

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2016

North Palm Beach Edition - Monthly

www.sflhealthandwellness.com

FREE




**REPLACING
Missing Teeth**

**A NEW ALZHEIMER'S
CLINICAL STUDY
OPPORTUNITY RIGHT HERE
IN PALM BEACH**

**3 Things
to Know About
ROBOTIC HAIR
TRANSPLANTS**

**Are There Any
NEW TECHNOLOGIES
For FAT REDUCTION?**

WHY DO I HAVE UVEITIS?



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



To learn more, call the practice of Dr. Laszlo Mate
at 561-626-5551
or visit www.AlzheimersGlobalStudy.com



THE EXPERT IN NEOGRAFT

Minimally-Invasive Hair Transplant

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

Less Downtime

You're back in the gym
in three days.

Dr. Alan J. Bauman M.D.

The worlds leading NeoGraft
FUE hair transplant expert.

State-of-the-art

Hair transplant
facility in Boca Raton
since 1997.

Artistry

Restoring a
natural hairline,
one follicle
at a time.



BAUMAN MEDICAL GROUP, P.A.

Hair Restoration for Men and Women

www.BaumanMedical.com

1 877 BAUMAN 9



A Luxury Medspa featuring the latest in Laser Technologies

BUILT ON REFERRALS, INSPIRED BY TRUST

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



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



MDBL

BEAUTY LABS

Spa & Wellness Center

DANIELA DADURIAN, M.D.

MEDICAL DIRECTOR

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

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

*VALID ON PURCHASES OF \$300 OR MORE

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

Now Legal in All 50 States:

CANNABIDIOL FROM INDUSTRIAL HEMP

ACCORDING TO THE NATIONAL
CANCER INSTITUTE:

Cannabinoids (CBDs) induce cell death in cancerous tumors. Additionally, animals treated with CBDs experienced protection from the development of certain types of tumors.

ADDITIONAL BENEFITS
INCLUDE:

- Anti-inflammatory properties
- Elimination of chronic pain
- Aids in management of major depressive disorders and anxiety disorders
- Anti-seizure qualities

To experience the medical miracle is CBDs today, visit *South Florida CBD*, where we have the highest concentration of cannabinoids available, offered in various applications.

Allow us to help you help yourself by fitting you with the CBDs you need at a price you can afford

South Florida CBD
is located within *Vapor Rocket*
416A E. Boynton Beach Boulevard
Boynton Beach, FL 33425

Give us a call
overnight shipping options.
(561) 200-0122

HELPING YOU HEAR BETTER MAKES ALL THE DIFFERENCE

— Dr. Dana Luzon, Au.D.



Join us for our
**BETTER
HEARING
EVENT**

June 14-16

Call today to schedule
your complimentary
hearing consultation!



4266 Northlake Blvd
Palm Beach Gardens
Audiology & Hearing Aids
of the Palm Beaches, Inc.
Your home for hearing healthcare

AudigyCertified™

561.536.5557
HearingCareFL.com



Chronic pain?

A new type of BIOFEEDBACK FROM EUROPE can help with difficult chronic pain cases. Typically, clients report significant reduction of pain in 3 to 5 visits. These clients have failed previously with multiple types of treatment.

Call us to determine
if this treatment is a good fit for your type of pain.



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

Abacoa Professional Center, Jupiter, FL
561-744-7616 • www.CenterforBrain.com

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

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

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

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

Most Major Insurance Accepted,
Workman's Comp

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

561-656-0717
4060 PGA Blvd., Suite 202, Palm Beach Gardens

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

acupuncturecenterpalmbeach.com

- 6 3 Things to Know About Robotic Hair Transplants
- 8 Are There Any New Technologies for Fat Reduction?
- 10 Why do I have Uveitis?
- 12 What Is CBD and the Medical Treatment It Provides?
- 14 Personalized Hearing
- 16 MINDSET
A New Alzheimer's Clinical Study Opportunity Right Here In Palm Beach
- 18 Effective Treatment for Menopause and Weight Gain
- 20 Senior Information Centers Helps Seniors Preserve and Protect Assets
- 21 Replacing Missing Teeth More Options than You May Think
- 22 Secrets of a Good Night's Sleep Without Medication
- 24 Summer Shape-Up: Cool and Healthy Can Be Fun and Flavorful
- 26 Underlying Reasons for Limb Swelling
- 28 Cryoablation for Atrial Fibrillation. The Next Frontier
- 30 The Cornea
- 31 It's Hot Everywhere In July

CONTACT US

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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

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

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2016. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



CROCODILE TEARS™

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

Made In USA

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

 twitter.com/crocteadrops

 facebook.com/crocteadrops

 youtube.com/croctearseyedrops

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

3 THINGS to Know About Robotic Hair Transplants

By Alan J. Bauman, M.D.

WOULD YOU TRUST YOUR HAIRLINE TO A ROBOT?

