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August 2017

North Palm Beach Edition - Monthly



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# Early Cancer Detection Saves Lives

The development of improved screening tests for various types of cancer means that physicians can now identify and diagnose cancer at an earlier stage, many times, before any symptoms are present. Early detection is important because when abnormal tissues or cancers are found early, they are easier to treat. Some screening methods are quite simple, such as skin cancer checks or breast self-examination, while others, such as certain genetic tests, are extremely sophisticated. Whether easy or more complicated, regular screenings for cancer have been shown to be effective in reducing the number of cancer deaths, according to the American Cancer Society (ACS).

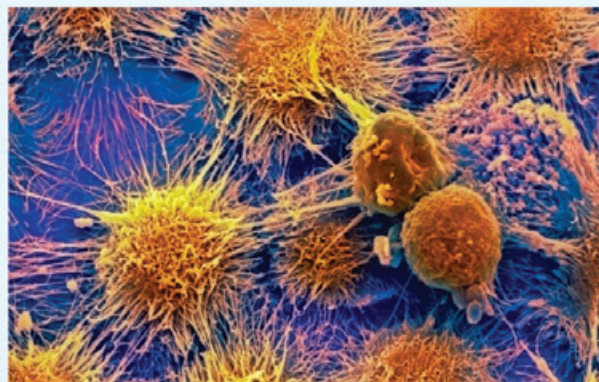
## Recommended Cancer Screening Tests

**Skin Cancer:** Screening for skin cancer involves checking your skin and any moles, or having a doctor check them, for changes that could be signs of cancer. An annual skin check by a dermatologist or regular physician is recommended for those with a family history of skin cancer.

**Breast Cancer:** In addition to monthly self-examinations, the ACS recommends that, starting at age 40, all women should have annual screening mammograms; other health organizations call for mammograms every two years, starting at age 50, but stopping screening after age 75. Talk to your doctor about what is right for you, based on your own family health history and your cancer risk factors.

**Cervical Cancer:** An annual Pap test is advised for all women, beginning at age 21. Women from 21 to 29 should have a Pap test every three years. Beginning at age 30, ACS recommends a Pap test, combined with human papilloma virus (HPV) testing, every five years. Testing should continue until the age of 65. Following these guidelines can also increase the likelihood of finding pre-cancers, which can be treated to prevent cervical cancer from developing.

**Colorectal Cancer:** Colonoscopy screening for colorectal cancer should start at age 50, and be done every 10 years, unless recommended more often by your doctor, until age 75. This type of screening not only detects cancer early, but, in many cases, it can help to prevent cancer from developing, as it identifies polyps (abnormal, precancerous growths within the colon), which your doctor can remove.



*Better screening techniques for cancer have helped decrease the incidence of cancer deaths.*

**Lung Cancer:** Low Dose CT scanning is recommended for some people who are at higher risk for lung cancer. This group includes adults, ages 55 to 80, who have a 30 pack-year smoking history and who currently smoke, or have quit within the past 15 years. To determine a pack-year score, multiply the number of packs smoked per day by the number of years smoked. (For example, smoking two packs of cigarettes per day for 12 years would result in a 24 pack-year score.)

**Oral Cancer:** Screening for oral cavity and oropharyngeal cancer may be done during a routine check-up by a dentist or medical doctor. The exam will include looking for lesions or abnormal-looking areas in the mouth and throat. This is a very important screening when one considers that 75% of all head and neck cancers begin in the oral cavity.

**Prostate Cancer:** The PSA test is used to screen men for prostate cancer; however, it is not clear if the benefits of testing all men outweigh the risks, such as finding and treating slow-growing cancers that do not require treatment. It is important to talk with your doctor about the risks and potential benefits, based on your personal and family history.

## World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/ hematology group in the United States.

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# SEEKING HEARING HELP?

## THE COST OF QUALITY

Written by Dr. Bettie Borton, Au.D., FAAA  
Presented by Dr. Dana Luzon, Au.D., FAAA

**S**o, you finally made and kept that appointment for a hearing evaluation. Congratulations! You took that all-important first step toward a better quality of life.

First and foremost, be sure your hearing evaluation was done by an audiologist who holds board certification from the American Board of Audiology. A hearing evaluation is a test which allows this professional to determine the type and degree of hearing loss. Hearing evaluations are simple, quick, and painless, providing the information needed to make recommendations to improve the quality of life — YOUR life.

Ah, but the results of that evaluation were not... what you were hoping? No earwax or infection... instead you've been told you are a hearing aid candidate. Finding the best hearing aids is a process that is unique to each person with hearing loss. It is important to work closely with your audiologist to determine which hearing aids best fit your hearing loss, lifestyle, listening needs and budget. Take heart. You're going to love what you hear. You may not, however, love the price tag, but please keep reading. Hearing aids are a worthy investment for you and those you love.

As with most things in life, you get what you pay for. Most hearing aids range in price from around \$1000–\$3000 per instrument. And remember that in most cases you will be buying a pair. Whether we're talking about cars, clothes, or hearing aids, quality costs more. We're not talking about those ear amps they sell on TV so "you can watch TV without disturbing your partner. ONLY \$14.95!!!!" Such personal sound amplifiers (PSA) are devices that are intended for people with no hearing loss to aid in various recreational activities, not to amplify sound for those with documented hearing loss. The FDA recently felt it necessary to clarify for consumers the difference between a PSA and a hearing aid in order to protect consumers. Unlike hearing aids, PSA devices are one-size-fits-all, and a recent study at Michigan State University determined that PSA devices were directly correlated to low consumer satisfaction and are potentially harmful to hearing.

A common question among consumers is "which hearing aids are best?" The best hearing aids are those chosen based on your unique hearing loss, hearing needs, and lifestyle issues. Work with your audiologist to prioritize your needs, wants, and budget, and let them guide you in selecting the best hearing aids for you.

So, what things should you consider when shopping for your first set of hearing aids, or when looking to replace the pair that you've enjoyed all these years? Which features are important to you? Live in a hot and humid climate and enjoy being outdoors? Hitting the tennis courts each morning? Or maybe you walk or run with friends. In general, the more active lifestyle you lead, the more sophisticated hearing aid you will need. If you lead an active life — playing golf, jogging in the morning, or just out and about — buying hearing aids that reduce wind noise and protect against moisture buildup are worth the extra money. If you lead a quiet, sedate life, you may not need extra technology to get you through the day.

Call it self-image or self-confidence, there's a stigma in some people's minds about hearing aids. Concerned about cosmetics? With today's technology, no problem! Hearing aids come in a variety of styles and sizes for those looking for a discreet fit.

Completely-in-the-canal (CIC) hearing aids slip into the ear canal and are nearly invisible. Custom made hearing aids block natural sound, and often create a stuffy ear feeling, but the latest open ear devices are light and powerful. These units are remarkably cosmetically appealing, utilizing a thin transparent tube to deliver sound into the ear. So, if you're concerned about how others will see you with hearing aids, the cosmetic appeal of an open fit is ideal.

