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Health & Wellness[®] MAGAZINE

May 2017

South Palm Beach Edition - Monthly



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LAW OFFICE OF ANDREW CURTIS, ESQ

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
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Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
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- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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South Palm GI, LEADING DELRAY BEACH GASTROENTEROLOGY PRACTICE, Now Part of Gastro Health



From L- R: Jonathan Kaplan, M.D., Morris Naus, M.D., Andi D'Avanzo ARNP, Michael Blum, M.D. and James Chong, M.D.

South Palm GI, located at 4675 Linton Boulevard in Delray Beach, Florida, is now part of Gastro Health, South Florida's largest, private gastroenterology practice.

Founded in 2006, Gastro Health comprised of over 60 physicians in 25 locations. Gastro Health provides patients access to some of the nation's premier gastroenterologists, pediatric gastroenterologists, colorectal surgeons, and allied health professionals. In addition to delivering gastrointestinal care, providers offer a wide range of additional services including: anesthesia, infusion, imaging, pathology, specialty pharmacy and in-office RX dispensing.

Patients can take comfort in the fact that South Palm GI physicians – which include Dr. Michael

Blum, Dr. James Chong, Dr. Jonathan Kaplan and Dr. Morris Naus – will continue to provide the highest quality care for procedures such as colonoscopy, upper GI endoscopy, liver biopsy and more. Additionally, South Palm GI employs an advanced registered nurse practitioner, specializing in gastroenterology.

By joining Gastro Health's network, the group will continue to provide patients the safe and affordable gastrointestinal care they need. All of Gastro Health's care centers are equipped with the latest state-of-the-art technology to ensure the best outcomes possible for each individual patient.

"We are very excited to become a part of Gastro Health, which is one of the preeminent leaders

in gastroenterology in the United States." said Dr. Michael Blum, President of South Palm GI. "We look forward to expanding our patient care services and continuing to deliver quality gastrointestinal care for our patients."

South Palm GI is Gastro Health's 23rd South Florida location and its 3rd in Palm Beach County. Other Palm Beach County locations include 9980 Central Park Blvd. North, Suite 316 in Boca Raton, Florida and 1157 South State Road 7 in Wellington, Florida.

"We are thrilled to have South Palm GI join Gastro Health, which complements our new Wellington location and plans for expansion in Palm Beach County," said Gastro Health, CEO, Alejandro Fernandez. "South Palm GI is a premier practice located in Delray Beach, FL with highly skilled providers and staff. We look forward to helping the community of Delray Beach with all of their digestive health needs."

For more information about Gastro Health, visit gastrohealth.com.

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Connection Between Food and Your Physical & Mental Health

What's for dinner? This question is coming up in regards to mental health. More research is finding that a nutritious diet isn't just good for the body; it's great for the mind, too. Recent studies have shown the risk of depression increases about 80% when you compare teens with the lowest-quality diet, to those who eat a higher-quality, whole-foods diet.

Sadhguru, yogi, mystic and the foremost authority on yoga and Mark Hyman, American physician and bestselling author, explore the connection between the food that we eat and our physical and mental health, as well as possible approaches to change our food system.

Mark Hyman: One of the questions that came from the audience is about the connection between our mind, our mood, our emotional state, our mental health, and the food we eat. Everything from ADD to bipolar disease, to depression could be linked to that. So, what is the connection between our body and our mind?

Sadhguru: The yogic system does not identify body and mind as two different entities. Your brains are part of your body. It is just that what we generally refer to as mind is a certain amount of memory and intelligence. Between the rest of the body and the brain, which has more memory, which has more intelligence? If you look at it carefully, your body's memory goes back millions of years. It clearly remembers how your forefathers were. The mind cannot claim that kind of memory. When it comes to intelligence, what is happening in a single molecule of DNA is so complex that your whole brain cannot figure it out.

In the yogic system, there is a physical body and there is a mental body. There is an intelligence and memory running right across the body. People generally think the brain is everything just because it handles the thought process. And because of this separation of body and mind, a large number of people in the West are taking antidepressants at some point in their life.

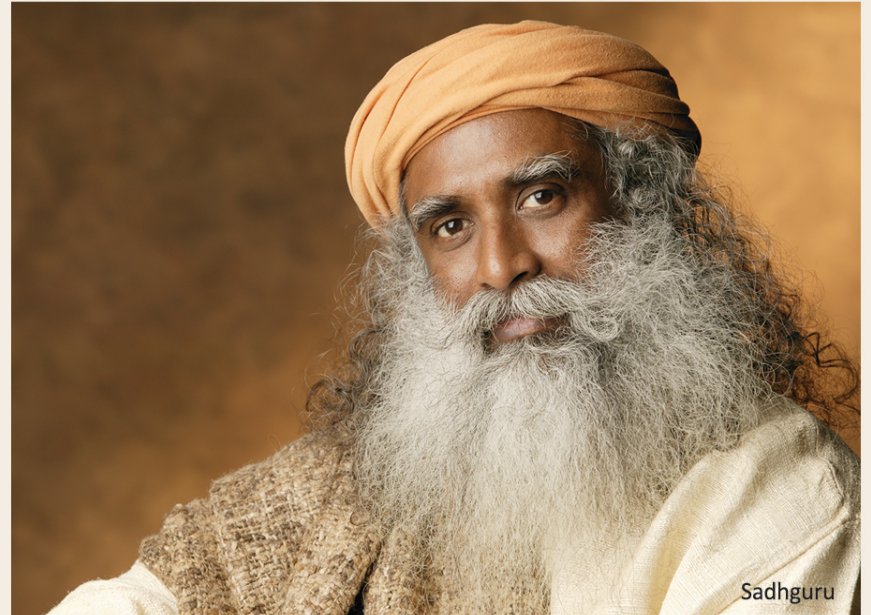
The type of food we eat has a huge impact on the mind. An average American is said to consume 200 pounds of meat per year. If you bring it down to 50 pounds, you will see 75% of the people will not need antidepressants anymore. Meat is a good food to survive if you are out in the desert or the jungle. If you are lost somewhere, a piece of meat will keep you going, because it provides concentrated nourishment. But it should not be a daily food that you eat when there are other choices.

