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May 2016

North Palm Beach Edition - Monthly

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**LASER LIPOSUCTION**

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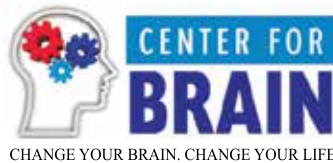




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**Health & Wellness** MAGAZINE



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### CONTACT US

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

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

  
**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

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# What to Expect From a ‘Hair Restoration Vacation’

By Alan J. Bauman, M.D.

A growing number of men and women are taking advantage of the many tools and treatments available to treat hair loss – and some are even making a Florida vacation out of it.



With a ‘hair restoration vacation,’ you are not only giving yourself a boost by permanently restoring your own living and growing hair, but also treating yourself to a little pampering and relaxation. The idea might seem strange at first, but combining your hair transplant with a relaxing vacation may be just what the doctor ordered.

## GETTING STARTED: CONSULTATIONS AND PREPARATIONS

The first step in the process is a preliminary evaluation of your hair loss status and a discussion about factors that are affecting your hair loss, which can be done easily in the office, or long distance via phone or Skype. During the consultation, your goals and expectations regarding hair transplantation will be discussed and whether you are a candidate for a hair transplant procedure. Next, a personalized treatment plan is created that will give you the best chance at achieving optimal results. Details regarding the size and number of recommended hair transplant sessions as well as effective preventative treatment options will be provided.

For those patients interested in upgrading their hair transplant into a ‘hair restoration vacation,’ they are able to choose from a variety of pre-assembled packages, which include various travel and accommodation options that can fit any individual style, time-frame and budget. Patients and their families are able to enjoy luxury accommodations and amenities while receiving state-of-the-art hair

restoration procedures, and then able to return home completely healed and refreshed.

## CHOOSING THE RIGHT PROCEDURE

With today’s advanced surgical techniques, hair transplants involve minimal recovery and offer undetectable, natural-looking results. FUE or “Follicular Unit Extraction” is the least invasive type of hair transplant. The less-invasive FUE method is appealing to patients looking for an alternative to the “strip” or “linear” harvest transplants, and the hairstyle-limiting telltale scarring they leave behind. Artistic use of the harvested follicles by an experienced surgeon delivers a permanent restoration of your own living and growing hair that’s never pluggy or unnatural.

The two most advanced techniques that may be used for hair follicle harvesting and transplantation are:

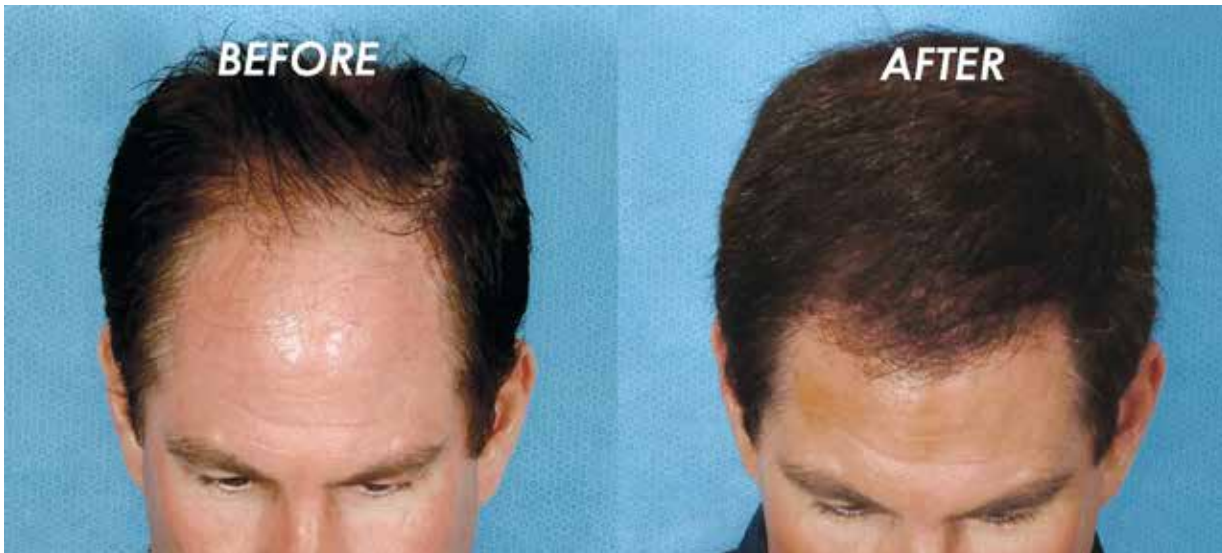
- **NeoGraft FUE:** The FDA-approved NeoGraft FUE device is a tool used to extract individual follicular units and hair follicles from the donor area located at the back of the patient’s scalp – which are then implanted into the bald areas. This means no scalpels, sutures, or staples for the patient in the donor area. 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.

- **ARTAS Robotic-Assisted FUE System:** The FDA-cleared 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 sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety, accuracy, efficiency and comfort during their hair transplant procedure. The innovative ARTAS robotic FUE system uses advanced digital imagery to “see,” map and analyze the hair in natural groupings on the scalp for harvesting. The system features stereovision sensors to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with precision robotic harvesting based on algorithms programmed by the surgeon.

## CHOOSING THE RIGHT SURGEON AND SURGICAL TEAM

While certainly exciting, new technology like NeoGraft or ARTAS robotic-assisted FUE is only one “piece of the puzzle.” The critical-to-quality step in hair transplantation is the artistic ability of the surgeon to recreate the natural angles, orientation and position of each individually transplanted hair. Errors in planning and artistic judgment can derail the best intentions of a surgeon through inefficient or wasteful use of the harvested follicles or, even worse, an unnatural looking result.





**RECOVERY AND RISKS**

One of the biggest benefits of FUE transplants is the shortened recovery period. Because there is no major incision and no stitches or staples used, the recovery phase is quicker and more comfortable—allowing for workouts and most athletic activities to resume after just several days.

Despite the advances in comfort and safety, patients should be advised that as with any surgical procedure, hair transplants do come with risks, including complications like infections, scarring, poor density and unnatural looking results. The risks are greatly magnified when an unqualified doctor or inexperienced teams perform the transplant. Patients should always look for full-time hair transplant surgeons who are ABHRS-certified in hair restoration, recommended by the American Hair Loss Association and have extensive experience in performing delicate hair transplant surgery. Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to consult and travel long-distance.

**DON'T WAIT, BOOK YOUR 'HAIR VACATION' TODAY**

Whether your decision is spurred by the desire to keep your transplant private, or you are simply looking to combine some R&R with your procedure, don't wait to book your 'hair restoration vacation.' The sooner you treat your hair loss, the sooner you can enjoy the benefits of a fuller, thicker more healthy and youthful head of hair.

If you are interested in a hair restoration vacation, or would like to learn more about Dr. Bauman or to make an appointment, visit <http://www.baumanmedical.com> or call **1-877-BAUMAN-9** or **561-394-0024**.

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*“The idea was the brainchild of Boca hair doctor, Alan J. Bauman M.D.” – CNN 2002*

*“It's like a pit-stop to give you a ‘spike of youth...’ new oil, new gas, new hair, there you are!” – Dr. R. Fischer, hair restoration vacation patient from the UK*

*“A hair transplant procedure is 90% art. You need the right tools, but you also need an aesthetic eye.” – Dr. Alan J. Bauman, hair transplant surgeon on CNN*

**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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# Laser Liposuction

Laser Liposuction has been around for many years and should have made traditional liposuction obsolete by now, however many physicians are still performing traditional liposuction for several reasons. It can be performed under general anesthesia, and there is no large investment involved as there is with a laser technology. When a patient is put under general anesthesia, the trauma that is caused during the procedure only becomes evident after we wake up. We consider liposuction to be surgery and we expect to have post-surgical consequences which include pain, bruising, swelling, and downtime for several weeks if not more. No pain, no gain right? Not necessarily.

