed for the mobility market, our FANTastic Major League Baseball Walking Canes using all 30 Sport Team logos. A product that will truly empower our customers and make a great gift for their loved ones. My goal from day one was to design magical products with attributes and features that inspire and create a sense of well being, and what better way to do this than by adding logos

from America's favorite pastime. Baseball is engrained in our spirit and the very fabric of our nation. We are the first company to offer a MLB Healthcare product and we are very proud of this innovation. Other Teresa products include designer arm slings, crutch, walker & wheelchair accessories. We sell to leading distributors, DME Drug Stores, grocery, hospitals, big box, (Wal-Mart) as well as on line retailers. Our goal is to heal as many people with integrity and compassion. You can purchase our MLB Sports licensed Walking Canes on our website www.teresataylorproducts.com when you buy your MLB Yankee, Met or other team Walking Cane on our company website a percentage of your purchase will benefit our associates battling cancer. (We also sell to HSN.com and Amazon.com)

I volunteered for 911 & designed American Flag Medical Products we donated. Cooking eggs at 1am and delving them to the first responders and firefighters changes a persons perspective in life.

The psychological benefits of wearing a healthcare product that adds color & style contribute to the health & wellness of the patient or customer.

I received a beautiful letter from PRESIDENT OBAMA for our Boston Red Sox medical supply donations (post tragedy in Boston) We placed a card in the box that read 'From all good Americans'. Years ago I asked the President if I could be an ambassador of goodwill.

My significant other of 9 years is 1969 Miracle Met & World Series Champion Art Shamsky has contributed greatly to my company, he has introduced me to the who's who in baseball and I owe so much to him.

We love producing events around our brands for our clients and in fact produced many, our last event we brought our buyers from Food Emporium Grocery Stores into the dug out at Citi Field and introduced them to the players along with Mr. Met (Our buyers are welcome to bring their families and kids) so this truly creates a magical relationship for both of our companies. I was awarded my first MLB License in 2011 and in fact we were to launch our MLB Canes in 2013, we had major set backs & challenges. Very wealthy companies and investors tried to knock off our new Cane so our roll out was delayed 2 years. Teresa surrounded by her loyal team came back last September 2015 after challenges that would put any company down for good, I refused to give up my dream, and these experiences build a resilience and a new activism role to help other young woman in business. This earth shattering experience have been known to paralyzed most CEO's let alone a woman who cared so much about humanity. Eleanor Roosevelt is one of my

By Teresa Taylor / Founder & CEO

heroes as well as her partner of 9 years. **Art** brought in his powerful baseball buddies to help me, it made all the difference, the designated hitter for the Yankees Ron Blomberg, Ron Darling, Doc Gooden, Larry Berra, Mike Torrez, Gil Hodges Jr. the beautiful and missed Jim Fregosi. Art's buddies felt bad about what happened and expressed this in wonderful caring ways and helped to promote my brand. It was my goal and still is to build a powerhouse one or two other sports licensing to include the NFL, NBA and Soccer – I have desires to take it in steps however to grow our company world wide. We just opened our distribution in the Middle East and Asia. Our team has one mission in mind – to help others knowing profits will follow. I want to thank friends who helped piece me back together – when we almost lost it all – including former CEO of J & J, Ace Greenburg (Chairman of Bear Sterns) Jeff Schulman, ESQ our lawyer, and each person who contributed and went out of their way to share their experience with me on how to rebuild and restore my health, my outlook and to come back and the players that all pitched in! My own diner in our neighborhood placed our company postcards in their delivery bags-simple gestures filled with love kept me going.

I volunteered for 911 & created American Flag medical products for donation.



MIRACLE MET & WORLD SERIES CHAMPION
ART SHAMSKY & TERESA TAYLOR with her
Met & Yankee Walking Canes!

My significant other is Baseball hero & legend 1969 Miracle Met & World Series Champion Art Shamsky. Thanks to Art, his baseball buddies joined our launch in Times Square for the launch of her Brand of MLB Sports licensed Healthcare products. "The pandemonium exhilarated our team & my amazing associates that helped me build this company through sweat & grit. I was grateful to be standing in Times Square with hundreds of families in the New York community who came out in droves. This was truly a Cinderella story, to live with a Miracle Met, to launch at Citi Field & Times Square" (A very special thank you to Art, Brian Hagerman, Paul Plotsker, Alan Hart, Frank Portet & Hala Assad our loyal associates) and the wonderful team over at Steiner Sports and our good friend Brandon Steiner.



