

S O U T H F L O R I D A ' S

Health & Wellness[®] MAGAZINE

April 2017

North Palm Beach Edition - Monthly



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REFLUX DISEASE:
HELPING YOU
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Read more about neurofeedback's impact on depression and Center for Brain on Page 10

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– Juan Estrada

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Pediatric Reflux Disease: Helping you Decode Its Symptoms

by Enrique Hernandez-Sanchez, M.D. Pediatric Gastroenterologist



Gastroesophageal reflux disease (GERD) occurs when gastric contents flow back into the esophagus, leading to complications such as inflammation of the esophagus, failure to gain weight, respiratory symptoms or choking. GERD is extremely prevalent among babies, with up to 20% incidence among full term babies and up to 40% incidence on premature babies.

With nearly four million births in 2011 in the United States, and a 12% prematurity rate, that translates into 900,000 new cases per year. This number does not account for what we call “happy spitters” or babies that thrive well and have no fussiness, but still have mild to moderate volume spit-ups that worry their caretakers enough to seek medical help.

“A baby that spits is a healthy baby,” your grandmother will tell you. However, recently we have made several associations between GERD and chronic respiratory illnesses such as asthma, hoarseness and chronic ear infections. These children may have absolutely no symptoms of acid reflux. Since babies do not come with an instruction manual, I want to give you some clues on the most common GERD symptoms.

VOMITING

An occasional teaspoon or two is normal, but if your baby is bringing up more than one tablespoon several times per day, they are losing plenty of calories that could impact their weight in the long run. Additionally, fluid dribbling is not the same as projectile vomiting. Your baby will likely get a contrast X-ray if he or she is having forceful emesis to rule out a blockage.

OVERFEEDING

Use this simple formula to calculate your baby’s maximum feeding volume: WT in Kilograms = maximum gastric volume. Then subtract 0.5-1 ounce, and you will have the maximum feeding volume. This formula works for up to 8 oz.

FUSSINESS

If your baby is fussier in the evening, your pediatrician will likely consider infantile colic. Fussiness as a main symptom may be an indication of GERD, but we should consider first Milk-Soy Protein Intolerance (MSPI), which usually creates fussiness 24-hours a day, and can be accompanied by eczema, cradle cap and a microscopic amount of blood in stools.

ARCHING

Not very specific, but when it occurs after meals it does suggest GERD. Its extreme form is called Sandifer’s Syndrome.

FEEDING REFUSAL

It usually is a late symptom present in babies who have suffered from acid reflux for a while, and have made an association between pain and feedings. These children are called “sleeper-feeders” as they will eat better when they are half-asleep. A combination of medications is needed to reverse this symptom.

STRAINING

Associated with MSPI more than GERD, it may be caused by small nodules in the rectosigmoid due to allergies. These babies strain constantly, despite passing soft stools, which could have mucous or traces of blood.

HEARTBURN

Not every child with heartburn will suffer from GERD, since allergic esophagitis and Candida can mimic its symptoms. Heartburn evaluation will usually include an upper endoscopy.

COUGH

As the esophagus grows it gets longer, and while gastric contents may not reach the mouth, they may reach the airway and cause micro-aspiration and damage to the larynx. Consider GERD if your child has chronic cough, has no allergies and is not getting better with antibiotics or asthma medications.

I hope this summary of symptoms will help you decode your child’s reflux blues, and remember to always consult your pediatrician before treating your baby for any condition.



Enrique Hernandez-Sanchez,
M.D. Pediatric Gastroenterologist

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New 3D-Printed Hair: Is it Right for You?

By Dr. Alan J. Bauman, Hair Loss Specialist

For most anyone experiencing hair loss, the situation can be a significant cause of stress, anxiety and concern. Shedding significant amounts of hair and seeing more scalp shining through can negatively impact hair styling, disrupt our mood and lower our self-esteem. While medical treatments for hair loss have advanced tremendously over the past few decades, they haven't always been an option for every type of hair loss sufferer. For those individuals whose hair loss was caused by an accident such as a burn or injury that resulted in permanent scalp trauma, or for those suffering with conditions like alopecia totalis and alopecia universalis, traditional medical restorative treatments are simply not effective. Additionally, some men and women are precluded from undergoing restorative treatments due to certain types of medical conditions or treatments that are commonly known to cause hair loss, such as radiation or chemotherapy.

In an effort to solve this problem, the hair loss community is continually developing and improving upon traditional hair replacement options which include wigs, hairpieces and hair extensions. The goal has always been to conceal baldness in cases where it can't otherwise be treated. Most recently, new and highly advanced hair systems known as cranial prosthetics that employ the use of 3D-printing technology represent some of the most exciting breakthroughs happening in the world of non-medical hair restoration today.

INTRODUCING THE CNC SYSTEM – MADE IN ITALY

The CNC System made by Cesare Ragazzi Laboratories (CRLAB) in Bologna, Italy is the only hair replacement system in the world to utilize patented 3D-printing technology to produce an ultra-comfortable and nearly undetectable hair and scalp cranial prosthetic. CNC is unique because it provides a natural-looking hair replacement solution using safe and comfortable medical-grade FDA-cleared components. Most importantly, CNC gives those with partial or total hair

loss the ability to restore their appearance, confidence and self-esteem, without compromise!

LIFE WITH A CNC SYSTEM

Many patients describe their CNC as “a part of them.” Unlike a traditional wig or hairpiece, the CNC system is never hot, itchy or uncomfortable—which allows wearers a previously unattainable new level of confidence, freedom and comfort with their new “hair.” The man or woman can shampoo and style their CNC with ease and participate in all activities while wearing their CNC, including swimming and high-impact sports.

HOW IS A 3D-PRINTED CNC HAIR SYSTEM MADE?

Once a patient is selected for the CNC hair and scalp cranial prosthetic, a template is made that matches the exact contour of the head and scalp area to be restored. Then, a cast or mold of the entire scalp is taken and other parameters are recorded. The cast is mailed to the CRLAB factory in Bologna, Italy where an exact 3D-printed model of the head and scalp is



Actual
Bauman Medical
CNC Patient Connie

produced. Using the 3D-printed model as its foundation, the prosthetic base or “2nd scalp” is handmade, applied layer by layer, using special polymeric resin that has been dermatologically tested and designed to provide exceptional comfort and stability.

Unprocessed, natural human hair is carefully and artistically selected from an extensive European-sourced “hair library” with an exact match of desired color, curl, length and thickness according to the client's wishes. One by one, each “virgin” hair strand is hand-sewn into the prosthetic base, implanted at precise distribution, angle and direction for a seamless and undetectable match to the client's natural hair patterns.

The completed CNC system is mailed back to the center where it is carefully applied and secured onto the client's scalp using a special medical-grade adhesive. The client is now free to enjoy and style their hair however they'd like!

With monthly maintenance, which includes removal and reapplication of the prosthesis, and proper care, the hair system can last far longer than traditional wigs and hairpieces, ultimately saving patients money.

FIND OUT IF 3D-PRINTED HAIR IS RIGHT FOR YOU

If you're interested in learning whether you are a candidate for a custom CNC hair system, schedule a long-distance phone consultation or an in-person, in-office consultation with Dr. Bauman online at www.Bauman-Medical.com or by calling toll-free **844-GET-HAIR** or **+1-561-394-0024**. To learn more about CNC hair replacement systems visit www.salonBBoca.com.



ABOUT THE 'CNC' HAIR & SCALP CRANIAL PROSTHETIC

- CNC (by CRLAB in Italy) is a customized medical-grade hair replacement system that is approved by the Italian Ministry of Health.
- The CNC cranial prosthesis is crafted from beautiful, 100 percent unprocessed human hair meticulously implanted into an ultra-lightweight, breathable, antibacterial, derma-compatible polymeric base made using 3D-printing technology.
- Made with FDA-cleared components, CNC is a unique hair replacement option for patients who suffer from autoimmune alopecia or extensive scarring alopecia, as well as patients who may not be good candidates for hair transplants.
- The CNC can be shampooed and styled with ease and can be exposed to all activities, including swimming, shampooing, hairstyling, and high-impact sports.
- Patients say the CNC becomes “a part of them,” never hot, itchy or uncomfortable — providing a previously unattainable level of confidence, freedom and comfort above and beyond traditional medical wigs.
- With monthly maintenance and proper care, the prosthesis can last far longer than traditional wigs and hairpieces, ultimately saving patients money in the end.



