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April 2017

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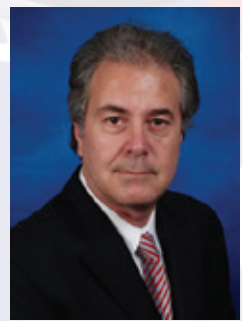


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- 6 Pediatric Reflux Disease: Helping You Decode Its Symptoms
- 7 Head, Neck and Oral Cancers Often Found in Routine Exams
- 9 Facet Joint Injections for Back Pain
- 10 Little-Known Can Be a Life-Saver VA Pension
- 13 Revolutionary Treatment for Pain Restores Function and Mobility
- 14 Ten Best Anti-Aging & Cosmetic Procedures for Men during Lunch
- 15 HIV and the Eyes
- 16 New 3D-Printed Hair: Is it Right for You?
- 19 What is CBD and the Medical Treatment It Provides?
- 20 Do Addiction Treatment Programs Work?
- 22 Why Can't My Child Learn?
- 24 Would You Invest \$37 to Find Out if there's a Way to Get You Pain-Free and Healthy Again?
- 26 "You Know the Patients that don't Respond to Treatment?"
- 28 Limb Swelling: Medicare Approved Treatment Options
- 29 I Want a Dental Implant But I Will Be Leaving Soon For the Summer... What Can I Do?
- 30 Seeking a Second Opinion About Your Eye Care
- 31 I Have a Wait Problem

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Pediatric Reflux Disease: Helping you Decode Its Symptoms



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

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

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.

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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.

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FACET JOINT INJECTIONS FOR BACK PAIN

By Aaron Rosenblatt, MD



Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialist, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a double board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 10 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and

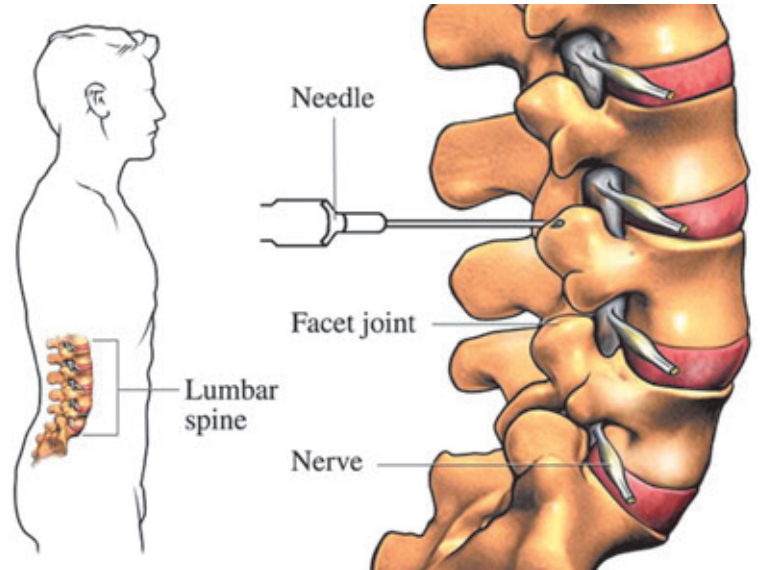
low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.

Facet joint injections link the bones of the spine together in the posterior or back part of the spine. Two facet joints are in the present at each spinal segment. They are named after the spinal bones that they connect. Because there are two joints per level, there is a right and left joint. The facet joints are important in restricting the motion of the cervical and lumbar spine, but they also allow twisting, flexion, and extension motions.

Facet joints are common sources of neck pain and lower back pain and also go under diagnosed and under treated. Trauma and arthritic changes can cause the release of pain generating substances that sensitize nerve endings located in the joint. This is easily treatable.

For patients with facet joint pain from the lower back, complaints usually consist of pain or tenderness in the lower back slightly over to one or both sides, pain with lower back extension, pain with twisting, and radiation of pain to the buttocks or back or front of the thighs. Similar symptoms can be found in the mid back and neck with pain, headaches and shoulder discomfort.

