

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

Health & Wellness[®] MAGAZINE

September 2017

South Palm Beach Edition - Monthly

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FREE



WHAT IS ALOPECIA?

**ARE THERE ANY
NEW TECHNOLOGIES
FOR FAT REDUCTION?**

**WHAT IS BRANCH RETINAL
VEIN OCCLUSION (BRVO)?**

**ENSURING OUR PARENTS
HEALTH THROUGH
MEDICATION COMPLIANCE**

**PAIN MANAGEMENT
FOR FACET JOINT PAIN:
RADIOFREQUENCY (RF)
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LAW OFFICE OF ANDREW CURTIS, ESQ

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

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

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CONTACT US

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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sybil@sflhealthandwellness.com

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Are There Any **New Technologies For Fat Reduction?**



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

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

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

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



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

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

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



Medical Director, Daniela Dadurian M.D.

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Ensuring our Parents Health Through Medication Compliance

By Dr. David Steinberg, Pharmacist

As the baby boomer generation age and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at 561-613-6209 or 855-9EZ-MEDS.

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THYROID CANCER INCIDENT RATES ON THE RISE

Located at the front of the neck, on both sides of the windpipe and just below the Adam's apple, the thyroid gland is a small, butterfly-shaped gland that affects your body a lot more than most people think. The thyroid produces hormones that regulate the body's metabolic rate, as well as some heart and digestive function, muscle control, brain development and bone maintenance. A normal thyroid gland is not usually visible or felt from the outside. Lumps or nodules can sometimes appear in the area where your thyroid is located. These are usually comprised of an overgrowth of cells and, most often, are benign – not cancerous. However, about one in 20 of these nodules is malignant and classified as thyroid cancer.

Currently, almost 60,000 Americans are diagnosed each year with a form of thyroid cancer, according to the National Cancer Institute. However, the death rate from thyroid cancer remains low compared to most other cancers. With a five-year survival rate of nearly 97%, and a 100% survival rate if detected early, the vast majority of patients with thyroid cancer can be treated successfully.

The Role of Gender, Age and Genetics in Thyroid Cancer

While scientists do not yet understand the reasons, women are diagnosed with three of every four thyroid cancers and 82 percent of these women are Caucasian. Thyroid cancer can occur at any age, but unlike other cancers that most often occur over the age of 50, about two-thirds of all thyroid cancer cases are found in people between the ages of 20 and 55.

Scientists have identified several gene mutations that can be inherited and play a role in thyroid cancer. If any of these apply to you, ask your physician about getting genetic counseling:

- You have a family history of thyroid and/or other cancers.
- You get thyroid cancer before age 45.
- Your type of cancer is MTC (Medullary Thyroid Cancer)
- You have thyroid cancer and another type of cancer.

Aggressive Thyroid Cancer is Increasing

A March 2017 study by the National Cancer Institute (NCI) published in the Journal of the American Medical



Women are at a higher risk for thyroid cancer by four to one compared to men.

Association (JAMA) found that while most thyroid cancers are not life threatening, the death rate for a particularly aggressive form of the disease – advanced papillary thyroid cancer – has increased. In fact, over the past four decades, the overall incidence rate for all types of thyroid cancer has tripled in the United States, causing quite a debate among researchers as to what is causing this startling surge. As we learn more about what drives thyroid cancer on a molecular level, we will have answers to that question in the future.

Some possible reasons cited in the JAMA study for an increase in the number of thyroid cancer cases include:

- Better diagnostic tools that are able to detect much smaller tumors that likely would not have been serious
- A rise in obesity rates that are linked to an increase in several types of cancer
- Certain chemicals, such as flammable-resistant compounds in clothing and furniture, some pesticides and other chemicals found in foods and plastics

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States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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



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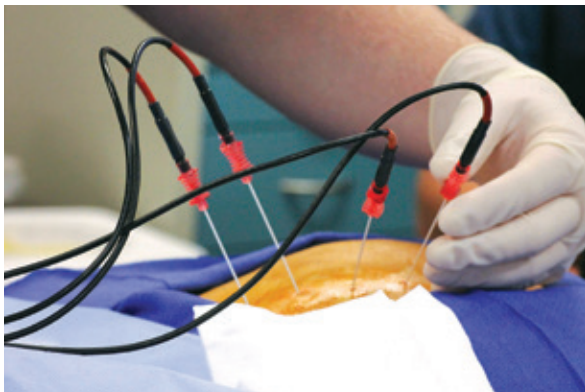
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Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialists, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 12 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.



Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy



By Aaron Rosenblatt, MD

RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

What to Expect During and After the Procedure

The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Rosenblatt uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve.

After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

BENEFITS OF RADIOFREQUENCY ABLATION INCLUDE:

- Pain relief for up to 2 years
- Significant and longer lasting pain relief compared to steroid injections
- Low complication and morbidity rates
- Appreciable pain relief compared to surgery: Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
- Lower or no use of analgesics (pain meds)
- Improved quality of life
- No significant recovery time

Dr. Rosenblatt explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 15 years with great success. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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

What is Alopecia?



