

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

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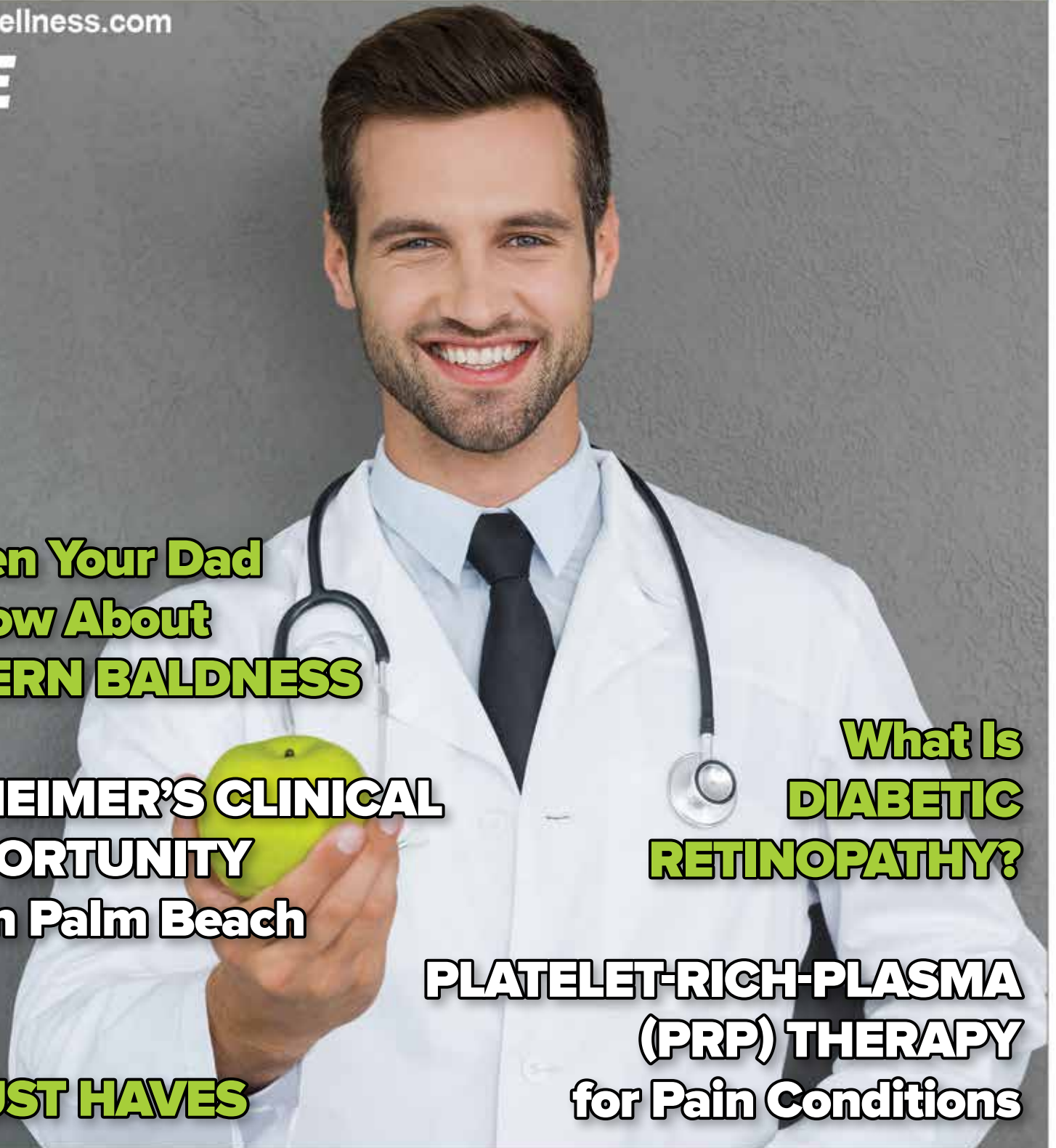
**5 Things Even Your Dad
May Not Know About
MALE PATTERN BALDNESS**


**A New ALZHEIMER'S CLINICAL
STUDY OPPORTUNITY
Right Here In Palm Beach**

**Top Ten
BEAUTY MUST HAVES**

**What Is
DIABETIC
RETINOPATHY?**

**PLATELET-RICH-PLASMA
(PRP) THERAPY
for Pain Conditions**





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®)

Additional eligibility criteria apply



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



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

By Dr. Laszlo Mate



The 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**.

Enjoy the Sounds of Summer: 5 Tips for Hearing Aid Care



The summer months bring a chorus of sweet sounds, warm weather, sunshine, outdoor activities, and vacations—but for people who wear hearing aids, summer also brings extra maintenance.

These delicate devices are sensitive to the elements and can get damaged by exposure to moisture, extreme heat, even the oils in sunscreen. But we have some tips to help you keep your hearing aids in top notch condition.

Protect from extreme heat and sunlight. Like anything that has plastic components, hot sun can melt the plastic coating on a hearing aid. Keep it out of prolonged exposure to direct sun and heat, like leaving it in a car parked outside.

Take measures to protect against swimmer's ear. Be sure to dry your ears completely after swimming. And do your best to drain any residual water from your ear canal by tilting your head to the side. Also, monitor the bacterial count when swimming at the beach. Many beaches post signs. Stay out of the water on the days that the bacterial counts are high.

Dry instruments overnight. Recommended for use year-round, desiccant jars and electric hearing aid dryers are special containers that either use desiccant beads or electric drying technology to suck excess moisture out of the hearing aids. They double as overnight storage and should be used nightly.

Disinfect your hearing aids. Warmth and moisture are breeding grounds for bacteria. Always be sure to disinfect your hearing aids before inserting them in your ears. There are many disinfectant wipes specially made for this purpose.