Robin A. Sykes, M.D.
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 Minifacelift and facial fillers; Radiesse Hand Lift demonstration. Lunch and Learn

Wed. May 3rd 12:30 pm **Nonsurgical Skin Tightening and Fat Reduction, with Thermigen, Liposonix, and Pelleve**

Wed. May 10th 12:30 pm **Mother's Day Special**
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Wed May 24th 12:30 pm **Minifacelift and Facial Fillers – Safe and Effective**



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See our article on page 12



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Head, Neck and Oral Cancers Often Found in Routine Exams

April is the national awareness month for Oral Cavity and Oropharyngeal (Head and Neck) Cancers. While not as common as some other types of malignancies, these cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away
- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

The average age for oral or head and neck cancers is around 60; however, about 25% of these cancers occur in people 55 and younger, although rarely in children. About 49,600 people in the United States will be diagnosed with some type of oral/head and neck cancer in 2017, with the incidence in men almost double that in women. The most common type of head and neck cancer is squamous cell carcinoma, which starts in the cells that line all parts of the nose, mouth and throat. If detected early, before it has spread (metastasized), the outcomes for patients can be very good. Over the past thirty years, death rates from these types of cancers have been decreasing.

What Causes Oral Cancer?

All cancers are caused by genetic changes in the DNA (deoxyribonucleic acid) inside our cells. DNA is the chemical in our cells that contains the genetic information needed for many factors, including how cells function. Just as every human being has unique DNA, or a distinctive genetic code, so does every malignant tumor. Cancer actually develops due to a genetic mutation, or damage to the DNA in our cells.

One of the factors that can increase your risk of mouth cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papilloma virus (HPV) in Caucasian men and women.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/ hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

Clinical Trials Lead to Tomorrow's Treatments and Cures

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.



World Class Medicine. Hometown Care.



Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.

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Help & Hope DEPRESSION Doesn't Have to RUIN YOUR LIFE

by Michael Cohen, Director
Center for Brain Jupiter Florida

DEPRESSION CAN RUIN YOUR LIFE.

You don't feel like doing anything or going anywhere. It destroys your hope. It destroys your joy. It can make your body hurt. It bashes your self-esteem, impacts your relationships and gives you dark thoughts no one should have.

You can't talk yourself out of depression.
You can't just "cheer up."
Keeping busy won't make it go away.
Buying something new doesn't work.
And for a great many people, taking anti-depressants doesn't get rid of it, either.

In fact, research suggests that half or more of people who try anti-depressants experience no benefit at all. Furthermore, just about everyone who uses an anti-depressant experiences some sort of side effect like reduced libido, weight gain or loss, insomnia or dry mouth. Another issue is that once on anti-depressants, it can be very difficult to get off.

At Center for Brain we don't like those odds very much. The vast majority of our clients with depression *do* experience relief, often permanently, and they almost never experience any side effects.

Unlike medication, which chemically forces temporary changes in the brain, neurofeedback helps you change your own brain – naturally – by harnessing its neuroplasticity – the brain's innate ability to physically change.

Changing physically is the key. Depression is a physical problem, which helps explain why psychotherapy often doesn't work on a long-term basis. **Physical change – in the brain – is necessary for feeling better.**

The two images below illustrate the physical nature of depression. The map on the left is of the brain of a person with a long history of depression, indicated by the orange and yellow area. These colors represent an excess amount of slow brainwave activity, which is generally associated with depression. The picture on the right displays the brain of a person who does not suffer from depression. Neurofeedback can help your brain look like the one on the right.

WHAT DOES NEUROFEEDBACK DO?

The brain of someone with depression is "stuck" in a pattern of being down. We first conduct a brain map similar to the one above to identify the key problem areas in your particular brain. Using advanced biofeedback technology, neurofeedback guides the brain into becoming "unstuck" from this undesirable cycle and to keep it there. Once unstuck, the brain will function in a healthy way, producing fewer and less-intense dark moods.

Many of our clients report being in a better mood within just a few sessions. After completing their treatment regimen they tell us that the neurofeedback made them less susceptible to depression and moodiness.

MARK'S STORY

Mark's parents first learned about his chronic depression when he confessed at age 21 to his mother that he was profoundly depressed. She took him to a doctor and was prescribed an anti-depressant. That would be the first of a nightmarish parade of one ineffective drug after the other recommended by a string of medical professionals with nothing else to offer.

Some drugs worked for a while and then stopped. Some didn't work at all. One caused Mark to gain a tremendous amount of weight without alleviating his depression. When anxiety became part of the equation, he was prescribed as many as three drugs to take at the same time, which made him feel like a zombie.

At age 24 Mark attempted suicide by intentionally overdosing on a prescription medication. Frantic for other options, Mark's mother Kim did an internet search, found Center for Brain and brought him to us from their home in New Jersey. Mark had two panic attacks on the airplane ride to Florida.

I had him seen by a local psychiatrist, who changed and minimized Mark's medication, and an internist, who conducted a battery of tests. Those tests identified some nutritional deficits contributing to the depression. We put him on custom vitamins and started him on a daily gym workout.

We gave Mark a course of 11 neurofeedback sessions over the next four weeks.

Mark said he felt better after the very first session. He described his mood as "lighter." He had ranked his depression as a "one" when he arrived (the worst on a 1-10 scale) and a "seven" when he went back home.

Mark had no panic attacks on the return flight home, and his mother told me that even on bad days, Mark is able to "pull himself out of" a bad mood.

It's not uncommon for people Mark's age to be depressed. Actually, depression can strike people of all ages.

Depressed children and teens are typically moody, argumentative, have lost interest in favorite activities and stop doing well in school. Adults often withdraw or avoid getting out. They may either find it difficult to work and participate in normal activities or may overdo it to the point of becoming workaholics. They may lose or gain excessive weight and sleep too little or too much.

If you're feeling "down," if you suspect you're suffering from depression, if it's not going away easily and you'd like to feel better without the use of medications, I invite you to come to my office and meet with me to determine if I think we can help. There's no reason to suffer even one more day when there's something available that really may change your life (and your brain).

561-744-7616

About Center for Brain

Center for Brain is staffed by a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback and other brain technologies.



Michael Cohen, Director
Center for Brain

Mike Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



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REVOLUTIONARY TREATMENT

for Pain Restores Function and Mobility



Neck pain can be debilitating. Pain can radiate from the neck to the back down the arms and sometimes even down to the hips and legs. Neck pain can create chronic and intense headaches. The neck itself can become stiff with a decreased range of motion where pain is often worsened with movement. 70% of individuals experience neck pain that interferes with life functioning at least once in their lifetime.

Traditional treatments frequently create temporary relief for neck pain sufferers but long-term restoration of neck function and pain relief is infrequent. “The MCU (Multi-Cervical Unit) is changing the way we treat and cure debilitating neck pain” explains Dr. Marc Weinberg of the Active Health Center, “Multi-cervical unit (MCU) is designed to increase cervical range of motion and strength in order to restore neck function.”

Prior to the **MCU**, it was nearly impossible to objectively diagnose muscle dysfunction and weakness. Because other examination methods like CT scans, X-rays, and nerve testing have been unable to detect functional muscle weakness, accurate strengthening of these delicate injuries has often been called "the missing link" in neck pain treatment. The MCU is so valuable because it offers a more reliable diagnosis of strength and motion, and then uses those findings to customize and target the treatment using the same machine. Research reveals that patients who are treated with the MCU typically experience far better success rates with more permanent relief than those who opt for traditional therapies alone. It is a priceless asset in the diagnosis and treatment of neck pain.

HERE'S HOW IT WORKS:

- The MCU is a digital system that evaluates and records the patient's cervical spine movement and isometric strength. Evaluations take about 45 minutes to perform.
- The patient's strength and range of motion is accessed, and a report is generated
- The MCU recommends a therapy program precisely tailored to suit the patient's needs
- Strengthening sessions last 20-30 minutes and are conducted 3 times per week for only 6-12 weeks

The amazing part of the MCU, it can detect the presence of weakness in any neck muscle group. It can pinpoint the location and then strengthen the muscle(s) thereby allowing the inflamed tissues, like bulging or herniated discs, swollen facet joints, overused muscles and even areas of stenosis to “quiet down” and heal, thus alleviating neck pain. Along with a thorough examination, the MCU can also determine if neck weakness is not the cause of your neck pain and is a comprehensive evaluation to help determine if the MCU treatment will be beneficial to each patient.