**Claudia
Alopecia Patient
Before**

September is Alopecia Awareness Month, so we're doing our part to help get the word out about *Alopecia Areata*, an often-misunderstood disease.

**Claudia
after CNC 3D Hair
and Scalp Prosthesis**

WHAT IS ALOPECIA?

Unlike Androgenetic Alopecia (common male and female hereditary or “pattern” hair loss), *alopecia areata* is an autoimmune disorder in which the body’s immune system mistakenly attacks hair follicles, resulting in the sudden loss of hair. Most often hair loss occurs in patches, with the hair itself coming out in clumps, leaving smooth, bald patches of varying sizes on the scalp, beard, or elsewhere on the body.

Alopecia areata affects both men and women equally, and is most common in people under

the age of 20, but it may affect people of any age. According to the National Alopecia Areata Foundation, it is expected that about 6.8 million people in the US will develop the disease at some point in their lives. Globally, that number jumps to 147 million people.

Generally, hair loss with alopecia comes and goes, and the damage it does to hair follicles is not permanent, but the disease varies from person to person. For example, it’s possible for hair to begin growing again in one bald patch and then fall out in another patch elsewhere months

or years later, or for the alopecia to resolve and never return. In about one out of every ten cases, lost hair does not regrow. In some cases hair loss progresses to total baldness on the scalp, called *Alopecia Totalis*, or loss of hair over the whole body, known as *Alopecia Universalis*. While the condition is not life threatening, many alopecia areata patients are unfortunately mistaken for cancer patients undergoing chemotherapy treatment—and therefore often spend a good deal of time explaining “No, I’m not sick” or “No, I don’t have cancer” only further compounding a concerning situation.

WHAT CAUSES IT?

Experts do not know why the immune system attacks the body’s own hair follicles, but it is believed to be genetic in origin. Those who are affected by alopecia areata are more likely to suffer permanent hair loss if they:

- Have a family history of the condition
- Show signs of alopecia before puberty
- Have the condition for periods of more than a year at a time
- Have extensive hair loss
- Have another autoimmune disease
- Are prone to allergies
- Have fingernails or toenails with abnormal coloring, shape, texture, or thickness

Unfortunately, there’s also no known cure. It is thought that certain factors such as extreme stress physiologically and emotionally can trigger the condition in some people, but there is little evidence to support that stress on its own may be to blame.

HOW DO YOU TREAT IT?

The most common treatment for the patchy hair loss associated with alopecia is a course of corticosteroid injections into the scalp or skin. Corticosteroids may also be applied topically directly to the affected areas, as is often the case with younger children. PRP or Platelet Rich Plasma injections are a non-pharmaceutical treatment option that has been reported to be successful in some cases.

Sometimes, these treatments are given in tandem with topical applications of over-the-counter minoxidil. If a less greasy and stronger version is desired, compounded Formula 82M minoxidil may be prescribed.

While, several experimental treatments aimed at tamping down the patient’s immune system, similar to what is done in the case of rheumatoid arthritis, are being investigated at major research centers, none are FDA-approved.



Denyse alopecia patient before PRP

Denyse 6 weeks post-PRP

Denyse 12 weeks post-PRP

For those who haven't been successful with available treatment options and are seeking an alternative to traditional wigs, weaves, hats or scarves, they might want to consider a durable, high-quality hair and scalp prosthesis. These prosthetic devices are made with a 3D-printing process to allow each to be custom-fitted to the patient's scalp and precisely matched to their skin color. 100% unprocessed human hair is then meticulously implanted in natural hair growth patterns for a the most natural look. Painstakingly handcrafted in Italy and applied with a medical-grade adhesive, they allow patients to shower, swim, dance, play sports or even skydive, and to style their hair normally. These comfortable, high-end hair and scalp prosthetics last for years and are virtually indistinguishable from one's own natural hair, allowing those with extensive hair loss to have a completely full head of hair. Consultations for hair and scalp prosthesis are available at Bauman Medical Hair Loss Treatment Center in Boca Raton.

HOW CAN I AVOID ALOPECIA?

The reality is that you cannot. Even if you've never been affected by the condition, there remains a chance that it could still affect you. As with all hair

loss, the best means of prevention is to maintain a healthy scalp and lifestyle. Enjoy a good diet, alleviate as much stress as possible, and avoid harsh chemicals or environmental factors that can trigger a strong reaction from your immune system.

Perhaps one of the best ways to combat alopecia, however, is through education. The more we understand about the condition, the better we will be able to treat it in the future, and to accept it in the meantime.

Those affected by the condition often must face the social stigma of their altered appearance, and are likely to feel unattractive and experience a loss of self-confidence as a result. Let's try to help others as well as ourselves to understand alopecia. While alopecia patients suffer from this disease, it's not life threatening and it's not cancer. These sufferers need your understanding and support.