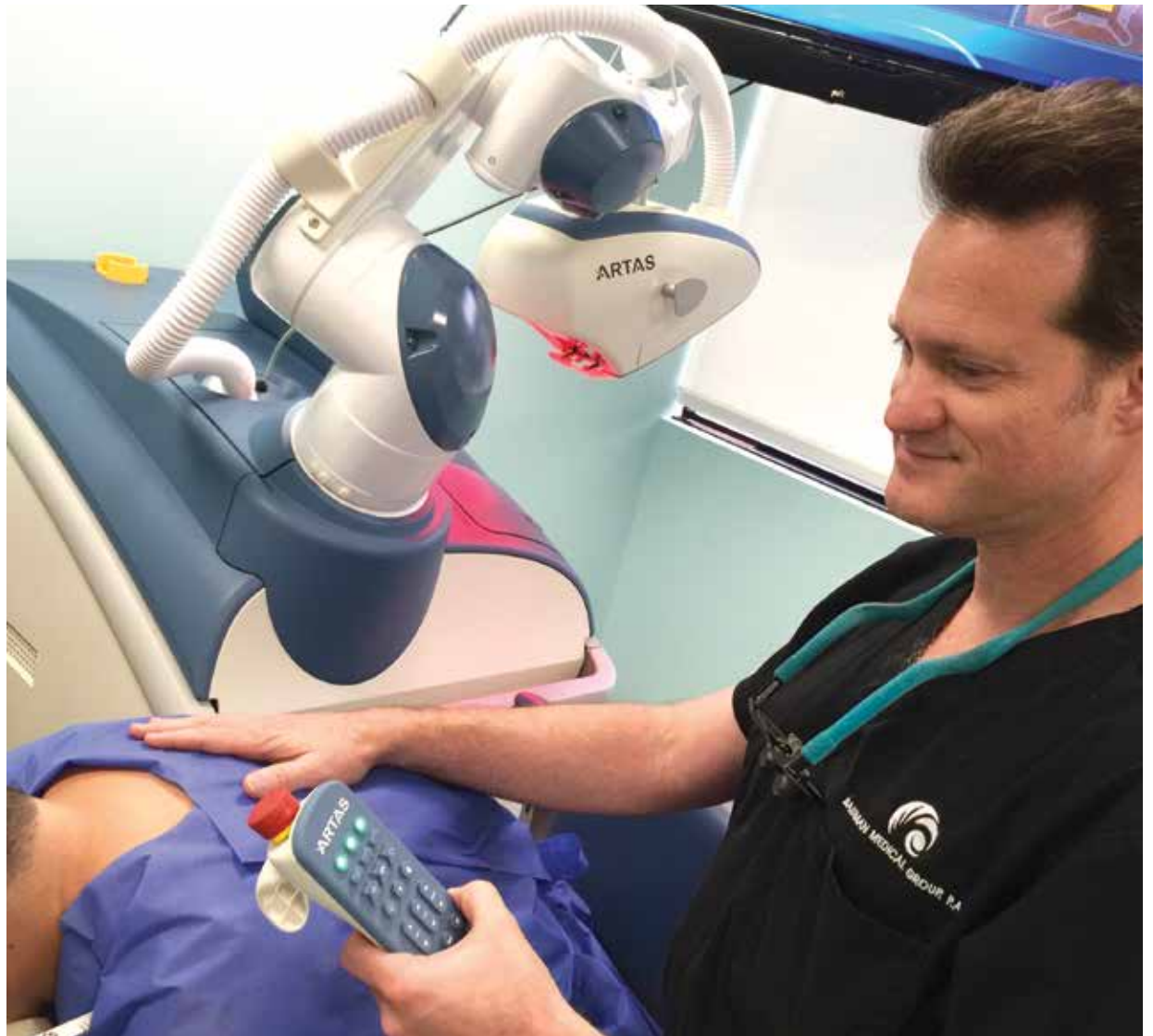
Nearly every facet of our lives is dominated by technology, so it shouldn't be surprising that robotic surgeries are increasing by 25 percent annually. Today, robotic surgeries are becoming common operating procedure for a growing number of surgeries, including hysterectomy, prostatectomy, and even cardiac valve replacement.

And now, they are even being used to help hair loss sufferers regrow their hair.

The FDA-approved ARTAS robotic-assisted hair transplantation is the latest advancement in the field of minimally-invasive surgical hair restoration—the Follicular Unit Extraction or FUE technique of hair follicle harvesting. FUE is the advanced technique which leaves no linear scar and has a quicker, more comfortable recovery than traditional “strip” harvest procedures. With the assistance of a high-tech robotic system, experienced hair transplant surgeons are now able to perform FUE procedures with more precision, control and efficiency with better outcomes for patients than ever before.

Currently there are just a small number of clinics offering robotic transplants, but that number is expected to grow rapidly as more consumers continue to opt for less-invasive transplant procedures. But if you are still a bit unsettled by the image of a robotic arm performing such a delicate surgery, here are 3 things to know about robotic-assisted hair transplants:

- They are not performed by robots. This is an important distinction to make for potential patients who conjure up images of an actual robot, rather than a surgeon, performing surgery. The reality is, the robot device is simply an extension of the operator. Which means, its effectiveness is tied directly to the expertise of the surgeon. A skilled surgeon is still essential for a successful transplant, because regardless of how the hair follicles are harvested, the



critical step for naturalness is the artistry of the surgeon involved. Patients should never choose a hair transplant surgeon solely based on which equipment or technology they use, because even more important is their artistic ability and experience performing procedures.

- Improved accuracy and precision, increased speed. Patients and physician are drawn to robotic-assisted transplants for a variety of reasons; one of the biggest is improved accuracy and precision of the graft-harvesting process. Using specifications

and parameters set by the surgeon and guided by an optical guidance system, the robot identifies and helps extract hair follicles from the patient's donor area for transplantation. The robot's optical guidance system works at 60 times per second to identify, measure and characterize available hair follicles for harvesting. Robotic FUE harvesting of grafts is performed hundreds to thousands of times during each hair transplant procedure session with a consistency of speed and accuracy that would be difficult to duplicate with the human hand.



• **3D Preview of Results.** One of the main challenges for a hair transplant surgeon is communicating and managing patient expectations. Robotic-assisted transplants have combatted this with interactive software, called the ARTAS Hair Studio, that allows the surgeon to create a digital 3D preview image for patients, which helps portray for patients what they can expect, to ensure that they have realistic expectations going into surgery. This customized design is an incredibly useful tool for physicians during the consultation process, as it can help identify exactly how many grafts a specific patient will need to achieve their desired results. The combination of artistry and technology means patients are getting the 'best of both worlds,' and the end result is hairlines that look incredibly natural and not transplanted. Once the plan is created, and both the physician and patient have signed off, the 3D image can be delivered to the robot for recipient site making. This imaging helps create an optimal site distribution that avoids damaging existing healthy hair.