In Fact, Medical Research shows that 75% of people with chronic neck pain, from any cause, will get significant relief of their pain simply by strengthening their neck with the Multi-Cervical Unit.

If you or someone you love has suffered from neck or upper back pain, contact the team at Active Health Center for an evaluation to see if the MCU treatment is right for you.

MCU

OFFERS EFFECTIVE TESTING AND TREATMENT FOR:

- General and Chronic Neck Pain
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- Cervical Disc Conditions
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Focus on the Face

by Dr. Robin Sykes

You look in the mirror in the morning, and the face that greets you makes you exclaim "My face is falling". It can be hard to put your "best face forward" when you know that no amount of makeup or sleep will fill in the hollows of your cheeks, or take away the sad expression around your mouth. Often times, this is what brings a patient to the plastic surgeon.



PRE-OP MINI FACELIFT



**6 WEEKS
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**10 DAYS
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Fortunately, there are some wonderful ways to fix sad faces, and the results can be natural in appearance. One is the mini-facelift. This procedure is safer and quicker than a standard facelift, and highly effective in making the face look refreshed and natural. It is a great procedure when done earlier in life, and can even be done later in life as a conservative, safer lift.

The other answer is a true revolution. It involves restoring the volumes of the face which have been lost over time primarily through fat and bone loss, as a result of natural aging. The fillers available that do these miracles have been evolving over the past decade, and there are now a number of excellent choices of products to use. It is amazing what a little filler in the cheeks can do to rejuvenate the appearance, taking a "rectangular" face, bottom-heavy due to jowl formation, and to restore a more youthful "oval"

or "heart-shaped" face with the use of cheek augmentation.

Over the past two years, even more fillers have also become available, which are able to smooth out fine and deeper lines of the cheeks and lips, in what can be described as "air-brushing" the face. These fillers are very soft and pliable, and do not increase volume, but result in a smoother overall appearance.

The best thing about fillers, is that they fill in a void in the surgeon's armamentarium. There is no surgery involved, and they can give results that enhance a surgical procedure. They can be used in place of surgery if surgery is not wanted or not needed. They are great with minimal downtime after a prior facelift, when volume loss becomes apparent. The use of topical anesthetic and micro-cannulas can also give a quicker result with less pain and bruising.

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Wed. May 3rd, 12:30 pm

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Wed. May 10th, 12:30 pm

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Minifacelift and facial fillers – Safe and Effective



Robin A. Sykes, MD is a Board-Certified Plastic Surgeon. She has a BA in Biology from Wells College, an MD from the Johns Hopkins University School of Medicine, General Surgery training at the University of Miami, and Plastic Surgery training at the University of Kansas. She is a National Merit Scholar and Phi Beta Kappa. In addition, she has many years of art training, and brings this to her work in aesthetic plastic surgery. Many new technologies as well as new aesthetic devices and products are available

in her practice, so that she can offer a variety of surgical and nonsurgical treatments for your unique aesthetic needs and desires.



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TEN Best Anti-Aging & Cosmetic PROCEDURES FOR MEN during Lunch

When you think of cosmetic procedures you generally think of something that's of interest to women only, however, more and more men are interested in feeling and looking good. Sometimes men could be reluctant or shy to inquire about available cosmetic procedures. I would like to demystify my 10 favorite procedures that men can do without downtime that truly make a difference.



BOTOX- Botox is still the all-time favorite choice for men and women. 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. The procedure takes 10 minutes and you can relax frown lines, crow's feet and forehead wrinkles for 3-4 months. Best of all you look very natural! Botox can also eliminate unwanted underarm sweat.

FILLERS- Fillers like Voluma, Juvederm and Sculptra can be used to replace volume lost due to aging in the cheeks, nasolabial folds and marionette lines. Juvederm and Voluma are comprised of a naturally occurring sugar molecule that is already in your body called hyaluronic acid. They last 1 to 3 years, giving you a refreshed and more rested look.

SCULPSURE- SculpSure is a non-invasive laser treatment that can melt fat in the abdominal area or flanks ("muffin" top) in 25 minutes. It reduces inches with no downtime.

SculpSure is a ground breaking new laser for the purpose of fat destruction. This new laser uses light waves to destroy fat cells under the skin. Fat is carried away via your own body's lymphatic system. Unlike cryolipolysis which freezes fat cells, SculpSure melts fat and as a result of using heat, it tightens and tones skin.

LASER HAIR REMOVAL- Getting rid of unwanted hair on the back, face, legs and arms is quick and effective using Palomar's Vectus Laser. The treatment hand piece is big enough to treat larger areas quick and easy. To laser a man's back can take less than 15 minutes. This is beneficial for men who get ingrown hairs or razor burn.

IPL- Broken capillaries and sun spots on the face around the nose and hands can be treated with IPL (intense pulsed light) a laser-type device, usually a series of 3 treatment is required. IPL helps to brighten skin and reduce the appearance of dark spots on any part of the body.

HYDRAFACIAL- The hydrafacial is a new generation "microdermabrasion" using vortex vacuum technology to exfoliate and detoxify the skin leaving your skin extremely clean and hydrated. With its hydrating properties, this facial cleanses, exfoliates and extracts impurities leaving the skin rejuvenated. The hydrafacial replaces microdermabrasion with a new name, "hydradermabrasion." With its patented

technology, the hydrafacial is a treatment that helps dislodge and remove toxins in the skin leaving you with relaxed and refreshed skin.

SCLEROTHERAPY- Men get veins on their legs too! From genetics, to sports or standing all day long. Treating unsightly veins on the legs with a few simple injections of Asclera, the latest agent to treat small veins can diminish these stubborn veins that won't go away any other way.

IV VITAMIN THERAPY- If you are plagued by low energy, jet lag, hangovers, colds, or in general want to stay healthy, there are different IV Vitamin options that can alleviate those symptoms. IV Therapy has become the gold standard in preventative medicine offering a boost in immunity and health in addition to medicinal therapies.

BIOIDENTICAL HORMONE REPLACEMENT- Staying on your game at work and strong in the gym is a priority for most men. Low testosterone can lead to many symptoms ranging from decreased muscle mass, low energy, difficulty sleeping at night, to low libido. After checking your hormone levels we can replete missing testosterone to its optimal level.

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. 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.

NAIL FUNGUS THERAPY- causes nails to thicken, discolor, disfigure and split. Without treatment the toenails can become so thick they press against the inside of shoes causing pressure, irritation and pain. By using a q quick laser treatment the fungus is heated up and killed within seconds. After the nail grows out of a few months, the nail will become clear again. Say goodbye to costly topical and oral medications to treat this condition.

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Osteopathic Medicine

By William H. Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOPF dist.



Osteopathy is a philosophy, art and science of medicine and healing. It is an innovative “American Original” system of diagnosis and treatment. Its principles are simply profound and inclusive of the best of science and healing, aiming at the whole person: body, mind and soul. Originating 150 years ago in the United States, Osteopathic Medicine offers the best and most complete medical system in the world today.

Andrew Taylor Still, M.D., D.O. (1828-1917) founded this philosophy and medical science after the Civil War (he was an officer and a physician and staunchly defended the anti-slavery movement as well as such novel concepts as women’s rights and equality for all). His ideas, though not all unique in themselves, were revolutionary in that he incorporated them into the art and science of modern medicine, thus initiating a new and wholistic movement into the next century and beyond. He coined the word “osteopathy” from two Greek derivatives – “osteon” (bone) and “pathos” (suffering) – to signify a system of healing that recognized and treated the deepest (osteon) level of humankind’s suffering (pathos).

The osteopathic concept emphasizes four general principles, which are to be integrated into all of medicine. These are:

- The body is a unit.
- The body possesses self-regulatory mechanisms.
- Structure and function are reciprocally inter-related.
- Rational therapy is based upon an understanding of body unity, self-regulatory mechanisms, and the inter-relationship of structure and function.

These principles are profound, elegant, verified by science, inclusive and integrateable into the most ancient and modern of health care systems. Today we take these concepts for granted, but they still stand true; and when used by today’s practitioners, make for the potentially best health care available.