A facet joint block involves the injection of a local anesthetic into or next to the joint itself. This is always done under fluoroscopic guidance so Dr. Rosenblatt can see exactly where the medication needs to be placed. A local corticosteroid is commonly administered as well to provide extended relief. This simple procedure, which takes less than 5 minutes to perform, is done to help diagnose where the pain is generated from and then to also treat the painful condition. Patients normally resume their usual activities immediately after this minimal procedure.



Dr. Rosenblatt explains, “This simple procedure to help people of all adult ages is extremely easy to perform and provide an immense amount of relief.” In Dr. Rosenblatt’s interventional pain management clinic in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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Little-Known VA PENSION Can Be a LIFE-SAVER

Written By Thomas Gregory – U.S. Navy Veteran



Established in 1952 under Title 38 of the United States Code, Congress created two types of benefits for war Veterans and their survivors within the Department of Veteran Affairs. The first is “compensation for service-related disability or death” and second, “a pension for non-service connected disability or death”. A little-known VA pension, which falls under the non-service connected section of Title 38, is called **Aid & Attendance**. The **Aid & Attendance** Pension pays for a caregiver to assist with activities of daily living such as meal preparation, bathing, dressing/undressing, transportation, light-house keeping, laundry and various others.

If you are a war veteran or surviving spouse of a war veteran 65 years of age or older, who served 90 days or more on active duty, with one of those days occurring during a declared period of war, you may qualify for Aid & Attendance. In addition to the war service requirements, to qualify, you must have the medical need (i.e. assist with activities of daily living) and meet certain financial requirements. In general, Aid & Attendance is intended to pay for homecare or assisted living care and in some rare cases, independent living facilities. This significant monthly benefit can pay as much as \$25,000 per year toward your care. Very few war veterans know about this benefit and even fewer surviving spouses are aware of this help available from the VA.

There are approximately 600,000 war veterans currently living in Florida that are 65 years of age or older. If we include surviving spouses of war veterans, the number is easily in excess of one million. Conservative estimates indicate that at least 25% of these veterans and spouses would qualify for Aid & Attendance Pension, if they only knew it existed. Maybe that's you.



If you are veteran of foreign war or the surviving spouse of a war veteran, and you feel you may qualify, please **call Attorney Andrew Curtis at 561-998-6039** and his staff will review your situation with you and determine if you qualify.

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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:

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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.

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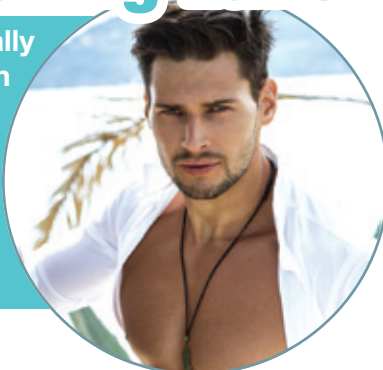
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TEN Best Anti-Aging & Cosmetic PROCEDURES FOR MEN during Lunch

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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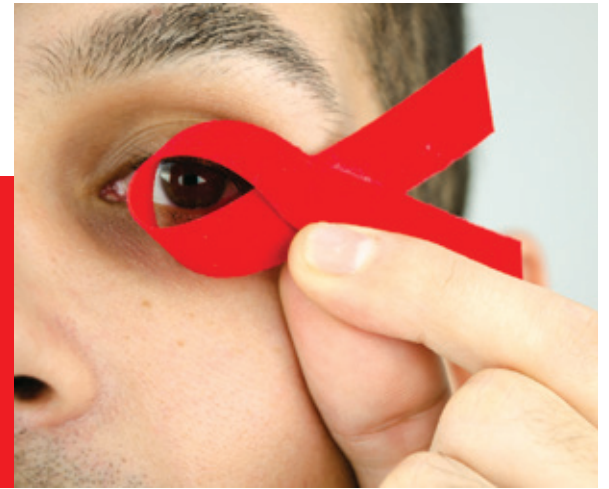
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HIV AND THE EYES

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.



The Retina Institute of Florida

Lauren R. Rosecan

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

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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 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.



BEFORE



AFTER

Actual Bauman Medical
CNC Patient Ivory

Actual Bauman Medical
CNC Patient Connie



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.BaumanMedical.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.

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

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



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

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

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What is CBD

AND THE MEDICAL TREATMENT IT PROVIDES?