**LASER LIPOSUCTION HAS MANY ADVANTAGES OVER TRADITIONAL LIPOSUCTION.**

## Less Downtime

With traditional liposuction, a cannula is forced under the skin to manually break up the tissue. This movement and force can cause trauma that is comparable to an impact that is felt by a severe car crash. However, the laser fiber that is used during the laser liposuction, replaces this technique and gently melts the fat without the abrupt force. Since we only create a tiny incision that is 1.5mm in size there is minimal scarring. Although swelling and bruising and pain can occur it is minimized. We do not use drains or even stitches and patients are fully ambulatory after the procedure.



## Flexible Fiber

Laser liposuction is performed with a laser that uses a fiber that is as small as the stem of an ink pen. It is flexible in nature so it allows for more precise angles and movements to target the hard to reach areas such as the area surrounding the rib cage. As I've seen in many cases, clients who visit me after liposuction performed years prior, there is often a fat bulge that runs along the ribcage because it cannot be reached safely without the possibility of puncturing a lung. So physicians usually steer clear of that area to avoid the risks. With the small flexible laser fiber, we can safely reach those similar types of areas with only minimal risk involved.

## Less Risk

Since we are able to locally anesthetize the patient without putting them under, the risks that are associated with general anesthesia are eliminated. There is minimal risk of blood clots compared to traditional liposuction since patient are up and about immediately after surgery. Also, the patients are able to drive home if narcotic prescription medica-

tions are not taken. In most cases, patients choose not to take any.

## Skin Tightening

After traditional liposuction, the fat is removed and then what? Loose hanging skin is left? That is exactly what can happen. If you are a young individual then chances are you will have good skin retraction, but with laser liposuction we are able to use a specific wavelength once the fat is removed that is very effective for skin tightening. The skin tightening will continue to improve for up to six months after the procedure.

## Even Results

With manual disruption of fat cells, it is not possible to evenly break up the fat. Often times there are ripples that are left under the skin. By using a laser to melt the fat cells, we can keep treating the area until all the fat is evenly melted and dislodged, thereby achieving more even and precise results. In order to assess whether or not a patient is a candidate, a complimentary consultation is recommended.



BEFORE



AFTER

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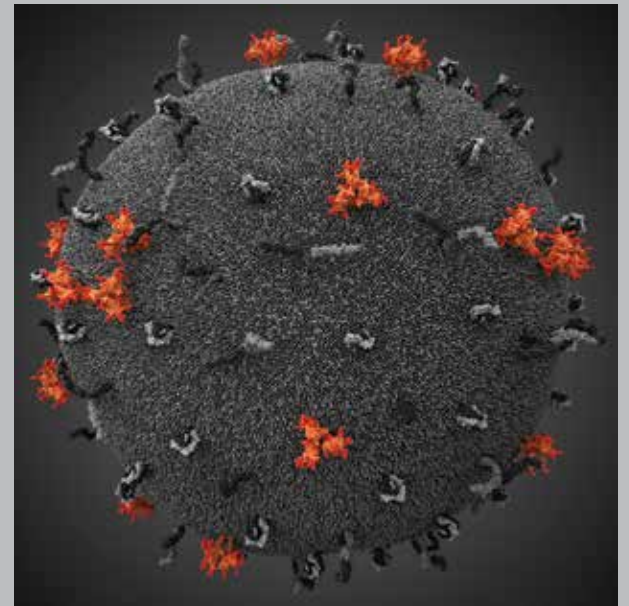


# HIV AND THE EYES

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

**T**he **HUMAN IMMUNODEFICIENCY VIRUS (HIV)** is a virus that causes the body's immune system to break down. Your immune system fights off illness and infection and is very important for a healthy body.

Once HIV is present in the body, it attacks important white blood cells in your immune system called lymphocytes, or T-cells. T-cells identify and destroy invading organisms in the body. Once attached to the T-cell, HIV replicates and destroys the cell. When your body is deprived of enough T-cells, it can become very sick from infections that a healthy person's immune system would normally fight off, such as colds, flu and other viruses.



## WHAT IS AIDS?

AIDS is acquired immune deficiency syndrome, and is caused by HIV. Someone is considered to have AIDS when their immune system is no longer able to keep them healthy. For someone with HIV, the process of the virus destroying T-cells and replicating itself may go on for years. This is why many people infected with HIV do not get sick with AIDS until years later.

## HOW DO YOU GET HIV?

HIV lives and reproduces in human blood and other body fluids. Someone can become infected with HIV if these infected fluids enter their body.

### These fluids can contain high levels of HIV:

- Blood
- Semen
- Pre-seminal fluid
- Breast milk
- Vaginal fluids
- Rectal (anal) mucous

Other body fluids, as well as waste products like feces, urine, vomit, nasal fluid, saliva, sweat and tears, generally don't have enough HIV in them to infect you, unless blood is present in them.

While HIV can be found in tears of infected people, no cases of AIDS have ever been reported from tear contact. Ophthalmologists (Eye M.D.s) are especially careful about cleaning instruments and lenses that come in contact with tears.

## HOW DOES HIV/AIDS AFFECT THE EYE?

Because HIV causes a breakdown of your body's immune system, all areas of the body are susceptible to infection, including the eye. People with HIV who are otherwise in good health are not likely to experience eye problems related to a suppressed immune system. However, an estimated 70 percent of patients with advanced AIDS experience eye disorders.

## AIDS-related eye problems due to a suppressed immune system can include the following:

### *HIV retinopathy*



This is the most common finding in people with AIDS. Small hemorrhages and cotton wool spots (white spots as a result of a blood vessel blockage) are seen in the retina—the light-sensitive tissue lining the back of your eye. It is thought that the HIV virus is directly responsible for these changes to the small blood vessels in the retina.

### *CMV retinitis*



A more serious eye infection that occurs in about 20 to 30 percent of people with AIDS is CMV retinitis. It is caused by a virus called



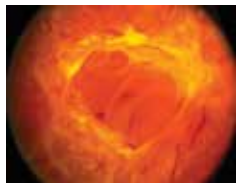
cytomegalovirus (CMV). It usually occurs in people who have more advanced stages of AIDS in which T-cell count is very low. Symptoms include swelling (inflammation) of the retina, bleeding and vision loss. If left undiagnosed and untreated, CMV can cause severe vision loss within a few months.

If you have HIV/AIDS, you should see your ophthalmologist (Eye M.D.) immediately if you experience:

- floating spots or “spider-webs”;
- flashing lights;
- blind spots or blurred vision.

CMV retinitis cannot be cured, but progression of the virus can be slowed with medication.

**Detached retina**



CMV can sometimes cause detached retina, where the retina pulls away, or detaches, from the back of the eye. A detached retina is a serious problem that causes severe vision loss

unless treated. Almost all retinal detachments require detached retina surgery to put the retina back in its proper position.

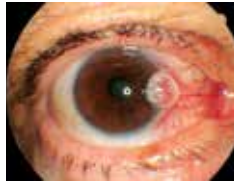
**Kaposi’s sarcoma**



Kaposi's sarcoma is a rare form of cancer that occurs in AIDS patients. This cancer can cause purple-red lesions to form on the eyelids, or a red, fleshy mass to form on the

conjunctiva—the thin, filmy membrane that covers the white part of your eye. Kaposi’s sarcoma may look frightening, but it usually does not harm the eye, and can often be treated.