That's why it's important to get the word out now, during Alopecia Awareness Month, so that together we can help promote understanding, and eliminate the stigma the condition causes.

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

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of the Top 5 Transformative CEO's in Forbes. His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



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

SUPPORT GROUPS, RESOURCES AND OTHER INFO

- National Alopecia Areata Foundation
- Wigs for Kids
- Bauman Philanthropic Foundation
- Friends Are By Your Side
- Bald Girls Do Lunch
- Alopecia Apparel
- Alopecia Support Group

FAMOUS PEOPLE WITH ALOPECIA

- Edith Bouvier Beale
- Dave Flemming
- Joelle Amery
- Justin Lee (activist)
- Slavko Petrović
- John D. Rockefeller
- Baldy Jack Rose
- Charlie Villanueva

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Plastic surgery and injectables like Botox or fillers are not the only answer; there are natural alternatives. And the best part is, the answer to aging beautifully isn't costly like cosmetic procedures. For countless individuals, **cosmetic acupuncture** is the solution.

HOW ACUPUNCTURE WORKS TO REJUVENATE SKIN

Acupuncture has of course been around for centuries, providing the Yin and Yang properties to release the flow of Qi (energy, pronounced chee) to pathways and vital organs for peak health and wellness. When the tiny flexible needles are placed strategically in the dermal layer of the face or neck area (depending on your concerns), the stimulation brings notable contour along with brightness and a youthful glow.

You will first have an advanced evaluation to see which channels are blocked in your body that may be exacerbating facial wrinkles, age spots, acne, laxity, dark circles or other areas of concern. Many times the symptoms that show signs of aging on the face are brought on by blocked energy and inflammatory responses in our internal organs. The acupuncture needles will be placed strategically in specific areas on your face and neck in need of rejuvenation.

Living in a culture that's so focused on healthy living through diet and exercise, it's hard to imagine why so many individuals are willing to fill their faces with painful synthetic injections full of toxins. The ideal solution and natural alternative is to utilize the micro-circulation technique through increasing the Qi and Xue (energy and blood-flow), which creates the youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

Cosmetic Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. Celebrities and the elite have been getting acupuncture facials for the past 20 plus years now, but even more notable is that the treatment has been growing in popularity by the general population that realizes the toxic-free effectiveness of the method. That is why cosmetic acupuncture is on the rise.

As more and more people are living longer, the quest for beautiful, healthy skin is a standard part of wellness and looking your best throughout the aging process. Moisturizers and serums will plump the superficial component of the skin, but when you desire real change in your tone, muscle support, and fine lines, potions will never be able to improve your facial contour.



BENEFITS OF COSMETIC ACUPUNCTURE

- **Cost effective**
- **No Harsh toxins**
- **Takes 5 to 10 years off of your appearance**
- **Eliminate fine lines**
- **Deep lines appear softer**
- **Firms and tones skin**
- **Reduces sagging jaw line**
- **Reduces hooded eyelids**
- **Decreases rosacea**
- **Improves muscle tone**
- **Increases circulation and oxygenation of the skin**
- **Tightens the pores**
- **Helps to reduce acne**
- **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**

COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China.

As early as the Sung Dynasty (960 AD – 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.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results 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.

Trusting your delicate face in the hands of a practitioner can be intimidating, that's why when you chose to have cosmetic acupuncture, it's imperative to see an experienced licensed Acupuncture Physician and Doctor of Oriental Medicine.

For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in

conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to look younger, please call Meng's Acupuncture Medical Center today at (561) 656-0717.

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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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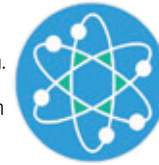
Heidi Erickson MD
Tricounty Center
for Integrative Medicine
4800 Linton Blvd D502A
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Our dosing protocols are designed for Mild, Standard and Severe doses depending on your recommended CBD intake. The treatment range is based on weight and condition severity so you can effectively assist your medical needs.

MEDICAL AILMENTS TREATED

- Cancer • Back Pain • PTSD • Anxiety • Diabetes • Seizures • Acne •
- Multiple Sclerosis • Schizophrenia • Crohns Disease • Insomnia •
- Digestion • Bone Density • Cramps • Arthritis

CBD DOSING



MILD DOSAGE
Weight 2-25 lb = 2mg (10mg Daily Max)
Weight 26-75 lb = 4mg (28mg Daily Max)
Weight 75 lb+ = 30mg+ (As Needed)
Child & Adult Use, Aches & Pain Relief,
Sporting Activity Regeneration, Sore Joints,
Everyday Health, Multi-Vitamin, Anagestic,
Anti-Inflammatory.