Unfortunately, there has been a downside to the growing demand for hair transplants; it has caused some unqualified doctors to begin offering them to patients, which has led to an increase in post-op complications, and unsuccessful transplants with unnatural looking results. This is why patients should always look for physicians who are board-certified in hair restoration, recommended by the American Hair Loss Association and accepted by the International Alliance of Hair Restoration Surgeons. Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and or consult long-distance when considering robotic-assisted hair transplant surgery.

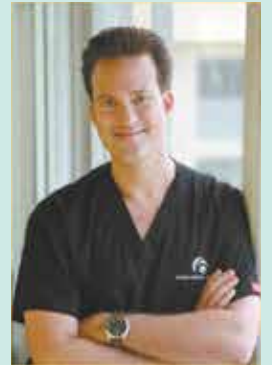
Are you a candidate for ARTAS Robotic-Assisted FUE hair transplantation? For more information on the ARTAS Robotic-Assisted FUE Hair Transplant, visit baumanmedical.com and search key word ARTAS ROBOT. To learn more about Dr. Bauman, and Bauman Medical, visit www.baumanmedical.com or call **1-877-BAUMAN-9** or **561-394-0024**.

Key Benefits of ARTAS Robotic-Assisted FUE Hair Transplants

- Increased accuracy of FUE graft harvesting for excellent quality grafts
- Reduced harvesting time so grafts can be reimplanted quickly, improving the quality of growth from the transplant
- Computerized selection of FUE grafts to maximize hair yield and minimize donor area usage
- More accurate and efficient harvesting of grafts from the sides of the scalp where manual harvesting is typically more challenging
- Increased speed and accuracy in creating recipient sites

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

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



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

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

Hair Loss Study Candidates Needed!

Bauman Medical is currently enrolling qualified candidates for exciting Hair Loss Studies.

Please visit www.844GETHAIR.COM for more details.



BAUMAN MEDICAL GROUP

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



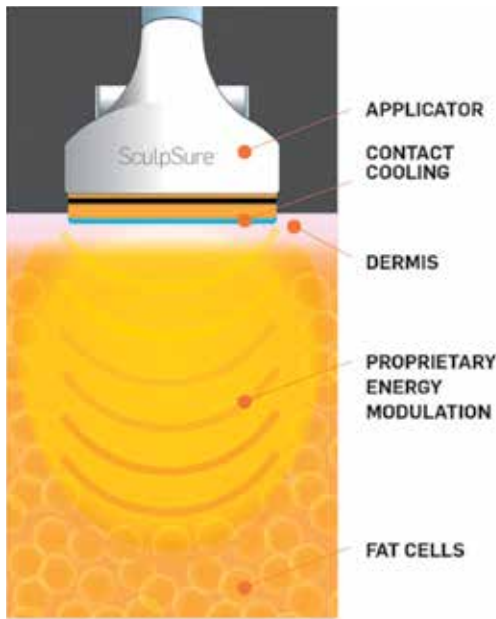
Are There Any New Technologies For Fat Reduction?

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

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

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

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



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



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

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

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



BEFORE SculpSure™



AFTER SculpSure™

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

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

FOR MORE INFORMATION
or to schedule a complimentary consultation call
561-655-6325 or visit www.drdadurian.com



Medical Director, Daniela Dadurian M.D.
* Board Certified Anti- Aging Medicine
* Board Certified Laser Surgery

MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. MDBL's state-of-the-art facility offers Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian's team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

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



**Complimentary Consultation / Gift Cards
Financing Available**

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

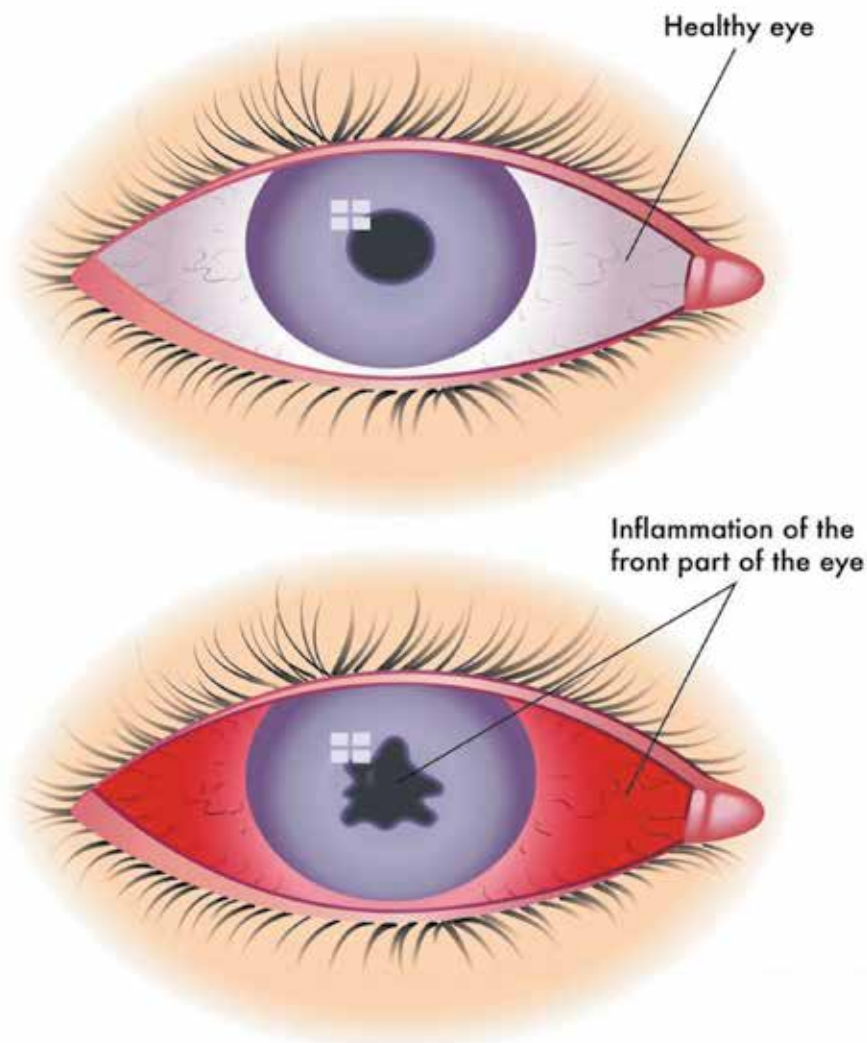


WHY DO I HAVE UVEITIS?