Are you glued to a cellphone a couple of hours per day on the road? Does your PDA ring every 10 minutes? Do you have a music device like an iPod you enjoy listening to? Today's hearing aids offer wireless connectivity to a range of Bluetooth compatible devices, so you can stay in touch with family, friends, and the folks back in the office



using your hearing devices. You can now use your cellphone hands free, routed directly through your hearing instruments! Not exactly your grandmother's hearing aid! On the other hand, if you still think a Blackberry is simply a tasty fruit, why spend extra for wireless connectivity?

So forget the PSA gizmos if you have a diagnosed hearing loss. They can make a bad situation worse. If you can afford the top of the line, there are some fantastic technologies available. But if you are on a budget, know there are still many options for you, and your decision should be made based on exactly what you need and will use.

You need and want to enjoy the sounds around you every day, and that's something you just can't put a price on. You're going to love what you hear.

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

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



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# *Hair Loss?*

## **Optimal Hair Restoration Requires Early Action**

By Dr. Alan J. Bauman, MD,  
ABHRS Board-Certified Hair Restoration Physician

**I**t is estimated that about 80 million Americans, both men and women, are experiencing some level of hair loss. That's a quarter of the population. By age 50, nearly half of us will have thinning hair.

**E**ven more alarming is the fact that individuals can lose as much as 50% of their hair before hair loss even becomes noticeable. So you may not even realize it. With August being Hair Loss Awareness Month, it is an ideal time to focus on prevention and effective treatment.

### **PREVENTION**

While hair loss is not life-threatening, the health of your hair and scalp are not just a sign of age, but rather an excellent indicator of overall health and vitality. Put simply, a youthful head of hair makes people look good, and feel good too. Research has shown that an overwhelming majority of those who have undergone treatment for hair loss wish they had begun sooner.

As with any health concern, the key to prevention is having the desire to detect it early, and to seek accurate diagnosis and treatment if needed. Early detection and medical treatment can significantly slow and even reverse hair loss before it becomes noticeable. It's important to begin monitoring the condition of your hair and scalp as early as possible and be attuned to changes in hair texture or shine, excessive shedding, decreases

in hair volume or scalp coverage, widening of your part-line or a receding of your hairline or temple areas.

Fortunately, beyond blood tests and biopsies, there are an abundance of new medical measurement and evaluation tools available in the subspecialty of Hair Restoration, so it is now possible to accurately diagnose, measure, and monitor your condition like never before. Quick and painless evaluations such as HairCheck® provide doctors and Trichologists – professionals specializing in hair and scalp health – insight into your Hair Mass Index or HMI, a scientific measurement of the caliber and density of your hair at any point on your scalp. Knowing and monitoring your HMI is an easy way to keep tabs on the overall condition of your scalp, and may be the best way to detect hair loss as early as possible.



Of course, prevention and early detection are even more important if you have one or more of the risk factors that can affect hair loss. For instance, you are more likely to experience hair loss if your family has a history of hair loss. Other factors include illnesses, stress, side effects from certain medications, smoking, and a poor nutrition. Being aware of these risk factors and doing what you can to reduce them as much as possible will help shift the odds in your favor.

### TREATMENT

For those that are experiencing hair loss, the good news is that it is 100% treatable. Treatment options exist for all the varying degrees of hair loss, from simple thinning or shedding to extensive pattern baldness. There are even non-surgical medical hair replacement options available for those who are suffering severe hair loss from alopecia, radiation and chemotherapy, as well as burns and other scars.

The most important thing for those seeking the best chance at successful treatment is to work with a credentialed medical specialist. In today's world, it is easy to be taken in by the false claims and promises made by "miracle hair-growth" cures and elixirs. However, there are no "one size fits all" remedies for hair loss.

Ideally, hair loss sufferers should seek out an American Board of Hair Restoration Surgery or ABHRS board-certified hair restoration physician for treatment. Hair restoration is a clinically recognized medical sub-specialty, and experienced professionals with the appropriate accreditation will be able to best guide you to the proper course of treatment. Be prepared to travel to visit in-person or begin on-line with a long-distance consultation, if necessary.

Your hair restoration physician will suggest treatments and procedures that are non-invasive or minimally-invasive, depending upon the type and degree of hair loss you are experiencing and your goals. Often, as it is in many areas of medicine, "multi-therapy" or a combination of several different treatments, may have the best success in cases similar to yours.

Non-invasive options include Scalp Makeovers, low level laser therapy, nutritional and nutraceuticals, finasteride, and/or topical application of compounded Formula 82M Minoxidil. For those with more extensive or temporary hair loss, there are medical-grade prosthetic 3D-printed Italian Hair Systems available that are completely indistinguishable from natural hair, allowing patients to confidently shower, swim, (even skydive!) and live full, active lives.

Due to technological advancements in the field of hair restoration, non-invasive, "lunchtime" treatments are now available in-office. For example,

Platelet-Rich Plasma, also known as PRP or "Vampire" hair growth therapy, works by leveraging the regenerating effects of your body's own platelet growth factors from your own blood.

PRP is also used to enhance the effectiveness of an artistically performed FUE hair transplant procedure—the only permanent way to restore living and growing hair. Follicular Unit Extraction or FUE, harvests hair follicles for transplantation without leaving a linear scar. FUE can be performed comfortably and efficiently with sophisticated surgical instruments like NeoGraft or the ARTAS robotic-assisted system. For FUE transplantation, it is important to select an experienced and artistic physician with a proven track record of creating natural-looking and aesthetically pleasing results.

### THE BOTTOM LINE

Because hair loss is generally considered more of an aesthetic issue than a medical one, people are often hesitant to talk about it, or to seek diagnosis or treatment for it. Yet, it can significantly affect your quality of life. In fact, a landmark 2005 study showed that hair loss can create an "enormous emotional burden" that can trigger depression or even a psychological breakdown. This is precisely why Hair Loss Awareness Month is so important.

Let August be the motivation you need to check your HMI, see an experienced, certified medical professional about treatment, or perhaps even just pass along this article to a friend. Today, modern, effective treatment options abound, and no one should have to suffer from hair loss.

## TREATMENT OPTIONS

A few of the cutting-edge treatment options to consider and ask your full-time, board-certified Hair Restoration Physician about:

- ARTAS Robotic-Assisted FUE Hair Transplant
- NeoGraft FUE Hair Transplant
- 3D-Printed Italian Hair System – Cranial Prosthesis
- PRP Platelet Rich Plasma "Vampire" Therapy
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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



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

was recently named one of the Top 5 Transformative CEO's in Forbes. 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.

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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 (CO<sub>2</sub>) 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](http://www.drdadurian.com)**.