Jeff Mandall, owner of Vapor Rocket, South Florida CBD, and an advisor to the board of directors for Miami Beach Community Health Centers is the local expert about CBD and its use. He prides himself in working with area medical providers to educate and facilitate treatment of patients with a multitude of different health problems. We went straight to the expert to get our questions answered and here's what we learned:

CANNABIDIOL—CBD—is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually counteract the psycho activity of THC. The fact that CBD-rich cannabis is non-psychoactive makes it an appealing option for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions without disconcerting feelings of lethargy or dysphoria.

Scientific and clinical research—much of it sponsored by the US government—underscores CBD’s potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its anti-cancer properties are currently being investigated at several academic research centers in the United States and elsewhere.

Extensive preclinical research—much of it sponsored by the U.S. government—indicates that CBD has potent anti-tumoral, antioxidant, anti-spasmodic, anti-psychotic, anti-convulsive, and neuroprotective properties. CBD directly activates serotonin receptors, causing an anti-depressant effect, as well.

Here are five facts that you should know about this unique compound:

1. CBD is a key ingredient in cannabis

CBD is one of over 60 compounds found in cannabis that belong to a class of molecules called cannabinoids. Of these compounds, CBD and THC are usually present in the highest concentrations, and are therefore the most recognized and studied.

CBD and THC levels tend to vary among different plants. Marijuana grown for recreational purposes often contains more THC than CBD.

However, by using selective breeding techniques, cannabis breeders have managed to create varieties with high levels of CBD and next to zero levels of THC. These strains are rare but have become more popular in recent years.

2. CBD is non-psychoactive

Unlike THC, CBD does NOT cause a high. While this makes CBD a poor choice for recreational users, it gives the chemical a significant advantage as a medicine, since health professionals prefer treatments with minimal side effects.

CBD is non-psychoactive because it does not act on the same pathways as THC. These pathways, called CB1 receptors, are highly concentrated in the brain and are responsible for the mind-altering effects of THC.

A 2011 review published in Current Drug Safety concludes that CBD “does not interfere with several psychomotor and psychological functions.” The authors add that several studies suggest that CBD is “well tolerated and safe” even at high doses.

3. CBD has a wide range of medical benefits

Although CBD and THC act on different pathways of the body, they seem to have many of the same medical benefits. According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

| MEDICAL PROPERTIES OF CBD | EFFECTS |
|----------------------------|--|
| Antiemetic | Reduces nausea and vomiting |
| Anticonvulsant | Suppresses seizure activity |
| Antipsychotic | Combats psychosis disorders |
| Anti-inflammatory | Combats inflammatory disorders |
| Anti-oxidant | Combats neurodegenerative disorders |
| Anti-tumoral/Anti-cancer | Combats tumor and cancer cells |
| Anxiolytic/Anti-depressant | Combats anxiety and depression disorders |

Unfortunately, most of this evidence comes from animals, since very few studies on CBD have been carried out in human patients.

But a pharmaceutical version of CBD was recently developed by a drug company based in the UK. The company, GW Pharmaceuticals, is now funding clinical trials on CBD as a treatment for schizophrenia and certain types of epilepsy.

Likewise, a team of researchers at the California Pacific Medical Center, led by Dr. Sean McAllister, has stated that they hope to begin trials on CBD as a breast cancer therapy.

4. CBD reduces the negative effects of THC

CBD seems to offer natural protection against the marijuana high. Numerous studies suggest that CBD acts to reduce the intoxicating effects of THC, such as memory impairment and paranoia.

CBD also appears to counteract the sleep-inducing effects of THC, which may explain why some strains of cannabis are known to increase alertness.

5. CBD is legal in the US and many other countries:

If you live in the US, you can legally purchase and consume Cannabidiol in any state.

Cannabidiol from industrial hemp also has the added benefit of having virtually no THC. This is why it’s not possible to get “high” from CBD.

In fact various government agencies are taking notice to the clinical research supporting the medical benefits of CBD. The U.S. Food and Drug Administration recently approved a request to trial a pharmaceutical version of CBD in children with rare forms of epilepsy. The drug is made by GW Pharmaceuticals and is called Epidiolex.