There are many ways to look at this. One thing is animals have the intelligence to know in the last few moments that they are going to get killed, no matter how cunningly or how scientifically you do it. Any animal that has the capacity to express some kind of emotion will always grasp when it is going to be killed.

Suppose all of you come to know right now that at the end of this day, you are going to get slaughtered. Imagine the struggle that you would go through, the burst of chemical reactions within you. An animal goes through at least some fraction of that. This means when you kill an animal, the negative acids and whatever other chemicals are in the meat. When you consume the meat, it creates unnecessary levels of mental fluctuations.

If you put people who are on antidepressants on a conscious vegetarian diet, in about three months' time, most of them will not need their medication anymore.

For most of those who have become mentally ill, the illness has been cultivated – there is nothing pathologically wrong with them. Such a large percentage of people cannot be mentally sick unless



Sadhguru

we are culturing it within our social fabric. We should never let commercial forces determine the quality of our lives. Commerce is there to serve humanity. But right now, we have structured the economic engine across the world in such a way that human beings are here to serve the economic and commercial process.

It is not in the hands of the politicians and policy-makers alone. If everyone realizes their physical and particularly their mental health improves when they change what they eat and how they eat, we will also change the politicians.

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TRUSTS ARE NOT JUST FOR THE WEALTHY

by Andrew M. Curtis, ESQ



Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.

Another reason for having a revocable living trust is to protect against incapacity. In the trust,

you designate who would manage your assets in the event,, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove to be a bad result, because the husband could remarry and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal

living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will, follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit. And for persons with handicapped children, a "supplemental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

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Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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Do You Have “Invisible Baldness?”

By Dr. Alan J. Bauman, Hair Loss Specialist

You can't always trust the “mirror test” when it comes to spotting hair loss – you could be going bald and not even know it.

Invisible baldness is a condition that affects both men and women, typically in their 30s or 40s, but it can begin earlier as well.



What is “INVISIBLE BALDNESS?” Invisible baldness is essentially the initial stage of a chronic hair loss condition such as androgenetic alopecia that is especially difficult to spot with the naked eye. Scientific research confirms that it generally takes about 50% of the hair to be gone before baldness becomes clearly visible (e.g., receded hairline, widening part, thinning on top, etc.). In general, hair loss is a chronic, progressive condition that gets worse over time without treatment. This means that the earlier you start on preventive or restorative hair loss therapies, the better your odds for retaining a full and healthy head of hair.

One way you can check for early signs of hair loss is to keep an eye on how much hair is being shed each day. A typical healthy head of hair will only lose about 50 to 100 hair strands per day. Therefore, if you're noticing an above average number of hairs on the pillow in the morning or

in the shower drain or in your brush, you may be in the beginning stages of male or female pattern hair loss. That said, however, excessive shedding doesn't always mean you are losing your hair – it could also be a sign of a larger underlying health condition or scalp issue, which results in temporary hair loss or “Telogen Effluvium.”

Other symptoms of early loss may include receding or thinning in the temple areas, less overall volume or a slight decrease in coverage of the scalp in sunlight or other lighting conditions.

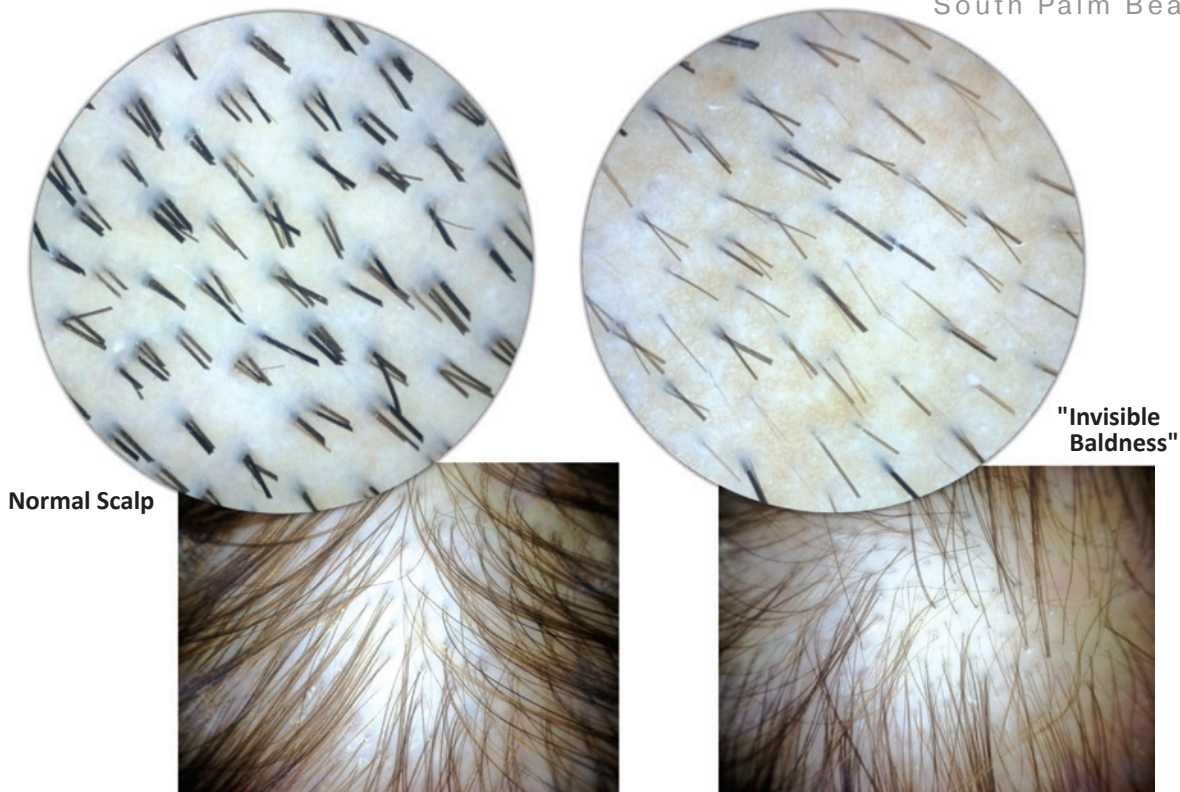
For these reasons, it is important to schedule a visit with a board-certified Hair Restoration Physician whenever these initial symptoms are first observed. The physician will evaluate your situation and do a complete exam including a microscopic evaluation of your scalp and take baseline measurements. Your hair doctor may recommend blood tests and/or genetic tests that will help determine what treatments are likely to help.