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

UVEITIS is inflammation of the uvea, which is made up of the iris, ciliary body and choroid. Together, these form the middle layer of the eye between the retina and the sclera (white of the eye).

ANTERIOR UVEITIS



The eye is shaped like a tennis ball, with three different layers of tissue surrounding the central gel-filled cavity, which is called the vitreous. The innermost layer is the retina, which senses light and helps to send images to your brain. The outermost layer is the sclera, the strong white wall of the eye. The middle layer between the sclera and retina is called the uvea.

The uvea contains many blood vessels — the veins, arteries and capillaries — that carry blood to and from the eye. The uvea nourishes many important parts of the eye (such as the retina), inflammation of the uvea can damage your sight.

There are several types of uveitis, defined by the part of the eye where it occurs.

- **Iritis affects the front of your eye. Also called anterior uveitis, this is the most common type of uveitis. Iritis usually develops suddenly and may last six to eight weeks. Some types of anterior uveitis can be chronic or recurrent.**
- **If the uvea is inflamed in the middle or intermediate region of the eye, it is called pars planitis (or intermediate uveitis). Episodes of pars planitis can last between a few weeks to years. The disease goes through cycles of getting better, then worse.**
- **Posterior uveitis affects the back parts of your eye. Posterior uveitis can develop slowly and often lasts for many years.**
- **Panuveitis occurs when all layers of the uvea are inflamed.**

UVEITIS CAUSES

The specific cause of uveitis often remains unknown. In some cases, however, it can be associated with other disease or infection in the body.

Uveitis may be associated with:

- A virus, such as shingles, mumps or herpes simplex;
- Systemic inflammatory diseases;
- A result of injury to the eye; or
- Rarely, a fungus, such as histoplasmosis or a parasite, such as toxoplasmosis.

If you smoke, stop. Studies have shown that smoking contributes to the likelihood of developing uveitis.

UVEITIS SYMPTOMS

Uveitis may develop suddenly with eye redness and pain, or with a painless blurring of your vision. In addition to red eye and eye pain, other symptoms of uveitis may include light sensitivity, blurred vision, decreased vision and floaters. There may also be a whitish area (called a hypopyon) obscuring the lower part of the iris.

A case of simple "red eye" may in fact be a serious problem such as uveitis. If your eye becomes red or painful, you should be examined and treated by an ophthalmologist .

UVEITIS DIAGNOSIS

A careful eye examination by an ophthalmologist is extremely important when symptoms occur. Inflammation inside the eye can permanently affect sight or even lead to blindness if it is not treated.

Your ophthalmologist will examine the inside of your eye. He or she may order blood tests, skin tests or X-rays to help make the diagnosis.

Since uveitis can be associated with disease in other parts of the body, your ophthalmologist will

want to know about your overall health. He or she may want to consult with your primary care physician or other medical specialists. However, in approximately 40 to 60 percent of cases, no associated disease can be identified.

UVEITIS TREATMENT

Uveitis is a serious eye condition that may scar the eye. It needs to be treated as soon as possible. Eyedrops, especially corticosteroids and pupil dilators, can reduce inflammation and pain. For more severe inflammation, oral medication or injections may be necessary.

If left untreated, uveitis may lead to:

- Glaucoma (increased pressure in the eye);
- Cataract (clouding of the eye's natural lens);
- Neovascularization (growth of new, abnormal blood vessels); or
- Damage to the retina, including retinal detachment, damage to the optic nerve or both.

These complications may also need treatment with eye drops, conventional surgery or laser surgery. If you have a "red eye" that does not clear up quickly, contact your ophthalmologist.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

Toll Free Phone Number:

1-800-445-8898 561-832-4411

West Palm Beach

901 North Flagler Drive, 33401.

(561) 832-4411 Office. (561) 832-1591 Fax

Palm Beach Gardens

11382 Prosperity Farms Rd., #128, 33410.

(561) 627-7311 Office. (561) 627-6791 Fax

Stuart

618 East Ocean Blvd., #3, 34994.

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

Boca Raton

1050 NW 15th Street, #114, 33486.

(561) 368-7723 Office. (561) 368-0093 Fax



The Retina Institute of Florida

Providing expert specialized care for over 25 years

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



Lauren R. Rosecan,

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

Diplomate American Board of Ophthalmology

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

We Have Emergency Care!

(800) 445-8898

www.theretinainstitutcofflorida.com

LOCATIONS

WEST PALM BEACH

901 North Flagler Drive, 33401

(561) 832-4411 Office

(561) 832-1591 Fax

PALM BEACH GARDENS

11382 Prosperity Farms Rd., #128, 33410

(561) 627-7311 Office

(561) 627-6791 Fax

STUART

618 East Ocean Blvd., #3, 34994

(772) 287-7026 Office

(772) 220-4186 Fax

BOCA RATON

1050 NW 15th Street, #114, 33486

(561) 368-7723 Office

(561) 368-0093 Fax

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 medicine, 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.

Samantha Brown - Boynton Beach

"I suffer from severe migraine headaches and use to take up to 8 Excedrin a day but since I started CBD I've been able to go about my daily routine without any delays from my condition."