According to the company, the drug consists of “more than 98 percent CBD, trace quantities of some other cannabinoids, and zero THC.” GW Pharmaceuticals makes another cannabis-based drug called Sativex, which has been approved in over 24 countries for treating multiple sclerosis.

We at Vapor Rocket are not medical doctors, however, we do pride ourselves on working closely with treating medical physicians, scientists, and leading researchers in the CBD field to ensure we provide our patients with the highest quality CBD to treat identified medical conditions. If you are interested in using CBD for treatment of an ailment, we recommend you consult your doctor to make sure it’s right for you.

South Florida CBD provides top of the line, high quality organic botanical oils, waxes, and pastes that offer numerous medicinal benefits. With no prescription required, our product captures the highest concentration of cannabidiol available, a chemical compound that triggers and modules receptors in the brain to offer the following benefits: Anti-seizure, Easing chronic pain, Psychological Health Benefits, Anti-inflammatory properties. If you have further questions about CBD or request that we work with your medical professional, please contact South Florida CBD knowledgeable staff at **561-200-0122**.



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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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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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WHY CAN'T MY CHILD LEARN?

By Renee Chillcott, LMHC



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

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

The truth of the matter is, if your child is struggling in school, they may have one, several, all, or none of these. In most cases, children of all ages want to learn. We are programmed as human beings to value education. It's only when what we want is inconsistent or incongruent with how we perform that an issue will arise. For example, if a child is 5 years old and hasn't developed language, we say that there is a developmental delay and investigate the causes. The same holds true for a child that is struggling to learn. Instead of constantly demanding that the child change their behavior so that they can learn, instead it is more important to look for the reasons why they can't. Detecting the inconsistency is the key to helping them succeed.

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

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

WHAT SHOULD I EXPECT TO SEE CHANGE?

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

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

WHAT IS NEUROFEEDBACK?

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

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures

the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through the auditory reinforcement of "beeps".



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

WHAT IS PACE / ILS?

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

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

WHAT IS A QEEG

(Quantitative EEG) OR BRAIN MAP?

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

eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then read and analyzed. We provide a summary of significant findings as well as a full report that shows the results of analyzing the data several different ways. The brain activity is not only compared by individual locations over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot. We don't always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility.

Call, email or message us today!

Brain and Wellness Center,
7301 W. Palmetto Park Rd., Suite 102A,
Boca Raton, FL 33433. **(561) 206-2706**,
e-mail us at info@bocabraincenter.com,
or text us at **(561) 206-2706**
or visit our website at
www.BocaBrainCenter.com.



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee attended The University of Central Florida where she received her Bachelor of Arts Degree in Psychology in 1995. She then went on to complete her Master's Degree in Mental Health Counseling with Nova Southeastern University in 2001. She has been a mental counselor in a variety of settings including Outpatient Treatment Agencies, Alternative Education Settings, and Private Practice. Renee received her license in Mental Health Counseling in 2004. Renee decided to enter the field of Neurofeedback because there was very little information made available to people/parents about alternatives to medication. Through the use of Neurofeedback she saw more significant and permanent changes in not only her clients, but also her own family and herself. This inspired her to become the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.

Would You Invest \$37

to Find Out if there's a Way to Get You Pain-Free and Healthy Again?

even if you've been frustrated before...

Dear friend,

Almost 35 years ago at the age of 5, I started having headaches, which later turned in to migraines. My parents took me to specialists after specialists. They ordered CAT scans, MRI's and performed several tests. I was put on powerful medication, which offered little to no relief.

There were days that I couldn't get out of bed, due to debilitating migraines. I had to be in a dark quiet room, praying to God that the pounding in my head would stop. Like so many people suffering with migraines, I settle into the idea that this was something I was going to live with for the rest of my life.

God had other plans... I found a NUCCA doctor that helped me. This doctor did a unique exam and was focused on looking for the cause of the migraine. He took some special 3D x-rays and performed a complete nervous system evaluation. I later received my first adjustment. The adjustment was so gentle that it left me very skeptical at first. I felt no difference for the first few weeks, my migraines actually increased. This NUCCA doctor did such an amazing job explaining the process that I kept going to see him. Am I glad I did! Within 3 months, my migraines started going away. I had more energy, clearer thinking and felt like I literally got my life back. This made such a profound difference in my life that I decided to dedicate my life to help others experience the same quality of life that I was giving through NUCCA care. And that's how it happened

Let me tell you what happened to my wife Taina. When we met, she had crippling back pain. Being a nurse, she is on her feet all day. She had such horrible back pain that it was a real challenge getting out of bed. She also suffered with dysmenorrhea since 13 y/o. She had seen many specialists concerning her painful menses and was on muscle relaxers for her back pain.