**Squamous cell carcinoma of the conjunctiva**



This is a tumor of the conjunctiva, the thin membrane that covers the white of the eye. Studies have shown this condition to be related to HIV/AIDS infection, prolonged exposure to sunlight, and infection with the human papilloma virus (HPV).

**Increased risk of various eye infections**



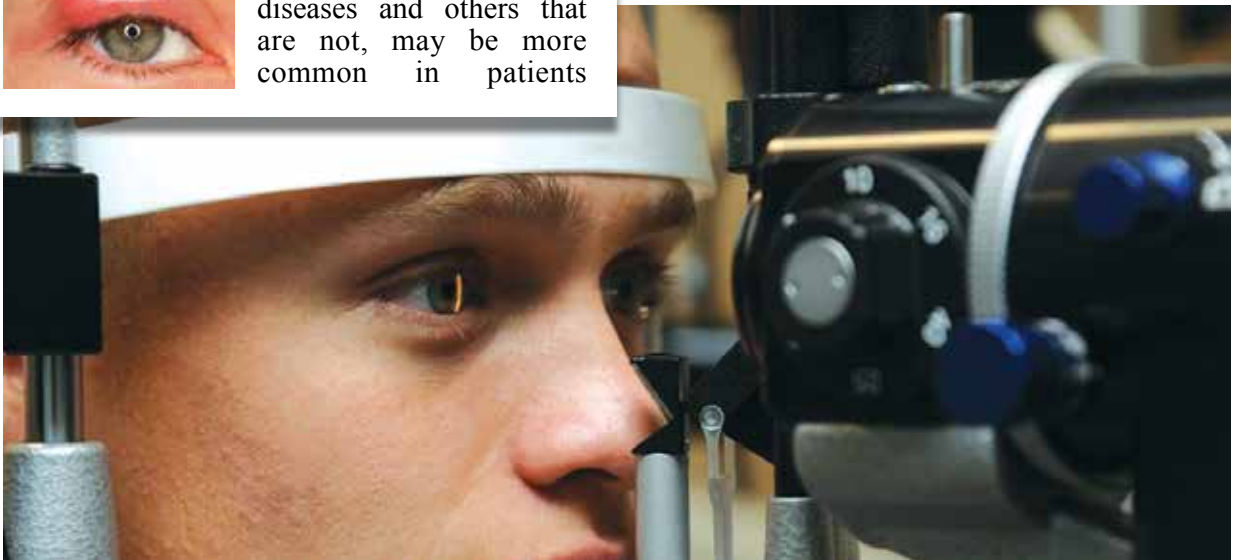
A number of eye infections, some associated with sexually transmitted diseases and others that are not, may be more common in patients

with HIV. Some of these infections may include herpes virus, gonorrhea, Chlamydia, toxoplasmosis, Candida, Pneumocystis, microsporidia, and others. These infections can threaten vision and require treatment by an Eye M.D.

**HOW ARE HIV-RELATED EYE DISEASES TREATED?**

The treatment for HIV-related eye diseases depends upon the particular disease. However, patients who maintain the health of their immune system through antiviral drug treatments are at lower risk of developing HIV-related eye diseases.

It is important for anyone with HIV to undergo routine eye examinations with an ophthalmologist to detect any problems as early as possible.



**The Retina Institute of Florida**

**Lauren R. Rosecan**

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(561) 368-0093 Fax



# MAY IS BETTER HEARING MONTH

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



**A**ccording to the Better Hearing Institute, hearing loss is now the third most common health problem in the country today, behind only arthritis and heart disease, with more than 50 million Americans suffering from its effects. This May is the 86th annual National Better Hearing Month, and to help bring attention to this issue affecting approximately 1 in 5 Americans, I encourage everybody to seek answers to any questions they may have about hearing difficulties and to educate themselves about available solutions.

The myth regarding hearing difficulty is that it is associated with the normal aging process. However, hearing loss is typically a reflection of past noise exposure and/or a family history of hearing loss. Further, more than half of all hearing-impaired persons are younger than 65. Sadly, too many people don't recognize that they are having hearing difficulties, or — because of preconceived notions or social stereotypes — they don't want to admit their difficulties. Not seeking treatment can have long-term negative effects on communication and cognition, but help is available.

That is why I will be sponsoring free hearing screenings during the entire month of May. The screening is 100% free, and there is no cost or obligation. However, due to limited scheduling, the free screening requires an appointment. Interested persons need to simply call my office at 561.627.3552. My goal in sponsoring these screenings is to provide people in this community with the knowledge they need to make informed decisions regarding hearing health.



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- Comprehensive Hearing Testing
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- Tinnitus Evaluation and Treatment
- Aural Rehabilitation and Counseling
- Hearing Aid Checks and Servicing
- Assistive Listening Devices (ALDs)



**Dana Luzon,**  
**Au. D. , CCC-A, FAA,**  
**Doctor of Audiology**

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University's residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.



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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, however, 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 an 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**.



# Imagine a Life WITHOUT ANXIETY

by Michael Cohen, Neurotechnology Expert

**NEUROFEEDBACK** is one of the most powerful methods for reducing anxiety and panic attacks, and it can even help reduce or eliminate anxiety medication. With practice and reinforcement, you can train your brain to control how you respond to stress rather than try to avoid it or live with it.

The Center for Brain has helped countless people (both children and adults) to get control of their anxiety and take charge of their life again, often in a fairly short time.

Overwhelmed?

You don't have to live with chronic anxiety, or with feelings of being overwhelmed or burned out. There's something new that can change how you feel. This new technology literally helps you feel better, less stressed, and able to handle your everyday "high stress" situations without being overwhelmed.

Medications don't teach your brain to be healthier and may not eliminate your symptoms. Medications don't help you learn to quiet your mind or how to be calm. And unfortunately many doctors are unfamiliar with treatments other than medication.

## ARE THERE ALTERNATIVES TO MEDICATIONS?

Neurofeedback and biofeedback have been proven to help people greatly reduce or even eliminate anxiety symptoms. For those on medications, using

neurofeedback and biofeedback can help lessen the reliance on meds. Some people are able to stop taking anxiety medication entirely.

"I've struggled for years with severe anxiety, and with constant obsessing over problems which often gets out of control. I've tried a lot of psychiatrists and every medication they can think of. None ever really worked. Neurofeedback has made a huge difference. The obsession and anxiety are under control. I've been able to cut back my medications. It's taken a while, and I'm not done. But I'm better able to live my life now."

-TK (Jupiter, Florida)

Neurofeedback helps train the part of your brain that CONTROLS stress more than merely helping you manage it. When you struggle with anxiety, part of your brain is simply not able to keep you calm. Neurofeedback trains that part of the brain to function better and maintain healthier patterns.

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

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

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

## CAN YOU LEARN TO BE CALMER?

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

Elizabeth is just one client whose life benefited from neurofeedback. Elizabeth, age 35, experienced

severe anxiety and had up to 5 panic attacks a day. She said they were “taking over my life.” She had been having problems with anxiety and panic attacks since age 17. After 10 neurofeedback training sessions, she had no panic attacks for almost 6 months. Training her brain helped her change the unhealthy pattern. Another client (a licensed therapist himself) is a very wound-up man. He’s hyper and anxious most of the time, though you’d not know by looking at him. After one 30-minute neurofeedback session, he said “I haven’t felt this calm in my whole life.”