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# Osteopathic Medicine

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

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

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

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

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

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

In America, fully licensed physicians in all 50 states able to perform all specialties of medicine and surgery are either D.O.'s or M.D.'s. The D.O.'s (Doctor of Osteopathy) all have training in Osteopathic Manipulative Treatment (OMT), which is envisioned to be integrated into the diagnosis and treatment of most illnesses and injuries. Due to a wide variety of circumstances though, it is advisable to call your D.O. first if you are looking for OMT, as many do not do it. Also, some M.D.'s as well as a variety of therapists have taken courses in manipulation.

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

#### Treatment

**Osteopathic Manipulative Treatments range from:**

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



#### My Practice

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

Subsequent visits are about 20-30 minutes, depending on the diagnoses and treatments. Usually patients are seen once a week to begin with, depending on their conditions; and as they improve, the treatments and frequencies will change accordingly. The healing process has so many variables that it is always difficult to predict who will feel what and when; and like all of medicine and in most of life, there are no guarantees; but I like to think that everyone is helped to some degree. OMT

is for patients of all ages, from newborns to elderly. OMT is covered by Medicare and most insurances.

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



**WILLIAM H. STAGER, DO, MS, MPH, FAAFP, FAAMA, FAO, FACOPF dist.**

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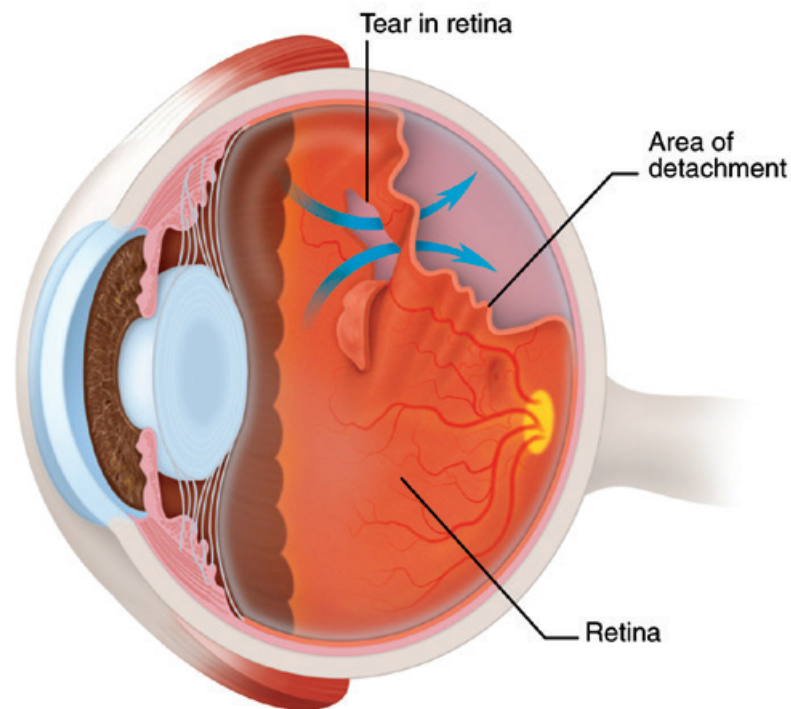
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# RETINAL TEAR and RETINAL DETACHMENT

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

**T**HE RETINA is the light-sensitive tissue lining the back of our eye. Light rays are focused onto the retina through our cornea, pupil and lens. The retina converts the light rays into impulses that travel through the optic nerve to our brain, where they are interpreted as the images we see. A healthy, intact retina is key to clear vision.



The middle of our eye is filled with a clear gel called vitreous (vi-tree-us) that is attached to the retina. Sometimes tiny clumps of gel or cells inside the vitreous will cast shadows on the retina, and you may sometimes see small dots, specks, strings or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain, light background, like a blank wall or blue sky.

As we get older, the vitreous may shrink and pull on the retina. When this happens, you may notice what look like flashing lights, lightning streaks or the sensation of seeing “stars.” These are called flashes.

Usually, the vitreous moves away from the retina without causing problems. But sometimes the vitreous pulls hard enough to tear the retina in one or more places. Fluid may pass through a retinal tear, lifting the retina off the back of the eye — much as wallpaper can peel off a wall. When the retina is pulled away from the back of the eye like this, it is called a retinal detachment.

The retina does not work when it is detached and vision becomes blurry. A retinal detachment is a very serious problem that almost always causes blindness unless it is treated with detached retina surgery.

## **TORN OR DETACHED RETINA SYMPTOMS**

Symptoms of a retinal tear and a retinal detachment can include the following:

- A sudden increase in size and number of floaters, indicating a retinal tear may be occurring;
- A sudden appearance of flashes, which could be the first stage of a retinal tear or detachment;
- Having a shadow appear in the periphery (side) of your field of vision;
- Seeing a gray curtain moving across your field of vision;
- A sudden decrease in your vision.

Floaters and flashes in themselves are quite common and do not always mean you have a retinal tear or detachment. However, if they are suddenly more severe and you notice you are losing vision, you should call your ophthalmologist right away.

## **WHO IS AT RISK FOR A TORN OR DETACHED RETINA?**

People with the following conditions have an increased risk for retinal detachment:

- Nearsightedness;
- Previous cataract surgery;
- Glaucoma;
- Severe eye injury;
- Previous retinal detachment in the other eye;
- Family history of retinal detachment;
- Weak areas in the retina that can be seen by an ophthalmologist during an eye exam.

## **TORN OR DETACHED RETINA DIAGNOSIS**

Your ophthalmologist can diagnose retinal tear or retinal detachment during an eye examination where he or she dilates (widens) the pupils of your eyes. An ultrasound of the eye may also be performed to get additional detail of the retina.

Only after careful examination can your ophthalmologist tell whether a retinal tear or

early retinal detachment is present. Some retinal detachments are found during a routine eye examination. That is why it is so important to have regular eye exams.

### **TORN OR DETACHED RETINA TREATMENT**

A retinal tear or a detached retina is repaired with a surgical procedure. Based on your specific condition, your ophthalmologist will discuss the type of procedure recommended and will tell you about the various risks and benefits of your treatment options.