Hair restoration physicians have several tools at their disposal to gauge a person's risk of hair loss. These tools can help detect hair loss in its earliest stages, and in some cases, before it even begins.

Effective hair loss evaluation tools include:

- **Genetic tests** – A new genetic test by HairDX can accurately determine a person's risk for losing their hair, so they can begin preventive treatments early. The analysis uses a simple cheek swab and can determine the genetic risk of developing male and female pattern hair loss.

- **Hair density measurements** – The HairCheck® device is a highly sensitive hand-held ‘trichometer,’ which measures hair caliber and hair density together, and expresses them as a single number known as the Hair Mass Index (HMI). Doctors and Bauman Certified HairCoaches routinely use this scientific measurement to accurately assess percentages of hair loss, growth and breakage on any area of the scalp. Not just diagnostic at the



HairCam photos courtesy of Dr. Alan J. Bauman©

time of initial evaluation, this information also helps monitor and track the efficacy of any treatment regimen.

● **Scalp Exam** – Newly developed “Scalp Makeover” evaluations are highly effective at determining if an underlying problem with the scalp may be the root cause of a hair disorder. Patients are evaluated with non-invasive, pain-free skin diagnostic tests that check and measure the scalp’s pH, sebum and hydration levels to determine any imbalance. Scalp testing is available for both men and women.

● **HairCam™ Microscopy** – Specialized hand-held scalp microscopes with special dual-polarized LED lighting can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.

Seeing it Through

Just like hair loss, initial subtle changes in hair regrowth take time before they are noticeable to the naked eye, often taking 6-12 months to see visible results from a treatment. Consistent tracking with HairCheck measurements can confirm the early response to therapy at the scalp and predict the visible improvements to come.

Take Home Message

Hair loss is a treatable condition, but the earlier the problem is detected and treatment started, the better your chances are for keeping your hair.

ABOUT BAUMAN MEDICAL:

- Established in 1997 by Board-Certified Hair Restoration Specialist, Dr. Alan J. Bauman, M.D.
- World’s largest and most comprehensive stand-alone clinic dedicated exclusively to hair transplantation and the treatment of hair loss in men and women.
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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 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of the top 5 transformative CEO's in Forbes Magazine. His 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.



Alan J. Bauman, M.D.
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Vaginal Rejuvenation

Intimacy is a difficult subject for anyone to share with a healthcare provider, however many women suffer from the effects that aging & childbirth have on their lives. It is very common for women not only to experience signs of aging in the face and body, but also in the vagina. It can range from aesthetic deterioration such as pigmentary changes to significant medical problems. With aging, the vaginal wall can lose elasticity and tone. This can also be a side effect of childbirth. It can result in leaking urine when coughing or sneezing, also called stress incontinence, and painful intercourse due to increased dryness, burning and itching. It can result in problems with intimacy and sexual satisfaction for many women.

In the past pelvic flow exercises or electro-stimulation were prescribed, however many times these are not successful. Surgical Vaginal rejuvenation options involve significant downtime and risk. Other options are topical treatments and hormones, but a great number of women prefer not to use hormones or cannot use them because of their history of breast cancer.

The Core Intima laser by Syneron is a revolutionary new laser that has significant improvement in the above mentioned symptoms. It is painless, non-surgical, has minimal downtime and requires a series of 3 treatments. The treatment only takes 10 minutes. A gentle laser energy is delivered to the vaginal wall. This stimulates collagen production, followed by a healing response to tighten tissue, and restore moisture in the vaginal canal. Most patients report improvement even after the first treatment.

The Core Intima is a Carbon Dioxide laser. Carbon Dioxide (CO2) lasers have long been shown to regenerate collagen through heat induced collagen contraction. When studied under the microscope, vaginal tissue shows new collagen production and deposition, thereby thickening the vaginal wall. There is general structure improvement in the connective tissue and new blood vessel formation, thus increasing the circulation and restoring a “rejuvenated” or healthier tissue. There is improvement in lubrication and a return to a more active and healthy lifestyle. Symptoms of dryness, itching, painful urination, painful intercourse and recurrent infections improve significantly. For more information call **561-655-6325** or visit **www.drdadurian.com**.



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

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Neck or Back Pain? Headaches?

New non-invasive technology offers long-term relief.



Ever wake up with a crick in your neck so severe you could barely turn your head? Neck pain, which affects up to half of U.S. adults each year, is one of the most common reasons for doctor visits. Yet the pain is often over-treated with drugs, injections, and surgery, which don't help much in the long term. Here's what you need to know.