That doesn’t mean one session solves the problem – his brain didn’t know how to be calm. He was able to rapidly learn, but it takes more time to become a new habit. He had tried therapy and medications for years. Only when he learned to calm his brain did it calm his mind. Neurofeedback helped him learn to change his chronic pattern – in his case, quite rapidly.

Our clients have often tried everything — from medication to meditation, from yoga to diet and exercise, from alcohol to stress-reduction techniques.

“Many clients who have used neurofeedback say things bother them less, their minds are quieter, and they recover from stressful events more quickly. Research repeatedly shows biofeedback and neurofeedback are very helpful for any type of anxiety, even PTSD.”

## HOW DOES NEUROFEEDBACK WORK?

Neurofeedback training helps change brain patterns. It measures your brain’s rhythms and rewards you when you make healthy patterns. For instance, with anxiety, certain patterns in the brain are often moving too fast. Neurofeedback helps your brain learn how to slow down the overactive areas by giving your brain a reward when it slows down.

With repeated training, the brain learns to maintain those healthier patterns. Correcting anxiety with neurofeedback just takes practice and reinforcement. The more your brain learns how to be calm through neurofeedback, the more it becomes a normal state in everyday life.

If you’re on medication, it can often be reduced or even eliminated as the brain learns to remain in the calmer state.

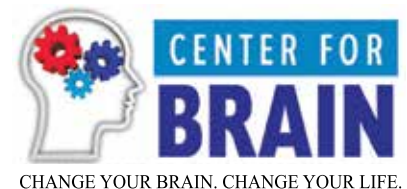
“With brain training, you learn to moderate your response to stress so anxiety occurs less frequently and is less intense and debilitating if it does happen. Neurofeedback helps you calm the over-reactive patterns that make life more difficult and allows you to take charge of your life again.”

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



**Michael Cohen,**  
President and Founder of the  
Center for Brain.

He’s one of the leading experts in brain biofeedback. For 18 years, he’s taught courses and provided consulting to MD’s and mental health professionals around the world to help incorporate new biofeedback technologies that help individuals adapt and strengthen their nervous system through neuroplasticity. This helps sleep, mood, attention and neurological function.



**Jupiter/Abacoa 561.744.7616**

**[www.CenterforBrain.com](http://www.CenterforBrain.com)**





## A New Alzheimer's Clinical Study Opportunity Right Here In Palm Beach

By Dr. Laszlo Mate



**T**he MINDSET study is a phase 3 clinical research study evaluating a new investigational treatment for mild-to-moderate Alzheimer's disease.

This study drug, known as RVT-101, is being studied as an add-on therapy to donepezil (sometimes known as Aricept®), the most widely used medicine to treat Alzheimer's disease today. In a previous 684-patient clinical study, the combination of RVT-101 and donepezil provided patients with statistically significant benefits in cognition and ability to perform daily living activities, as compared to donepezil alone.

The MINDSET study is designed to confirm these results and could be the final study required for the FDA approval of RVT-101.

The study involves approximately 170 expert physicians at clinics around the world, referred to as research "investigators." I am pleased to be one of these investigators, and will be seeing patients for the study at my clinic right here in Palm Beach.

### **ABOUT RVT-101, A POTENTIAL TREATMENT FOR MILD-TO-MODERATE ALZHEIMER'S DISEASE**

RVT-101 works by raising levels of acetylcholine, a vital chemical in the brain that is believed to help with cognition and performing daily living activities. RVT-101 works by rais-





Participating in clinical studies allows dementia patients and caregivers to contribute to the development of new treatments and access potential treatments that are only available through study participation. The MINDSET study is evaluating an important potential oral treatment, and I encourage patients and caregivers to learn more.

ing levels of acetylcholine directly, similar to turning up a faucet. Donepezil also increases acetylcholine, but does so indirectly by preventing acetylcholine from being cleared from the brain, similar to blocking a drain. In combination, RVT-101 and donepezil work together to increase acetylcholine by both turning up the faucet and blocking the drain.

RVT-101 only increases acetylcholine in the brain (not the rest of the body), so researchers believe drug the drug avoids some of the unwanted side effects associated with donepezil. RVT-101 has already been studied in 13 clinical trials and administered in over 1,250 individuals, and showed a favorable safety and tolerability profile in those studies.

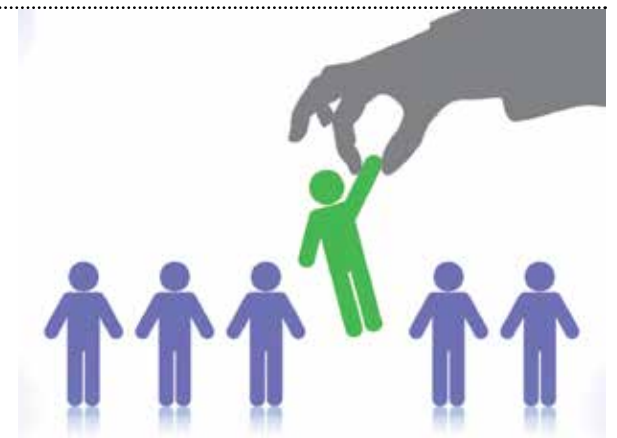
RVT-101 is administered as a once-daily, oral therapy without the need for PET imaging, MRI monitoring or IV infusions.

#### WHAT IS INVOLVED IN STUDY PARTICIPATION

The MINDSET program will consist of a 6-month double-blind study, in which patients will have a 50-50 chance of receiving RVT-101 or placebo. "Double-blind" means that neither the

patient nor the investigator knows whether the patient is receiving RVT-101 or placebo. All patients who complete the double-blind study will be eligible to enroll in a 12-month open-label extension study in which all patients will receive RVT-101.

Study participants will receive the study medication, study-related medical care, and study-provided donepezil at no cost to them. Transportation to and from study visits can be provided or reimbursed. Compensation for study-related time may also be available. Insurance is not required to participate.



#### WHO IS ELIGIBLE

Individuals between the ages of 50 and 85 who are suffering from Alzheimer's disease or memory loss and taking the medication donepezil (often known as Aricept®) may be eligible to participate.

If you or a loved one might be interested in participating in the MINDSET study, please call the practice of Dr. Laszlo Mate at **561-626-5551**

**Editor's Note:** Dr. Laszlo Mate, a neurologist in Palm Beach who specializes in the treatment of Alzheimer's disease and dementia, recently began enrolling patients in a clinical study evaluating a potential new treatment for mild-to-moderate Alzheimer's disease. We invited Dr. Mate to share more information about this study, called MINDSET. If you or a loved one might be interested in participating, please call Dr. Mate's office at **561-626-5551**.





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

#### USEFUL INFORMATION ON DENTAL IMPLANTS

A dental implant may be the best option for restoring your smile when you have lost or broken a tooth. Learn more about dental implants and when they are right for you.

#### NEXT BEST THING TO HEALTHY, NATURAL TEETH.

Strong and stable, a dental implant restores a lost tooth so that it looks, feels, fits and functions like a natural tooth. Other options can lead to bone deterioration, and may interfere with eating, smiling, speaking and other activities.

#### DENTAL IMPLANTS ARE A LONG-TERM SOLUTION.

Traditional, tooth-supported dental bridges only last five to seven years. At some point they may need to be replaced. While dental implants may need periodic adjustments, they can last a lifetime when properly placed and cared for over time.

#### ENJOY LIFE WITHOUT WORRYING ABOUT YOUR TEETH!

No need to stay home or feel uncomfortable in public, embarrassed because your smile looks different, or worrying that missing teeth will limit your ability to join in the fun or that removable dentures or tooth-supported replacement teeth will loosen or fall out when you talk, eat or laugh. Teeth restored with dental implants are teeth that let you enjoy your life.