Visit your local HearUSA hearing care professional. Hearing care professionals — audiologists and hearing aid specialists are best-suited to help you. Audiologists and hearing aid specialists are expressly trained in all aspects of hearing aids and amplification, and are licensed by your state. They



have the most appropriate and accurate equipment to give you a precise read on your current hearing level. And they can reliably counsel you on treatment options. Most important, going to a hearing care professional helps ensure that any underlying medical issue behind your hearing loss is identified and addressed. Simply, seeing a hearing care professional is your best safety net for proper diagnosis and treatment. The smartest thing you can do is to get it right the first time. And be assured, research shows that the great majority of people who visit hearing care professionals say they're happy with the quality of service and counseling they receive. Most hearing care professionals even provide free trials so you can see what using hearing aids is like, with a minimal service fee if you decide not to keep them.



If you're one of the nearly 40 million Americans who suffer with hearing loss, maybe it's time to consider investing in your hearing health. Research shows that the rewards can be substantial. In fact, identifying and addressing hearing loss has been shown to positively influence virtually every aspect of an individual's life, helping people personally, professionally and even financially.

For more information on hearing loss and to take a convenient online hearing evaluation, go to www.HearUSA.com.



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5 Things Even Your Dad May Not Know About MALE PATTERN BALDNESS

By Alan J. Bauman, M.D.



Odds are, your grandpa experienced it, probably your dad too. Is any man truly safe from hair loss?

For most men, hair loss seems unavoidable. If you look down the street, it is hard to find a man older than 40 who isn't experiencing some degree of hair loss or thinning. If you look at the statistics, this makes sense. According to the American Hair Loss Association, by the age of 35, approximately one-third of men will experience some degree of hair loss; and by the age of 50, 50% of men will have significantly thinning hair.

WHAT IS MALE PATTERN BALDNESS?

For nearly 95 percent of men, male pattern baldness is the culprit behind their hair loss. Male Pattern Hair Loss, or Androgenetic Alopecia, has been proven to be caused by the progressive miniaturization of hair follicles that are sensitive to the hormone dihydrotestosterone (DHT), a breakdown product of the male hormone testosterone. Male pattern hair loss is inherited and can start anytime after puberty. Under the influence of DHT, the follicles which are sensitive to it start to miniaturize, producing progressively thinner, shorter and less pigmented hair over time resulting in a loss of coverage in a highly-recognizable pattern: recession of the frontal/temporal hairline and baldness in the crown/vertex areas. Eventually, the follicles stop producing hair altogether.

But despite its prevalence among men, there are still an abundance of misconceptions and misinformation surrounding hair loss.

Here are five little-known facts about male pattern baldness.

1. Despite what you've been told, it isn't mom's fault. Genetics are the main cause of hair loss in men and women; in fact, there are approximately 200 genes that regulate hair and hair growth. But while it has long been believed that hair loss is passed down solely from the mother's side, we now know that the genes can be inherited from either your mother and father's side, or a combination of the two and we are always discovering an increasing number of non-genetic factors which can accelerate hair loss. Are you at risk? New genetic tests can accurately determine an individual's risk of losing their hair so they can begin preventative treatments early.

2. 50% of Your Hair is Gone Before it Becomes Noticeable. How early you spot your thinning hair determines how much hair you save, by the time you notice your hair loss, 50 percent could already be gone. While this number may seem shocking, it confirms what those in the hair restoration field have long known, that the best tool in fighting

hair loss is early detection, making it essential for patients to seek the advice of a certified hair restoration physician as soon as possible.

3. Your Hair Loss Risk is Proportionate to Your Age. Male pattern baldness can start any time after puberty. But while 20 may seem early for hair loss to start, that is the reality for nearly of quarter of men. For men, the risk of losing your hair is proportional to your age, in other words: 20% in 20s, 30% in 30s, and so on. This math proves true for men into their 90s.

4. 60% of Men Can't Correctly Spot a Hair Transplant. – Not long ago, hair transplants looked fake and 'pluggy' and left undesirable scarring. Today, thanks to scientific advancements and new technology, like NeoGraft FUE and ARTAS robotic-assisted transplants, the procedure is completely undetectable to the naked eye. In fact, according to a Hair Transplant Challenge Survey, sponsored by the International Society for Hair Restoration Surgery (ISHRS), 60 percent of men couldn't correctly spot a hair transplant. Today, it is no longer your father's hair transplant!

5. Hair loss Isn't Inevitable. In the past, there were no effective treatments in sight for hair loss and hair thinning patients; the only solution was to cover up hair loss with hats and artificial hairpieces. Fortunately, today there are many effective hair loss medications and treatments that have made hair loss a treatable condition. Along with these treatments, advances in hair transplantation have made it possible to restore hair loss permanently.

If you are concerned about hair loss, or would like more information on the growing number of effective treatment options, you should call 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.

TREATMENT OPTIONS

Once your doctor has diagnosed the extent of your hair loss and the causes behind it, your physician may recommend both medical therapies and lifestyle changes as part of your treatment regimen. Medical treatments that will help mitigate hair loss include a specially compounded prescription 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 ARTAS, may be the patients' best strategy for treating their hair loss. These state-of-the-art techniques are only available through board-certified hair restoration surgeons, and require both precision and artistry for natural-looking results. The most effective strategy is usually a multi-therapy approach, along with routine follow-ups for tracking purposes to see what's working. Regular follow-ups should be performed every 90 days while undergoing treatment. These appointments can help ensure patients are responding to their treatment regimen and getting the best results possible.