WHY IT HURTS

The strain of holding up your 10- to 12-pound head year after year makes your neck vulnerable to injury. Pain can occur after sleeping in the wrong position, cradling a phone too long, spending hours hunched over a computer, simply carrying a heavy suitcase, or from a recent or old injury. 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.

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 muscles 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 assessed, 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
- Ongoing maintenance in the MCU is not needed once treatment is concluded

The MCU Multi-Cervical Unit is the most effective and complete system for the assessment and rehabilitation of patients suffering from neck pain, whiplash associated disorders (WAD), and general cervical spine disorders. The MCU is an unmatched, research-backed tool that empowers physical therapists and chiropractors alike to objectively evaluate, strengthen, and restore the ailing neck and cervical spine.

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
- Whiplash Associated Disorders
- Muscle Tension headache
- Cervical Disc Conditions
- Sports Related Injuries
- Job/Posture dysfunctions

THE MCU CAN TREAT:

- Neck pain, stiffness & restriction
- Headaches
- Dizziness from the neck
- Upper back pain
- Arm numbness, tingling, burning

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MCU will evaluate your cervical spine and neck muscles to prescribe a series of strengthening treatments that will help restore neck function.

Recent studies support the value of the MCU and show improvements on patients with a history of chronic neck pain. Not only have there been improved results with increased motion, but also strength with the MCU

After several weeks of our neck strengthening program, you'll notice a significant decline in pain and improved neck muscle strength in different directions.

When you treat your constant neck pain with the MCU, you'll enjoy many benefits, such as improved daily function, improved range of motion, long-term results, and so much more!

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ARE YOU TOXIC?

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COMMON SYMPTOMS INDICATING EXCESSIVE TOXINS: **fatigue, depression, headaches, brain fog, poor memory, tremors, and coordination issues.**



The lymphatic system absorbs toxins and metabolic waste products. Congested lymphatic fluid is laden with toxins that cannot be efficiently eliminated impairing the immune system.

The body contains three times more lymph fluid than blood. Through a complex network lymphatic fluid is carried to the lymph nodes where toxins, metabolic waste, and fats can be filtered and purified.

Toxins and our health, throughout our life we are in constant contact with environmental toxins leading to a variety of health concerns. The CDC's Fourth National Report on Human Exposure to Environmental Chemicals tested 212 chemicals, 6 of which were toxic and found evidence of all 212 in the blood or urine in most Americans.

Toxins come from a variety of sources and initial exposure begins in utero. The lymph system is formed at the end of week 5 in the womb. EWG (environmental working group) in 2005 found **287** chemicals in the umbilical cord blood of newborns. **180** of the 287 chemicals found are known to cause cancer in humans or animals, and **217** are toxic to the brain affecting the nervous system.

Our highest exposure to harmful toxic chemicals is actually coming from the food we eat. To reduce your exposure to pesticides and herbicides avoid eating non-organic fruits and vegetables on the Dirty Dozen List. Also, conventionally raised meat and dairy have been found to have the highest levels of "hormone disrupting" chemicals. 25 million pounds of antibiotics are fed to live stock annually and animal feed is sprayed with high amounts of chemicals.

Factors that may affect your ability to excrete toxins include genetics, diet, and lifestyle. Conditions and diseases associated with an excessive toxic burden on the body: allergies, asthma, obesity, chemical sensitivities, fibromyalgia, fertility issues, chronic infections, and autoimmune diseases.

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:

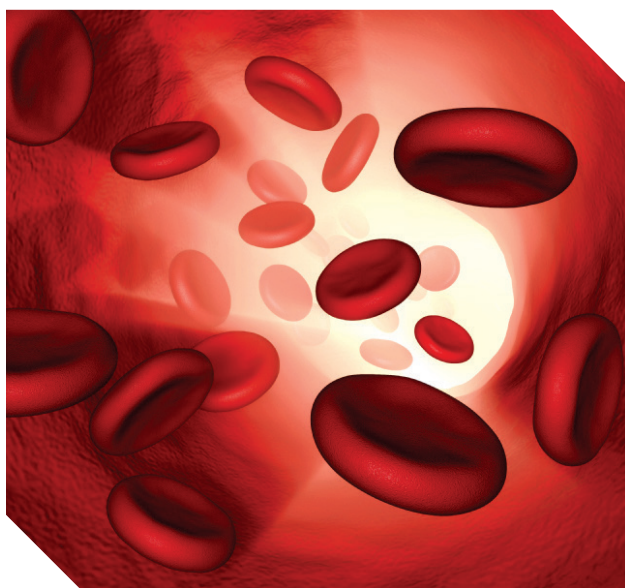
- Detoxifies body tissue Supports post mastectomy health
- Assists in weight loss Reduces edema and lymph edema
- Decrease cellulite Promote T-cell development
- Relieves chronic joint pain Treats pain from fibrocystic breast



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Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



PLATELET-RICH PLASMA THERAPY, sometimes called PRP therapy, takes advantage of our blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

When treating osteoarthritis with platelet-rich plasma, we inject PRP directly into the affected joint.

The goal is to:

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

Platelet-rich plasma is derived from a sample of the patient's own blood which is easily obtained at their time of the visit. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. This is also all prepared in the doctor's office.

WHAT IS PLASMA? Plasma refers to the liquid component of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

WHAT ARE PLATELETS? Like red and white blood cells, platelets are a normal component of blood. Platelets

secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

We use PRP therapy to treat osteoarthritis and also theorize that the platelet-rich plasma:

- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 90 minutes.

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a





doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freeze and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.

- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.

Scientists are still exploring which arthritis patients should be eligible for PRP injections. While no definitive conclusions can be made, research suggests that PRP injections are appropriate for patients of all ages.