MODERATE DOSAGE
Weight 90-125 lb = 3 x 25mg Pills
Weight 126-175 lb = 3 x 50mg Pills
Weight 175 lb+ = 3 x 75mg Pills
Recommended for Fibromyalgia, Digestive,
Migraines, Bipolar, Depression, Asthma,
PTSD, Rheumatism, Anxiety, Chronic Pain,
Arthritis.



SEVERE DOSAGE
Weight 90-125 lb = 3 x 50mg Pills
Weight 126-175 lb = 3 x 75mg Pills
Weight 175 lb+ = 3 x 100mg Pills
Recommended for Cancer, Liver Disease,
Kidney Disease, Epilepsy, Parkinsons,
Schizophrenia, RSD, Huntingtons,
Multiple Sclerosis, Lupus.



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Jeannie is a nutrition therapist who specializes in counseling for eating, body image and weight issues and is an expert in the treatment of eating disorders.

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WHAT IS BRANCH RETINAL VEIN OCCLUSION (BRVO)?

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

THE RETINA—the layer of light-sensitive cells at the back of the eye—is nourished by the flow of blood, which provides nutrients and oxygen that nerve cells need. When there is a blockage in the veins into the retina, retinal vein occlusion may occur.



Branch retinal vein occlusion (BRVO) is a blockage of the small veins in the retina. (When there is blockage of the main vein in the retina, it is called Central Retinal Vein Occlusion.)

BRVO often occurs when retinal arteries that have been thickened by atherosclerosis (hardening of the arteries) cross over and place pressure on a retinal vein. When the vein is blocked, nerve cells within the eye may die.

BRANCH RETINAL VEIN OCCLUSION (BRVO) SYMPTOMS

Because the macula—the part of the retina responsible for central vision—is affected by blocked veins, some central vision is lost.

The most common symptom of BRVO is vision loss or blurring in part or all of one eye. The vision loss or blurring is painless and may happen suddenly or become worse over several hours or days. Sometimes there is a sudden and complete loss of vision. BRVO almost always happens only in one eye.

WHO IS AT RISK FOR BRANCH RETINAL VEIN OCCLUSION (BRVO)?

BRVO is associated with aging and is usually diagnosed in people who are aged 50 and older. High blood pressure is commonly associated with BRVO.

In addition, people with diabetes are at increased risk for BRVO. About 10 percent to 12 percent of the people who have BRVO also have glaucoma. People with atherosclerosis (hardening of the arteries) are also more likely to develop BRVO.

The same measures used to prevent coronary artery disease may reduce your risk for BRVO. These include:

- *eating a low-fat diet;*
- *getting regular exercise;*
- *maintaining an ideal weight; and*
- *not smoking.*

BRANCH RETINAL VEIN OCCLUSION (BRVO) DIAGNOSIS

If you experience sudden vision loss, you should contact your ophthalmologist immediately. He or she will conduct a thorough examination to determine if you have branch retinal vein occlusion (BRVO).

Your ophthalmologist will dilate your eyes with dilating eye drops, which will allow him or her to examine more thoroughly the retina for signs of damage. Among the other tests that your Eye M.D. may conduct are:

- *Fluorescein angiography. This is a diagnostic procedure that uses a special camera to take a series of photographs of the retina after a small amount of yellow dye (fluorescein) is injected into a vein in your arm. The photographs of fluorescein dye traveling throughout the retinal vessels show how many blood vessels are closed.*
- *Intraocular pressure.*
- *Pupil reflex response.*
- *Retinal photography.*
- *Slit-lamp examination.*
- *Testing of side vision (visual field examination).*
- *Visual acuity, to determine how well you can read an eye chart.*

In addition, you may be tested to determine your blood sugar and cholesterol levels. People under the age of 40 with BRVO may be tested to look for a problem with clotting or blood thickening.

BRANCH RETINAL VEIN OCCLUSION (BRVO) TREATMENT

Because there is no cure for branch retinal vein occlusion, the main goal of treatment is to stabilize vision by sealing off leaking blood vessels. Treatments may include laser treatment and injections.

Finding out what caused the blockage is the first step in treatment. Your Eye M.D. may recommend a period of observation following your diagnosis. During the course of BRVO, many patients will have swelling in the central macular area. This swelling, called macular edema, can last more than one year.

MicroPulse Focal laser treatment can be used to reduce swelling of the macula. With this form of laser surgery, your Eye M.D. applies many non-scarring laser burns to areas of fluid leakage around the macula. The main goal of treatment is to stabilize vision by sealing off leaking blood vessels that interfere with the proper function of the macula. Treatment with injections of Avastin or Eylea in the eye may also be done.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

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GAINSWave **is a Revolutionary** **New Therapy** **that Treats** **Erectile Dysfunction (ED)**

WHAT CAUSES ED?

As men age, the vessels in the penis weaken, contract and fill with micro-plaque just as they do elsewhere in the body. This prohibits men from achieving an erection or decreases the firmness of a man's erection. At the same time, the penis decreases in sensitivity, making it harder to achieve a pleasurable orgasm. Finally, the time necessary between orgasm and the ability to achieve an erection (the refractory time) increases. The bottom line is that most erectile dysfunction is a result of poor blood flow, known as vasculogenic ED.