In America, fully licensed physicians in all 50 states able to perform all specialties of medicine and surgery are either D.O.’s or M.D.’s. The D.O.’s (Doctor of Osteopathy) all have training in Osteopathic Manipulative Treatment (OMT), which is envisioned to be integrated into the diagnosis and treatment of most illnesses and injuries. Due to a wide variety of circumstances though, it is advisable to call your D.O.

first if you are looking for OMT, as many do not do it. Also, some M.D.’s as well as a variety of therapists have taken courses in manipulation.

Osteopathic Manipulative Treatment (OMT), or rather, holistic osteopathic palpatory diagnosis and treatment is indicated for most injuries and illnesses. The manipulative techniques cover a broad range of treatments to aid and enhance in the diagnosis and treatment of every part of the body, its solids, fluids and energies. More advanced techniques combine body, mind, emotions and spirit – again, the ideal of treating the whole person. These techniques, when done correctly, are gentle, non-invasive and therapeutically efficacious.

Treatment

Osteopathic Manipulative Treatments range from:

- Very light soft tissue softening or stretching
- Strain counterstrain tender point treatment
- Myofascial release
- Isometric muscle energy release
- Visceral manipulation
- Lymphedema treatment
- Gentle joint release and realignment
- Cranial osteopathic treatments especially directed to the head, neck, jaw, and cerebral circulation

My Practice

In my practice, I usually see new patients for about an hour, for an in-depth history and physical exam focused on their neuromusculoskeletal system, diagnosis, and begin treatment.

Subsequent visits are about 20-30 minutes, depending on the diagnoses and treatments. Usually patients are seen once a week to begin with, depending on their conditions; and as they improve, the treatments and frequencies will change accordingly. The healing

process has so many variables that it is always difficult to predict who will feel what and when; and like all of medicine and in most of life, there are no guarantees; but I like to think that everyone is helped to some degree. OMT is for patients of all ages, from newborns to elderly. OMT is covered by Medicare and most insurances.

I am one of the few physicians in the USA to be AOBNMM board certified in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine as well as AOBFP board certified in Family Medicine. I am trained in Medical Acupuncture through UCLA, Los Angeles, CA, and I enjoy integrating the best of those philosophies and styles in my practice to help my patients from many perspectives. I am on the faculties of two osteopathic medical schools, NSUCOM and LECOM, have been teaching OMT since 1986 all over the U.S.A., internationally, and continue to teach medical students, interns, and residents in local teaching hospitals.



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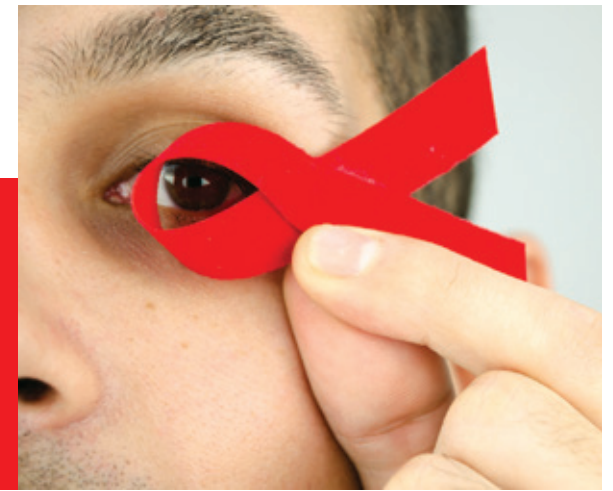
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HIV AND THE EYES

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



The human immunodeficiency virus (HIV) is a virus that causes the body's immune system to break down. Your immune system fights off illness and infection and is very important for a healthy body.

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

WHAT IS AIDS?

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

HOW DO YOU GET HIV?

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

These fluids can contain high levels of HIV:

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

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

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

HOW DOES HIV/AIDS AFFECT THE EYE?

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

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

HIV retinopathy

This is the most common finding in people with AIDS. Small hemorrhages and cotton wool spots (white spots as a result of a blood vessel blockage) are seen in the retina—the light-sensitive tissue lining the back of your eye. It is

thought that the HIV virus is directly responsible for these changes to the small blood vessels in the retina.

CMV retinitis

A more serious eye infection that occurs in about 20 to 30 percent of people with AIDS is CMV retinitis. It is caused by a virus called cytomegalovirus (CMV). It usually occurs in people who have more advanced stages of AIDS in which T-cell count is very low. Symptoms include swelling (inflammation) of the retina, bleeding and vision loss. If left undiagnosed and untreated, CMV can cause severe vision loss within a few months.

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

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

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

Detached retina

CMV can sometimes cause detached retina, where the retina pulls away, or detaches, from the back of the eye. A detached retina is a serious problem that causes severe vision loss unless treated. Almost all retinal detachments require detached retina surgery to put the retina back in its proper position.

Kaposi's sarcoma

Kaposi's sarcoma is a rare form of cancer that occurs in AIDS patients. This cancer can cause purple-red lesions to form on the eyelids, or a red, fleshy mass to form on the conjunctiva—the thin, filmy membrane that covers the white part of your eye. Kaposi's sarcoma may look frightening, but it usually does not harm the eye, and can often be treated.

Squamous cell carcinoma of the conjunctiva

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

Increased risk of various eye infections

A number of eye infections, some associated with sexually transmitted diseases and others that are not, may be more common in patients with HIV. Some of these infections may include herpes virus, gonorrhea, Chlamydia, toxoplasmosis, Candida, Pneumocystis, microsporidia, and others. These infections can threaten vision and require treatment by an Eye M.D.

HOW ARE HIV-RELATED EYE DISEASES TREATED?

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

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



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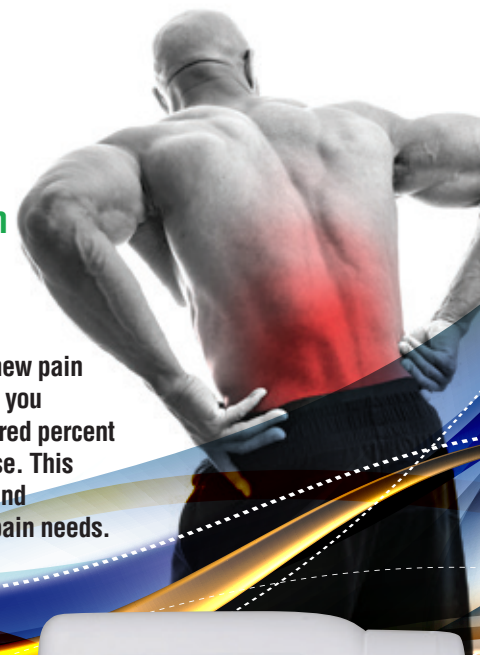
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With Inner Engineering - Reducing Stress Isn't As Hard As You Think

Stressed out? If so, you're not alone; the American Psychological Society reports that almost a quarter of adults in the U.S. are under extreme stress. The silver lining is that finding your way out—transmuting your stress into happiness; pain into peace—may be easier than you think.

Perhaps you have explored methods to improve your health or mental clarity, or simply to create more energy and provide relief from daily stress. Research data has shown that simple yoga practices can relieve physical and emotional ailments and leave you feeling more relaxed and peaceful.

Explains Sadhguru, founder of the nonprofit Isha Foundation and one of the world's foremost authorities on yoga, "As we have physical science to create external well-being, there is a whole inner dimension of science to create inner well-being. I call it Inner Engineering." Inner Engineering is a world-renowned program that cultivates peace from the inside out. As the name implies, it's all about building our inner framework in such a way that external situations no longer dictate our happiness. It's all about seeing the world through a different, nonreactive lens.

Inner Engineering is a distilled essence of yogic science – a thorough overhaul of the body, mind, emotions and life energy. This practice incorporates the breath, providing access to your deepest life energies and making them vibrantly alive.

Percent of people reporting improvements with regular kriya practice



In April, Sadhguru himself will be presenting the Inner Engineering Completion program in Tampa. This event offers a unique opportunity to receive this life-nurturing science live – from an authentic source. (Completing Inner Engineering Online, a seven-session online course, is a prerequisite for this program.) People from all over the world will travel to this event since Sadhguru conducts only few sessions every year across the globe. The event is on April 29-30 at the Tampa Convention Center. Inner Engineering can be attended by anyone age 15 and above. If you would like to attend, please visit InnerEngineering.com or call 813-413-1661 to register.