Hair Loss by the Numbers

- 9 out of 10 balding men cite hair loss as their #1 health and aging concern.
- 50 million men in the U.S. are reported each year to suffer from hair loss – and that's a conservative estimate.
- Male Pattern Baldness accounts for 95% of hair loss in men.
- Men have a 4 in 7 chance of inheriting the baldness gene.
- There are approximately 200 genes that regulate hair and hair growth.
- By the time your hair loss is highly visible, 50% of your hair can already be gone, so early detection and early treatment is paramount.
- By 35, one-third of men will experience some degree of hair loss; and by the age of 50, 50% will have significantly thinning hair.
- According to an International Society for Hair Restoration Surgery Survey, 60% of men can't correctly tell if someone has had a hair transplant.

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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Top Ten

BEAUTY

MUST HAVES



Summer is here, and the pressure is on to look and feel better than ever. So we had our team at MD Beauty Labs, put together their favorite beauty treatments for the summer.

HORMONE THERAPY



Unbalanced hormones are responsible for the millions of people who suffer from an array of problematic symptoms. The human desire to muscle

through the hormonal changes leaves so many untreated. Hormones are a silent controller and a big part of our functionality. The most common symptoms are fatigue, mental fog, sleep deprivation, and low libido. A simple blood test can help to identify the deficiencies in your body. Helping you to overcome these issues and relieve these symptoms is a big deal and one we don't take lightly. So if you have any of these symptoms and are just a bit curious, then it may be time to get checked out.



SCULPSURE FAT LOSS AT THE SPEED OF LIGHT

If we could vote top new treatment for 2016, this would be it. SculpSure is a ground breaking

new laser for the purpose of fat destruction. Don't have time to go under the knife? Or scared even? Well we've got a cure for you. Try fat loss on your lunch break. This new laser uses light waves to destroy fat cells under the skin and its easy. SculpSure uses laser light to penetrate under the surface of the skin to heat up the cell to a specific level that causes them to melt, but with leaving the outer layer of skin intact. Fat cells are carried away via your own body's lymphatic system. Unlike cryolipolysis which freezes fat cells, SculpSure melts them and as a result of using heat, it tightens and tones skin.

HYDRAFACIAL



cleanses, exfoliates and extracts impurities leaving the skin rejuvenated. The hydrafacial replaces microdermabrasion a new name, "hydradermabrasion." With its patented technology, the hydrafacial is a hydradermabrasion treatment that uses a vortex fusion, to dislodge and remove toxins in the skin leaving you with relaxed and refreshed skin.

SKIN CARE



It's Florida! And we know the sun cannot be avoided. So it might not be right away, but our skin shows the damage at some point. We recommended maintaining your youthful skin before it's too late. Our favorite skin care voted #1

by our team and our clients is Tensage[®]. This skin care line contains unique and natural growth factors using SCA technology. Believe it or not, hundreds of millions of years ago, during a period when our planet was bombarded by extreme radiation, a little snail, the cryptophalus aspersa, evolved a method to protect itself. A secretion of growth factors and glycoproteins covered its skin and was absorbed, which prevented the damage from the sun's rays. Today this secretion is known as SCA. The benefits of the SCA are amazing and is the primary source of antiaging in this line. It delivers firmer skin, restores photo damaged skin, increases hydration making for softer more youthful skin.

LASER HAIR REMOVAL



Who says smooth skin doesn't matter? Well we think it does! Using the Vectus Laser, we're able to reduce the amount of time spent shaving before those social outings and say bye bye to the rough and prickly skin. The Vectus is the fastest laser for hair removal and can cover a large surface area in just one zap. So we can treat a full back in under ten minutes, a chin in under one minute, arm pits in under two minutes and full legs in under 15 minutes. Get smooth skin and don't fight with razor burn and dull razors.

IV VITAMIN THERAPY



IV Vitamins have been saving the day for so many of our clients. The busy lifestyles of our active patients requires a simple boost that can increase support of the everyday function. From sports, to workouts, to traveling, IVs have been a best contender in the anti aging world. So whether you need hydration, vitamins, hangover remedy or even skin lightening, we have the IV Cocktail solutions for you!

VI PEEL



We like to think of this as a miracle peel. This high potency chemical peel agent is reversing the signs of aging one candidate at a time. With its active peeling process, two days after the initial application, you may get a few stares in the grocery line, but so what. It is very effective for removing sun damage or skin discoloration, reducing acne scars, and refining pore size. So if you're bothered by your skin's appearance and you're ready to do something about it, come check out the VI Peel.

BOTOX



Relax its just Botox! Did you know that Botox has been used for years in the medical field in children with strabismus? This purified protein

made its debut when doctors noticed wrinkles were smoothing out when injecting it for medical purposes. Now millions of people around the world are smoothing out their forehead lines and crow's feet and we bet you didn't notice. So if you constantly make strong facial expression, it will eventually catch up with you in time. Those lines will be on your face even when you're resting! So what can you do about it? Botox! C'mon give it a try!

PERMANENT MAKEUP



If you walk into MD Beauty Labs, just for a tour, chances are you will run into someone who is wearing makeup, permanently! We wouldn't trust our faces to just anyone, only the best. Our team is dressed with makeup from the brows, to eyeliner and even lips! See firsthand how natural and inconspicuous our makeup looks. With an artistic eye and talent for shaping the eyes, brows and lips, Ashley Swain has been dressing faces for the past 20 years. Lucky for us, she has become a part of our team and strives for perfection when it comes to your face. So if you're tired of re applying your makeup on a daily basis, we think it's time you make a stop here at the beauty lab for your consultation.

FILLERS



Wrinkles, deflated lips, deflated cheeks, sunken eyes, and marionette lines, what do these all have in common? Well, these are signs that you may need a facial filler. What's a facial filler you ask? In our case it's a natural substance, most of them comprised of hyaluronic acid (a sugar molecule in your body). Used to naturally and gently restore volume to the face. If you're not sure what you need, not a worry, our doctor is an expert in recommending what's right for you. Using Juvederm Ultra, Juvederm Ultra Plus, Juvederm Voluma and Belotero, these are just a few of the products that may enhance your appearance. You can achieve a new look refreshed look in under 30 minutes. It's worth a complimentary consultation, we promise.