David Anderson- Lake Worth

"My seizures went from seven to eight a month down to one since I started CBD products."

Alicia Gomez - Boca Raton

"Since using CBD I have felt a decrease in my anxiety and pain from my arthritis."

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 modules 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**.

PERSONALIZED HEARING

Written by Rachel Burnett, Au.D., Mission Audiology
Submitted by Dana Luzon, Au.D., Audiology & Hearing Aids of the Palm Beaches



Many times when patients come to an Audigy Certified provider for a consultation they have done some research on hearing aids prior to their appointment. Often, that research involves getting the opinions of friends or family that have hearing aids.

Patients then give me the mixed reviews: their friends love their hearing aids, they hate their hearing aids, the hearing aids whistle, their friends like a specific brand, and the list goes on and on. My next question is always “do you know what their hearing loss looks like?” The answer is always a resounding “no”. If we don’t know what someone else’s hearing loss looks like compared to our own, we don’t know if what they have will be the best solution for you.



An individual's hearing loss is just one of the five aspects that to consider in a successful hearing aid fitting. With personalization of all areas of the hearing treatment, negative complaints can be avoided and optimal hearing can be achieved.

A lifestyle assessment helps to identify the types of listening environments a patient is in and where they experience difficulty hearing. These listening environments may include TV, restaurants, family gatherings and other social events. This lifestyle analysis allows us to find a solution that is the best fit for the patient's lifestyle needs. Fulfilling these needs may include the technology level, Bluetooth capabilities, iPhone hearing aids or extended wear hearing aids.

Hearing loss can present itself in many different ways. There are different degrees and configurations of hearing loss, from mild to profound, which dictates what sounds the patient is missing in their daily life. Based on the patient's individual hearing loss, we select the appropriate hearing aid that will benefit the patient now and in the future.

Hearing aid style is very important for all patients and there are many options to choose from. When selecting a hearing aid style we must consider cosmetics, dexterity, vision, and hearing loss.

Our goal is to find a hearing aid that the patient will be comfortable wearing and operating so it does not end up in a drawer.

Contrary to popular belief, a hearing aid should be comfortable. It should fit in the ear so it will not fall out, hurt, or whistle. If any of these are happening, then either the hearing aids are not appropriate fit or they are not the correct hearing aids for the patient. We work together with our patients to ensure that the hearing aids are not bothersome and are as comfortable as wearing a watch or glasses.

All of the aspects must work together for a patient to achieve a successful hearing aid fitting. So you can see, due to these variables, what your friend needs to achieve optimal hearing may be vastly different than what you need. With different hearing losses, ear sizes, and lifestyle needs the only right solution for you is a personalized solution. We are in an age where technology allows for ease of listening in various environments. Complaints from the past should no longer be an issue with today's technology and standards of care. Audiology and Hearing Aids of the Palm Beaches is an AudigyCertified practice and we strive for personalized hearing using the best standards of care for optimal hearing.



**Dana Luzon,
Au. D. , FAA,
Doctor of Audiology**

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



Audiology & Hearing Aids

of the Palm Beaches, Inc.
Your home for hearing healthcare

561. 627. 3552

4266 Northlake Blvd
Palm Beach Gardens, FL 33410
HearingCareFL.com



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**.

Effective Treatment for Menopause and Weight Gain

Menopause 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

Call Today for Details and Schedule Your **FREE Consultation Appointment**

561-656-0717

4060 PGA Blvd., Suite 202
Palm Beach Gardens

Senior Information Centers

Helps Seniors **PRESERVE AND PROTECT ASSETS**

By Linda Leatherbury

Developing a comprehensive plan for financial preservation is essential to help seniors avoid costly mistakes and prevent financial devastation.

Senior Information Centers, an umbrella network of licensed Florida professionals, provides comprehensive estate planning services that help seniors preserve and protect their assets. The company, with offices in Boca Raton, Sarasota and Ocala, serves seniors and their families throughout Florida.

“It’s never too late or too early for seniors to plan for protecting their assets,” said Stephen D. Wolfe, Elder Planning Specialist and Certified Senior Advisor, who founded Senior Information Centers in 2001 along with his business partner Bryan Plonsky. “They should educate themselves so they can understand their options. Many seniors may mistakenly believe that planning is very expensive, but Senior Information Centers provides an affordable way for them to preserve their valuable assets.”

The company brings together a team of experts including elder care attorneys, Medicaid and Veteran’s Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Legal services include the development of tools such as a Living Will, Durable Power of Attorney, Healthcare Surrogate Designation or HealthCare Power of Attorney (which are only \$33 each) and Deeds and Trusts.

Services related to illness help seniors reposition their estates properly to preserve assets and help them qualify for government benefits, whether for home care, assisted living facilities or nursing homes.

Tax advisors review portfolios to eliminate unnecessary taxes on investments and IRAs. While Senior Information Centers professionals are not stockbrokers with securities licenses, they deal with no-risk, tax-deferred secure investments that keep seniors’ assets fixed, guaranteed and insured.



The firm’s target clients are primarily seniors in their 70s, spouses, adult children and other family members. Senior Information Centers markets its services throughout the community to assisted living facilities, nursing homes, caseworkers and hospital discharge managers.

“Sometimes after a medical crisis involving a hospital stay, seniors end up in rehabilitation centers with no plan of attack,” said Wolfe. “Senior Information Centers can show them all their options, rough out a plan and give them hope that assets can be preserved and benefits attained.”

Wolfe noted that the company’s professional’s turn over every rock from “today until death” to make sure an action taken today will not negatively impact their financial future.

“For example, achieving Medicaid qualifications can be a daunting task,” he said. “Giving away assets to children may trigger the five-year look back, which means the senior will not qualify for Medicaid benefits. Veterans also make mistakes with improper planning that makes them ineligible for Medicaid.”

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior Information Centers helps clients regardless of their level

assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is no cost or obligation for consultations. Telephone consultations are available for clients’ families who live out of state.