After getting under NUCCA care, the back pain improved immediately, and now nearly 10 years later, no more dysmenorrhea. That seems like a small thing, but it makes a huge difference to her.

My boys, Matthieu & Miles were both adjusted within minutes after birth. Neither one of them was in pain; I simply adjusted them to keep them healthy... as with all the children I care for in my office.

You see, it's not normal for kids to have ear infections, asthma, allergies, headaches or a number of other illnesses we clear up in our office everyday.

For the last 4 years, people from Boca Raton and the surrounding area have come to see me with

their headaches and migraine problems. They also come to me with their:

- Tinnitus (ringing in the ears)
- Chronic pain
- Neck pain
- Shoulder/Arm Pain
- Whiplash from car accidents
- Backaches
- Numbness in limbs
- Athletic injuries

Just to name a few

Here's what some of my patients had to say:

"My headaches, migraines and dizziness have been crippling and debilitating. I no longer enjoyed life and missed running around and playing with



my wife and children...This technique is the most amazing thing I have ever experienced after being told by doctors that I was going to have to deal with the pain for the rest of my life” – (Bob)

“No more neck or hand pain!” – (Mary)

“For the last 5 years I have suffered with neck pain, headaches, and numbness in arms and hands, all the result of an auto accident. I have seen my family doctor, orthopedist, neurologist, and pain management – all without success. After only three visits with Dr. Jean-Pierre my pain was reduced and I stopped taking medication. I am now 100% symptom free. The treatments are completely painless and I look forward to waking up in the morning. Dr. Jean-Pierre saved my life.”
– (Doug G.)

I’m blessed that people often thank me for helping them with their health problems, but I can’t really take the credit. I’ve never healed anyone of anything. What I do is perform a specific and gentle Atlas adjustment to remove nerve pressure, and the body responds by **healing itself**. Of course, all people respond differently to care, but we get terrific results. It’s as simple as that!

Chiropractic is probably the most misunderstood health care profession there is. It is about working with, and enhancing the body’s natural healing abilities. Chiropractors find and remove interference in the nerve system, which allows the body to respond better. As misunderstood as it

is, the studies speak for themselves, like the Virginia study that showed that over 95% of patients who saw a chiropractor were satisfied with their results. That’s just incredible!

With Obama Care in place everyone is now insured, but we have found that their benefits are greatly reduced with ridiculously high deductibles. That’s where chiropractic comes in. A seven-year study compared costs of people seeing medical providers vs. alternative providers (like chiropractors). Overall the patients seeing alternative providers had 60% less hospitalizations, 59% less days in the hospital, 62% less outpatient surgeries, and 85% less costs for prescription drugs.

Special offer – Nothing compares to a life free of nagging symptoms masked and sometimes complicated under the expensive haze of medication. Be one of the first 20 people to call and schedule a new patient exam (by April 29, 2017) you’ll receive that entire exam for \$37. That’s with x-rays, postural analysis, paraspinal thermal imaging, and there’s no hidden fees. But again, there’s only 20 of these slots, so don’t miss out (by law, this offer excludes Medicare/Medicaid beneficiaries).

Great care at a great fee – Surely you can see the value in my offer in light of my credentials. I’m a graduate from Barry University with a degree in Sports Medicine. I received my Doctor of Chiropractic Degree from Logan University. I’ve been

taking care of seniors to day old babies in NY and Boca Raton since 2007. I just have this special offer to help more people who need care.

Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **UPPER CERVICAL INSTITUTE OF FL** and it is at 7301A West Palmetto Park Road Suite 304B, Boca Raton, FL 33433. Our phone number is **561-409-3594**. Call me today for an appointment. We can help you. Thank you and God Bless.



Dr. Gregory Jean-Pierre, D.C., ATC
Chiropractor for the Entire Family

P.S. When accompanied by the first, I am also offering the second family member this same examination for only \$17.