Medical Director, Daniela Dadurian M.D.
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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.

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PSYCHIC MEDIUM JOHN EDWARD COMES TO SOUTH FLORIDA

Two Scheduled Appearances
in West Palm Beach and Ft. Lauderdale



Florida – Psychic Medium John Edward will be coming to the Palm Beach Gardens Marriott and The Westin Ft. Lauderdale on **June 14 and 15** respectively.

Edward, the former television host of Crossing Over with John Edward, will begin each evening with an interactive question-and-answer session. He will then connect with the Other Side and give messages to the audience from family and friends who have crossed over.

Both events begin at 7:00pm. Tickets are on sale now; for more information, visit www.JohnEdward.net and www.eTix.com or call **1-800-514-3849**.

John Edward has brought a fresh, honest and thought provoking attitude to the world of psychic phenomena. As a medium, author and lecturer, he has, over the last three decades, helped thousands with his uncanny ability to predict future events and communicate with those who have crossed over to the Other Side. Deeply compelling, often startling and occasionally humorous, John's down-to-earth approach has earned him a vast and loyal following.

In 2000, John pioneered the psychic phenomena genre with the television program Crossing Over with John Edward on the Syfy network. It was the first television show syndicated worldwide devoted to psychic mediumship and it would go on to run for four seasons. John followed up the success of Crossing Over with John Edward with another television program, John Edward Cross Country, which debuted on the WE network in 2006 and ran for three seasons.

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The Skinny on Natural Skin Care:

By Juli Edwards



It turns out beauty is more than skin deep: The average person slathers, lathers, rubs and sprays, 10 different skin care products on his or her body every day—and since our skin acts more like a sponge than a barrier, we absorb the nearly 130 chemicals we regularly expose ourselves to. Cosmetics companies and the FDA maintain that these chemicals are safe, and many of them are—in small doses at least. But consider that the average woman wears makeup every day, and you begin to understand how a little dab here a quick spray there begins to add up. The fact is, no one really knows how certain chemicals affect us over time, or how they react in our bodies in combination. Other chemicals have known dangers: Phthalates, for example, which are often found in artificial fragrances, are a class of hormone disruptor which can be linked to birth defects, sperm damage, infertility, and the feminization of baby boys, for instance.

Almost 90 percent of the 10,500 cosmetics and skin care ingredients known to the U.S. Food and Drug Administration have not been evaluated for safety by the Cosmetic Ingredient Review, the FDA, or any other publicly accountable institution, according to the Environmental Working Group. To be fair, no one's dropping dead after using a mascara wand or a body wash, and manufacturers have an interest in creating products that don't harm their customers. But complex chemicals with potential unknown side effects lead us to be precautionary. That is to say, if we'd prefer to err on the side of safety until we know. We're not the only ones who feel this way: More than 1,110 personal-product ingredients have been banned for use in cosmetics in the European Union because of concerns that they may cause cancer, birth defects, or reproductive ills. By contrast only 10 are banned here in the U.S.

HOW TO GREEN YOUR BEAUTY ROUTINE SIMPLIFY

Don't be fooled by cosmetic advertising: Myriad creams, lotions, and potions at the drugstore and cosmetics counter make promises they could never deliver on. To keep you skin in glowing tip top shape, work with a facialist specializing in organic products and treatments. He/She can help you develop a simplified beauty regimen for your specific skin type and needs. At Healthy Life Salon and Organic Wine Bar, we offer a fully licensed professional who is an expert in organic skincare and facials. Ask us about our favorite line of organic skin care.

MAKE SURE "NATURAL" IS REALLY NATURAL

Toxic synthetic chemicals are the biggest issue in the beauty industry today, so it pays to hone a keen eye when it comes to examining product labels. The Food & Drug Administration (FDA) establishes the regulations and standards in the United States regarding the manufacture of drugs & food. The problem is that they do not pay as much attention to skin care and makeup as they should, thereby allowing some very harmful chemicals to be used in creating almost every product that is mass marketed.



Some of the harmful ingredients that are used frequently in manufacturing the most common non-organic skin care and make-up items include:

- Mercury
- Dioxane
- Nitrosamines
- DEA
- Cyclomethicone
- Ammonium Laureth Sulfate
- Alcohol, Isopropyl (SD-40)
- Polyethylene Glycol
- Polyethylene eth-

Ingredients that can be found in some products labeled natural but are actually anything but natural include:

- Polymethyl Methacrylate
- Trilaurin, Carbomer
- Sodium Citrate
- Dimethicone
- Phenoxyethanol
- Caprylyl Glycol
- Ethylhexylglycerin
- Hexylene Glycol

A great resource to consult when determining if a product is safe is the Environmental Working Group's **Skin Deep Cosmetics Database** site, which rates popular cosmetics and personal-care products with hazard scores on a scale of 0 to 10, depending on their toxicity.

SAY NO TO FRAGRANCE

A loophole in federal law doesn't require companies to declare any of the dozens of toxic chemicals that a single product's fragrance mixture could contain. Artificial fragrances, which frequently contain phthalates, can also trigger allergic reactions and other health problems. Be mindful of the hidden dangers that "fragrance"

Natural Skin Care: By the Numbers

- **4 pounds:** Average amount of lipstick a woman will ingest over her lifetime.
- **11:** Percentage of the 10,500 ingredients used in personal-care products that the U.S. government has documented and publicly assessed for safety.
- **1,110+:** The number of ingredients banned in cosmetics in the European Union.
- **10:** The number of ingredients banned in cosmetics in the United States.
- **600:** The number of companies that have signed the Compact for Safe Cosmetics.
- **20:** Percentage of personal-care products that contain at least one chemical linked to cancer.
- **22:** Percentage of cosmetics contaminated with possible cancer-causing impurity 1,4-dioxane.