Currently, Senior Information Centers serves 8,000 clients in Florida. Frequently, business comes from word-of-mouth referrals.

“Your involvement with us through the various challenges we faced, which extended even beyond our father’s ultimate passing, was most exemplary and supportive,” wrote a client’s adult children. “We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues.”

Stephen and Bryan stress the importance for seniors to have a full, comprehensive plan to preserve and protect their assets – not just piecemeal documents here or there. “In every area, there’s a way seniors can be robbed of their dollars.” “We show them how to protect their assets in every aspect of their life.”

**For additional information about
SENIOR INFORMATION CENTERS,
visit www.seniorinformationcenters.com
or call 800-731-8784.**

Replacing Missing Teeth

More Options than You May Think

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

It is astounding how many individuals live their lives with one or more missing teeth. When asked why they have not replaced their teeth, common answers include fear, cost, embarrassment and pain. What they may not realize is that living without a proper compliment of teeth often leads to malnutrition, excess chewing on the remaining teeth (often causing them to break down even faster), tooth shifting and for many, insecurity related to their smile.

The good news is that there are numerous options to replacing missing teeth, many of which are relatively pain free and often are not astronomically expensive. Actually, costs increase as we attempt to function on the remaining teeth, asking them to carry the load of not only themselves, but of the teeth that have been lost. Overloading the teeth you still have frequently leads to their more rapid demise and the need for more extractions, dental work or tooth replacement.

Options:

The first question you must ask yourself is simple, “what do I want?” It does not matter what your friends, significant other or even your mother wants. Some will decide they want a full mouth makeover, while others simply want to have a healthy mouth with proper function. Once you decide the answer to this question, the options ahead of you will fall into place. Although there are numerous treatments available, I will focus on a few commonly chosen ones along with some of their advantages and disadvantages.

Removable Appliances (Dentures or Partial Dentures)

One of the oldest treatments that exist to help replace teeth (whether it is one or all of your teeth) is the fabrication of dentures. This treatment is often the least costly, but is also the one with the least patient satisfaction. A mold is made of your mouth and an appliance is provided to you that typically consists of a plastic like material which rests on the remaining teeth and gums. This material supports fake teeth that fill in the spaces where your original teeth are missing. Dentures are a simple and affordable way for you to regain function and chewing ability, but they do not come without problems. Often times they are not stable and will move while you chew and talk. Bulky material in the mouth, change in taste of food and irritation to the gum tissue are also frequent complaints.

Crowns and Bridges

Another common treatment is to replace missing teeth with crowns/bridges. Typically, patient satisfaction is very high with this treatment modality as it provides you with “glued in” teeth. Teeth adjacent (on both sides) to the missing ones are prepared to be fitted with dental crowns (also known as a cap). Consecutive crowns or caps can be joined together as one piece (known as a bridge). As the bridge is glued into place on the supporting teeth on either side of the missing ones, this empty space is filled by crowns that appear to be naturally coming out of the gum tissue but in actuality are being supported as part of the bridge connection itself. A great real life comparison is an actual bridge. Typically there is a pillar on either side supporting the bridge and the center part which has no support from beneath only from the sides.

Dental Implants

To some this sounds very scary when in actuality it can frequently be less invasive than other options. A tooth is comprised of 2 parts, a crown (the part you see and chew with) and the root (the supporting part under the gum). A dental implant is simply a root replacement. This new root can be placed where your old root used to be. After a number of months of healing, a crown can be placed on this new root just like a crown can be placed on a tooth root. This treatment works very well in a situation when a tooth is lost between other teeth. An implant root can be placed with its own crown (a few months later) as opposed to cutting down adjacent teeth to fit a dental bridge.



All of the above treatments (and numerous others) have many variables and need to be determined on a case by case basis. A complete examination is required to help you understand the complexity of your individual situation and the options available to you. Knowing ahead of time what your overall desire is (such as a Hollywood makeover or a simple tooth replacement) will help you narrow down the options best suited to your “want.”

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 Periolase Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.

Dr. Cohen 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.



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

www.PBCPERIO.com

561-691-0020

SECRETS OF A GOOD NIGHT'S SLEEP *Without Medication*

By Gwen Carden



IF YOU SLEEP WELL YOU PROBABLY DON'T GIVE SLEEP MUCH THOUGHT. BUT IF YOU HAVE TROUBLE GOING TO SLEEP OR STAYING ASLEEP, IT'S LIKELY A SUBJECT NEVER FAR FROM THE TOP OF YOUR MIND.

Sleep is a complex issue, but with some lifestyle changes and neurofeedback, almost everyone can learn to sleep better, according to Iza Boesler, M.D.

“People think insomnia happens to them, but in reality people often inadvertently do it to themselves,” said Dr. Boesler. Dr. Boesler is a sleep medicine physician and Medical Advisor for Sleep at Center for Brain in Jupiter.

“With repeated sleep disturbances, people begin to associate being in bed with being awake, and it can become a vicious cycle.”

SLEEPING MEDICATIONS – A POOR LONG-TERM SOLUTION

“Sleeping medications are not the answer,” said Dr. Boesler. “They were never intended for long-term use. I don’t prescribe them much because they cause undesirable long-term

changes in the brain, which are more difficult to treat than the initial sleep problem. And they *all* have side effects.”

CAN NEUROFEEDBACK HELP?

“Despite what pharmaceutical companies tell us, the key to good sleep health is the brain being able to regulate *itself*,” said Dr. Boesler. “That’s something neurofeedback does really well, and I recommend it to many of my patients. When it comes to sleeping, neurofeedback is priceless. It works far better, *without side effects*, than any prescription or non-prescription medication on the market. It allows the brain to calm down and engage in a natural sleep pattern.”

“Most of the clients who turn to Center for Brain for help with sleep tell us they have tried ‘everything,’” added Mike Cohen, Director of Center for Brain. “In fact that’s usually the first thing we hear.