GIVING BACK IS ALWAYS IN STYLE!

When you purchase our MLB Cane from www.teresataylorproducts.com company, a percentage will go toward helping friends pay for their radiation treatments, they have no insurance.

Today, as mentioned two of our associates are battling cancer, you can never be prepared for this. Both are dear friends and associates who I value and trust and two people on my team that gave so much of their time to help me. The demands of leadership include taking care of yourself, be on top of your game and care for others, juggling this is not an easy task. I have been blessed with great energy and fitness is a part of my daily program. One thing I have learned long before starting my company, care for others as you wish to be cared for. My business is about health CARE; profits will come with this mission in mind. Our incomes support our mortgage, our food on our table and our children. So the next time anyone says, "It's not personal – tell them to go you no where " To give love, to have love is our greatest gift.



Ruben Tejada hobbled out at Citi Field with the Met cane Teresa donated hours earlier to a standing ovation from the capacity crowd, Game 3 when they played the Dodgers October 12, 2015

October 12, 2015, I donated my MLB Met Cane to shortstop Ruben Tejada that was showcased on the world stage during Game 3 of the NLCS when the Mets were playing the Dodgers. Ruben hobbled onto Citi Field to a standing ovation of 44 thousand cheering fans her cane front and center. One of my peers in healthcare tried to copy our brand, I have always been a devout reader of Joel Osteen and I prayed daily for a miracle. Ruben TeJada had NO idea how he saved a woman from the depths of pain to soar to new heights – it only takes one person to lift a person to soar like an Eagle! Or one Baseball player to HIT a HOME RUN and win the GAME!

Please log in to purchase a Teresa Taylor 'All American Brand' of MLB Walking Canes at www.TeresaTaylorproducts.com or call **877-536-2401** to order

Former New York Mets baseball players Art Shamsky & Ron Darling



Endorse Teresa's SportSling® and Designer sling for kids!

Ron Darling 1986 World Series Met Champion with Miracle Met Art Shamsky. Teresa's pediatric arm slings are constructed with the finest materials & fabrics.

OUR BRAND VALUE – PERSONIFIES EMPOWERMENT

Our client "The Hospital for Special Surgery' along with their nurses agree that when they place our pediatric sling on a child, they forget about their injury & the focus is on the colorful prints. Our philosophy is simple-design happy products that inspire.



Teresa Taylor – Founder / CEO (right) with associate & friend Hala Assad

This photo empowers me! I love when Woman come together to make a difference. We can move mountains.



DOC GOODEN (1986 Met Champion) with Teresa Taylor at one of her events. Doc is one of the nicest people you will ever meet. He fell in love with her Met Products.

Today we service hundreds of DME clients across the country including Pill Box Pharmacy, Post Haste Pharmacy & Adventure Sickroom in Florida. I have always been an activist for the right causes that include (veteran rights & human subject experiments) I had the great pleasure to sleep out on the Whitehouse lawn with actor Dennis Quaid for the infamous Celebrity Sleep out. We shared a sleeping bag in sub zero temperatures to raise money for the homeless and Dennis was a complete gentleman. We all slept on heating grates in front of the Whitehouse, Actor Activist Martin Scheen coordinated this event, a great human being himself the rest you will have to read about in my new book!

NEW YEAR, NEW YOU!

Let's start the New Year off right with the help of **FLORIDA BARIATRICS AND WELLNESS CENTER.**

It is time to lose the weight and improve your health.

- Are you overweight with a BMI of 35 or higher?
- Do you have serious health problems due to your weight?
- Have you been unable to lose weight on your own with diet and exercise?
- Are you ready to make major lifestyle changes to facilitate your weight loss?



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.

The physical changes are just one part of the weight loss surgery equation, adding years and quality to your life are additional benefits. Losing weight has a positive effect on diabetes, heart disease and orthopedic injuries in overweight individuals. There are many reasons that motivate people to begin the Weight Loss Surgical process such as: trying and failing to lose weight on your own, a major health scare, and caring for other individuals (children and family). Research shows that the health risks associated with obesity can

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.