#### RETAIN YOUR NATURAL FACE SHAPE, AND SMILE.

A face without teeth can sag and appear sunken and sad. Dental implants allow you to maintain the natural shape of your face and smile.

#### KEEP YOUR TEETH IN YOUR MOUTH – NOT IN A CUP.

Dental implants allow you to keep your teeth where they belong – in your mouth. No more

worrying that your dentures might slip or fall out. Dentures may slip when you eat, talk, smile, laugh, kiss, yawn or cough. Dental implants are fixed in place and fuse naturally with your jawbone, meaning your replacement teeth won't move, click or shift.

#### EAT YOUR FAVORITE FOODS!

Taste and enjoy the foods you love without hesitation. You can bite naturally, eat virtually anything you want and, unlike removable dentures that can feel uncomfortable, you can experience the full taste of the food you eat with dental implants, too.

#### PROTECT YOUR HEALTHY TEETH.

Placing a tooth-supported bridge requires grinding away the teeth on one or both sides of the missing tooth or teeth. This damages healthy teeth to restore those that are missing. Dental implants go in the jawbone, in the spot where your missing tooth root was, without impacting healthy teeth.

#### MORE PREDICTABLE THAN OTHER REPAIR AND RESTORATION METHODS.

Dental implant treatment has a track record of reliable, long-term successful outcomes and is

often considered more predictable than other treatments to repair or replace missing teeth, including bridgework, removable appliances and retreatment of failing root canal teeth.

#### THE RIGHT CHOICE

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

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

**Call 561-627-9000  
to register.**

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# Understanding & Effectively Managing Your Chronic Limb Swelling

By Alyssa Parker

**A** compression pump is widely recognized as effective treatment option for limb swelling. Compression pumps are a safe 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 non-invasive, 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 lymphatic system serves as one of the body's main highways through its network of vessels and ducts it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels. If the lymphatic system is obstructed causing damage, blocked, or developed abnormally, protein-rich fluid accumulates in the tissues, the potential result may be chronic swelling known as Lymphedema.



The venous system is comprised of two parts deep circulation and superficial circulation, which are interconnected by perforating veins. The venous system is an important component to your body's circulatory system delivering blood to the heart then passing back through the lungs to obtain oxygen to deliver back to the lower limbs of the body. Chronic venous insufficiency (CVI) involving both parts of the venous system is caused by incompetent valves and venous hypertension. Patients may experience swelling, discoloration and skin ulceration. Chronic skin ulcerations are common due to the low oxygen making it difficult to heal.

Lymphedema and CVI may cause irreversible damage to the body if not treated appropriately in an efficient manner.

## Compression Pump: Preferred Treatment Option

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

The compression pump is also beneficial to patients with reduced strength and dexterity who have a difficult time getting extremely tight compression stockings on each leg. The garment sleeves that attach to the pump are quick and easy to put on.

## When should I see a doctor?

If you're experiencing swelling and discomfort in a limb don't let it go untreated seek help today.

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. Our highly trained staff will assist you in finding the appropriate treatment that will offer you a better quality of life.

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



## ACUTE WOUND CARE

Contact Acute Wound Care today and speak with a specialist by calling

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# Effective Treatment for Menopause and Weight Gain

**M**enopause is an inevitable part of a woman's life, whether brought on by necessary surgery or the natural progression of time. The symptoms often interfere with daily living and change women in a way that interferes with positive self image and emotions. As women approach menopause they endure many symptoms, but one that proves the most difficult for many women to accept is menopausal weight gain. Not only can a few extra pounds (or maybe more) ravage a woman's self-esteem and self-image, but weight gain can usher in a host of health concerns that put a woman at risk of developing life-threatening conditions. These include:

- Heart disease, stroke
- High blood pressure
- Osteoarthritis
- Breast cancer
- High cholesterol
- Kidney disease
- Sleep apnea
- Insulin resistance  
(increasing diabetes risks)



## WHAT IS MENOPAUSE?

Menopause is a transitional period marking the cessation of ovulation in a woman's body. This time of change may last a few months to several years. Symptoms vary from mild to severe, and are brought on as our bodies try to adapt to decreasing amounts of estrogen. Symptoms include hot flashes, night sweats, insomnia, fatigue, mood swings, memory loss, vaginal dryness, headaches, joint pain, and weight gain.



About 90% of menopausal women experience some amount of weight gain. Although weight gain is a natural and common aspect of getting older, there are ways to reduce it. Women who are educated about this symptom are more likely to find ways around the typical spare-tire waist or extra inches here and there. On average, women gain between 12 and 15 pounds between the ages of 45 and 55, the stage in life when menopause typically occurs. This extra weight generally does not evenly distribute itself throughout a woman's body. The weight tends instead to accumulate around the abdomen, and women often notice the shape of their bodies slowly lose their hour-glass figure and begin to take on a rounded shape.

#### **DIAGNOSIS AND TREATMENT OF MENOPAUSE**

Few areas of women's health stir up as much debate as Hormone Replacement Therapy (HRT), which is normally started when the first symptoms of menopause appear. While they may alleviate hot flashes and prevent osteoporosis, they will also increase the risk of breast, ovarian and uterine cancer, and have a number of significant side-effects. But HRT isn't the only solution. Menopause is an area in which Chinese Medicine shines. Acupuncture and Chinese herbal medicine have the ability to detect energetic changes that occur in the body and quickly relieve symptoms such as hot flashes, foggy mind, irritability and weight gain.

Evidence that Acupuncture and Herbal Medicine have been used for women's health can be found in early medical literature dating back to 3 AD.

#### **STUDIES ON ACUPUNCTURE AND MENOPAUSE**

Since the early seventies, studies around the globe have suggested that acupuncture and Chinese herbal medicine are effective treatments for hot flashes, anxiety, insomnia, vaginal dryness and many other symptoms associated with menopause. Recent studies show extremely positive results.

From 1997 to 1999, one of the first studies in the United States to explore the effectiveness of acupuncture in alleviating hot flashes, insomnia and nervousness was conducted by Dr. Susan Cohen, D.S.N., APRN, associate professor of the University of Pittsburgh. It was found that during the course of acupuncture treatments, hot flashes decreased by 35% and insomnia decreased by 50%. A follow-up study revealed hot flashes significantly decreased in those receiving acupuncture, compared to those receiving routine care.

In a research review published in 2009, scientists analyzed 31 studies (with a total of 3,013 participants) and found that acupuncture was associated with a significant reduction of average body weight and improvement in obesity.

While these results are promising and the United Nations World Health Organization has approved acupuncture as a treatment for symptoms associated with menopause, further clinical trials with larger samples are currently underway.

A drop in estrogen and progesterone can increase a woman's appetite and cause her to eat up to 67% more, according to one study. An increase in appetite coupled with a slower metabolism with the onset of menopause can cause weight gain in women. This could, perhaps, account for the 12% jump in the number of women who are overweight in midlife compared to women in their 20's and 30's.

Women who gain in excess of 20 pounds after menopause increase their breast cancer risk by nearly 20%, but those who lose 20 pounds after menopause reduce their breast cancer risk by as much as 23%

#### **Yanhong Meng, AP, DOM**



Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.

#### **Lose Weight, Reduce Stress, Achieve Optimum Health**

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4060 PGA Blvd., Suite 202  
Palm Beach Gardens





By Mitchell Ghen, D.O., Ph.D.