“The second is that they’re *desperate* to find a way to have normal sleep. By the time we see them, many are experiencing memory problems, mood swings, the inability to focus and chronic exhaustion. Medication may have stopped working or made things worse.

“At Center for Brain we have computerized neurofeedback tools, customized for every client and applied with scientific precision, that help you train your brain and nervous system to function as they did in those days when you ‘slept like a baby,’ before something caused them to malfunction.”



Neurofeedback is biofeedback for the brain. It uses innovative computer technology to gently guide your brain into changing itself so all the parts work better together. When your brain works better you sleep better. It's that simple!

– Mike Cohen, Director

So, in addition to doing neurofeedback, what can you do to create the best foundation for overcoming your sleep problems?

Here are Dr. Boesler's tips:

- ✓ Don't go to bed unless you are sleepy.
- ✓ Make your bedroom quiet, dark and cool.
- ✓ Minimize worrisome thoughts. Writing them down can help.
- ✓ Reserve your bed for just two things: Sex and sleep.
- ✓ If you are not asleep after 20 minutes, get out of bed.

- ✓ Begin rituals that help you relax each night before sleep (such as a warm bath or reading).
- ✓ Avoid caffeine, alcohol or stimulants six hours before bedtime.
- ✓ Do no exercise within three hours of bedtime
- ✓ Avoid naps.
- ✓ Try to wake up at the same time every morning (even on weekends and holidays).
- ✓ Avoid sleeping pills.
- ✓ Ask your doctor if any medications you are taking could interfere with sleep.
- ✓ Don't try to "make up" for lost sleep by staying in bed longer on another day. "This just makes the sleep cycle worse," Dr. Boesler cautioned. "Keep to a pattern as much as you can."

THREE SYSTEMS IMPACTING SLEEP

According to Dr. Boesler there are three systems that impact sleep: circadian rhythm, *homeostatic drive* and the *hypothalamic-pituitary-adrenal axis (HPA)*. If any one of those is disrupted, sleep disturbances can occur.

CIRCADIAN RHYTHM

The circadian rhythm is the body's "clock" – it regulates body temperature, hormone secretions and metabolism. It also regulates activities such as sleep, thoughts and behaviors that occur regularly during a 24-hour period.

"To keep the circadian rhythm intact one should avoid interrupting it," said Dr. Boesler. "This means getting up and going to bed at the same time, avoiding bright light at bedtime and not doing stimulating activities around bedtime like paying bills or writing business e-mails."

HOMEOSTATIC DRIVE

The "homeostatic drive" is powered by adenosine, a neurotransmitter. Adenosine starts building up in the brain from the moment a person awakens until there's so much that it creates an irresistible urge to sleep. During sleep, the adenosine is absorbed back into the neurons. Once completed, the person awakens. Factors such as stress and medications can override the effects of this neurotransmitter and result in the inability to go to sleep or stay asleep.

HYPOTHALAMIC-PITUITARY ADRENAL AXIS (HPA)

This "axis" controls how much of our hormones are secreted and when during any given 24-hour cycle. An excess of one hormone in particular, cortisol, can be problematic for sleep. Cortisol normally diminishes around bedtime, then surges in the early morning to assist in awakening. However, if one's nighttime environment is stressful, elevated cortisol levels will keep you awake.



About Iza Boesler, M.D.

Dr. Boesler is Medical Advisor for Sleep at Center for Brain. A doctor of internal medicine, she specializes in sleep disorders, stress-related disorders, autonomic dysregulation, fibromyalgia and obstructive sleep apnea for both children and adults. She is director of the sleep laboratory at Riverview Medical Associates in Tinton Falls, New Jersey. She interprets sleep studies,

runs a CPAP clinic and treats an array of sleep issues. She also founded a biofeedback laboratory for patients with stress-related disorders. In 2014 and 2015 Dr. Boesler was chosen as one of New Jersey's top physicians by a peer survey published in *New Jersey Monthly* magazine.



Michael Cohen, Director Center for Brain

Michael Cohen is one of the leading experts in brain biofeedback. For more than 20 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.



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

550 Heritage Drive, Suite 140,
Jupiter, FL 33458

561.744.7616

www.CenterforBrain.com

Monthly Series: Helping You Make Educated Decisions About Your Skin

SUMMER SHAPE-UP: COOL AND HEALTHY CAN BE FUN AND FLAVORFUL

By Janet Robbins and Bella Giavanna

It's true what they say. Beauty begins on the inside. What you consume affects your body and your skin. So as we enter the summer months, consider these tips and creative ideas to make for a healthier you.



STAY HYDRATED BEYOND JUST WATER

Summer outdoor activities and events combined with the heat calls for increasing your water intake. Keep extra water bottles in the refrigerator in order to stay cool and hydrated at the same time. If you find plain water boring, make ice cubes with muddled basil, spearmint, cucumbers, and/or raspberries. Drop a couple of those flavored ice cubes in your water to zest it up. Another great way to stay hydrated this summer is to prepare a large pitcher of green or hibiscus tea and store in your frig for

convenient pours. Both types of tea offer the added benefit of antioxidants and a change-up from plain water.

TIS THE SEASON FOR DELICIOUS RIPE PRODUCE AND FRESH SEAFOOD

Fill up half your plate at mealtime with delicious low-calorie veggies. And in the summer heat, beef, veal and pork can feel too heavy to digest making you feel sluggish, lethargic, and fatigued. Eat fish, lobster, clams and crab, which are lower in calories and packed with protein.