COMMON TREATMENT FOR ED:

As many as 50% of men experience some form of ED by the age of 50. For many years men with ED have resorted to oral ED medications to relieve their symptoms. Oral medications for ED can be an effective temporary relief of the symptoms of ED, they don't target the root cause of most patients' ED, they can often bring unwanted side effects, and they can fail to work up to 50% of the time in some men.

Expensive oral medications such as Viagra and Cialis may cause unwanted side effects, such as nasal congestion, headaches, upset stomach, vision changes, facial flushing, and dizziness. They also have to be taken before intercourse limiting spontaneity. Finally, there are many men with cardiovascular disease who are not candidates for treatment with these medications.

Depending on the severity of ED, The Journal of Urology reported oral ED medications may only yield up to a 27% effective rate in those with severe ED. This leads patients with more severe ED to invasive treatments like penile injections, where medication is injected directly into the penis before intercourse. This again limits spontaneity and chronically drains the wallet.

WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, non-invasive and heals the underlying causes of ED. GAINSWave 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. GAINSWave is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

SCIENTIFICALLY PROVEN RESULTS

There are over 40 clinical studies showing GAINSWave technology to be effective in treating ED. Patients are reporting great improvements to their sexual health, including:

- Longer lasting erections
- More Spontaneous erections
- Fuller Erections
- Relief from symptoms of Erectile Dysfunction and Peyronie’s Disease
- Enhanced sensitivity
- Improved sexual performance
- Decreased recovery time between orgasms



- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- Painless
- 20-30 minutes per session
- Over 80% Patient Satisfaction

IS IT SAFE?

Yes. This is an FDA cleared technology that originally developed in Europe and is used worldwide. GAINSWave uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. While a specific indication for treating ED has not yet been granted, we know that it is only a matter of time given the extraordinary success. In clinical practice, over a 79% of the men who utilize this treatment report improvement in symptoms related to ED. We have even seen improvements in those men who have lost functioning after some forms of prostate surgery. GAINSWave has virtually no risks or side effects and no downtime. This therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction.

HOW TO GET STARTED

Dr. Erickson, takes on each case with individualized care. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Some men in their 40’s and early 50’s even find it helpful for reinvigorating their sex life and improving their performance to levels they enjoyed in their 20’s.

Contact Dr. Erickson for a private consultation today, **561-807-9132**.

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CLINICAL RESEARCH

“Multinational clinical trials demonstrated it is a safe, effective and well-tolerated treatment for erectile dysfunction (ED) which includes men who do not respond to type-5 (PDE-5) inhibitor (Viagra).”
– *Urology Times, Oct 1, 2015*

“Treatment is effective even in patients with severe erectile dysfunction (ED) who are PDE5i non-responders.”
– *The Journal of Urology, May 2016*

“This treated shows a possible cure in some (ED) patients.”
– *The Scandinavian Journal of Urology*

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What is CBD

AND THE MEDICAL TREATMENT IT PROVIDES?



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

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

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

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

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

1. CBD is a key ingredient in cannabis

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

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

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

2. CBD is non-psychoactive

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

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

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

3. CBD has a wide range of medical benefits

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

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

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

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

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

4. CBD reduces the negative effects of THC

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

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

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

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

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

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

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

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

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



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HELP YOUR DIABETES® (HYD®) REVERSES TYPE 2 DIABETES*



By Dr. J. Murray Hockings

“Your Path to Becoming Clinically Non-Diabetic”

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Help Your Diabetes® HYD® is the patent-pending, **Type 2 Diabetes Reversal Program** founded by **Dr. J. Murray Hockings, D.C., D. P Sc.**, a member of The American Diabetes Association. An internationally acclaimed author and spokesman; Dr. Hockings has been helping thousands of patients reverse their Type 2 Diabetes, lose weight via proven natural methods, drop their blood sugar readings, enjoy an improved quality of life, and get them off medications — which only serve to manage symptoms and cannot reverse them.

THERE IS NO CURE FOR TYPE 2 DIABETES – BUT IT CAN BE REVERSED!

Testimonials from hundreds of satisfied patients attest to the successful reversal of **Type 2 Diabetes** under the Help Your Diabetes® program.

The HYD® Program offers:

- Ways to lose weight, if you need to, without lots of exercise.
- How you will reduce or eliminate your dependence on medications
- How to explode your energy and sex drive
- How to become clinically non-diabetic
- How to eliminate your risk of developing a diabetic complication – dialysis, neuropathy, blindness and limb amputation
- Proven methods for reversing diabetes

Clinical Studies have found that Type 2 Diabetes **can indeed be reversed**. One such study entitled; **Reversal of Type 2 Diabetes**: by medical researchers at the at Newcastle on Tyne University, England, was published in the June 2011 issue of **Diabetologia**, a medical journal that publishes original clinical research within the field of diabetes.