# Introduction to an Integrative Approach to **CANCER TREATMENT**

**W**hen a cancer diagnosis is given to a patient, almost immediately, overwhelming fear begins to drive that individual to look for all treatment options. Often this includes alternative and integrative treatment approaches. This article is by no means meant to replace conventional treatments of chemotherapy, surgery, and radiation treatment. It is suggested that every treatment that holds promise be considered, whether deemed conventional or not, as long as it is in the best interest of the patient. In the end examining all possible treatment protocols holds the best outcome expectations. Ideally, this combination will include a blend of conventional and scientifically based integrative modalities to achieve the best possible health outcomes.



**C**ancer is the number 2 killer in the United States. And unfortunately our lifestyle increases our risk of contracting cancer significantly. Yes, in many instances cancer is brought on by our poor choices either directly or indirectly. Regardless of the type of conventional treatment that you choose the following items should also be seriously considered in your overall protocol. First, most cancers are accompanied by significant amount of inflammation. Conventional treatments such as surgery, radiation, chemotherapy leave residual tumor cells that will give off an SOS to the surrounding tissue. This cry for help is in the form of chemicals which are inflammatory signals. Therefore

by interfering with these chemical signals, the inflammation is reduced and simultaneously the communication between the initiating cell known as the embryonic cancer stem cell and the tumor itself are reduced, this alone can decrease metastasis or cancer spread.

The active inflammation that is occurring with cancer patients produces a significant amount of reactive oxygen species, often known as free radicals. These substances also cause death of tissue; therefore their reduction is imperative in any treatment protocol. Proper timing of antioxidants in the treatment will help to also reduce inflammation and tissue destruction.

It is known that up to 40% of the deaths associated with the cancer is related to poor nutritional status. So the involvement of a trained physician that can offer proper intravenous and oral nutrition supplementation is necessary.

Age and many disease conditions including cancer increase the viscosity or thickness of the blood. Several problems occur as the blood thickness increases, including difficulty with movement of nutrients, drugs, and oxygen. But also increased viscosity leads to increased blood clot risk. Therefore, programs to reduce stickiness of the blood can help prevent unfortunate outcomes. Many natural substances can perform this duty quite effectively. These include little known substances especially those derived from the third most used soybean called Natto. Substance is derived from this type of soy bean have fibrinolytic activity meaning that when clots begin to form in the human body these enzymatic substances can stop the blood clot formation. Other more well-known substances such as resveratrol, magnesium and essential fatty acids also participate in the clotting cascade.



Natto

There are three other specific areas of potential help which include using substances to disrupt the cancers reproductive cycle, stop the crosstalk between the cancer embryonic stem cell, and decrease the microbial population that may be either causing the disease itself or participating in the patient's overall poor health.

In this article we will discuss the microbial involvement in cancer propagation. Did you know that there are 10 times more microbial cells in the human body than there are human cells? These microbial cells are neither good nor bad. It depends upon how many, location, and involvement with other bacteria to determine whether they pose any risk to our health. A perfect example would be the simple bacteria *E. coli* which is a normal inhabitant of the lower gut and participates in the health of our immune

Bacteria *E. coli*

system. However if it gets into the urinary tract system it becomes pathogen as it can cause urinary tract infection. Certain microbes are related to the induction cancer. Microbes can become part of the pathology of the immune system. Chemotherapy or radiation changes the microbe population often causing overgrowth of virulent organisms. Also, antigens of the bacteria meaning substances the bacteria give off that are toxic cause tissue destruction. In any case microorganisms must be considered to preserve the overall health of the cancer patient. More than 20% of the deaths of a cancer patient are due to microbial invasion.



Curcumin

For example, *Helicobacter pylori* is responsible for many gastric cancers, hepatitis B is responsible for 85% liver cancers and one of the bacteria responsible for acne as a teenager is found in 1/3 of prostate cancers. The way microbes induce cancer changes in tissue is because they are irritating causing chronic inflammation and potential cancer growth. It makes sense that the eradication of the known bacteria is a part of the best treatment. There are many foods, herbs, intravenous and oral substances which can naturally reduce irritating and pathologic populations of microbes. For example curcumin can inhibit the growth of *H. Pylori* prior to doing its dastardly deed. Green onions have been suggested to inhibit colon cancer. And use of a silver hydrosol in areas of bacterial or other microbe overgrowth can reduce unwanted populations of potential

*Helicobacter pylori*

pathogens. Regardless, microbes use the significant amounts of sugar for their growth and reduction of carbohydrate/sugar intake is extremely helpful. An over abundance of sugar intake will result in the little known Crabtree effect. As a result, little or no energy is made. Eventually, this process leads to the well known Warburg effect whereby a cancer cell undergoes to reproduce itself. The outcome is cancer propagation and the inability of our immune system to destroy its growth. Future articles will discuss different integrative approaches to cancer therapy that have helped thousands of patients worldwide.



Green onions



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Monthly Series: Helping You Make Educated Decisions About Your Skin

# HELPING CANCER PATIENTS FEEL BETTER BY LOOKING BETTER

by Janet Robbins



Anyone suffering from cancer is yearning for normalcy. That's why Master Medical Aesthetician Janet Robbins has teamed up with Cosmetic Makeup Specialist Kelly Schreck to help cancer patients feel better by looking better. They are providing a select package of services specifically designed for those who have suffered from the skin and body effects of cancer and its treatments.

"We recognized a need that few are meeting in the Palm Beach County community," Janet said. "Because we already have a passion for making a difference with clients, it made sense for us to get the necessary education and provide specialized services for those in distress."

## ONCOLOGY FACIALS

Chemotherapy and radiation can cause a variety of skin issues including dryness, rash, decreased blood flow, irritation and inflammation. Common skin care treatments are often ineffective and may cause further damage. Oncology facials will soothe and repair the skin, improving skin tone, hydration and discomfort.

Every facial is customized to suit your individual skin issues. You will receive a completely relaxing treatment that will safely balance your skin so that it looks and feels refreshed.

## PERMANENT MAKEUP

Hair loss, including loss of eyebrows and eyelashes, is a common result of illness and treatment. The hair on your head will most likely grow back,

but permanent makeup may be the best option for your brows and lashes.

After careful review and consultation, Kelly will discuss with you the most beneficial course of action. Shaping, application and touch-ups will make sure your color is rich and you look natural.

## AREOLA COSMETIC TATTOOING

Kelly also puts on the finishing touches after breast reconstruction with tattooed areolas. She builds color over several visits to give you the prettiest look possible.

## BEYOND CANCER

Other conditions may also create the need for these specialized services. Alopecia, thyroid disease, a car accident or even a facelift can cause issues with hair loss and skin problems.

"Chemotherapy and radiation are lifesaving treatments, but when someone sees what they do to the skin and hair, it can be traumatic," Kelly explained. "What we're doing helps the soul because these treatments bring dignity to people who are fighting so hard."





Kelly Schreck

### MAY IS SKIN CANCER AWARENESS MONTH

When it comes to skin cancer, your first line of defense is protecting your skin from the sun. And in Florida, it's hard to stay out of the sun. So whenever you go outside, cover up and use a good sunscreen. Reflections Laser & Wellness Center offers an excellent line of Glymed professional skincare products, including sunscreen.

Your second line of defense is your medical aesthetician. That's because your skincare specialist is dealing with your skin on a regular basis and is trained to recognize when there is something of concern.

### ABOUT COSMETIC MAKEUP SPECIALIST KELLY SCHRECK

Kelly has been in the beauty industry for 15 years. Inspired by her mother, a two-time breast cancer survivor, she trained at the distinguished Make-Up Designory (MUD) in New York and around the world in a number of make-up specialties. She has mastered the art of microblading, which is the best method for natural looking hair strokes for the brow.