BEAT THE BARBECUE BLUES

Just because others are grilling burgers and dogs doesn't mean you can't join the "party." In fact, grilling is a healthy way to cook. But choose leaner alternatives like ground turkey and chicken, or go vegetarian and enjoy a plant-based green or walnut burger available at most grocery stores. You can cook a million things on the barbecue, especially with a grill pan or stir-fry griller. Choose your favorite veggies. A combo of zucchini, squash, and eggplant or asparagus, corn, leeks and red onions drizzled with no-fat, low-calorie balsamic vinegar make for a robust entrée or compliment for your summer meal. If you don't have a grill pan, simply wrap the veggies in foil and throw it on the rack.

SWEETEN UP YOUR HEALTH CONSCIOUSNESS

Instead of the typical dessert of high calorie ice cream, cool down this summer with frozen fresh fruit. Just like with veggies, take advantage of low-priced ripe summer fruit. Buy extra grapes, mangoes, pineapple, bananas and blueberries (filled with antioxidants). Make it easy by prepping in advance. Simply wash and cut up fruit into bite-sized pieces and throw them into freezer bags and into the freezer for a quick treat to break the summer heat.

PACK UP TO COOL DOWN

While you're packing up the cooler with water, juice boxes, soda or beer, throw in a pack of washcloths. As the ice melts it will moisten the washcloths. Then, if you get overheated just reach in and take out a wet ice-cold washcloth and place it around your neck. It's so refreshing and really comes in handy after an intense game of Frisbee, basketball, tennis, a hike or any rigorous outdoor activity.

EAT EARLIER

You will sleep better at night if don't go to bed with a full stomach. Instead of digesting your food all night long, your body will be resting and repairing. Eating earlier will also allow you to take advantage of the longer summer days with after-dinner activities like watching the sunset with your loved one or taking a walk.



DO EVEN MORE FOR YOUR SKIN

Skincare from the outside is much more effective combined with what’s going on inside. And using the right ingredients is far more important than using lots of ingredients. When you eat high-powered antioxidants like spinach and kale, those nutrients are absorbed in the bloodstream and end up in the dermal capillaries, which feed and nourish your epidermis, the outer layer of your skin. Now add ingredients like vitamin A serum or peptides, and your skins flourishes from a powerhouse of antioxidants. Also, try adding an orange to your diet every day. You already know that it’s a great source of Vitamin C, but did you know that it’s necessary for the production of collagen.

OH, AND DON'T FORGET THE SUNSCREEN

Lather up, reapply, reapply, reapply. Keep the sunscreen coming throughout your time in the sun. Sunburn is not pretty for anyone and the health consequences can be grave.

Put these tips into action and you’re going to see a beautiful you inside and out. Now go love yourself and love your summer!

**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.

BELLA GIAVANNA has been helping men and women transform their health and their bodies for 25 years. She has worked in the healthcare profession for over 20 years in Florida, California, Illinois, and New York. Using her certificate in Plant-Based Nutrition from Cornell University, her 400-hour certification as a Raw Foods



Chef and her many fitness certifications, Bella G. has had the privilege of changing the internal and external health of over 1,000 people. She is the author of two books and lectures locally on diet and exercise.



Florida.com 561-221-1462

Reflections Juno Beach

Laser & Wellness @ Andre Jourdon Salon: 13901 US Highway 1 Ste 6, Juno Beach, FI

Reflections Boca Raton

Laser & Wellness Center: 2499 Glades Rd Suite 302, Boca Raton, FI

Relections Laser & Wellness Center – See the Difference

Underlying Reasons for Limb Swelling

By Alyssa Parker



Many people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

HOW THE LYMPHATIC SYSTEM WORKS

What does edema have to do with your lymphatic system? 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.

WHAT IS LYMPHEDEMA?

Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

COMPRESSION PUMP TREATMENT

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph 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.

POSSIBLE SYMPTOMS OF LYMPHEDEMA

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

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venus system not the Lymphatic system. Removing fluid from



the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema 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?

SPECIALISTS IN ACUTE WOUND CARE

Remember, ANY swelling is an indication of an overloaded Lymphatic system. 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. For more information and articles on this topic, Google "Acute Wound Care," visit www.AcuteWoundCare.com, or call **239-949-4412** and speak with a specialist. Remember, nothing heals faster than an educated patient.

Compression pump is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.



ACUTE WOUND CARE

Contact Acute Wound Care today and speak with a specialist by calling **239-949-4412**
www.AcuteWoundCare.com

ReflectionsFlorida.com



Get 20% off
all skincare treatments


LEARN THE DIFFERENCE.
SEE THE DIFFERENCE.

Call 561-221-1462
Mention Health & Wellness Magazine



Reflections
LASER & WELLNESS CENTER

Locations
in Boca Raton
and Juno Beach

ASK ABOUT
Complimentary
Face Screenings



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

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

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

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.

Cryoablation disrupts the heart cells that create an irregular heartbeat.

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 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.



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 (FHRs). 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
Internal Medicine, ABIM
Nuclear Cardiology, ASNC
Echocardiography, ASE
Clinical Lipidology, NLA

THE ARRHYTHMIA CENTER OF SOUTH FLORIDA

is located at 2150 Lake Ida Rd., Suite 7 in Delray Beach, FL.
561-303-3491

Discover a life more fulfilling 

ACUTE WOUND CARE

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

We Can Help!

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

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



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

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



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

- Implants • Laser Therapy
- Tissue Grafting
- Bone Regeneration
- IV & Oral Sedation
- 3D CT Scans




Lee R. Cohen, D.D.S., M.S., M.S.
Dual Board Certified, Periodontics and Implant Dentistry
NYU, Emory and University of Florida Trained
Clinical Associate Professor, Shands Hospital (UF)
State Certified, IV & Oral Sedation
LANAP (Laser Periodontal Therapy) Certified
Past President, Florida Association of Periodontists

561-691-0020
4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418
www.pbcperio.com



THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com



IT'S HOT EVERYWHERE IN JULY

Brent Myers



Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.

We are right at your fingertips



On the Web



On Facebook



On Twitter



In Your Inbox



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



Visit www.SFLHealthAndWellness.com