#### **Torn retina surgery**

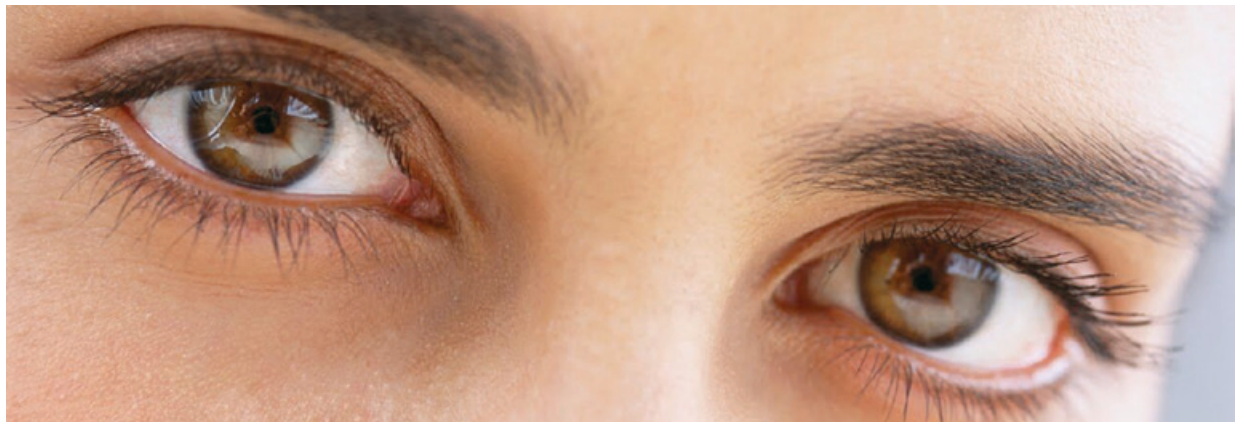
Most retinal tears need to be treated by sealing the retina to the back wall of the eye with laser surgery. Both of these procedures create a scar that helps seal the retina to the back of the eye. This prevents fluid from traveling through the tear and under the retina, which usually prevents the retina from detaching. These treatments cause little or no discomfort and may be performed in your ophthalmologist's office.

#### **Laser surgery (photocoagulation)**

With laser surgery, your Eye M.D. uses a laser to make small burns around the retinal tear. The scarring that results seals the retina to the underlying tissue, helping to prevent a retinal detachment.

#### **Detached retina surgery**

Almost all patients with retinal detachments must have surgery to place the retina back in its proper position. Otherwise, the retina will lose the ability to function, possibly permanently, and blindness



can result. The method for fixing retinal detachment depends on the characteristics of the detachment. In each of the following methods, your Eye M.D. will locate the retinal tears and use laser surgery or cryotherapy to seal the tear.

#### **Vitrectomy**

This surgery is commonly used to fix a retinal detachment and is performed in an operating room. The vitreous gel, which is pulling on the retina, is removed from the eye and usually replaced with a gas bubble.

Sometimes an oil bubble is used (instead of a gas bubble) to keep the retina in place. Your body's own fluids will gradually replace a gas bubble. An oil bubble will need to be removed from the eye at a later date with another surgical procedure. Sometimes vitrectomy is combined with a scleral buckle.

If a gas bubble was placed in your eye, your ophthalmologist may recommend that you keep your head in special positions for a time. Do not fly

in an airplane or travel at high altitudes until you are told the gas bubble is gone. A rapid increase in altitude can cause a dangerous rise in eye pressure. With an oil bubble, it is safe to fly on an airplane.

Most retinal detachment surgeries (80 to 90 percent) are successful, although a second operation is sometimes needed.

Some retinal detachments cannot be fixed. The development of scar tissue is the usual reason that a retina is not able to be fixed. If the retina cannot be reattached, the eye will continue to lose sight and ultimately become blind.

After successful surgery for retinal detachment, vision may take many months to improve and, in some cases, may never return fully. Unfortunately, some patients do not recover any vision. The more severe the detachment, the less vision may return. For this reason, it is very important to see your ophthalmologist regularly or at the first sign of any trouble with your vision.



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### **Lauren R. Rosecan**

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# ACUPUNCTURE: The New Facelift?

## WHAT IS SKIN REJUVENATING ACUPUNCTURE?

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

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

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

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

A 1996 report in the international journal of Clinical Acupuncture reported that among 300 cases treated with acupuncture for skin rejuvenation, 90% has marked effects with one course of treatment. The effects included: more

delicate skin, improvement of elasticity of facial muscles and tone, brighter complexion, and overall rejuvenation.

## HOW DOES IT WORK?

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





**WHAT ARE THE BENEFITS OF SKIN REJUVENATING ACUPUNCTURE?**

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

**OTHER BENEFITS INCLUDE:**

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

**WHY CHOOSE SKIN REJUVENATING ACUPUNCTURE OVER A FACE LIFT?**

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

**WHO SHOULD NOT HAVE SKIN REJUVENATING ACUPUNCTURE?**

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

**DOES IT REALLY MAKE A DIFFERENCE?**

Skin Rejuvenating Acupuncture has been performed for thousands of years in China. As early as the Sung Dynasty (960 A D – 1270 AD) acupuncture was performed on the Empress and Emperor’s concubines. For centuries, the Chinese have known that beauty radiates from the inside

out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance. A study in 1996 in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The effects included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion and overall rejuvenation.

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



Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng’s Acupuncture Medical Center since 2007.

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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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# DO I NEED A PERIODONTAL EVALUATION?

**A** recent major study reported that 1 in 2 adults over the age of 30 have periodontal disease. This may be even more important as periodontal disease has been linked to significant medical issues such as heart attacks, stroke, respiratory issues and even pre-term low birth weight babies.



## WHAT IS PERIODONTAL DISEASE:

Periodontal disease is a term that includes a number of diseases of the gum tissue and jaw bone. Examples include gum recession, gum inflammation, bone loss (that can lead to tooth loss) and lesions in the mouth. Gum and bone disease can occur rapidly or slowly over time.

## GINGIVITIS:

The plaque in our mouths (the light film you can feel on your teeth), which consists of things such as bacteria and food debris, often accumulate along the gum line. If not removed with brushing and flossing, the plaque can calcify into tartar (also known as calculus). The tartar can then help catch even more plaque and continue the cycle. The body views this plaque as a bacterial infection and responds as it would to any other infection. Gum tissue fills with blood to help ward off the bacteria.

This gum swelling, known as Gingivitis, usually appears as puffy, red-purple and bleeding gums. The reaction is similar to the red and swollen appearance you get around a cut on your hand. A very important factor is that Gingivitis is REVERSIBLE. If addressed with professional treatment (often called by patients “deep cleaning”), the infection may be cleared and the inflammation typically resolves.

## PERIODONTITIS:

Should the process of Gingivitis not be properly addressed, (in most cases) the disease will progress

to Periodontitis, a situation where the inflammation has now led to jaw bone loss. Ultimately, this can lead to tooth mobility and tooth loss. Periodontitis is IRREVERSIBLE loss of the jaw bone. A number of treatment options exist to help slow the continuation of this disease. The more advanced the disease becomes; the more difficult it may be to save one’s teeth. Preservation of the teeth and bone are a periodontist’s primary goal. Once a patient has periodontal disease, they have it for life. Continued professional hygiene appointments (usually every 3 months) are critical to helping keep the disease in remission.

A number of factors can influence the presence or severity of the disease. Commonly related factors include genetics (did mom and dad pass this on to you), personal oral hygiene, habits (such as smoking or tobacco chewing) and your own immune system. Once the disease begins, it is important to realize that the damaging bacteria present in the gums are now able to travel throughout the entire body possibly leading to systemic inflammation or medical issues.