This study proved that Type 2 Diabetes can be reversed through diet changes and that this can happen quickly: in one to eight weeks.

In an article in The Huffington Post analyzing this study, **Dr. Mark Hyman, M.D.**, said “that turns our perspective on diabetes upside down. Diabetes is not a one-way street.”

Dr. Michelle Magee, director of the **MedStar Diabetes Institute** in Washington, said “We have seen numerous people reverse their condition... But it takes a real dedication for the rest of their lives.” If we have a known cure, a proven way to reverse this disease, shouldn’t we be focused on implementing programs to scale this cure?

PATIENT SUCCESS STORIES The following statements are not fictionalized, nor are any patients that appear on videos on the HYD website paid actors.

“I am thrilled to announce that I have completed 6 months on the program and I can’t remember the last time I have felt as

well as I do now. I was diagnosed with diabetes over 10 years ago, and ever since it’s been one med after another. Despite all my efforts, my numbers were gradually growing higher as was my weight. I started this program with Bydureon (1 shot weekly), Glipizide twice daily, and 2000 mg of Metformin.

I had major neuropathy problems, brain fog, no energy, and just felt crappy. Since I started the program last March, I have completely removed ALL the diabetic meds and I couldn’t be happier. I have lost over 40 lbs. and the neuropathy is about 75% better. I have my life back.

It’s not easy—it takes a lot to stick with it. It is; however, simple. If you follow the program, it **WILL** work! It doesn’t take long to start to see the results, and that really helps. So, stay on the program, don’t cheat, and you will be rewarded with great health. Thank you HYD!”

*Marcie E. Orlando, Florida
August 28, 2016*

“I am a 68-year-old male who developed severe pancreatitis in March of 2015. In June 2015 half of my pancreas was surgically removed. As a result, I became a diabetic. I was taking **Novalog** on a graduated scale based on glucose testing three times a day before each meal. Each night I was taking 13 units of **Levimir**.

I started the ‘Help Your Diabetes’ program June 15th, 2016. Immediately I no longer was taking any **Novalog** as my glucose levels did not warrant any. After two days of waking with glucose levels at 60 and 54 I stopped taking the overnight dose of **Levimir**.

I have had no **insulin** since June 18th and my last A1C check had improved from 7.2 to 6.2. Kidney function has also improved from 47% to 50%. I have lost over 18 lbs. in nine weeks and am feeling great. I highly recommend this program for anyone struggling to control their glucose levels and weight.”

*Aubrey B. Burlison, Texas
August 23, 2016*



Dr. Kenneth Power, M.D. a family doctor in Maumee, Ohio, with 18 years of experience, has recommended the Help Your Diabetes® program to several of his patients: “I first heard about the Help Your Diabetes® program about four months ago and I checked it out and I was immediately impressed with what I saw. The success I’ve had with the program has been overwhelming. I’ve had multiple patients come through now and each tend to have a different success rate, but overall, **it’s been phenomenal**.

Patients in the program see results right away. I was surprised at how quickly their blood sugars improved, usually within just the first couple of weeks. Their health’s improving, their blood sugars are dropping in the morning and throughout the day, and I feel pretty comfortable just after the first several weeks with getting them off at least half of their medication by then”

Each HYD® plan includes the following:

- Comprehensive, full spectrum lab analysis
- Customized supplements
- Exercise recommendations
- Unlimited one-on-one weekly support over the phone or by email seven days a week with our Dallas office.
- Unlimited support for any patient questions
- List of foods to enjoy... and avoid
- Weekly meal plans
- Over 200 recipes
- Shopping list
- Exclusive online membership in the HYD website
- Online forum to get questions answered, share success stories, find new recipes, etc.
- Weekly training videos
- Monthly newsletter
- Group training calls 3 days a week

EVERY JOURNEY STARTS WITH ONE STEP!

Call for a free, no obligation consultation with the clinic director at our Boca Raton location. He will determine with you, which HYD® plan is most appropriate based on the severity of your Type 2 Diabetes. He forwards your consultation notes to our resident physician who will monitor your progress with regular check-ups and make recommendations to your primary care physician.

The HYD® program includes regular mild exercise, a healthy diet – foods to eat and enjoy – and those to avoid, the proprietary blend of nutritional supplements developed by Dr. Hockings, weekly nutritious appetizing menus plus hundreds of delicious recipes with the appropriate shopping lists.

HYD® patients will notice an improvement after just one week, reverse their type 2 diabetes quickly and safely, lose excess weight, need far less or no medications, regain energy and enjoy improved quality and vitality in their daily life.

Corbin Bernsen The official spokesman for the Help Your Diabetes® program is Emmy and Golden Globe nominated actor, Corbin Bernsen, best known for his role as divorce attorney Arnie Becker on the NBC drama series L.A. Law and star of such films as Major League.