### JANET ROBBINS, Ceo And Founder of Reflections

#### Laser & Wellness Center

Janet Robbins is considered a pioneer in her field as a clinical medical aesthetician, certified clinical electrologist, licensed massage therapist and certified skincare instructor for GlymedPlus Skin Science Institute. With more than 20 years of experience and a degree from the Florida College of Natural Health, she maintains a commitment to ongoing self education, including in the areas of anti-aging and bioidentical hormone replacement modalities.

In 2004, she opened her first laser and wellness center with the belief that healthy skin starts from within. Janet's scientific approach to rejuvenating skin led her to expand into a total health and wellness field, bringing eastern and western medicine to her practice.

Janet is the creator of the 350-hour aesthetic program at the Alpha Institute of Massage & Aesthetics, now known as the Palm Beach Academy in Lake Park. She now has her own advanced training facility for licensed professionals. She sits on the Electrology Advisory Board for Anton Academy of Massage & Aesthetic in West Palm Beach, is a consultant with Health & Wellness Magazine and has been featured in Society Magazine and Florida Woman.

My passion is to educate both the professional and the consumer.

Janet and her Center support the American Cancer Society, the Cancer Alliance of Help & Hope and Susan G. Komen South Florida.

Ask about a complimentary consultation.



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# HALF OF AMERICAN ADULTS HAVE PERIODONTAL DISEASE: ARE YOU ONE OF THEM?

A Center for Disease Control and Prevention (CDC) study revealed that one out of every two adults over the age of 30 has periodontal disease. The report revealed that 47% of these cases involve more advanced forms of the disease. **In adults over the age of 65, 7 out of 10 individuals are likely to have periodontal disease.**



## WHAT IS PERIODONTAL DISEASE:

The disease itself consists of chronic inflammation that affects the gum tissue and jaw bone supporting the teeth. If untreated, the situation could lead to irreversible jaw bone and tooth loss. Equally important is the more recent research linking periodontal disease to other significant illnesses such as Diabetes and Cardiovascular Disease. Periodontal disease can be considered an important risk factor for stroke and heart attack.

## IMPORTANCE OF THE STUDY:

This research is the first of its kind to evaluate patient's full mouths (not only isolated teeth) for the presence of the most destructive form of the disease, Periodontitis. Previously, it was not believed to be as widespread in our population. Results of the study revealed that the disease

occurs with a higher frequency in men than women (56% to 38%). In addition, smokers were also found to have an increased risk of periodontal disease (64%).

The significant prevalence of the disease becomes even more important when paired with the fact that it increases as we age. Today, we on average live longer and keep more of our teeth than previous generations. Clearly, living longer lives and retaining more teeth as we age, will likely lead to an even higher rate of prevalence of periodontal disease.

## DETERMINING IF YOU HAVE PERIODONTAL DISEASE:

The American Academy of Periodontology recommends an annual comprehensive periodontal evaluation. This painless assessment typically includes a review of your current x-rays, along with an evaluation of the gum and bone health around your teeth. In addition, a risk assessment for future development of the disease can be determined. Fortunately, there are a number of options available when treating periodontal disease, many of which are pain free. The best option for each individual patient can only be determined after a true assessment of the teeth and gums are performed.



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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth and treat periodontal disease without the use of traditional surgical procedures. Additionally, he uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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**May is High Blood Pressure Education Month & Stroke Awareness Month**

# High Blood Pressure and Stroke

Blood pressure measures the force your blood exerts on blood vessel walls as it travels through your body. Your blood pressure reading has two numbers (for instance, 120/80). The first number is the systolic blood pressure, and measures the force your blood exerts on blood vessel walls as your heart pumps. The second number is the diastolic blood pressure, and measures the force your blood exerts on blood vessel walls when your heart is at rest between beats.

### What is high blood pressure?

For people over age 18, ideal blood pressure is considered 120/80 or lower. Blood pressure varies with exercise or stress. A blood pressure reading that is often higher than 120/80 is considered prehypertension. High blood pressure or Stage One hypertension is measured at 140/90 or higher. If you have had a previous heart attack, stroke, are diabetic, have kidney disease, high cholesterol, or are overweight, speak with your physician about controlling and lowering your blood pressure. Keeping your blood pressure below 140/90 may reduce your risk of any complications.

As many as 50 million Americans age six and older have high blood pressure. Of the one in every four adults with high blood pressure, 31.6 percent do not know that they have it.

### How is high blood pressure related to stroke?

High blood pressure is the most common risk factor for stroke. Doctors call high blood pressure “the silent killer” because you can have high blood pressure and never have any symptoms. If it is not treated, high blood pressure can lead to stroke, heart attack or kidney failure.

High blood pressure puts stress on blood vessel walls, causing them to thicken and deteriorate, which can lead to a stroke. It can also speed up several common forms of heart disease.

When blood vessel walls thicken, cholesterol or other fat-like substances may break off of artery walls and

block a brain artery. In other cases, the increased stress can weaken blood vessel walls, leading to a vessel breakage and a brain hemorrhage.

### What causes high blood pressure?

In most cases, it’s impossible to pinpoint an exact cause of high blood pressure. There are, however, some factors that have been linked to high blood pressure, such as: Family history of high blood pressure:

- **Age** – the rate of high blood pressure rises in men after age 35 and in women after age 45
- **Gender** – Men are more likely to have high blood pressure than women
- **Race** – Approximately 33 percent of African-Americans have high blood pressure, compared to 25 percent of Caucasians
- **Other factors** linked with high blood pressure include excess weight, high alcohol consumption, diabetes, lack of exercise, and a high-salt diet.

### How can high blood pressure be treated?

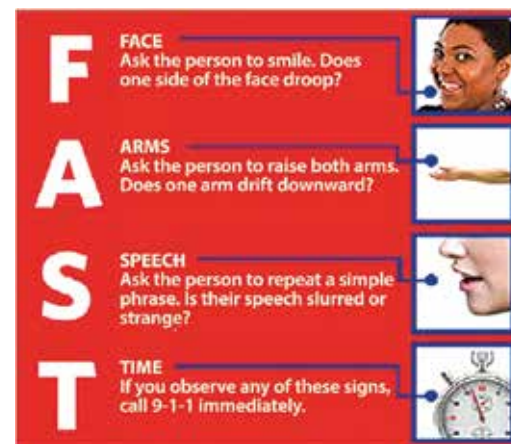
In most people, high blood pressure can be controlled through diet, exercise, medication, or a combination of all three.

A diet that is low in salt and rich in vegetables, fruits, and low-fat dairy products may help lower your blood pressure. Recent studies have also shown that increasing potassium intake may help lower blood pressure.

A program of regular exercise – appropriate to your age and fitness level, and approved by your health care provider – can lower blood pressure, and may aid in weight loss.



Stroke is an emergency and a brain attack. Act **FAST** and call **9-1-1** at the first sign of stroke.



Finally, many medications are offered to treat high blood pressure. You and your health care provider may have to try several different drugs before you find the one that works best for you. This is common, so try not to be discouraged if it happens. Once you find a drug that works, be sure to take it as directed, even when you feel fine. If you have already had a stroke, lowering your blood pressure (even if you do not have high blood pressure), lowers the risk of recurrent stroke.

Speak with your health care provider about “customized” strategies and information about how to control your hypertension. The key to keeping your blood pressure within the normal range is your commitment to be an active participant with your health care provider in your own care.

For more information: The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health <http://www.nhlbi.nih.gov>.