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. The staff at Florida Bariatrics and Wellness Center will 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



Weight Loss Surgery \$4900*

Florida BARIATRICS & WELLNESS CENTER | 561-500-HOPE

*Patients must first qualify for this surgical procedure.




Florida BARIATRICS & WELLNESS CENTER

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 Suite 101, Wellington, FL 33414

DELRAY
 4600 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

conveniently located offices throughout South Florida. Our caring staff is dedicated to assisting patients in their weight loss journey; from the initial choice of consulting with a physician throughout the entire process and even following your procedure. The staff will be with you every step of the way. Florida Bariatrics and Wellness Center offers medical and surgical weight loss interventions including: Intra-gastric Balloon Placement, Laparoscopic Adjustable Gastric Banding, Laparoscopic Sleeve Gastrectomy, and Roux-en-Y Gastric Bypass.

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

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 an advisor to 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**.

I've Tried Everything...

WHY CAN'T I SLEEP???

By Renee Chillcott, LMHC



It's 3:00 a.m. and you are awake and posting on social media again....WHY? Falling asleep and staying asleep is a nightmare and it seems to happen every night without rhyme or reason. You've tried everything from sleeping medication, natural teas to lavender baths and soft music but nothing seems to make falling and/or staying asleep any easier. There is help. Neurofeedback (Brain Biofeedback) teaches your brain how to shift into sleep patterns. Sleep is the one brain state or emotional state that we cannot fake. An anxious person can try really hard to be calm; a depressed person can try really hard to be upbeat; and a distracted person can try really hard to focus and concentrate; and they may be successful for a moment or two, but sleep cannot be altered by trying. It usually seems like the harder we try, the worse it becomes. It is in this purest brain state, the sleep state, that Neurofeedback can be most successful.

FIRST, HOW DO WE DEFINE SLEEP?

Sleep is defined as a naturally recurring state of mind characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings.

During sleep, most systems in an animal are in an anabolic state, building up the immune, nervous, skeletal, and muscular systems. The internal circadian clock promotes sleep daily at night in humans.

Interruption in the circadian clock or sleep cycle can cause multiple sleep disorders such as:

- *Insomnia*
- *Nightmares*
- *REM Behavior Disorder*
- *Sleep Talking*
- *Sleepwalking*
- *Circadian Rhythm Sleep Disorders*
- *Delayed Phase Sleep Disorder*
- *Non-24 Sleep Wake Disorder*
- *Shift Work Disorder*
- *Excessive Sleepiness*
- *Extreme Sleepiness*
- *Narcolepsy and Cataplexy*

WHAT ARE BRAIN STATES/NEURON PATTERNS?

The neuron is the basic working unit of the brain; a specialized cell designed to transmit information to other nerve cells, muscle, or gland cells through electric pulses. These electric pulses make up a Neuron firing pattern that can be measured through EEG (electroencephalogram) to determine the speed

of the neurons firing and the amount firing at that speed. We give these speeds different names based on the role they play in the brain. DELTA waves are very slow waves that promote sleep and calmness; THETA waves are a little faster, also play a role in calming, and make us sleepy; ALPHA waves are a bit faster and are essential for feeling calm and introspective; BETA waves are alert/awake "get work done" waves; and HIGH BETA waves are very fast, stress, anxiety, reaction waves. It is normal for the human brain to shift through these stages automatically, effortlessly and without notice. If the brain is "stuck" in a pattern or has an imbalance of neuron firing, there will be issues. So, for example, if a brain is stuck in a HIGH BETA state, it will not be noticed in stressful situations but will be noticed as an inability to shift into a healthy sleep pattern.

Neurofeedback teaches the brain how to shift through the brain states, thus improving functioning such as sleep.

WHAT IS A NORMAL SLEEP PATTERN?