Dr. Rosenblatt explains, “When appropriate,

PRP injections are an extremely safe and effective way to help treat the pain of so many different types of individuals. I have used this technique on young athletes and for older patients with joint and or spine pain with great success. It even surprises me sometimes how well this treatment works. It’s truly amazing how people with acute or chronic pain and or injuries respond to this treatment.”

In Dr. Rosenblatt’s beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to

benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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WHAT IS DIABETIC RETINOPATHY?

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

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

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

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

DIABETIC EYE PROBLEMS

There are two types of diabetic retinopathy:

Background or nonproliferative diabetic retinopathy (NPDR)

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

NPDR can cause changes in the eye, including:

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

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

Proliferative diabetic retinopathy (PDR)

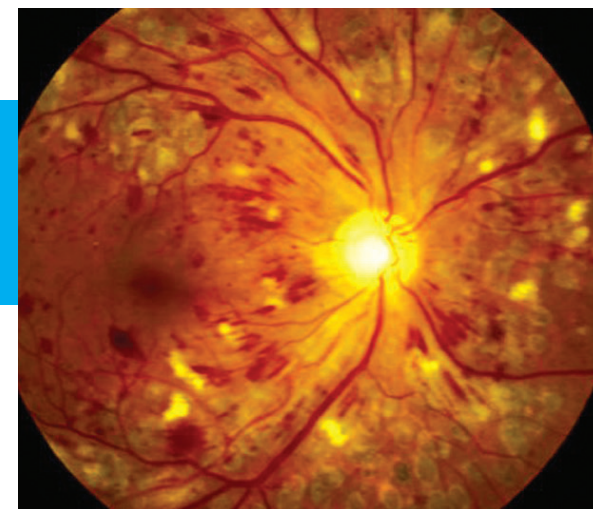
Proliferative diabetic retinopathy (PDR) mainly occurs when many of the blood vessels in the retina close, preventing enough blood flow. In an attempt to supply blood to the area where the original vessels closed, the retina responds by growing new blood vessels. This is called neovascularization. However,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

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

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

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

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



DIABETIC RETINOPATHY SYMPTOMS

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

As the disease progresses, diabetic retinopathy symptoms may include:

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

Diabetic retinopathy symptoms usually affect both eyes.

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

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

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

DIABETIC RETINOPATHY DIAGNOSIS

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

There are several parts to the exam:

Visual acuity test

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

Slit-lamp exam

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

Dilated exam

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

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

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

Fluorescein angiography

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

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

Optical coherence tomography (OCT)

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

Ultrasound

If your ophthalmologist cannot see the retina because of vitreous hemorrhage, an ultrasound test may be done in

the office. The ultrasound can "see" through the blood to determine if your retina has detached. If there is detachment near the macula, this often calls for prompt surgery.

When to schedule an eye examination

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

The American Academy of Ophthalmology recommends the following diabetic eye screening schedule for people with diabetes:

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

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

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

DIABETIC RETINOPATHY TREATMENT

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

Laser surgery

The laser is a very bright, finely focused light. It passes through the clear cornea, lens and vitreous without affecting them in any way. Laser surgery shrinks abnormal new vessels and reduces macular swelling. Treatment is often recommended for people with macular edema, proliferative diabetic retinopathy (PDR) and neovascular glaucoma.

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

Vitreotomy surgery

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

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

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

Medication injections

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

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

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

**The Retina Institute of Florida****Lauren R. Rosecan**

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

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

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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 YOU HAVE A PROBLEM WITH ALCOHOL OR DRUGS?

By Ashley Miller, M.Ed, LMHC, CAP



Chances are, if you think you have a problem with alcohol or drugs (prescription or recreational), you probably do. Honestly answer these questions to help assess your situation:

1. *Have you felt you ought to cut down on your use?*
2. *Have people annoyed you by criticizing your use?*
3. *Have you felt bad or guilty about your use?*
4. *Have you ever used first thing in the morning to steady your nerves or to get rid of a hangover?*

If you answered “yes” to two or more of the above questions, it suggests you have a substance use problem. More important than the number of “yes” responses is how you feel and how your behavior affects your life.

Many people do not get the help they need since their feelings of worry, hopelessness, fear, guilt, and shame prevent them from reaching out to professionals who can help them. Facing up to the fact that you might have a problem takes courage. Deciding to take control and get some help is a really brave move, and if you do feel you have a problem, getting help can be the best thing ever. The easiest and quickest way to get help is to talk to someone about it. The sooner you talk to someone about what you’re going through, the sooner things will start to feel a bit better. Fortunately, getting the help you need is as simple as making a confidential phone call to an addiction professional who can offer support and insight into your individual needs.

Recovery from addiction is possible. At Origins of Hope we specialize in creating a women centered treatment program that focuses on the individual. Through our holistic approach, we help heal the entire person, mentally, physically, and spiritually. Our interdisciplinary staff works closely with each patient to help overcome addiction and inspire hope.

WOMEN CENTERED

Women are unique in so many ways and treatment is no different. Our treatment program is women centered and focuses on the distinct needs of women in addiction recovery. The atmosphere at Origins of Hope, characterized by support, acceptance, and hope, is the foundation that provides our client’s the ability to work through challenges productively. We recognize the special traits that women possess and encourage strategies and skills that highlight those traits and strengthen healing. Since women frequently become dependent on substances to seek relief from painful emotions, we teach women ways to calm oneself through self-soothing techniques and sharing with others to replace destructive ways of coping.

Our comprehensive approach addresses the physical, psychological, emotional, spiritual, and sociopolitical aspects of addiction. We provide specialized treatment services and offer an array of resources to help with specific issues experienced by women including child care, parenting, domestic violence, housing, etc., to help women overcome barriers that may prevent them from engaging in treatment.