Having a complete periodontal evaluation can be very critical to not only the health and preservation of the teeth, gums and jaw bone, but also the health of the entire body. It is important to remember the mouth and body are connected. **A true periodontal evaluation is painless and includes a review of a full set of recent x-rays and gum measurements.** Both of these are needed to help determine if you are one of the 50% that has the disease.

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.*

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*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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- Social Activity
- Metabolic & Vascular Risk

4847 Fred Gladstone Drive, West Palm Beach, FL 33417  
**1-(888)-MINDGYM (1-888-646-3496)**  
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# The Brain Health Club

## Successfully Improving Alzheimer's, Dementia & Cognitive Impairment



**WEST PALM BEACH**—The BrainHealth Club's mission is to be the leading provider of evidence-based solutions for individuals who want to maintain and enhance their brain and body health. The BrainHealth Club was developed under the direction of an internationally acclaimed Scientific Advisory Board that includes experts in cognitive neurology, nutrition, neuropsychology and Alzheimer's prevention. Their Scientific Advisory Board plays an active role in the club's management and program development.

A few years ago there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given

regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

### The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

The BrainHealth Club in West Palm Beach, Florida utilizes the same approach as the FINGER study, but at a more streamlined, personalized and assertive method for its participants.

**The BrainHealth Club** is a way to upgrade your mind and improve your brain health through targeted cognitive physical training, a customized nutrition plan, social activity, and metabolic risk factor monitoring and stabilization treatment.

### DEMENTIA AND COGNITIVE ISSUES EXPLAINED:

Most people know at least one person that has been affected by Alzheimer's disease, but did you know that Alzheimer's is the most common form of dementia. Many people just lump all dementias together under the Alzheimer's umbrella, but there are significant differences and treatment options for each individual diagnosis. At the BrainHealth Club, they have specific assessments to work with on an individual basis.

**The signs and symptoms of dementia are different for every patient, but common indicators are as follows:**

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Sundowning/Sleeplessness/Restlessness, especially in the evening

You are not alone, if caught early; this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining cognitive skills. Neurologists and other professionally trained practitioners are essential in putting the pieces back together. That's where The BrainHealth Club will begin your tailored program to assist you in improving your cognitive health.

### THE BRAINHEALTH CLUB'S ASSESSMENT

At The BrainHealth Club in West Palm Beach, Florida, they have spent years developing this evidence-based program designed to prevent and maintain cognitive health. This proprietary index score reflects the combined results of assessments across all six key areas of focus: cognitive performance, physical fitness, diet and nutrition, metabolic/vascular input, stress levels and mood, and sleep health.

Their cognitive evaluation uses scientifically proven tools to measure, analyze and assess 7 areas of brain tasks to the individual's memory, thinking, attention and problem-solving capabilities. These tools are highly advanced yet very simple to use—no computer experience required! Their physical assessment includes a questionnaire and a direct evaluation by a BrainHealth coach.

The BrainHealth Club is not only designed for individuals with early stage dementia or Alzheimer's diagnosis but also available for the worried well that want to improve and maintain the overall and physical performance. Their program establishes a specific plan for you regarding your nutritional needs, exercise, cognitive performance, sleep/stress health and socialization activities.

To find out more, please contact  
**The BrainHealth Club** at  
**1-(888)-MINDGYM (1-888-646-3496),**  
 or visit them at **TheBrainHealthClub.com**

**The BrainHealth Club**  
 4847 Fred Gladstone Drive  
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**THE EXPERTS@THEBRAINHEALTHCLUB.COM**



# FIRST EVER CANNABINOID DRINK MIX

**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.

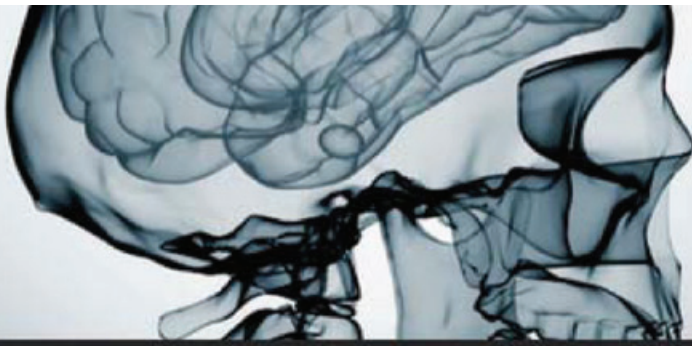
## Emergent Field of Water Soluble CBD

Researchers are currently diving into the arena of water soluble CBD. Simply put, “water Soluble” means “able to dissolve in water”. This entirely new discovery remains in its infancy and availability is limited. However, one thing is very clear. When CBD is water soluble it is more bioavailable for our bodies to use. Our bodies are 60% water. When we ingest water soluble CBD a greater amount of CBD reaches the bloodstream, which lowers the actual therapeutic serving size required to achieve therapeutic effect.

Water soluble CBD is simply dosed as a packet to be mixed with 4-6 ounces of water, you simply drink as a beverage. To learn more about our water soluble line of products visit [www.PalmBeachHemp.com](http://www.PalmBeachHemp.com) or call our team at 561-282-8235.



[www.palmbeachhemp.com](http://www.palmbeachhemp.com)



## Case Study: 6 Months of Post-Concussion Syndrome

By Dr. Jonathan Chung

Read Time: [3 minutes]

**Post-concussion syndrome has become a big deal with more athletes showing concern about the risks of chronic brain injury. Recovery from a concussion usually takes about 7-10 days for most people but many will have symptoms that last 30 days or more.**

Our most recent case had post-concussion syndrome that lasted 6 months prior to visiting our office.

### BACKGROUND

A young woman was a passenger in a car that was struck from the side. The shock of the accident caused her head to whip from side to side and she lost consciousness immediately.

Although many concussions are a result of a direct blow to the head, a concussion can occur through rapid acceleration and deceleration of the head causing the brain to move and collide with the inside of the skull.

Following the concussion, the patient began having daily episodes of migraine headaches. During the migraine attacks, she would also have vertigo that led to a persistent feeling of nausea.

After being discharged from the hospital the patient was seen by an orthopedist and chiropractor. While chiropractic adjustments were helpful, she felt her symptoms come back repeatedly within hours of her treatment. he patient had an appointment with her orthopedist to receive neck injections, but was referred to our office before that to see if correcting her atlas would help.

### ASSESSING THE NECK IN CONCUSSION

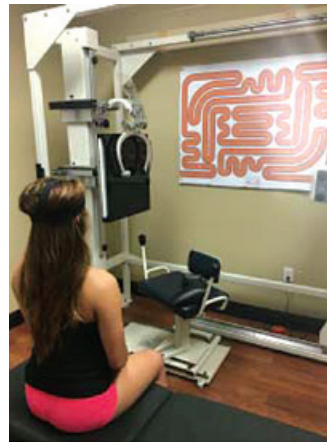
The patient was put through a full examination to evaluate the neck. In many cases of post-concussion syndrome, the neck has numerous pain-generating tissue that can be responsible for these neurological symptoms. This includes precise x-rays of the top of the neck, evaluation of neck muscle tone, structural positioning, and evaluation of head and neck control.