\$160 billion: Amount spent annually on skin- and hair-care, makeup, cosmetic surgery, fragrances, health clubs, and diet products

or "parfum" listed on ingredients labels can pose, and always choose fragrance-free products.

At Healthy Life Salon and Organic Wine Bar we specialize in using all organic personal care products that supports a sustainable environment by using fewer damaging chemicals, helping you lead a healthier, more beautiful life. We care about the world around us and take comfort knowing that the products we use are kinder and gentler on our clients and all of its inhabitants. We take care of you head to toe!

Healthy Life Salon and Organic Wine Bar is proud to announce the newest member to our team: Nenita Blevins, a licensed Full Specialist who can take care of your fingers, toes and face with all natural, organic and eco-friendly products. Originally from the Philippines, Nenita has been in Boca Raton for over a decade. With facials being her passion, Nenita is meticulous in all of her work doing fungus-free pedicures and using only the best organic products. Aloe vera facial waxing is great to gently remove unwanted hair. \$10 off any service over \$40 with Nenita through July. Treat yourself right! Call **561-891-7527**. Healthy Life Salon, 203 SE 1st Ave, Boca Raton

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Summer Sun and SKIN PROTECTION

The sun's rays make us feel good, and in the short term, make us look good. But our love affair isn't a two-way street. Exposure to sun causes most of the wrinkles and age spots on our faces. Consider this: One woman at age 40 who has protected her skin from the sun actually has the skin of a 30-year-old!



We often associate a glowing complexion with good health, but skin color obtained from being in the sun – or in a tanning booth – actually accelerates the effects of aging and increases your risk for developing skin cancer.

Sun exposure causes most of the skin changes that we think of as a normal part of aging. Over time, the sun's ultraviolet (UV) light damages the fibers in the skin called elastin. When these fibers break down, the skin begins to sag, stretch, and lose its ability to go back into place after stretching. The skin also bruises and tears more easily – taking longer to heal. So while sun damage to the skin may not be apparent when you're young, it will definitely show later in life.

HOW DOES THE SUN CHANGE MY SKIN?

Exposure to the sun causes:

- Pre-cancerous (actinic keratosis) and cancerous (basal cell carcinoma, squamous cell carcinoma and melanoma) skin lesions – due to decreases in the skin's immune function
- Benign tumors
- Fine and coarse wrinkles
- Freckles
- Discolored areas of the skin, called mottled pigmentation
- Sallowiness – a yellow discoloration of the skin

- Telangiectasias – the dilation of small blood vessels under the skin
- Elastosis – the destruction of the elastic and collagen tissue (causing lines, wrinkles and sagging skin)

Sun protection is *essential* to skin cancer prevention – about 90 percent of non-melanoma skin cancers and about 86 percent of melanomas are associated with exposure to UV radiation from the sun.

HOW DO I PROTECT MY SKIN?

Stay out of the midday sun (from 10 in the morning to 4 in the afternoon), which is the strongest sunlight. Find shade if you need to be outdoors. You can also calculate how much ultraviolet (UV) exposure you are getting by using the shadow rule: A shadow that is longer than you are means UV exposure is low; a shadow that is shorter than you are means the UV exposure is high. Don't forget the sunscreen. Slather sunscreen with an SPF of 30 or greater from head to toe, everyday and reapply every 2 hours.

Other ways to protect yourself from the sun include wearing protective clothing, such as:

- Hats with wide 4 in. (10 cm) brims that cover your neck, ears, eyes, and scalp.
- Sunglasses with UV ray protection, to prevent eye damage.

- Loose-fitting, tightly woven clothing that covers your arms and legs.
- Clothing made with sun protective fabric. These clothes have a special label that tells you how effective they are in protecting your skin from ultraviolet rays.

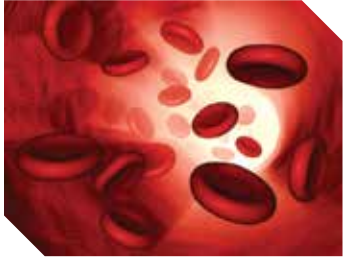
A touch of class can help you protect your skin while remaining fashionable and comfortable. A Touch of Class offers a wide variety of skin protecting sun hats to meet your every need and coordinate with any swim attire. Stop by the shop at The Big Apple Shopping Bazaar to browse the latest selection of sunhats and accessories.

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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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Why Summertime is the Best Time for Your **TEEN'S WISDOM TEETH REMOVAL**

By the doctors at Advanced Dentistry South Florida



As a teenager, summers are best known for making memories with friends and having fun in the sun. However, it's a great time to schedule your teen's wisdom teeth extraction, and the earlier you do it, the better! While this isn't on every teenager's summer to-do list, it can be the smartest thing they'll do before school begins.

Having your teen's wisdom teeth extracted during the summer will prevent disruption to their academic schedule. Plus, teens have fewer extracurricular activities and sports to work around during the summer.

Parents tend to prefer the summer months as well since vacation time from work is normally scheduled during this time, which allows the parent to spend time at home with the patient during recovery.

Typically, your teen will start to feel better within a couple of days and will need to adhere to a specific diet after the extraction has been performed. Doing this during the school year may result in days lost that he or she may have to make up later on, especially if there are any unforeseen complications after the procedure.

If your teen is set to go to college, schedule the extraction procedure no later than a few weeks before he or she departs for this next big step in life. With so many issues that arise in the first year of college, the last thing your adult child wants to worry about is the pain that comes from impacted wisdom teeth.

The longer you wait, the more susceptible your teen is to inflammation, cysts, cavities in the wisdom teeth, infection due to impacted wisdom teeth, and surrounding teeth being moved out of position.