Ashley Miller, a Certified Addictions Professional, is the Clinical Director of Origins of Hope, a premier treatment program for women. Utilizing holistic & evidence-based methods, OOH aids women in developing the skills necessary to overcome addiction and establish a solid foundation in recovery.



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10 SUMMER HEALTH TIPS AND HEALTH MYTHS

How to stay healthy year round

By Diana Handwerker, MSW, CNWC

Summer is a great time to build on your health and wellbeing, take a vacation, relax and have fun! It's also a time to pay attention and make positive changes to your daily health practices. Don't ever wait or wonder about a symptom or health concern.



BELOW ARE TIPS TO HELP YOU STAY SAFE AND HEALTHY THIS SUMMER AND ALL YEAR LONG

1) Hydrate! Dehydration is a serious health concern — especially during the summer. In 2015, a study published in the American Journal of Public Health found that more than half of individuals aren't getting enough water.

Drink a full glass of water before, during and after physical activity to avoid dehydration. For extra flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to your water and refrigerate for two hours.

2) Protect yourself and your family from the sun: wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply every 2 hours. Avoid outdoor activities between noon and 3 p.m. when the sun is at its strongest.

3) Dress for the heat: Wear lightweight, light colored clothing, choose fabrics such as cotton, and wear sunglasses to protect your eyes.

4) Try fish, especially high omega tuna and salmon that have great nutritional benefits including omega-3 fatty acids. Rub a fillet with lemon juice and parsley or rosemary for enhanced flavor.

5) Planning a BBQ? Make a better burger with lean beef or turkey, drain off the excess fat after cooking and avoid making huge patties. It isn't what you eat necessarily. Remember that a serving of meat is about the size of a deck of cards (3 oz). Add chopped green pepper to your meat or try a veggie burger for a healthier option. Try grilled corn on the cob: leave the husks on, and grill for about 30 minutes over medium flame, rotating occasionally. Remove from grill, let cool for about 5 minutes, remove husks and enjoy!

6) The new potato: Slice white or sweet potatoes into sticks, lightly coat with olive or coconut oil, pepper and paprika and bake on a cookie sheet for 40 minutes at 375 degrees.

7) Beware of 'healthy' smoothies. While smoothies seem like the perfect way to keep cool and get your fruits and vegetables most are made with yogurt, ice cream or other sugary additives.

Try it at home by using a variety of frozen fruit or vegetables, add unsweetened almond milk or whole fruit juices to make a healthy treat.

8) Maintain a consistent exercise plan. Summer exercise doesn't have to stop because of the rising temperatures. Change your exercise plan and take it indoors. Join a gym, take a class, or get a group of friends together for a healthy activity. Get wet.

Start by swimming 10 minutes a day. If swimming laps isn't your thing, join a water aerobics class or create your own aerobic workout... any way to get moving.

9) Summer is the perfect time to take up a new activity. Gardening is a great way to enjoy the outdoors and will actually help you burn some calories! Try a new sport or hobby and involve your friends for a great new way to connect.

Call us today and mention this article for a \$25 full health assessment and action plan for any health concern or goal.

10) Summer means an increase in inflammation from the heat. How about a little chocolate pudding to help keep the inflammation at bay? This Chocolate Chia Pudding is packed with fiber, protein, omega-3 fatty acids and several important micronutrients that can help reduce inflammation and can even help keep you stay hydrated.

CHOCOLATE CHIA PUDDING

Ingredients:

- 1 tbsp chia seeds
- 1 cup coconut milk
- 1 tsp raw cacao

Instructions:

1. Pour coconut milk into a bowl.
2. Mix in chia seeds and cacao
3. Stir for 30 seconds.
4. Refrigerate for 30 minutes or longer until it gels. Enjoy!

Summer is the time to check in with your health and wellness. If you have any questions or concerns about your health now is the time to ask the right questions and explore simple ways to feel better and stay healthy.

Inspired by her parents' journey and teachings in holistic wellness, Diana Handwerker, a Masters level Nutritionist and Social Worker, founded Healthy Wholistic in an effort to continue educating and transforming the way we experience and value our health. "It is a choice, we choose how we treat every symptom or ailment." Their book, "Blinded by Belief" (available soon) tells of the spiritual journey to health and happiness.



For more information on how to transform your health contact Healthy Wholistic at 561-859-0889 or info@healthywl.com.



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Are Your EYES the Cause of Your Headaches and Dizziness?

DO YOU SUFFER FROM ANY OF THE FOLLOWING:
Migraines/Headache, dizziness, anxiety, panic attacks – especially when driving, neck pain, motion sickness, clumsiness, difficulty reading, nausea, light sensitivity, blurred/shadowed/doubled vision?

Have you been to numerous doctors (ENT, Neurologist, Primary Care, etc.) only to be told that there is nothing wrong with you?

Have you been put on many medications to help your symptoms but nothing seems to work?

I bet you never thought your eyes could be the cause of your suffering!

When you have a *binocular vision disorder* (BVD), the muscles surrounding your eyes are not perfectly in alignment. There can be a horizontal misalignment, a vertical misalignment called vertical heterophoria or both. There are six muscles that surround each eye and that control the movements of the eyes. Those muscles need to be perfectly aligned to allow vision that is clear, single and in focus. When the muscles are misaligned the brain works very hard to try and keep them stable. Symptoms of BVD occur when the body struggles ineffectively to realign the muscles.

Did you know that even a slight misalignment in the eyes can cause any of the symptoms mentioned above?

Did you know that this type of eye misalignment is not screened for or picked up on routine eye exams?