Call 561.506.2569 to schedule your free, no obligation consultation with our Clinic Director at:
HELP YOUR DIABETES
301 Yamato Road, Suite 1240
Boca Raton, FL 33431

Warm Weather's Negative Effects on Body Image: What Do You See In the Mirror?

By Jeannie Gedeon, MPH, RDN/LDN, CAP/ICADC



As snowbirds know, in the north people wait all year for summer, which should be a time to have fun and be active outdoors; yet swimsuit season can be especially tough for those who have body image issues. Flip to the Sunshine State, where the weather is almost always warm, hot and hotter: **In South Florida it is always swimsuit season.** Some women, men, girls and boys become very self-conscious in the persistent heat, as more revealing clothing is worn. They may develop negative feelings about the way they look, and feel pressure to improve their appearance. A characteristic response of people with body dissatisfaction is to repeatedly try crash diets or intense exercise plans, hoping for a “quick fix,” only to give in to food temptations after a few weeks of restricting food and strenuous work-outs.

As the media bombards us with visions of beautiful, extremely thin women and muscularly chiseled men on billboards and TV and in magazines and movies, impressionable people may interpret these cues and begin to believe that they must be thin, hard-bodied and beautiful to be happy, as well as base their self-worth and esteem on their bodies and beauty.

Body image is defined as the subjective picture or mental image of one's own body: It is the person's perceptions about their appearance, which often is not related to the person's actual appearance. While it's common for individuals to be displeased with some aspect of their physical features, certain people become distressed, see themselves as larger than they are, magnify real and perceived flaws, and believe their growing misperceptions to reflect actual appearance. This is known as body image distortion.

Preoccupation with body shape and size can lead to life-threatening disorders such as anorexia and bulimia nervosa, binge eating disorder, other disordered eating, and compulsive exercise. The number of young girls to older women who show an unhealthy concern over body image is increasing even in prepubescent girls as young as 6 to 8 years old.¹ These same pressures are felt by males of all ages, although not as prevalently as

with females. Older studies estimated males comprising one in 10 cases of eating disorders, while more recent statistics assess one in four eating disorders cases are male.² National Eating Disorders Association's website reports 20 million females and 10 million males in the US experience a clinically significant eating disorder during their lifetime, thus bringing the male to female ratio to just one in two. To close the gap even further, estimates indicate that 40% of binge eating disorder cases are male.³

As the incidence and prevalence of eating disorders continue to skyrocket, it is important to note the changing demographics: Twenty years ago the prototypical eating disorder patient was adolescent female, white and wealthy. Two decades later, all genders, ages, races/ethnicities and socioeconomic statuses are well represented: **Eating disorders do not discriminate.**

Eating disorders are chronic conditions that arise out of the combination of nutritional, body image, genetic, sociological, environmental and psychological factors, such as personality traits. Due to these multi-factorial origins,





the treatment for eating disorders is highly specialized. Therefore it is extremely important for patients to seek treatment with nutrition therapists, psychotherapists, psychiatrists and other medical doctors specializing in eating disorders.

Eating disorders are deadly, and have the highest mortality rate of any mental illness,⁴ killing at least one person every 62 minutes.⁵ It is crucial to identify body image issues as soon as possible, as body dissatisfaction is known to be the most prominent contributor to the development of an eating disorder.⁶

We can play a preventive role by watching for and responding to signs that our loved ones may be concerned about their body image, weight and shape. A good strategy is to be on the lookout for any negative influence coming from friends, family, peers and authority figures (for example, in dance and wrestling, some teachers and coaches encourage weight loss, although this is not universal). Even simple comments can begin to change peoples' thoughts regarding their bodies, making them feel more self-conscious. While it is never

appropriate to criticize a person's body, even positive comments may feel objectifying to the recipient, who may then misconstrue the intended compliment to detrimental consequences.

Having a healthy body image and not placing emphasis on dieting and beauty decreases the risk of our loved ones developing poor body image. Having a healthy lifestyle and promoting positive esteem are important values that we can communicate to others, particularly when they express negativity about their bodies.

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Jeannie Gedeon is a nutrition therapist who specializes in counseling for eating, body image and weight issues and is an expert in the treatment of eating disorders. She is a Florida Licensed Dietitian/Nutritionist (LDN) and Registered Dietitian/Nutritionist (RDN), the national credential by the Commission on Dietetic Registration/Academy of Nutrition and Dietetics since 1994. In addition, Jeannie is an addictions counselor (CAP/ICADC).

From 1998-2013 Jeannie worked for two highly respected eating disorders treatment centers in three levels of care; partial hospitalization, IOP and outpatient. For one company she managed the nutrition program and supervised nutrition staff at three sites.

Jeannie's secondary specialty is performance/sports nutrition, which was honed consulting for The Juilliard School. She is also an experienced educator, with a Master of Public Health in Community Health Education and taught nutrition courses to graduate and undergraduate nutrition majors at two prominent universities in New York.