P.P.S. Can you imagine not having to wait at a doctor’s office? Well, your time is as valuable as mine. That’s why we have a no-wait policy. You will be seen within minutes of your appointment.

*P.P.P.S. I want to be clear that no one (including me) can ever guarantee a cure for any condition. Of course, all people respond differently to care.

You Know the Patients that don't Respond to Treatment?

ADD/ADHD

Headaches

Anxiety

Dizziness

Dyslexia

Sinusitis

TBI

Neck Pain

NAUSEA



They Could be Suffering from Binocular Vision Dysfunction (BVD):

Binocular vision is the process where the two eyes (which are controlled by the brain and four cranial nerves) team together to create a single, 3-dimensional, fused image, and then team together to follow that image as it moves. BVD occurs when there is a problem with any part of the binocular vision system that leads to difficulty maintaining fusion or image following. The symptoms of BVD stem from a misalignment but also from the body's struggle to maintain a single, 3-dimensional fused image. They include not only the symptoms of diplopia, but many other symptoms not usually associated with BVD.

Symptoms of a Patient that may have (BVD):

The number & severity of symptoms are different for each person.

Pain: headaches, face ache, eye pain or pain with eye movement, neck ache, upper back & shoulder pain, head tilt

Vestibular: dizziness, lightheadedness, nausea, unsteadiness/drifted to one side while walking, lack of coordination, motion sickness

Psychological: anxiety, feeling overwhelmed or anxious in crowds or large spaces (e.g., malls, big box spaces, etc.)

Reading: difficulty/fatigue with concentration, difficulty with reading and comprehension, skipping lines while reading, losing one's place while reading

Vision: double vision, blurred vision, overlapping or shadowed vision, light sensitivity, difficulty with glare or reflection, closing/covering one eye to make it easier to see

Many people with Traumatic Brain Injury (TBI) develop a small amount of eye misalignment from their injury that causes these symptoms.

What is the solution?

iSee VisionCare patients, under the care of Dr. Sonneberg, undergo a detailed and thorough examination of their vision, including assessments for small amounts of eye misalignment (the NeuroVisual evaluation). Problems with near vision, far vision and alignment will be corrected using prismatic glasses, resulting in a reduction (or sometimes elimination) of their symptoms.

Practical Application

The average patient experiences a 30-50% reduction of symptoms on the same day of treatment with an average reduction of 80% by the end of treatment.

What is the solution?

I have referred over a hundred TBI patients to VSM. This is one of the best medical improvements we have had to treat brain injury patients in decades.

**Jennifer Doble, M.D.,
PM&R Physician, TBI Specialist**

Hear additional medical colleagues share their experience with BVD on video BVDDoctorVideo.com

Learn more at www.iseevisioncare.com

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Telltale Signs a Patient may have BVD

Observation:

Head Tilt



Elevated Eyebrow



Orbital/Eye Elevation



All the testing, seeing doctor after doctor over all these years, I've finally found my answer at VSM and it totally changed my life.

-TBI Patient

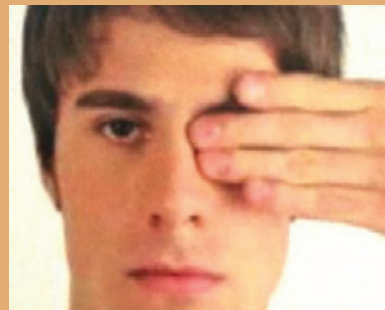
See Patients share their BVD story on video at BVDVideo.com

Examination:

- ◆ Trapezius muscle tenderness/tightness (neck pain)
- ◆ Reproduction of symptoms with extraocular muscle (EOM) exam, particularly with upward gaze
- ◆ Reproduction of symptoms (particularly dizziness, nausea and anxiety) with near point of convergence (NPC) testing
- ◆ Drifting to one side with ambulation

Screening:

- ◆ **5 Minute Test:**
Covering one eye for 5 minutes and observing a noticeable reduction of BVD symptoms
- ◆ Scoring 15+ on Binocular Vision Dysfunction



BVD is Commonly Confused with:

- ◆ Migraines
- ◆ Anxiety disorders
- ◆ ADD/ADHD
- ◆ Dyslexia
- ◆ Sequela of a stroke
- ◆ Inner ear disorder
- ◆ Reading/Learning disabilities
- ◆ TMJ
- ◆ Panic Disorders
- ◆ Spinal misalignment issues
- ◆ Sinusitis
- ◆ Meniere's Disease
- ◆ Convergence Insufficiency
- ◆ Persistent Post-concussive symptoms
- ◆ Agoraphobia
- ◆ Gastroparesis/cyclic vomiting
- ◆ Vertigo
- ◆ Malingering/Faking it/"You're Crazy"

In 1995 doctors developed the NeuroVisual Evaluation™ (a specialized eye exam that finds the hidden misalignment of BVD). The groundbreaking prismatic glasses eliminate the need for the body to make any corrections resulting in a reduction or even elimination of the symptoms of BVD.



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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.



ACUTE WOUND CARE

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

toll free 855-949-4325(HEAL)

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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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...

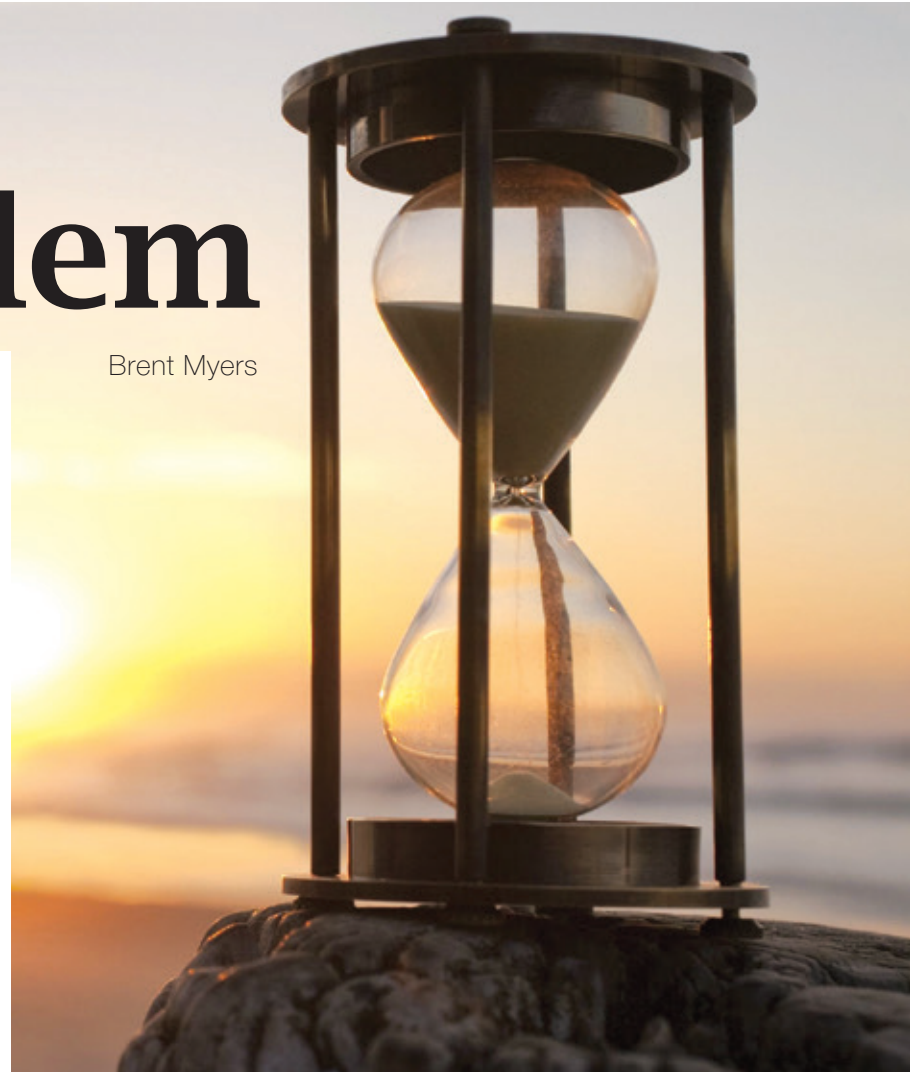
From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; 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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