We cannot prevent "stressful" situations from coming into our lives, but we can use ancient yogic sciences and our own inner wisdom to control how we react to them. It's a muscle that gets stronger the more we use it. Through meditation, we learn to rejuvenate our presence so that our mind, body and emotions are harmoniously aligned.

Inner Engineering is an antidote to the stresses of modern life, and offers simple but powerful processes from yogic science to purify the system, enhance mental and physical health and well-being, and bring about a greater sense of balance.

Whether you're a seasoned yogi or a novice, Inner Engineering will meet you where you are, laying the groundwork for happier, more intentional living. For those seeking professional and personal excellence, this program offers keys for meaningful and fulfilling relationships at work, at home, in the community, and within one's self.



"The perspective and practices that Sadhguru has given, gives you the strength and stability to go through the day without getting overly disturbed by stress. My equanimity and sense of calmness in the face of all that life throws at me has certainly improved a lot."

– Ravi Venkatesan, Author & Former Chairman, Microsoft India



"Sadhguru, you have been an inspiration to me. I mean a true inspiration. I hope everybody comes to Isha in one way or another."

– Donna Karan, Founder of DKNY, Fashion Designer & Humanitarian

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Ask the Audiologist

By: Dr. Dana Luzon, Au.D., FAAA. Board Certified in Audiology

According to the Better Hearing Institute, hearing loss is now the third most common health problem in the country today, behind only arthritis and heart disease with more than 50 million Americans suffering from its effects. There are some common questions I get from patients in regards to their hearing, hearing loss and hearing aids so I would like to answer a few of the most common:

1. How does hearing work?

Sounds start as moving waves and enter the ear canal, and then the sound will vibrate your eardrum and send the signal through your middle ear bones, to your permanent hearing organs or your cochleas. Then the cochleas transmit the sound to the brain to be processed into speech and other sound information. The brain takes the sound coming from both ears to be able to tell where sound is coming from.

2. What causes hearing loss?

Hearing loss can be caused by a variety of factors. There are a few major factors that can additively affect hearing:

- Genetics- Hearing loss can have a familial link.
- Natural Aging Process- the slow deterioration of hearing over time can get more progressive the higher up in age we go.
- Toxicity/Trauma- Head trauma or a fall can sometimes affect the physical parts of the ear which transmit sound. Some medications are toxic to the ears (ototoxic). See this pdf for more information on ototoxic medications: www.chcheating.org/sites/default/files/Ototoxic_Brochure.pdf
- Noise Exposure- Two types of sound exposure can cause noise-induced hearing loss: prolonged noise exposure or a sudden, loud, single burst of sound like a bang from a firecracker. Always wear hearing protection if you are in a high noise environment to prevent any hearing loss.

3. Will my hearing get worse?

There are no predictions when it comes to hearing loss changes. I recommend baseline hearing evaluations if you feel you are having difficulty. Then as years go on, if you feel your hearing has changed or after exposure to dangerously loud noises, your hearing can be re-tested and compared to previous results.

4. Why do I need two hearing aids?

Hearing happens at the level of the brain. If you are diagnosed with hearing loss in both ears, it will always be medically recommended to correct the loss in both ears because the brain needs sound coming through both of your ears equally and evenly to process the best signal possible. Using just one hearing aid when a hearing test result indicates that you need two, reduces your brain's hearing and understanding by 50%.

Here are some reasons why two hearing aids are better than one:

- Better localization – the ability to tell where sounds are coming from
- Better hearing in background noise
- Better sound quality (“mono” versus “stereo”)
- Better hearing for soft sounds such as children's voices and sounds of nature
- Less strain on you while listening – with only one hearing aid you may often strain to hear various sounds and become fatigued, with two hearing aids listening is more relaxed
- Listening balance – you won't be turning your “good” ear to hear. Higher success and satisfaction – studies indicate people who wear two hearing aids are much more satisfied with their hearing aids.

Studies have also shown when only one hearing aid is worn and the other ear is deprived of sound, the “use it or lose it” principle applies, causing the onset of auditory deprivation in the non-amplified ear. In other words, the word recognition ability in the unaided ear decreases from lack of stimulation.

5. What is Live Speech Mapping?

When you are fit with hearing aids, the settings that are prescribed are “Estimated” by the manufacturer based on your hearing test results. Using Live Speech Mapping (LSM) a mini microphone is placed inside each ear canal and it captures live responses from the hearing aids in real time. Live Speech Mapping allows for a very accurate fit, based on the patient's ear canal characteristics as well as their hearing loss. The process of LSM is simple and painless for the patient. This objective verification tool makes sure that the hearing

aid settings that are estimated match the real response of the hearing aid while it is inside your ear, giving the most optimum prescription for your hearing loss. LSM can even be used to capture the specific voices of your loved ones so that we verify the hearing aid is doing the proper job to hear the ones who are most important to you.

6. What hearing aids are right for me?

You don't just purchase hearing aids, you see a certified and qualified Audiologist to listen to your individual hearing concerns and make the best recommendation for your specific listening needs. There are hundreds if not thousands of different hearing aids on the market today, and choosing a trusted Audiologist is the first step to finding the hearing aids that are best for you. Then, you and your audiologist create a plan together to meet all of your expectations for better hearing. As an Audigy Certified professional, I believe in providing the highest level of patient care. Please visit my website at www.hearingcarefl.com for more information or call today to schedule an evaluation and let us be your home for hearing healthcare.

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.



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DO ADDICTION TREATMENT PROGRAMS WORK?

Many people have doubts regarding the efficacy of addiction treatment due to the high rate of relapse following the completion of treatment. Due to the chronic nature of the disease, relapsing is common and does not mean treatment has “failed.” Rather, it’s an indication that treatment needs to be reinstated or adjusted.



In fact, research investigating the efficacy of addiction treatment suggests that a client who completes treatment, either inpatient or outpatient, has a 50 percent chance of staying clean and sober for the year following treatment. If the client completes treatment and attends Alcoholics Anonymous or Narcotics Anonymous once a week for the next year, then she has a 70 percent chance of staying sober. If the client completes treatment, attends one AA/NA meeting and one outpatient session per week, he or she has a 90 percent chance of remaining sober for the next year.

Overall, good outcomes depend on the nature and extent of the person’s problems, the appropriateness and quality of the treatment program, and are contingent on adequate treatment length and resolve.

CHOOSING A QUALITY TREATMENT PROGRAM

The first step is to ensure that the program is accredited and run by licensed mental health professionals and addiction specialists. Next, to determine the quality of the treatment program you should ask the following questions:

1. Does the program use evidence-based treatments that are backed by science?

Effective drug abuse treatments can include behavioral therapy (including but not limited to cognitive-behavioral therapy, motivational interviewing, and group therapy,) medications, or preferably a combination of both.

2. Does the program tailor treatment to the needs of each patient and adapt treatment as the patient’s needs change?

Treatment is not “one size fits all.” The best treatment addresses the individual’s specific needs, not just their substance abuse. In addition to addiction treatment, a person may require treatment for co-occurring mental health problems, medical services, family therapy, legal services, etc. Furthermore, individual treatment should be continuously evaluated and modified to meet the client’s changing needs.

3. Is the duration of treatment sufficient?

Although appropriate time in treatment depends on the type and severity of the person’s problems and needs, research indicates that most people need at least 3 months of treatment to maintain a sober lifestyle

4. Is there ongoing support after leaving treatment?

Treatment alone is not enough to sustain recovery for most people. A good treatment program will actively help develop an aftercare regimen including an ongoing program of support, twelve step meetings, and if necessary, will arrange further counseling or outpatient treatment to help the patient maintain sobriety upon their return home.

GENDER-SPECIFIC SERVICES

To further ensure the “right fit,” gender-specific addiction treatment services have been found to

be more effective for women than traditional programs originally designed for men.

Women-specific programs are sensitive to women’s issues. They understand that women have differing needs and respond differently to treatment approaches when compared to men. For example, the type of confrontation used in traditional programs tends to be ineffective with women since women need a treatment environment that is supportive, safe, and nurturing. Successful programs provide psychiatric and mental health services while integrating trauma-focused interventions, since women have higher rates of co-occurring issues (depression, anxiety, ADHD, etc.) and past trauma. In addition, they provide supplemental services to address medical and social issues specifically experienced by women – including, but not limited to – childcare, parenting, domestic violence, housing, etc.