You can see some images of our head control laser testing on pic. 1,2.

When people suffer a concussion or whiplash injury, it can cause damage to the muscles and allow us to control our head and neck movement. These injuries can lead to headaches, but they also cause problems with our sense of balance.



*Pic.1.  
Laser head positioning system*



*Pic.2.  
Testing head control using a maze*

Once we have some baseline information on their current abilities, we can monitor how they respond and heal from the damage to their neck.

### RESULTS:

After her 2nd visit, the patient said that her headaches and nausea were almost completely non-existent.

Imagine that. Going from daily migraines, to no headaches for an entire week. All from a getting the head and neck into a better structural position.

Now that isn't to say that life is perfect after that. There were certainly some ups and downs along the way. Overall, the patient's headaches have improved about 80% in frequency and intensity. She has elected to skip getting injections, and is working hard everyday to get stronger.

Here's the most important element and really the part that matters:

After the head injury, the patient was unable to do the things that made her life fun. She had trouble working out and getting motivated to exercise. Staying focused at

work meant having to rely on pain killers. Taking care of a young daughter meant gritting her teeth through pain and nausea instead of being present in the moment.

That's what all of this is about. It's not about the pain reduction, it's about the restoration of normal life!

For more information, you can read this patient's testimonial below:

I'm a very active mommy that carries around the weight of a 6 year old and owning a salon full time. Work and mommy duties call for my body to be at all times ready and with it. There isn't time for rest, much less any fatigue or achy-ness. Between playing sports when I was young, actively working out and having the burden of standing on my feet the majority of my work days, my simple adjustments just got me through. I didn't realize that there could be a cure for my migraines, constant neck stiffness and what seemed to be a much older body that I was trapped in.

I was a back seat passenger in a car crash on New Years, where the car was deemed totaled. There were no major signs of trauma, besides the concussion and black eye I received, however, I knew something was wrong when my pain was continuing to get worse months after the accident. My routine visits to the chiropractor, became tedious weekly visits that just got me through; my pain kept coming back if I didn't get adjusted that day. I refused to succumb to cortisone shots previously, but felt desperate. Instead of my Chiropractor sending me off the receive the possible relief from an invasive procedure, he referred me to his dear friend Dr. Chung that specializes in post concussion, migraines, fatigue and achy-ness.

Dr Chung was very thorough and did a series of X-rays and tests to see how my whole body was aligned and reviewed my MRI. He explained the symptoms and showed me what was happening to my brain and surrounding inflamed tissues. After one precise adjustment and many months of not being able to be active or myself, I felt 150%. I was scared and apprehensive as to when my pain would return. To my surprise, months later and just a few maintenance NUCCA adjustments, **my pain has not returned and I was immediately able to carry on with my workouts, mommy life and my physically involved career.** I was even able to hike, travel and do Cross-fit within weeks of being adjusted. My energy and range of motion has returned. I couldn't be happier for the referral to such a dedicated, intelligent, passionate Doctor of Chiropractic. Thank you so much for your passion to treat your patients and wish you much success.

Jessica S.



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# RejuvaWAVE™

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

#### **WHY MEDICATE WHEN YOU CAN CURE?**

Introducing the only Erectile Dysfunction Treatment that cures ED, RejuvaWave™ is revolutionary, non-invasive and heals the underlying causes of ED. RejuvaWave™ uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have

to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

#### **GO BEYOND MEDICATION. EXPERIENCE THE CURE FOR ERECTILE DYSFUNCTION.**

Simply Men's Health believes in treating and curing the underlying issue with regenerative

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



**IS IT SAFE?**

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



**RejuvaWAVE™**  
only available at  
Simply Men’s Health

- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

**HOW TO GET STARTED**

At the Simply’s Men’s Health, take on each case with individualized care and cater your private consultation with our experienced staff of physicians. We pinpoint the exact cause of your sexual health issues and provide a diagnosis to create a customized treatment plan that can CURE ED in about 80% of patients or restore sexual function in over 98% of patients. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Contact the health care professionals at Simply Men’s Health today for a private consultation today.



**SUMMER SPECIAL**  
**\$250 off**  
the complete  
**RejuvaWAVE™**  
treatment

**WHAT OUR PATIENTS ARE SAYING:**

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

- Steven O.

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

- A. B.

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

- Ral S.



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**Get your life back tomorrow**  
**561-316-8942**  
**www.simplymenshealth.com**

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

# Tackling ADHD and Processing Issues

## Without Medication

By Mike Cohen, Director  
Center for Brain



Here's a bold statement that might surprise you.

Not everyone who fidgets, has trouble paying attention or struggles at work or school has ADHD. In fact, *50 percent of people wearing this label also have a processing issue* that might have been overlooked – something I see regularly in my practice.

This incomplete diagnosis is why many people and young adults do poorly academically or at work, despite being intelligent. Many attention problems are a byproduct of processing issues that frustrate the child or young adult and cause them to act out or have trouble staying focused.

Just because someone responds positively to stimulant medication doesn't mean an ADHD diagnosis is correct. Stimulant medications improve focus for just about anyone – even people without ADHD. However, medications can't overcome processing and learning issues – and they don't teach a person how to pay better attention.

**No one wants to medicate their child or take medication, so what can you do? How can you find out what's really going on?**

**At Center for Brain we have a way to put an end to the guessing game: Does my child – or do I – really have ADHD – or is there something else going on?**

### **STEP ONE: The Brain Map**

We first conduct a brain map, called a Connectivity Map, at our Jupiter office, created from a specialized EEG. The raw data are processed for a report which we review in depth with the parents or client.

The map has three major benefits: (1) It can reveal whether you or your child truly has ADHD or something else, such as a processing issue (or a combination of the two); (2) it identifies specific areas of the brain that are poorly connected or poorly organized and likely to be impacting the ability to process information and; (3) it enables us to more precisely target the appropriate treatment areas.

*(People frequently exclaim that this report describes their behavior and struggles, or those of their child, perfectly).*

**STEP TWO: Once the map reveals the cause of the attention, behavior, learning or processing problem, we customize an advanced neurofeedback program to train the brain.**

Remember that attention, learning and processing problems are brain issues, not a lack of desire or ability to do well.

Neurofeedback technology is used to promote changes in the way neurons in the brain fire. A new type of neurofeedback called MCT (multivariate coherence training) is even more effective than traditional neurofeedback. MCT was co-developed by Dr. Robert Coben\*. It hyper-targets and gently encourages those connections to improve, often doing so surprisingly fast.

Step 2 involves 15 sessions of MCT neurofeedback training, typically two or three sessions per week, targeted to the specific brain connectivity issues identified from analysis of the brain map.