For more information about ways to reduce your risk of stroke, visit National Stroke Association at [www.stroke.org](http://www.stroke.org).

Source: [stroke.org](http://stroke.org)



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# May is Food Allergy Action Month!

## How Many People Have Food Allergies?

- Researchers estimate that up to 15 million Americans have food allergies.
- This potentially deadly disease affects 1 in every 13 children (under 18 years of age) in the U.S. That's roughly two in every classroom.
- The economic cost of children's food allergies is nearly \$25 billion per year.

## Food Allergies on the Rise

- According to a study released in 2013 by the Centers for Disease Control and Prevention, food allergies among children increased approximately 50% between 1997 and 2011.
- The number of people who have a food allergy is growing, but there is no clear answer as to why.
- Researchers are trying to discover why food allergies are on the rise in developed countries worldwide, and to learn more about the impact of the disease in developing nations. More than 17 million Europeans have a food allergy, and hospital admissions for severe reactions in children have risen seven-fold over the past decade, according to the European Academy of Allergy and Clinical Immunology (EAACI).

## FOOD ALLERGIES IN THE U.S.

**15 MILLION**

Americans have food allergy, a serious medical condition.



People can be allergic to any food, but there are

**8 FOODS THAT CAUSE THE MOST REACTIONS.**



Milk



Eggs



Peanut



Tree Nuts



Soy



Wheat



Fish



Shellfish

## Food Allergy Reactions & Anaphylaxis

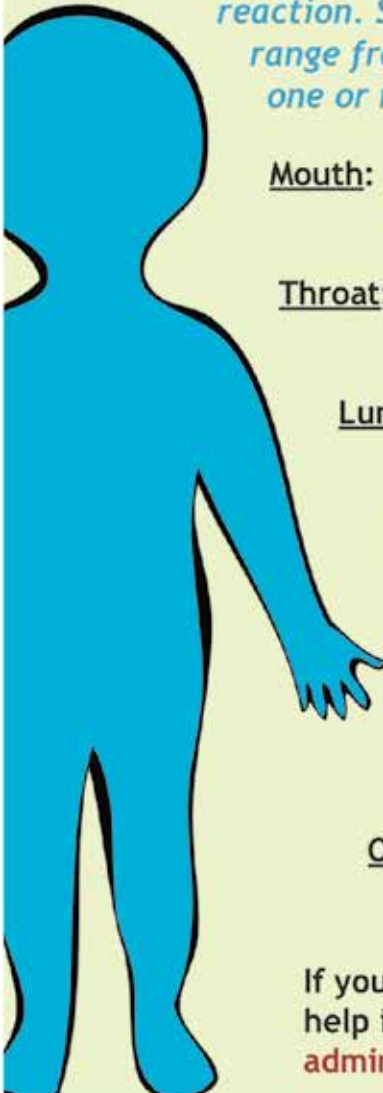
- Every 3 minutes, a food allergy reaction sends someone to the emergency department – that is more than 200,000 emergency department visits per year.
- A reaction to food can range from a mild response (such as an itchy mouth) to anaphylaxis, a severe and potentially deadly reaction.
- The U.S. Centers for Disease Control reported that food allergies result in more than 300,000 ambulatory-care visits a year among children under the age of 18. Food allergy is the leading cause of anaphylaxis outside the hospital setting.
- Once an anaphylactic reaction starts, a medication called epinephrine is the first line of defense to treat the reaction, and you should immediately seek emergency medical attention by calling 911. You can protect yourself by learning the symptoms of allergic reactions and knowing what steps to take if you have a severe reaction.
- Teenagers and young adults with food allergies are at the highest risk of fatal food-induced anaphylaxis.
- Individuals with food allergies who also have asthma may be at increased risk for severe/fatal food allergy reactions.
- Symptoms of anaphylaxis may recur after initially subsiding and experts recommend an observation period of about four hours to monitor that the reaction has been resolved.
- It is possible to have anaphylaxis without any skin symptoms (no rash, hives).
- Failure to promptly (i.e., within minutes) treat food anaphylaxis with epinephrine is a risk factor for fatalities.



# You could save a life...

Learn the symptoms of an allergic reaction.

*Anaphylaxis is a serious, potentially fatal allergic reaction. Symptoms of an allergic reaction can range from mild to severe, and can include one or more of the following:*



**Mouth:** swelling (tongue and/or lips), itchy mouth, blue-tinged lips

**Throat:** trouble breathing/swallowing/speaking, tightness, hoarseness

**Lungs:** repetitive cough, shortness of breath, wheezing

**Heart:** faintness, weak pulse, dizziness, confusion, paleness

**Skin:** hives, itchy rash, swelling, flushing

**Gut:** vomiting, diarrhea, crampy pain

**Other:** sense of impending doom, loss of consciousness

If you observe signs of an allergic reaction, get help immediately. **If you suspect anaphylaxis, administer prescribed epinephrine and call 911.**

## Foods Commonly Associated with Food Allergies

• Eight foods account for 90 percent of all reactions: milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish. Even trace amounts of a food allergen can cause a reaction.

## Food Allergy Risk Factors and Related Diseases

- Food allergies affect children and adults of all races and ethnicity.
- A food allergy can begin at any age.
- Your risk of having food allergies is higher if you have a parent who suffers from any type of allergic disease (asthma, eczema, food allergies, or environmental allergies such as hay fever).
- Children with food allergies are 2-4 times more likely to have other related conditions such as asthma and other allergies, compared with children who do not have food allergies.
- Food allergies may be a trigger for or associated with other allergic conditions, such as atopic dermatitis and eosinophilic gastrointestinal diseases.

## Can You Outgrow a Food Allergy?

- Peanut and tree nut allergies, which also tend to develop in childhood, usually are lifelong. In the U.S., approximately three million people report allergies to peanuts and tree nuts. Studies show the number of children living with peanut allergy appears to have tripled between 1997 and 2008.
- Cow's milk, egg and soy allergies typically begin in childhood and eventually may be outgrown. In the past, most children outgrew these allergies by school age. A recent study, conducted by researchers at Johns Hopkins University School of Medicine, indicated that children are taking longer to outgrow milk and egg allergies. Fortunately, the majority are allergy-free by age 16.
- Fish and shellfish allergies also tend to be lifelong. More than 6.5 million adults are allergic to finned fish and shellfish.

## Is There a Cure?

- There is no cure for food allergies. Strict avoidance of food allergens and early recognition and management of allergic reactions to food are important measures to prevent serious health consequences.

Source: Foodallergy.org



*In addition to being a Board-Certified physician, Dr. Ghen holds a Master's Degree in Biomechanical Trauma and has a Ph.D. in nutrition and psychoneuroimmunology.*



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# Cataract Surgery in 2023: What should you expect?



By David A. Goldman MD

**W**hile there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The 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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# Don't Give Up!

**O**K. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "*So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.*" (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

**Perseverance reveals our conviction.** Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

**Perseverance reveals our commitment.** In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."



**Perseverance reveals our character.** Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."


The writer of Hebrews put it this way: "*So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion.*" (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!





# Worried About Memory loss?



A research study in Palm Beach is enrolling patients with mild-to-moderate Alzheimer's disease

## Qualified Patients Must:

- Be between 50 and 85 years old
- Taking the medication donepezil (Aricept<sup>®</sup>)

*Additional eligibility criteria apply*



Transportation to and from study visits can be provided at no cost or reimbursed



To learn more, call the practice of Dr. Laszlo Mate  
at 561-626-5551  
or visit [www.AlzheimersGlobalStudy.com](http://www.AlzheimersGlobalStudy.com)