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ACUPUNCTURE: The New Facelift?

WHAT IS SKIN REJUVENATING ACUPUNCTURE?

Skin Rejuvenating Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. It is a great natural alternative to Botox. It is based on the principles of Chinese Medicine which has been around for thousands of years. It involves the insertion of very thin disposable needles just under the skin's surface on the face and body where needed to balance energy and encourage healing.

This specific, very shallow insertion creates tiny "micro-traumas" on the skin's surface which stimulates your production of elastin and collagen, which is critical to anti-aging. It also increases oxygen and blood circulation to the skin. This combination helps fill in fine lines and give firmness and tone to the skin for a healthy, glowing complexion.

Acupuncture has been used for thousands of years to treat many conditions and illnesses. The effectiveness of acupuncture has been related to the manipulation of the energy points on the body to balance and to remove blockages in the meridians (energetic pathways), in order to achieve health and to prevent diseases.

Skin Rejuvenation Acupuncture has attracted great attention in the last few years, especially in the big cities like New York City and Los Angeles. It used to be a treatment only for the rich and famous in Hollywood, but now everyone wants the royal treatment.

A 1996 report in the international journal of Clinical Acupuncture reported that among 300 cases treated with acupuncture for skin rejuvenation, 90% has marked effects with one course of treatment. The effects included: more delicate skin, improvement of elasticity of facial muscles and tone, brighter complexion, and overall rejuvenation.

HOW DOES IT WORK?

A practitioner specializing in Cosmetic Acupuncture is able to utilize the meridians that either end or begin at the face to stimulate and balance the energy and at the same time, treat the underlying factors that contribute to the aging process. This involves the insertion of hair-thin disposable needles just under the skin at specific areas on the face and body. The needles are inserted into the energy pathways or meridians to improve the flow of Qi (energy inherent in all living things). As the flow of energy improves a greater amount of energy and blood are circulated to the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin tone.

WHAT ARE THE BENEFITS OF SKIN REJUVENATING ACUPUNCTURE?

Skin Rejuvenating Acupuncture may take 5 to 10 years off the appearance of your skin. It helps to eliminate fine lines and makes the deeper lines look softer. It also firms and tones the skin to help reduce sagging along the jaw line and drooping eyelids.

OTHER BENEFITS INCLUDE:

- Improves muscle tone
- Increases circulation and oxygenation of the skin
- Tightens the pores
- Helps reduce acne outbreaks
- Nourishes the skin for a healthy natural more radiant glow
- Brightens the skin to reduce dull complexions
- Minimizes fine lines
- Increases collagen and elastin production
- Evens facial color and tone
- Increases lymph circulation leaves skin refreshed and rejuvenated.

WHY CHOOSE SKIN REJUVENATING ACUPUNCTURE OVER A FACE LIFT?

While not a replacement for surgery, acupuncture is an excellent alternative for someone who does not want to undergo a surgical procedure. Skin rejuvenating acupuncture is a much more subtle procedure (which can be a good thing) and does not have the risks involved with surgery. It is also far less expensive than plastic surgery and is virtually painless and has no side effects or risk of disfigurement. Surgery may have an extended recovery period with swelling and discoloration.

WHO SHOULD NOT HAVE SKIN REJUVENATING ACUPUNCTURE?

There are various cautions including bleeding disorders, persons on blood thinners or persons with hypersensitivity or untreated high blood pressure. In such cases, our non-needle technique would be the preferred treatment.

DOES IT REALLY MAKE A DIFFERENCE?

Skin Rejuvenating Acupuncture has been performed for thousands of years in China. As early as the Sung Dynasty (960 A D – 1270 AD) acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance. A study in 1996 in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The effects included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion and overall rejuvenation.

Call us at Meng's Acupuncture Center Medical Center to setup your appointment to look younger today **561-656-0717**.



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**

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I WANT A DENTAL IMPLANT But I Will Be Leaving Soon For the Summer... WHAT CAN I DO?



Many of our “snowbird” patients run into this dilemma during the late winter and early spring. This particular question is one we are asked routinely with good cause. Understanding the steps of dental implant therapy can help simplify the decision process when it comes to timing treatment around your schedule.

THE PROCESS:

Dental implants can be used in many different ways. They can serve to replace a single tooth, multiple teeth or even help restore a smile and chewing function for your whole mouth. The easiest way to understand a basic dental implant is to think about a single tooth. A tooth has 2 parts: the crown (which you see when you smile) and the root (which anchors the tooth in the bone). A dental implant is nothing more than a replacement root.

Once the tooth is extracted, a new root (the implant) can be placed in the empty socket where the old root used to live. The implant is typically hidden under the gum tissue and is not visible. As the area heals, the implant “glues” to the bone. This typically occurs with a high probability of success, but as with any procedure, there are no guarantees. It is also important to remember that medical issues and personal habits, such as smoking, can impact if the dental implant “takes”. The time for this healing and gluing can vary. The range of time is determined by a number of factors based on your individual situation, but often ranges from 12 weeks to 6 months. After successfully gluing to the bone, the implant root is ready to have your dentist fabricate the crown.

THE WAIT:

In a typical treatment, time is needed for the implant or implants to glue to the jaw bone. If the implant

and bone have not fused and a crown is attached, it is possible to injure the site and require the implant to be removed and replaced. This can be compared to pouring wet concrete around a pipe and moving the pipe before the concrete sets. On the other hand, waiting slightly longer than necessary for the implant to fuse, does not carry the same risk.

The fact that implants need time to fuse to the bone actually fits very well with the schedules of our snowbird patients. Many of them choose to have their implants placed prior to leaving for the summer. This option allows them to use the summer months to let the area heal while forgetting the treatment has been started. When returning to the area in the fall or winter, the implants are typically fused to the bone and ready to have the dentist fabricate the permanent crowns. This sequencing is similar to baking a cake. The initial work is completed and then forgotten about until the timer is up. Spacing treatment to utilize the summer months as healing time can be an effective way to continue your treatment without delaying the final results.

Every patient’s treatment needs are not the same. A complete examination is necessary to develop a plan that will meet your individual desires. In many cases, the use of the summer months as healing time can help keep your treatment on track without unnecessary delays.

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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth, 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.



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Regenerative Medicine and Chronic Pain

By Dr. Ricardo Leano



Regenerative medicine involves the process of replacing or regenerating tissues to restore normal function. With the use of adult stem cells, so-called mesenchymal stem cells, we can stimulate your own body's own repair mechanisms to functionally heal previously irreparable tissues or organs. Those mesenchymal cells have the capacity to differentiate into diverse tissues. In this way, those cells can replace and repair tissues like ligaments, nerve fibers, cartilage, and more. They have an intrinsic ability to accumulate and migrate, if necessary, to the site of injury and inflammation. Once there, they secrete growth factors, reduce inflammation, promote the formation of new vasculature, and heal the tissue.

They also have hypoimmunogenic and immunosuppressive activity avoiding reactions when using allogenic stem cells. This means that we can use autologous stem cells (harvested from yourself) or allogenic stem cells (harvested from another individual). We use allogenic stem cells because the biological activity, as well as, the concentration of mesenchymal stem cells from adipose tissue and bone marrow reduces dramatically over the years. Also, the quality of those cells is not the best in certain medical conditions like SLE (lupus), DM (diabetes), RA (arthritis).

Stem cell therapy has also the ability to replace cells lost from aging or tissue injury. Theoretically,

we can increase the life span of an individual if we reduce the process of aging. It has been used as anti-aging therapy. Activated stem cells heal, build and repair damaged tissue. The cells, by themselves, identify the site of injury even if they are injected far from the site of injury.

Mesenchymal stem cells can be injected into different tissues. Intravenous and intra-articular are the most common sites of injection. Therapeutic applications include chronic pain management (knees, hips, shoulders, discs), tissue/nerve preservation (CRPS, fibromyalgia, diabetic or any form of neuropathy), soft tissue repair/regeneration (cosmetic), and advanced dermal wound care management (diabetic foot).