**STEP THREE: Re-evaluate changes, assess progress**

After 15 neurofeedback sessions, we conduct a second brain map to see where physical changes have occurred and to summarize client feedback. We identify areas, if any, that may need additional training.

**WHY THIS SYSTEM WORKS**

Research shows that there must be functional connections between key areas of the brain in order for attention and learning to take place easily. Without them, attention and certain types of learning become a nightmare and an enormous frustration.

Malfunctioning connections can result in issues with attention, dyslexia and other reading problems, dyscalculia (difficulty with math) and/or processing problems. Furthermore, the resulting frustration can often look like ADHD.

**In one study, children treated twice a week for 20 sessions with individually-tailored neurofeedback based on a Connectivity Map enhanced their reading scores an average of 1.2 grade levels! The control group showed no improvement.**



*We know you have a lot of questions. That's why we offer a free, no-obligation consultation.*

Once we have met you or your child and understand the situation better, we can discuss if this new technology is a good treatment option. At the very least, with a Connectivity Map you'll have a much clearer idea of what's really happening.

To learn more or to book an appointment, call us at **(561)744-7616**.

**ABOUT CENTER FOR BRAIN**

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



**Michael Cohen**, Director Center for Brain  
Mike is one of the leading experts in brain biofeedback. For more than 20 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 2,000 healthcare professionals, including medical doctors, all over the U.S. and the world.

\***Robert Coben, Ph.D.**, is developer of the application of the Connectivity Map to learning and processing issues. He is Director and Chief Neuropsychologist of NeuroRehabilitation and Neuropsychological Services at Integrated Neuroscience Services in Fayetteville, Arkansas. He's also an affiliated researcher of New York University Medical Center.

**SUCCESS STORIES**

**A 13-year-old boy** who had been diagnosed with ADHD began doing his homework by himself - and without reminders – after undergoing 15 sessions of MCT neurofeedback. He had required one-on-one homework assistance for years from his mother.

**An 18-year-old man** dropped out of high school after being fed up over years of academic failure. He began playing video games all day in his bedroom at his parents' house and wouldn't work. A brain map revealed a learning disability affecting his ability to process information. After 5 MCT sessions he became more communicative with his parents. After 10 sessions he decided to look for a job. After 15 sessions he secured an entry level job and was handling it well.

**One 8-year-old girl** with attention problems and severe learning disabilities had a severe dislike for math and reading. After seven sessions she started doing math for fun. After 10 sessions she began reading for pleasure. Her mother even discovered her in bed one night with a flashlight reading under the covers!



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

**CENTER FOR BRAIN**  
**550 Heritage Drive, Suite 140**  
**Jupiter, FL 33458**  
**561.744.7616**  
**www.CenterforBrain.com**



# Regenerative Medicine and Chronic Pain

By Dr. Ricardo Leano



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

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

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

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

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

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

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

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

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



**For any consultation, call  
(561) 248 1166  
for an appointment with  
Dr. Ricardo Leano at  
Palm Beach Pain, LLC**

# Limb Swelling:

## Medicare Approved Treatment Options

By Alyssa Parker

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

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

### How does compression therapy work?

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

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

### What causes limb swelling?

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



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

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

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

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

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

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

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

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

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.



### ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call and speak with a specialist.

**toll free 855-949-4325(HEAL)**

# Protecting Your Eyes

By David A. Goldman MD

**P**rotecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

## Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

### *For all eye injuries:*

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

### *If your eye has been cut or punctured:*

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

### *If you get a particle or foreign material in your eye:*

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

### *In case of a chemical burn to the eye:*

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

### *To treat a blow to the eye:*

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

### *To treat sand or small debris in the eye:*

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

## DAVID A. GOLDMAN



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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | [www.goldmaneye.com](http://www.goldmaneye.com)

**F**our years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

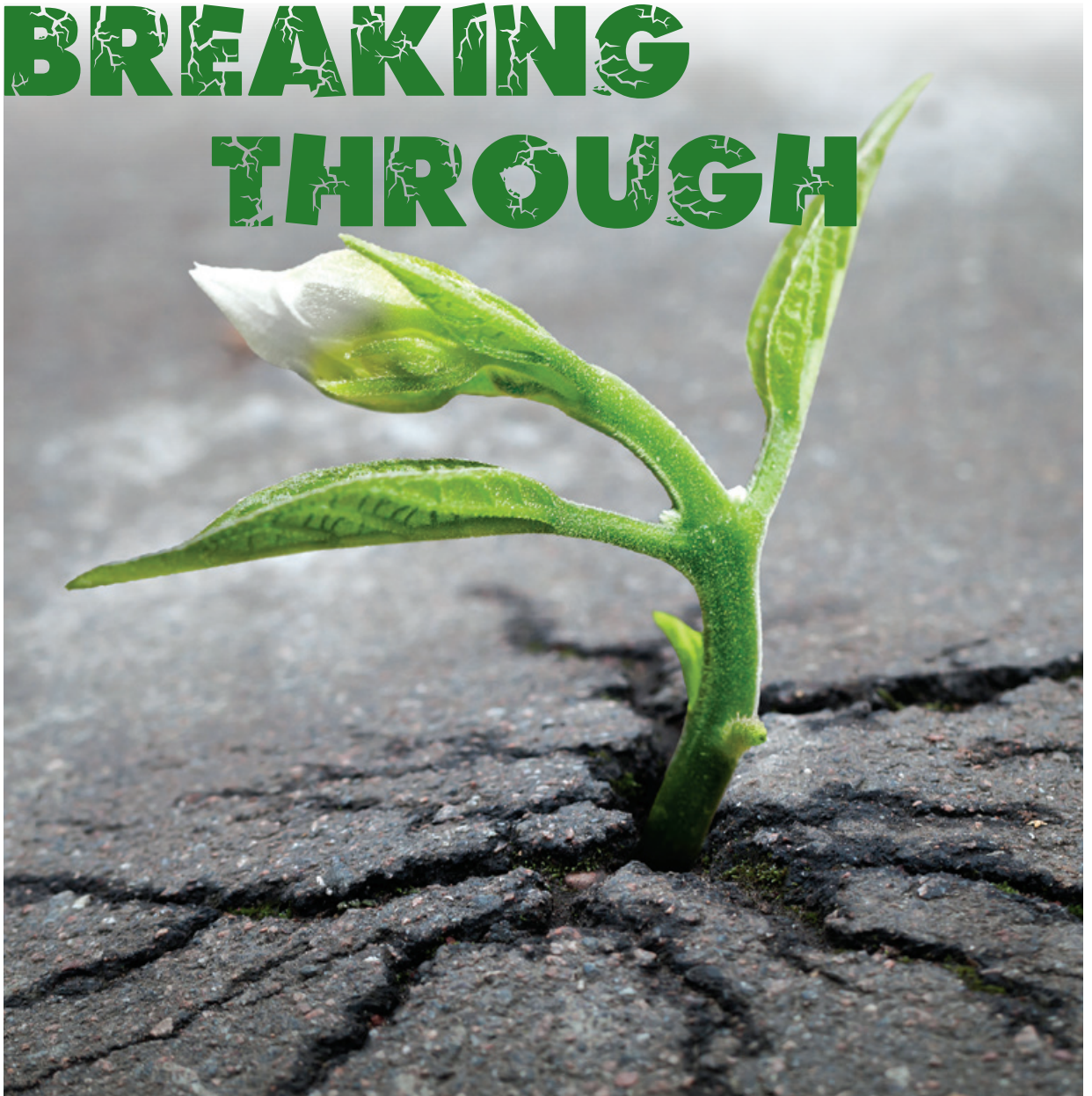
Looking back I've learned that there are four things we can do when needing a breakthrough.