Schedule a visit to your Advanced Dentistry South Florida oral surgeon soon to evaluate your teen's teeth and determine whether or not wisdom teeth extraction is recommended. If so, schedule the extraction for the summer and save you and your teen a lot of headache.

If you are in or around Delray Beach, call our Advanced Dentistry South Florida dental professionals today at 561-404-4083 to schedule your visit with one of our expert oral and maxillofacial surgeons. You can also visit us on the web at www.ad-sf.com for more information.



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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**.

WHY CAN'T MY CHILD LEARN?

By Renee Chillcott, LMHC



Trying to figure out why your child is not successful in the classroom can be a frustrating and exhausting endeavor for parents to undertake.

- Is it Attention Deficit/Hyperactivity Disorder (ADHD)?
- Is it an Attention Deficit Disorder (ADD)?
- Is it a Central Processing Disorder?
- Or is it an Auditory/Visual Processing Disorder?
- Could it be a Sensory Processing Disorder?
- Or does my child have a low IQ?
- Are they on the Autism Spectrum?
- Or are they lazy or oppositional and a behavioral problem?

The truth of the matter is, if your child is struggling in school, they may very well have one, several, all, or none of these.

HOW DO I KNOW? AND WHAT DO I DO TO FIX IT?

There are different ways that you can determine what is happening with your child to prevent school success. They can be evaluated by teachers; evaluated by school staff; sent for specialized testing; evaluated by a physician; or by a therapist. You may also be able to use Google, search the internet, and read books that will point you to a reason or cause. However, the best, most effective, way of know what is going on inside your child's brain is to look at it. With NEUROFEEDBACK and a QEEG (Quantitative EEG or Brain Map), it becomes possible to see the neural patterns in the brain that help us learn, focus, concentrate, and even follow directions. Once we identify the patterns that are not working properly NEUROFEEDBACK TRAINING (Brain Biofeedback Training), PACE and iLS Training teach the brain to correct these patterns.

WHAT SHOULD I EXPECT TO SEE CHANGE?

Symptom relief with Brain Training can vary from person to person; some common improvements we see in people with learning issues are:

- Increased Focus time
- Less Homework Struggle
- Increased amount of completed assignments
- Improved working memory
- Calmer and less fidgeting
- Improved Grades
- More compliance
- Better motivation

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is exercise for your brain. It allows 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.

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. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through visual recognition of the changes on the screen and the auditory reinforcement of "beeps".

It is important to understand that the neurofeedback approach does not magically "cure" or "fix" anything. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time.

WHAT IS PACE / ILS?

PACE and iLS are learning systems that were developed to "exercise" the learning pathways in the brain. A cognitive Skills Assessment allows us to identify areas of learning that need improvement. A customized plan is then developed with one on one training to implement intense mental and physical movement exercises that stimulate the brain to make lasting changes in how it performs. The program targets the following areas:

- Attention
- Auditory Processing
- Comprehension
- Logic/Reasoning
- Memory
- Planning
- Processing Speed
- Visual Processing

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the entire head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then read

and analyzed. We provide a summary of significant findings as well as a full report that shows the results of analyzing the data several different ways. The brain activity is not only compared by individual locations over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot. We don't always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.

Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health-Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and 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.



Lori Ann Archer

Lori Ann Archer has many years of experience as a teacher and tutor as well as school board member, corresponding secretary of the PTA, and on a panel to interview new hires. In 2010, she became a provider of PACE, Integrative Listening Systems, and Master the Code; brain training programs which rewire the brain and equip an individual to perform automatically, independently, and confidently at any age from 5- seniors. She is proud to offer ibraintrain, LLC to the community. She believes in Better Learning, Lifetime Achievement!



CRYOABLATION FOR ATRIAL FIBRILLATION. The Next Frontier



An estimated 2.7–6.1 million people in the United States have Atrial Fibrillation (often called AFib or AF). With the aging of the U.S. population, this number is expected to increase. Afib is the most common type of heart arrhythmia.

During AFib, the normal beating in the upper chambers of the heart (the two atria) is irregular, and blood doesn't flow as well as it should from the atria to the lower chambers of the heart.

Now, a new minimally invasive treatment option, cryoablation, has different and unique characteristics that allow doctors to achieve higher therapeutic success rates.

AFib may occur in brief episodes (paroxysmal), or it may become more persistent and even permanent. In paroxysmal Afib the faulty electrical signals and rapid heart rate begin suddenly and then stop on their own. Symptoms can be mild or severe. The most common symptoms include palpitations, a racing or pounding heartbeat, chest discomfort, fainting, light headedness, fatigue, shortness of breath or weakness.

AFib is a serious medical condition associated with an increased risk of stroke, heart failure and other heart-related complications.

Specializing in treating arrhythmia or irregular heart rhythms, – Yoel R. Vivas, M.D., F.H.R.S., and Luis F. Mora, M.D – say that cryoablation has several advantages over traditional radiofrequency ablation. “Cryoablation is an excellent treatment option for patients with paroxysmal AFib who have not responded to medication alone,” explains Dr. Vivas. “It is the future of AFib ablation techniques.” “It is the preferred ablation method at Emory University in Atlanta, where I did my Fellowship training,” adds Dr. Mora.

They are now performing cryoablations at Bethesda Heart Hospital and Delray Medical Center.

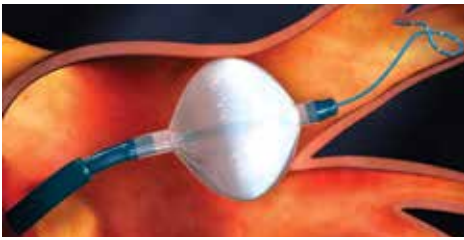
ACHIEVING A NORMAL HEART RHYTHM WITH CRYO

Patients that suffer from Paroxysmal Afib most commonly have their arrhythmia arising from the pulmonary veins. These are the four veins that take blood from the lungs and drain it to the left

atrium. Once your doctor has decided that you may benefit from being in normal rhythm, medications (antiarrhythmic drugs) or an ablation procedure may be used.