In order to experience a "good" night's sleep and to wake feeling renewed and refreshed, our brains must follow a certain pattern of Neuron firing. The internal circadian clock is profoundly influenced by changes in light, since these are its main clues about what time it is. Therefore, as the sun goes down, our brains are signaled that it is time to sleep and we begin to wind down and produce ALPHA (calm) waves. By around 9 pm melatonin secretion starts and our brains shift into a THETA (sleepy) state, by around 10:30 bowel movements are suppressed and we are relaxed enough to go to bed and shift into a DELTA (sleep) state, and by 2:00 am we are in our deepest sleep state. As we sleep, we move in and out of sleep and waking states, easily shifting back to a sleep state, and not noticing that we awoke at all. After 6:00 am, our blood pressure starts to raise and melatonin secretion stops and we shift out of our sleep state to the THETA (sleepy but awake) state and then to a BETA (awake/alert) state to get the day going.

What is causing me to have a bad sleep pattern?

There are several interruptions in this pattern that can lead us to an altered sleep pattern and thus cause a SLEEP DISORDER.

Initially, short pulses of light, at the right moment in the circadian cycle, can significantly 'reset' the internal clock. Blue light, in particular, exerts the strongest effect. This does not allow the brain to shift into the ALPHA or THETA states needed to be calm and sleepy to initiate sleep/maintain. Modern day advances such as television, artificial indoor light, electronic and cellular devices, night shift working and nighttime travel are just a few of the circumstances that will interfere. Additionally, nutritional factors, medication, and life stresses can also cause difficulty initiating or maintaining sleep.

What if I have always had trouble sleeping? Even as a baby?

Neuron Patterns can be inherited. Although this is a genetic, inherited, or biological pre-disposition, it can also be changed, balanced, and improved through Neurofeedback.

HOW LONG SHOULD I BE SLEEPING?

Children need many hours of sleep per day in order to develop and function properly: up to 18 hours for newborn babies, with a declining rate as a child ages. Early in 2015, after a two-year study, the National Sleep Foundation in the US announced newly revised recommendations as shown in the table below.

AGE AND CONDITION	SLEEP NEEDS
Newborns (0–3 months)	14 to 17 hours
Infants (4–11 months)	12 to 15 hours
Toddlers (1–2 years)	11 to 14 hours
Preschoolers (3–5 years)	10 to 13 hours
School-age children (6–13 years)	9 to 11 hours
Teenagers (14–17 years)	8 to 10 hours
Adults (18–64 years)	7 to 9 hours
Older Adults (65 years and over)	7 to 8 hours

HOW DOES NEUROFEEDBACK WORK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body. This allows you to be more "flexible" in stressful situations.

WHAT DO I HAVE TO DO?

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. The therapist adjusts a reward band to encourage more balanced activity and this encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

WHAT OTHER CONDITIONS CAN AFFECT SLEEP AND BE HELPED BY NEUROFEEDBACK?

- Anxiety
- Autism/Asperger's
- Depression
- ADD/ADHD
- Sensory processing disorder
- Bipolar disorder
- Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches
- Traumatic brain injuries
- Stroke
- Cognitive decline
- Oppositional defiant disorder
- Obsessive compulsive disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder

HOW DO I GET STARTED?

Getting started with Neurofeedback is fairly simple. Call, text, or email our office to set up an intake session. At the intake session, you will receive a clinical interview, treatment plan recommendations, and a Neurofeedback session (if warranted in your treatment plan).

Call to make an appointment today!



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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Stop Drinking Pesticides In Your Wine !!

“Let him drink, and forget his poverty, and remember his misery no more.” Proverbs 31:7

Relaxation and stress-free existence are vital components of Healthy Life Salon and Organic Wine Bar; offering an interesting, international selection of organic and sustainably farmed wines; red, white, and sparkling. These wines are meant to enhance your enjoyment of your time spent at Healthy Life Salon and Organic Wine Bar and, of course in your home.

Many people ask: “Why organic wine?”, “Does it make a difference?” The simple answer to the latter, Yes, it does make a difference to your individual health and that of the environment. Many of us know that everyday products such as spinach, apples, peaches, strawberries, blueberries, etc. have high levels of agricultural pesticides and therefore we purchase organic. Hidden is the fact that grapes are equally, if not more so, heavily sprayed (see ewg.org/foodnews/dirty_dozen_list.php). These pesticides and chemicals then go into the making of our wines. To be labeled organic foods/wines must be free of: toxic persistent pesticides and herbicides, being derived from genetically modified organisms (also known as GMOs), antibiotics, growth hormones, sludge and irradiation. Organic farming emphasizes practices like using manure