I am the only eye doctor in the state of Florida that is a certified Neuro Visual specialist and who has trained under the care of the country's foremost expert, Dr. Debra L. Feinberg. Dr. Feinberg has been practicing Neuro Visual Optometry for over 20 years and has patented her techniques and the equipment that she uses to diagnose and treat BVD. Patients have traveled from all over the world to be evaluated and treated by Dr. Feinberg. In an effort to bring this groundbreaking BVD treatment to more patients, and to make it more convenient for patients to receive treatment, approximately three years ago Dr. Feinberg began training other doctors to become Neuro Visual specialists. I am only the eighth doctor in the country to have been trained in this highly specialized field under Dr. Feinberg.

I am still amazed at how treatment for BVD helps patients the way it does. The beauty of this treatment is that your glasses become your medicine. Most of my patients are able to begin feeling better and are able to start reducing their medications for anxiety and other symptoms soon after they get their glasses.

The feeling of helping a patient get their life back never gets old. I often receive hugs and elicit tears from my patients as they realize the life-changing treatment they have received. I have had patients who haven't been behind the wheel of a car in years tell me that they now have the confidence to start driving again.



One patient told me that he got on an airplane for the first time in three years, after suffering from severe dizziness that prevented him from flying. Hearing success stories like that make this type of work so gratifying.

SO HOW DO I ACTUALLY HELP PATIENTS WITH BVD?

Using the highly specialized training received from Dr. Feinberg, I perform a unique evaluation that focuses on the muscles of the eyes. This completely non-invasive evaluation consists of the use of special lenses and lights to see which muscles are not in alignment. I will then use prism lenses in a pair of glasses to realign the patient's eye muscles. Prisms are special lenses that move images to where the eyes' natural position are. The use of prisms allows the eyes to relax while the glasses do all of the hard work. For those who might be concerned about how eyeglasses with prism lenses will make them look, rest assured that no one can tell the difference between standard eyeglass lenses and the prism lenses that I prescribe.

Patients have traveled great distances for me to examine and treat them. These patients are willing to try anything to feel better. They have been told that there is nothing wrong with them or that it is all in their head, when actually there is a medical diagnosis for what they have been feeling. I feel very blessed to be able to help these patients. It is the best feeling in the world!

To find out more about Binocular Vision Disorders or to see if you would be a good candidate for a Neuro Visual evaluation you can visit our website www.iseevisioncare.com.

Dr. Erin Sonneberg
is the founder and
owner of
iSee VisionCare located
in Boynton Beach,
Florida. If you would
like to speak to
Dr. Sonneberg about
your symptoms, please
call the office at
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Is Neurofeedback and EFFECTIVE TREATMENT for ANXIETY and DEPRESSION?

By Renee Chillcott, LMHC

It's a beautiful South Florida day outside, the birds are chirping, everyone is healthy and happy, I have nothing to complain about and life is good....right? Wrong! Why do I have this anxious, stressed out, overwhelmed, impending doom, depressed feeling? There is no reason for it, so I must be losing it? I'm wrong again. I have depression and/or anxiety.

Why do depression and anxiety go hand in hand? Why did my doctor recommend an anti-depressant for my anxiety? These are 2 different things, aren't they? So, why do I feel both of them at the same time? And will it all just go away if I have less stress in my life?

The Merriam-Webster Dictionary defines **anxiety**: (1): apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious (2): an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it: mentally distressing concern or interest.

So, in layman's terms, anxiety is stress that won't go away, it takes an ugly turn to "negative and fear town", and indicates that the "rest and relax" response from the parasympathetic nervous system isn't there.

What we see in the brain is similar but a little more simply stated. Stress is an event in our life that causes our brain to initiate a calming response and anxiety is a neuron pattern in the brain that impedes the calming response. An anxiety pattern in the brain is typically inherited, although still possible to change. This anxiety pattern can be triggered by major stresses, no stresses or by very minor stresses, thus making it an issue for all ages, even young children.

Anxiety manifests in many different ways such as:

- excessive worrying
- nagging sense of fear
- restlessness
- overly emotional
- negative thinking
- catastrophizing
- defensiveness
- poor sleep
- irritability
- Lack of concentration
- feeling overwhelmed
- fatigue/exhaustion

Depression as defined by the American Psychiatric Association is a common and serious illness that negatively affects how you feel, the way you think

and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Often, we will describe depression as a "low" feeling where we just cannot "get happy". Other times we notice feeling irritable, angry, or overreacting to events, again not able to feel "happy".

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

As you can see, there is an overlap in the diagnosis of Depression and Anxiety because there is an overlap in the symptoms of Anxiety and Depression as well as an overlap in how you feel.

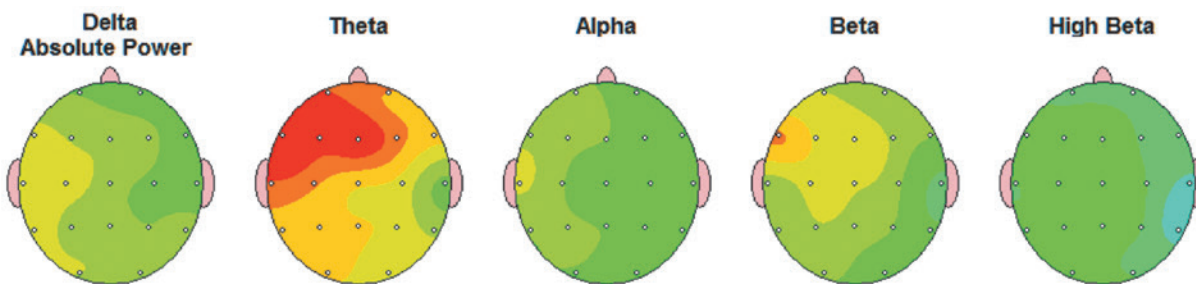
In Neurofeedback we can see this in neuron firing patterns. For example, an excessive Theta (Slow firing neurons) firing pattern in the left frontal lobe can cause major depression:

Whereas a slow firing pattern in the center of the frontal lobe can cause an anxiety firing pattern:

Here's a **DEPRESSION** example:

restore a wider “range of motion” in brain states, much like physical therapy does for the body.