Some of the medical problems treated with stem cells include osteoarthritis, degenerative disc disorder (DDD), spinal cord injury, trigeminal neuralgia, CRPS, chronic nociceptive and neuropathic pain, chronic pain associated to degenerative neurologic disorders like MS (multiple sclerosis), among others.

Osteoarthritis is a very common pathology in the US seen in the aging population, resulting in cartilage destruction associated to chronic pain and reduced functioning. It affects all joints, especially weight bearing joints. Stem cells have shown to improve pain control and function. Also, regenerate full thickness articular cartilage, which has been demonstrated in different studies with MRIs even 2 years after injection. The procedure is simple, cost effective and requires no hospitalization. The cells are harvested and injected the same day. The patient avoids all the risks associated to the surgical intervention, as well as so many weeks of physical therapy, rehabilitation and braces wearing.

Stem cell therapy may offer palliative or curative potential in patients with neuropathic pain from multiple etiologies like CRPS, fibromyalgia, diabetic neuropathy, etc. Stem cells can replace damaged neuronal tissue, protect against progressive nerve damage, and release soluble factors to reverse and repair the pathology of those entities.

Before undergoing a major orthopedic surgery, it would be wise to try stem cell therapy. The positive response is as high as 90% in hips; 83% in shoulders; 80% in knees and back. Low back disc injections start to have a positive response as soon as 1 week; knees in 2 months; shoulders in 3 months. Besides the avoidance of the risks of surgery, the costs of surgical, anesthesiology and hospital copayments may justify to try this novel therapy.



For any consultation, call
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for an appointment with
Dr. Ricardo Leano at
Palm Beach Pain, LLC

RejuvaWAVE™ is a Revolutionary New Treatment that cures Erectile Dysfunction (ED)

WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that cures ED, RejuvaWave™ is revolutionary, non-invasive and heals the underlying causes of ED. RejuvaWave™ uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

GO BEYOND MEDICATION. EXPERIENCE THE CURE FOR ERECTILE DYSFUNCTION.

Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine. RejuvaWave™ stimulates your body's own healing response and creates new blood vessels in the area treated. In some cases, doctors combine RejuvaWave™ with PRP (Platelet Rich Plasma) in order to add a high concentration of growth factors that work synergistically together. By treating ED patients with regenerative medicine, doctors can best restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity.

IS IT SAFE?

Yes. This is an FDA cleared technology, originally developed in Europe and used worldwide. RejuvaWave™ uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. RejuvaWave™ has virtually no risks or side effects. RejuvaWAVE™ therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015 and the results have been nothing short of amazing.

HOW TO GET STARTED

At the Simply's Men's Health, take on each case with individualized care and cater your private consultation with our experienced staff of physicians. We pinpoint the exact cause of your sexual health issues and provide a diagnosis to create a customized

treatment plan that can CURE ED in about 80% of patients or restore sexual function in over 98% of patients. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Contact the health care professionals at Simply Men's Health today for a private consultation today.

RejuvaWAVE™
only available at
Simply Men's Health

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- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

**Call TODAY,
Get your life back tomorrow
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WHAT OUR PATIENTS ARE SAYING:

Testimonial: I am 70 years old and have diabetes and have had heart surgery and had a stroke. I haven't had an erection in over 10 years and Viagra did nothing. I have tried several clinics and needles in the past, but nothing helped. I heard about this new treatment at Simply Men's Health, and I gave it try not having much expectations. To my surprise after my first treatment I woke up with an erection, something I hadn't seen in years, and by my 5th treatment I was having sex with my wife. It's truly a miracle treatment. Steven O.

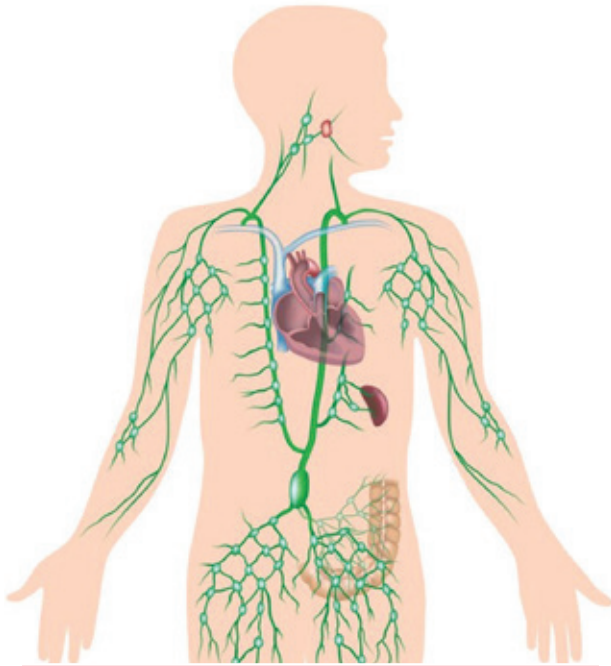
Testimonial: I'm 34 years old and started to experience problems getting an erection and maintaining it over the last couple of years. I had tried Viagra and hormones, but it didn't help. I heard about Simply Men's Health and made an appointment not knowing what to expect. I signed up for the 3 week EPAT therapy and the Priapus shot. After just a couple of treatments I was getting erections, but even more amazing was that the curve in my penis straightened out. The treatment was only a few minutes and relatively painless, but the results are amazing. A. B.

Testimonial: I'm 80 years old and married to my high school sweetheart. One day my wife asked me if I could rub a genie bottle and have one wish, what would it be? My answer was to have sex like we used to when we were young. It would take a miracle. I have had problems with ED for over 10 years and had TURP surgery for my prostate. I had gone to urologists and tried pills and nothing helped. Well, my wife said she heard a commercial for Simply Men's Health. I called and made the first available appointment. I was so scared and nervous, but the staff was wonderful and understanding. Within a few weeks my wish came true and my wife and I are so ecstatic. Ral S.

Enjoy a SPONTANEOUS & ACTIVE SEX LIFE again in as little as 3 weeks – no pills, no needles, no surgery!

Cellulite Lymphatic

By Jennifer Williams



The lymphatic system is the toilet of the body removing excess water and toxins. Doctors in Europe recognize the importance the lymph system and how it supports the whole body's health including the immune system and nervous system.

The lymphatic system is the toilet of the body removing excess water and toxins. Doctors in Europe recognize the importance the lymph system and how it supports the whole body's health including the immune system and nervous system.

The daily detoxification of metabolic waste, bacteria, and environmental toxins from our bodies is the job of the lymphatic system. Like tributaries the lymph system moves vascular fluid and waste all over the body to more than 500 filtration sites.

Cellulite may result from poor lymphatic circulation. Clusters of fat cells that trap toxins concentrated on the thighs, upper arms, and buttocks result in unsightly skin bulges know as cellulite. Toxins and lymphatic fluid accumulate in pockets of fat with impaired lymph flow.

Cellulite is a superficial accumulation of fat with water retention due to poor circulation. Improve the circulation of lymph fluid in areas prone to cellulite diminish cellulite from the inside out.

Poor lymphatic circulation will cause "excessive damp" in the body according Chinese Medicine. Damp body types are prone to lethargy, heavy sensations in the abdomen and legs, headaches, allergies, food sensitivities, joint pain, and cellulite.

The lymphatic system reduces body sludge by cleansing every cell in the body. By improving our diet, reducing our toxic load, and eliminating excess fluid from our body the appearance of cellulite can be improved.

The lymphatic system is vital to the body's immune system. Unlike the cardiovascular system, which uses the heart to pump blood for circulation, the lymph system has no mechanism other than muscle contraction to propel the fluid to the lymph nodes where toxins are eliminated. Poor lymph circulation can result from chronic illness, chemicals and pesticides in food, pollution, stress, sedentary life style, high fat, and high sugar diets.

Electro-Lymphatic Drainage is a one hour accelerated method of detoxifying the body. This non-invasive light touch therapy is 8-10 more effective than manual therapy by utilizing electro-sound therapy to break down congested lymphatic fluid, inert gases to kill bacteria and viruses, and micro-current to stimulate the lymphatic system. Benefits of Lymph Drainage:



BENEFITS OF LYMPH DRAINAGE:

- Detoxifies body tissue
- Supports post mastectomy health
- Assists in weight loss
- Reduces edema and lymph edema
- Decrease cellulite
- Promote T-cell development
- Relieves chronic joint pain
- Treats pain from fibrocystic breast



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BREAKING THE CHRONIC PAIN CYCLE OF FIBROMYALGIA

By Dr. Jonathan Chung

Chronic pain takes many shapes and forms, but we know that it has a huge social and economic burden. The Institute of Medicine reports that roughly 116 million, or 30% of the population suffer from pain lasting a year or longer. Although chronic pain isn't a life threatening issue, it's certainly a problem that has a dramatic effect on the quality of someone's life. After taking care of hundreds of people with conditions like fibromyalgia, I know that these people experience quite a toll both physically and emotionally.