**1. DON'T HAVE ALL THE ANSWERS.** It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, “blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3) God can much better fill an empty vessel.

**2. LISTEN.** Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

**3. WRITE IT DOWN.** When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

## BREAKING THROUGH



**4. DO IT.** Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the “better” that God had for us on the other side of the tough times.

No matter what you're going through remember this: “And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:28, 38-39)

Brent Myers

# Bringing World-Class Cancer Care to Palm Beach County

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– Chris Manis

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# Worried about **memory loss?**

Help and hope for people with  
**Dementia • Alzheimer's  
Failing Memory**

## **New Home-Use Helmet "Brightens" the Brain**

by Michael Cohen, Director  
Center for Brain

I'm doing something today that I seldom do: I'm promoting a product.

It's called the brain light helmet.

It's for people who have concerns about losing their edge or who have been diagnosed with a memory problem.

Why am I dedicating an entire article to this? Because the brain light helmet is the single most promising piece of equipment I have encountered in more than 20 years working with memory issues...and, making it even better, you use it at *home* (just 20 minutes a day).

Brain light helmets come in two variations. I'll explore below what they are and why.



*Use your brain light helmet at home while you go about your daily activities*

### **Why I recommend the brain light helmets**

I have seen evidence that brain light helmets can help anyone who is worried about their memory or is dealing with a diagnosis involving mental deterioration.

I became excited about these helmets after seeing the remarkable responses of my clients and the clients of other practitioners exposed to this cutting-edge technology.

A colleague's client, who had had eight concussions resulting in fuzzy thinking, reported significantly enhanced thinking ability in a mere month.

My own mother, who has dementia, has benefitted tremendously. After just two initial sessions, her energy and engagement improved appreciably, as did her ability to express herself verbally. She has used her helmet daily now for more than six months, and has surprised her doctor by maintaining and in some cases even improving her mental faculties.

I'm using one of these models on myself, a **Neuro Alpha** brain light helmet. I find that it helps me stay better organized and get more work done.

### **What makes these helmets so effective?**

Brain light helmets use the healing power of specific light frequencies to biologically improve the connections in the brain. These frequencies

have been shown in extensive research to boost brain activity and cognitive function over time. People also frequently report having more energy.

### **Two options**

Now, I told you further up that there are two versions of this helmet, and here's what they are:



The **Neuro Alpha** helmet, the one I use on myself, is designed to enhance general mental acuity... "brain brightening." It helps those with certain forms of dementia as well as brain injuries such as stroke.

It emits 10Hz of 810 nm (nanometer) waves known as alpha waves. Users report a noticeable calming effect in addition to feeling mentally sharper, having more energy and getting more done.

### Key benefits:

- Enhanced “brightened” brain
- More energy and better sleep
- Improvement from the symptoms of neurological conditions such as concussion, stroke or head injury
- Improvement from the symptoms of vascular dementia



The **Neuro Gamma** helmet is for people with Alzheimer’s disease.

This helmet emits 40Hz of 810 nm waves called gamma waves. Gamma waves are believed to interfere with the formation of amyloid plaque, long suspected of being a key component of Alzheimer’s disease.

Why can this device be better than drugs?

Drugs used in Alzheimer’s patients are capable of targeting only one protein (problematic because there are numerous proteins involved) and for only a short period of time. However, gamma waves have been shown to treat the entire brain. They can impact brain health and function at any stage of the disease. Plus, there have been no reported side effects.

### Key benefits:

- Enhanced energy
- More alertness
- Improved social engagement
- Heightened awareness

### More about how the helmets work

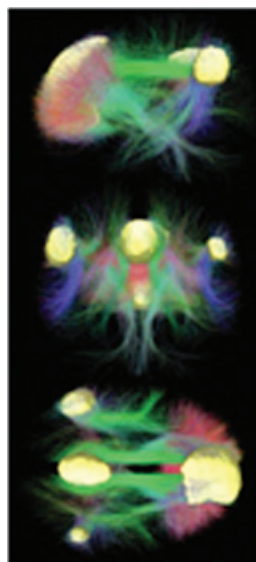
There are certain light frequencies and intensities that will stimulate blood flow in your brain and enhance neuron connections. Brain light helmets were carefully-engineered with that principle in mind.

These helmets direct their light at precisely the right parts of the brain through your translucent skull. Each light delivers the ideal frequency range for its intended purpose, penetrating deepest into

tissues of the central nervous system for maximum stimulation of the brain’s natural ability to repair itself. This process of self-healing with the help of light is called photobiomodulation (PBM).

They are also designed to target the *default node network*, an area in the brain that research has determined to be linked with cognitive function.

*Default node network*  
(Image by Andreashorn)



### Nasal clip

You’ll note in the photo of the woman above at the table that there is a component of the helmet that attaches to the outside of your nose (yes, I know it looks weird). It’s there because it’s the most effective way for light to reach the prefrontal cortex, a critical spot for keeping sharp. Because of its location, that area is very difficult to reach with any other technology.

### Purchasing your brain light helmet

Intrigued? Learn more by calling our office or visiting our brain light helmet page (see below). Each unit costs \$1,750.

While that price might seem hefty, it’s small considering the potential benefits, plus you are taking very little financial risk.

Why?



### Money back guarantee...

Use your helmet for at least 3 months and up to 6 months. If you aren’t happy with the results, return it to us and receive your money back, minus a 20% re-stocking fee (and any shipping fees).

**If you mention you read about the brain light helmet in Health & Wellness, we will include free shipping plus an ultrasonic cleaner for the nasal clip at no extra charge.**

I encourage you to contact us today to find out more. We’ll be happy to invite you to our office to try one of the helmets and to learn more about how it can address your specific concerns.

Want to know more about the brain light machine? Call us at: **561-744-7616** or read about the brain light helmets on our website:

[www.centerforbrain.com/the-brain-light-helmet/](http://www.centerforbrain.com/the-brain-light-helmet/)

## About Center for Brain

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



**Michael Cohen**, Director  
Center for Brain

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



**CENTER FOR  
BRAIN**

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