“The principle of ablation consists in blocking or eliminating the electrical impulses that cause the irregular rhythm. We do this by freezing and subsequently creating scar tissue at the point where the pulmonary vein enters the atrium,” Dr. Vivas continued. “Our goal is to electrically isolate the four veins from the left atrium. This is why this procedure is known in the medical community as pulmonary vein isolation”. Cryoablation is a minimally invasive procedure that involve using a catheter inserted through the veins in the groins.

Cardiac electrophysiologist Yoel R. Vivas, M.D., says cryoablation is the future of A-fib ablation treatments.



Cardiac electrophysiologist Luis F. Mora, M.D., says cryoablation takes less time than conventional treatments.

Traditional ablation procedures have used Radio-frequency as a source of energy. This is a technology that warms up and basically “cauterizes” the tissue. The challenge of this technology is that the scar produced is small and multiple lesions are required to “isolate” the veins. The process is repeated all the way around the vein, creating a circle of scar “dots.” This can be technically challenging, and tiny gaps may be left between the scars that will allow the electrical currents to continue to pass. “Cryoablation works on the same principle, but uses cold instead of heat to create a much bigger and durable scar tissue,” added Dr. Vivas. With cryoablation, a special balloon is inserted through the catheter and inflated at the junction of each pulmonary vein with the atrium. Then it is filled with a refrigerant nitrogen gas to create a continuous scar area around the entire edge of the vein tissue.

Cryoablation disrupts the heart cells that create an irregular heartbeat.

Cryoablation is an effective alternative in the treatment of atrial fibrillation.

“One of the main advantages of cryoablation is that the procedure takes much less time. Instead of two to four hours, it usually takes about one hour,” states Dr. Mora. “That means the patient spends less time under anesthesia.”

POTENTIAL LESS COLLATERAL DAMAGE

Although all invasive procedures have risks, cryoablation has a lower risk of damaging the surrounding heart tissue, specifically the esophagus. Dr. Vivas adds, “Patients usually spend one night in the hospital and can return to normal activities within a few days. They may experience cough, minor soreness in the chest, or bruising or soreness in the groin where the catheter was inserted.” In most cases, one cryoablation treatment is enough; however, occasionally patients may need to go back for a repeat procedure.

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Yoel R. Vivas, M.D., F.H.R.S.

Dr. Yoel Vivas is the founder of the Arrhythmia Center of South Florida. He’s been practicing cardiac electrophysiology in Boynton Beach and Delray Beach area since 2012. Dr. Vivas is a Fellow of the Heart Rhythm Society (FHRSS). This distinction recognizes members for their

advanced training, certification and commitment to the research and treatment of heart rhythm disorders. Dr. Yoel Vivas offers comprehensive evaluation and treatment of abnormalities of the heart rhythm (Arrhythmia) including but not limited to ablation of atrial fibrillation, atrial flutter, supraventricular and ventricular tachycardia. He also specializes in implantation of pacemakers, defibrillators and devices to treat heart failure (CRT). Dr. Yoel Vivas is the only electrophysiologist in South Florida who is also board certified in Advanced Heart Failure and Transplant Cardiology. His special clinical interests include the treatment of advanced heart failure with novel devices and ablation of arrhythmias that predispose to heart failure or worsen its clinical symptoms.

Medical School

Universidad Central de Venezuela. Magna Cum Laude Internship/Residency Internship and Residency in Internal Medicine, Hospital of St. Raphael, Yale University School of Medicine

Fellowships

Fellowship in Cardiovascular Diseases, The Western Pennsylvania Hospital, Temple University Program, Pittsburgh, PA. Chief Cardiology Fellow. The Western Pennsylvania Hospital, Temple University Program. Pittsburgh, PA. Fellowship in Clinical Cardiac Electrophysiology. Lahey Clinic, Tufts University School of Medicine. Burlington, MA.

Board Certifications

Clinical Cardiac Electrophysiology, ABIM
Advanced Heart Failure and Transplant Cardiology, ABIM
Cardiovascular Diseases, ABIM
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WHAT IS DIABETIC RETINOPATHY?

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

DIABETIC RETINOPATHY, the most common diabetic eye disease, occurs when blood vessels in the retina change. Sometimes these vessels swell and leak fluid or even close off completely. In other cases, abnormal new blood vessels grow on the surface of the retina.

The retina is a thin layer of light-sensitive tissue that lines the back of the eye. Light rays are focused onto the retina, where they are transmitted to the brain and interpreted as the images you see. The macula is a very small area at the center of the retina. It is the macula that is responsible for your pinpoint vision, allowing you to read, sew or recognize a face. The surrounding part of the retina, called the peripheral retina, is responsible for your side—or peripheral—vision.

Diabetic retinopathy usually affects both eyes. People who have diabetic retinopathy often don't notice changes in their vision in the disease's early stages. But as it progresses, diabetic retinopathy usually causes vision loss that in many cases cannot be reversed.



A Normal Retina



Diabetic Retinopathy

DIABETIC EYE PROBLEMS

There are two types of diabetic retinopathy:

BACKGROUND OR NONPROLIFERATIVE DIABETIC RETINOPATHY (NPDR)

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

NPDR can cause changes in the eye, including:

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

Many people with diabetes have mild NPDR, which usually does not affect their vision. However, if their vision is affected, it is the result of macular edema and macular ischemia.

PROLIFERATIVE DIABETIC RETINOPATHY (PDR)

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

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

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

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

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

DIABETIC RETINOPATHY SYMPTOMS

You can have diabetic retinopathy and not be aware of it, since the early stages of diabetic retinopathy often don't have symptoms.