compost and biological (non-chemical) pest control. Some wines are labeled as sustainably farmed. Sustainable farming does not require an official stamp or certification of any kind, it is viewed as a way of life. There are a few certifications including “The Lodi Rules” which are California’s first 3rd party certified sustainable wine growing standards*. Healthy Life Salon and Organic Wine Bar carries domestic sustainable wine with this certification. Sustainable standards prioritizes farming without damaging the environment or human health. While organic wines can fall into this category, it does not always. Sustainability puts emphasis on ecological and environmental well being. Sustainable agriculture must be all three; ecologically sound, economically viable and socially responsible. And the three must be in harmony.** “Sustainable” often means:

- Grown using methods that benefit the soil, such as composting, crop rotation, mulching, etc.
- Grown using methods that benefit surrounding land and wildlife.
- Often sold locally and/or direct to consumer to reduce fuel usage and ensure food is fresher.

- Uses sustainable strategies to reduce the need for irrigation and conserve water.
- Animals are raised in a healthy, natural environment.
- Farmers and other parties are paid and treated fairly

Organic certification can vary. The global standard and most common prerequisite is that the wines be made from certified organically grown grapes. For legal, commercial, and even cultural purposes, depending upon the country, some other guidelines may be applied to determine whether or not a wine can be labeled organic. In the USA, following the creation by the USDA of NOP (National Organic Program), an organic wine is defined as “a wine made from organically grown grapes without added sulfites”. By this definition, the majority of what you and I have been calling organic wines should technically be referred to as “wines made from organic grapes” (or organically grown wines), since they may contain up to 100ppm of added sulfites in wine. This is the definition used in Canada, Europe and most wine-making countries except the US, which requires it to be sulfite free.***

All countries monitor the amount of SO₂ present in wines. Sulfur dioxide occurs naturally as a by-product of the fermentation process. Sulfites in wine have been added for hundreds of years as a preservative. Today, over 99% of commercial wines contain sulfites. The wines carried at Healthy Life Salon and Organic Bar do not contain any additional added sulfites. Prepare yourself for what you will read next. Data from the California Department of Pesticide Regulation lists these pesticides and chemicals; which are spread on non-organic vineyards****. They have been shown to cause harm to the environment and to our bodily functions, not immediate, but cumulative over time. They should be eliminated or decreased.

Bird and Bee Toxins

- Boscalid: bee hazard, possible carcinogen 53,340 pounds a year on 239,940 acres
- Chlorantraniliprole: bee hazard 3,877 pounds on 52,626 acres



- Imidacloprid: kills bees and birds
44,040+ pounds spread on 189,885 acres
- Methoxyfenozide: kills bees and birds
28,711 pounds spread on 139,978 acres

Carcinogens - Probable and Possible

- 1, 3 Dichloropropene: probable carcinogen
666,004 pounds on 2,648 acres

This is a mucous membrane irritator causing chest pain and breathing difficulties. Linked to lymphomas and leukemia.

- Mancozeb: developmental toxin and probable carcinogen
9,482 pounds over 6,465 acres

This is a thyroid hormone interrupter.

- Oxyfluorfen: possible carcinogen
71,267 pounds on 209,122 acres

This has liver toxicity and causes anemia.

- Pendimethalin: possible carcinogen
1 42,253 pounds on 68,146 acres

This is a skin and eye irritant. It causes thyroid problems and could disrupt pregnancy.

Neurotoxins

- Chlorpyrifos: neurotoxin
52,341 pounds on 25,359 acres

This blocks enzymes that control the nervous system, especially in children. It causes headaches, agitation, and leads to an inability to concentrate.

- Glufosinate ammonium: neurotoxin
70,701 pounds on 114,843+ acres

This effects central nervous system development and could lead to birth defects

In conclusion, please be aware of the products, foods, and wines that you consume. You personally are the ultimate decision maker for your own future and your own health. It does make a difference!



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(tt, 2015)

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561-891-7527. Healthy Life Salon and Organic Wine Bar is open Wednesday through Saturday 11-6pm. Later evening times are available by appointment.

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

Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femtosecond laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Spring (Change) is in the Air

Brent Myers

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

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

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

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

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

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

Note what Paul says:

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

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

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

*Spring is here!
Change is here!
Hope is here!
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