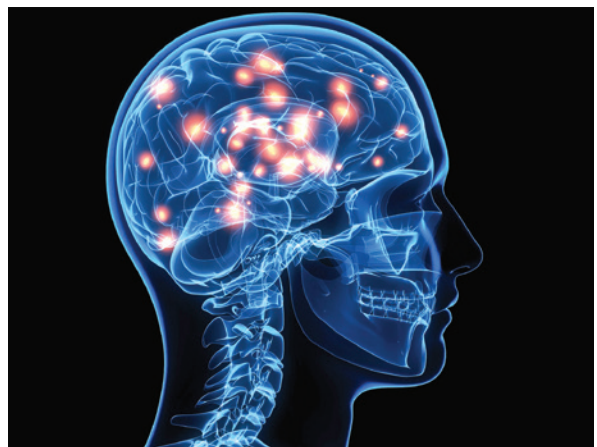
While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The 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),



It is suffice to say that this is why there’s an overlap in medication treatment as well.

Regardless of the diagnosis, Neurofeedback helps change and balance these neuron patterns so that the symptoms improve and the brain and body function better.

WHAT IS NEUROFEEDBACK?



Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. Neurofeedback is a type of exercise for your brain. It allows you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help

the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through visual recognition of the changes on the screen and the auditory reinforcement of “beeps”.

WHAT RESULTS SHOULD I EXPECT TO SEE AND HOW LONG BEFORE I SEE THEM?

As every brain is different, every response is different as well. Typically adults will notice feeling symptom relief within 10 sessions and notice things like being calmer, happier, sleeping better, less panic, less worrying, more relaxed and able to enjoy life. Treatments are individualized and as no two brains are alike, no two treatment plans are alike. We will evaluate your symptoms and how your brain is functioning to customize training for you. All you have to do is call our office to make the appointment!

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.

CHEWING IS DIFFICULT WITH MISSING TEETH: WHAT CAN I DO?

Frequently patients come into our office complaining of difficulty chewing. I am not referring to painful chewing, but difficulty due to missing teeth. Unfortunately, patients often look at their teeth in a very different fashion than the rest of their body. Many patients will have teeth removed without replacing them, with the thought that there are many more in the mouth that can be used to chew. These patients often will allow this to occur with multiple teeth which ultimately leads to problems with chewing or speech.

WHAT OCCURS:

As teeth are removed or lost, a number of issues can occur over time. Research has demonstrated that approximately 25% of the jaw bone in the area can be lost within the first year of tooth removal. This loss will likely continue at a slower rate indefinitely. This change in bone structure might impact the neighboring teeth on either side causing bone loss (and support loss) to these teeth as well.

Remaining teeth can shift over time due to the loss of teeth and supporting bone structure. This shifting can change the way you bite. In fact, if you remove a tooth but still have an opposing tooth (i.e.- remove an upper molar while still having the lower molar below), it is possible that this tooth will grow out of the bone (as if it were trying to reach to contact something).

Any of these issues can significantly alter the way we chew, speak or look.

WHAT CAN BE DONE RIGHT AWAY:

Addressing the loss of teeth can be done a number of ways. One of the most important things to consider immediately is having your surgeon place a bone graft (typically a powder) in the area the tooth or teeth are being removed at the time of the procedure. The placement of this graft can help slow or prevent bone loss in the area. In addition, it may help preserve the jaw bone for future tooth replacement options such as a dental implant. This grafting can often be performed at the same time tooth replacement procedures such as dental implants are being performed.

OPTIONS:

A variety of options exist when considering tooth replacement. Some patients opt for a removable denture. This device can fill in the spaces where a missing tooth or teeth are located. A removable denture typically is composed of acrylic (or another material) and may have clasps that attach it to remaining teeth. This appliance is taken in and out of the mouth. In some situations, the denture may move when speaking or chewing as it is not truly locked into place.



Crowns and bridges are another option to help replace missing teeth. In this case, the remaining teeth in the area can be prepared for a crown (AKA a “cap”). Often times, multiple teeth can be crowned and connected. A common example is a 3 Unit Bridge. Here the teeth on either side of the missing tooth space are prepared for a crown. When the laboratory creates the 3 crowns, they are all connected in a row. The middle tooth is actually a fake tooth that is supported on either side by the crowns resting on tooth roots. This treatment can be very successful, but does have some downsides. If the neighboring teeth are weak, already have restorations or are clean and healthy, then using them as support for a bridge may not be ideal.

Another common treatment option are dental implants. The implants (also known as root replacements) can be placed in the site where your original tooth root lived. The implants are left to heal for a number of months while the bone fuses to them. This fusion typically occurs with a 97% success rate. Once the implant has fused, your dentist can proceed to make a crown that will be seated on it. This is often the treatment that most closely resembles the function of your original tooth. Bone quality and quantity are critical to implant success. Research has shown implants may remain in place for the rest of your life. Although you cannot get a cavity on a dental implant (it is made of titanium), you can lose bone around the implant just like you can around a tooth root. A 3D CT scan can help determine if you are a good candidate for dental implant therapy.

Removing teeth without considering replacement may lead to significant problems and jaw bone loss. A number of options to replace teeth exist. Discussing your specific desires with your dentist and surgeon may help provide you with the most ideal long term plan.

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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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 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.

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Cataract Surgery in 2023: What should you expect?

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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Don't Give Up!

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

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

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

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

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

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

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

Perseverance reveals a lot about ourselves.

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

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



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

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

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

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

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

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