As the disease progresses, diabetic retinopathy symptoms may include:

- Spots, dots or cobweb-like dark strings floating in your vision (called floaters);
- Blurred vision;
- Vision that changes periodically from blurry to clear;
- Blank or dark areas in your field of vision;
- Poor night vision;
- Colors appear washed out or different;
- Vision loss.

Diabetic retinopathy symptoms usually affect both eyes.

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

Careful management of your diabetes is the best way to prevent vision loss. If you have diabetes, see your eye doctor for a yearly diabetic retinopathy screening with a dilated eye exam — even if your vision seems fine — because it's important to detect diabetic retinopathy in the early stages. If you become pregnant, your eye doctor may recommend additional eye exams throughout your pregnancy, because pregnancy can sometimes worsen diabetic retinopathy.

Contact your Eye M.D. right away if you experience sudden vision changes or your vision becomes blurry, spotty or hazy.

DIABETIC RETINOPATHY DIAGNOSIS

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

There are several parts to the exam:

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

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

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

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

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

FLUORESCIN ANGIOGRAPHY

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

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

OPTICAL COHERENCE TOMOGRAPHY (OCT)

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

ULTRASOUND

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

When to schedule an eye examination.

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

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

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

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

DIABETIC RETINOPATHY TREATMENT

The best treatment for diabetic retinopathy is to prevent it. Strict control of your blood sugar will significantly reduce the long-term risk of vision loss. Treatment usually won't cure diabetic retinopathy nor does it usually restore normal vision, but it may slow the progression of vision loss. Without treatment, diabetic retinopathy progresses steadily from minimal to severe stages.

LASER SURGERY. The laser is a very bright, finely focused light. It passes through the clear cornea, lens and vitreous without affecting them in any way. Laser surgery shrinks abnormal new vessels and reduces

macular swelling. Treatment is often recommended for people with macular edema, proliferative diabetic retinopathy (PDR) and neovascular glaucoma.

Laser surgery is usually performed in an office setting. For comfort during the procedure, an anesthetic eyedrop is often all that is necessary, although an anesthetic injection is sometimes given next to the eye. The patient sits at an instrument called a slit-lamp microscope. A contact lens is temporarily placed on the eye in order to focus the laser light on the retina with pinpoint accuracy.

VITRECTOMY SURGERY. Vitrectomy is a surgical procedure performed in a hospital or ambulatory surgery center operating room. It is often performed on an outpatient basis or with a short hospital stay. Either a local or general anesthetic may be used.

During vitrectomy surgery, an operating microscope and small surgical instruments are used to remove blood and scar tissue that accompany abnormal vessels in the eye. Removing the vitreous hemorrhage allows light rays to focus on the retina again.

Vitrectomy often prevents further vitreous hemorrhage by removing the abnormal vessels that caused the bleeding. Removal of the scar tissue helps the retina return to its normal location. Laser surgery may be performed during vitrectomy surgery.

MEDICATION INJECTIONS. In some cases, medication may be used to help treat diabetic retinopathy. Sometimes a steroid medication is used. In other cases, you may be given an anti-VEGF medication. This medication works by blocking a substance known as vascular endothelial growth factor, or VEGF. This substance contributes to abnormal blood vessel growth in the eye which can affect your vision. An anti-VEGF drug can help reduce the growth of these abnormal blood vessels.

After your pupil is dilated and your eye is numbed with anesthesia, the medication is injected into the vitreous, or jelly-like substance in the back chamber of the eye. The medication reduces the swelling, leakage, and growth of unwanted blood vessel growth in the retina, and may improve how well you see.

Medication treatments may be given once or as a series of injections at regular intervals, usually around every four to six weeks or as determined by your doctor.



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Limb Swelling: A Search for New Treatments

By Alyssa Parker

Finding an effective treatment of leg edema is a challenge many physicians face. Chronic leg swelling that builds up overtime, is often indicative of a serious disorder, and may become disabling if left untreated. There are two types of leg edema venous insufficiency and lymphedema. Unfortunately, Lymphedema is under-recognized in most instances. For years lymphedema has remained a mystery. “Approximately 10 million Americans have lymphedema, following cancer therapy, recurrent infections, injuries or vascular surgery.” Due to the lack of significant research done on the lymphatic system up until recently, medical education has largely ignored it in its curriculum. Consequently, many patients have been misdiagnosed, treated to late, or not treated at all.

Is your edema symptomatic of poor lymphatic circulation or CVI?



The lymphatic system is one of several parts of your circulatory system. Its role is to work as a filtration system draining fluid that enters the blood stream. Through your kidneys, skin, lungs, or intestines the waste

is filtered out of your lymph vessels. Your Lymphatic system plays a huge role in assisting your immune system, before any lymph gets recycled into the blood stream; lymphocytes identify and destroy any harmful microbes trying to invade the body. Once lymphedema has set in, fluid will begin to accumulate due to the body’s inability to properly filtrate the lymph fluid. When the lymph fluid becomes trapped your body begins to store it in the interstitial tissue. This is when swelling and inflammation begin to occur. Damage to the lymphatic system through medical procedures, injuries, or infection is irreversible. Lymphedema may also be inherited in which case you are born with a compromised lymphatic system.



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

The Search For New Treatments

There is no cure for Lymphedema or Chronic Venous Insufficiency. When your circulatory system has been damaged leading to one of these conditions, you must seek treatment to prevent further complications. Lymphedema is a degenerative condition which means it will only get worse over time without treatment. A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body’s



circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, nonhealing 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.

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How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



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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Brent Myers

You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

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Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

PHYSICALLY. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

EMOTIONALLY. Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

MENTALLY. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he **CHOSE** to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your

work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



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