Perhaps the worst part about fibromyalgia is that there is no known cause or cure. It's basically invisible to any blood tests or MRI studies, and most of the drugs available are for pain control. People with fibromyalgia may often be depressed, have anxiety, and have a sense of isolation because they don't feel that their friends and family understand their struggle. This often compounded by the fact that their doctors have told them that the pain is psychosomatic, or just in their minds because no tests can reveal an underlying disease process.

In recent years, fibromyalgia has become one of the most published topics in medical journals. As a result, we are starting to develop an understanding of the disease on a deeper level to know that it's certainly NOT just in the patient's mind. Research is pointing to problems within the central nervous system and tiny blood vessels in the skin as likely causes of the deep body-wide pain. But what does this mean in terms of treatment?

For most people, drugs that target the nervous system like Lyrica or Gabapentin are the first line of treatment and many have had success. However, some patients can be sensitive to drug reactions, or their bodies may develop a high tolerance for the dosages. In cases like these, many patients start to seek out alternative therapies like acupuncture, reiki, and homeopathy.



Traditional chiropractic has also been a source of relief for many people seeking help with chronic pain. However, many people with the chronic pain of fibromyalgia can feel apprehensive about seeing a Doctor of Chiropractic because manipulations can seem too rough for someone who can barely stand to be touched.

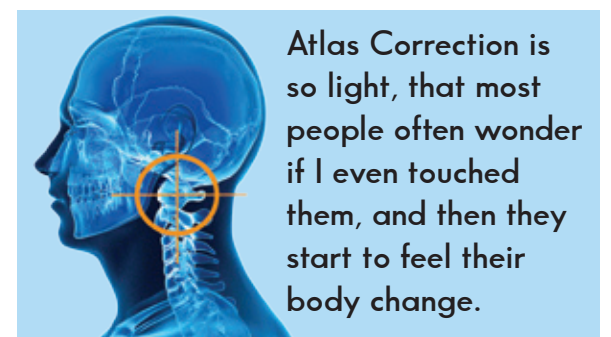
NOT ALL ADJUSTMENTS ARE BUILT THE SAME

In chiropractic, there are dozens of techniques and approaches to correcting the spine. Some are heavy handed and require a lot of force, but others are very gentle and rely more on precision. It's not to say that one is better than the other, but some are just designed for specific patient populations in mind.

In my office, I attract many patients with fibromyalgia, trigeminal neuralgia, and TMJ problems that are Secondary to a Structural problem in the neck called Atlas Displacement Complex. Most of these people are afraid to be touched, and gravitate to a lighter approach. This type of condition requires a precision type of adjustment called an **Atlas Correction**. This type of adjustment is so light, **that most people often wonder if I even touched them**, and then they start to feel their body change. Currently, only about 1000 doctors in the country are trained in this type of care.

This approach is effective because of the spine's influence on the central nervous system. When the top of the neck shifts abnormally and moves improperly, the nerves firing into the brainstem become distorted. In this way, the brain is like a computer that relies on spinal positioning to operate normally. When there are garbage signals going into the brain, then garbage signals come out in the form of pain. This phenomenon in fibromyalgia patients creates a condition called central sensitization. This is the reason why people with fibromyalgia can feel excruciating pain from a light touch. It's not that there's a physical injury, but the nervous system is getting scrambled signals and is primed to experience pain.

This is NOT designed to cure you. The cure lies in the fact that the body is capable of healing itself. When you remove interference to the body's self-healing ability, I find that people can return to a level where



Atlas Correction is so light, that most people often wonder if I even touched them, and then they start to feel their body change.

life is livable again. By breaking the pain cycle through the nervous system, you can impact the way stress affects the body and the immune system. By no means is this a cure all, but it can be a great catalyst to being steered back on the path towards a normal life. I've seen numerous patients who've been able to go from disability to working or resuming exercise again in a matter of months.

One of the greatest joys of doing this type of work is giving people a glimmer of hope. So many people are convinced that they have to live in pain, or have been told that the problem they're having is all in their head. In my office, I've helped hundreds of people recover from chronic pain with this gentle procedure. However, it's not for everyone. Only people with a problem in their Atlas can receive this type of care, and that requires a detailed Upper Cervical Chiropractic Examination to identify the problem. Sometimes a little bit of hope is all a person needs to start healing again.



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Limb Swelling:

Medicare Approved Treatment Options

By Alyssa Parker

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.

What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer



related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

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. Poor circulation may cause shallow wounds to 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.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional

fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc.)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. 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.



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

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SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



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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I Have A Wait Problem

Brent Myers

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

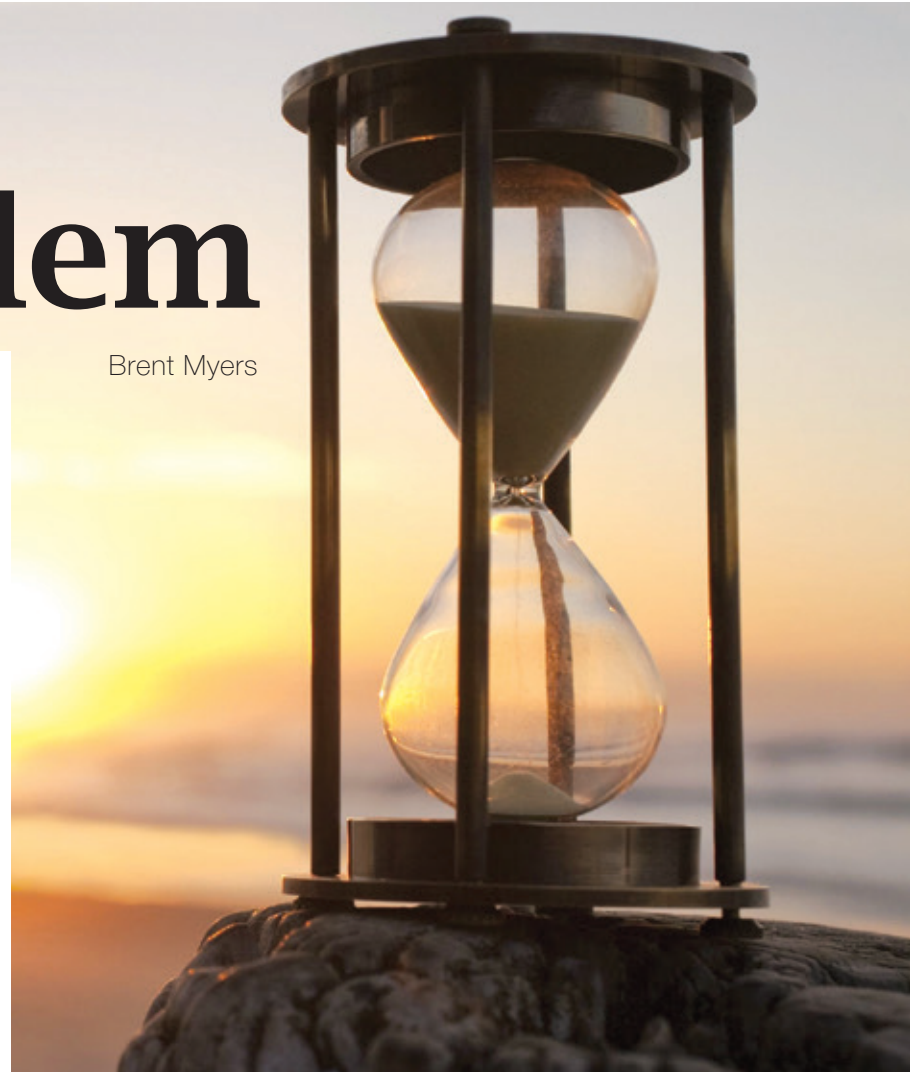
From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.



Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!

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