**Delray Beach & West Palm Beach
offices
(561) 569-1945
JeannieGedeonMPHRDN.com**

DO YOU HAVE OPTIMAL MENTAL HEALTH?

By Renee Chillcott, LMHC



Mental health is a broad term that encompasses our emotional, psychological, and social well-being. It can also have a profound impact on our physical health and daily functioning. Mental health affects how we think, feel and act as we cope with situations and is important at every stage of life, from childhood and adolescence through adulthood.

At The Brain and Wellness Center in Boca Raton, our mission is to help bring education and optimal mental health to the clients that we serve. We enjoy utilizing all of our skills in order to enhance the quality of life and bring hope towards a better future for our clients.

HOW DO I REACH OPTIMAL MENTAL HEALTH?

Being mentally healthy can be achieved in different ways for different people. At our clinic, we don't take a one-size-fits-all attitude. Instead we customize each session to fit the individual and base this on their needs, symptoms, and individual differences. We offer several different services in house and will not hesitate to refer for services we don't offer if they're needed. Through Neurofeedback, EMDR, and counseling, optimal mental health is within reach.

EMDR

EMDR or Eye Movement Desensitization and Reprocessing, focuses on the memories we have that were stored incorrectly and therefore continue to disturb us, even if we've reasoned them out.

These memories get stored in the emotional part of our brain, so accessing them leaves us feeling as if we are still in the midst of them, all the same hurt comes back. EMDR allows the brain to tap into these feeling memories and conjoin them with more logical reasoning so that we can heal them. We don't lose the memories but we lose the emotional grip they have on us.

What are the Symptoms that can be helped by EMDR?

- High anxiety and lack of motivation
- Depression
- Memories of a traumatic experience
- Fear of being alone
- Unrealistic feelings of guilt and shame
- PTSD
- Difficulty in trusting others
- Relationship problems

IS EMDR NEW?

Since the initial medical study in 1989 positive therapeutic results with EMDR have been reported with the following populations:

- People who have witnessed or been a victim to a disaster
- Clients suffering from PTSD (post traumatic stress disorder)
- Suffers of panic disorders and anxiety attacks
- Suffers of phobias
- Chemically dependent clients
- Persons exposed to excess loss
- Crime victims
- First Responders
- Accident or burn victims

EMDR is similar to that of REM sleep, when our eyes move as we sleep, our brain is able to process the information we have collected through the day. In an EMDR session, your eyes are guided with hand movements or tappers, back and forth at a good pace. While the movement is happening, you may experience different memories, thoughts about the memories, feelings may come up and they may sometimes be intense. Through this process, you will be guided and supported. By the end of the process, your memory, and thoughts about the memory will be different. It won't hold the same feelings for you anymore, and you may see yourself, and indeed your life, in a new way.

EMDR is a powerful tool with children as well, helping them move past fears and behaviors triggered by past events. It is done through play and can help move children through tough times with less stigmatizing affects. The children continue to work through therapy in play, with the EMDR allowing the brain to work out their feelings much faster.

COUNSELING

There is no "right or wrong" way to benefit from counseling. Rather, it's all about the "fit" and needs of our clients. At The Brain and Wellness Center we offer many different options and techniques of counseling to fit those needs. Different counseling styles and approaches for individual clients of all ages, couples and families; make us a unique and inviting place to heal and grow.

Our Therapists:

Kristan Torres, LMHC - Hope Christian Counseling
Hccounseling.com

Tina Landeen, LCSW – Harmony Family Counseling
Myharmonytherapy.com

**Renee Chillcott, LMHC –
The Brain and Wellness Center**
Bocabraincenter.com

NEUROFEEDBACK

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

While the client sits comfortably watching a movie or pictures appearing on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety • Sleep disorders • Depression
- ADD/ADHD • Sensory processing disorder
- Bipolar disorder • Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches • Traumatic brain injuries
- Stroke • Cognitive decline • Peak performance
- Oppositional defiant disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder
- Autism/Asperger's • Learning disabilities
- Obsessive compulsive disorder

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data



several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don't always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! **Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. (561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.

**Renee Chillcott, LMHC**

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee attended The University of Central Florida where she received her Bachelor of Arts Degree in Psychology in 1995. She then went on to complete her Master's Degree in Mental Health Counseling with Nova Southeastern University in 2001. She has been a mental counselor in a variety of settings including Outpatient Treatment Agencies, Alternative Education Settings, and Private Practice. Renee received her license in Mental Health Counseling in 2004. Renee decided to enter the field of Neurofeedback

because there was very little information made available to people/parents about alternatives to medication. Through the use of Neurofeedback she saw more significant and permanent changes in not only her clients, but also her own family and herself. This inspired her to become the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Counseling, and Learning Programs, are among a few of the services offered.

Would You Invest \$37

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

even if you've been frustrated before...

Dear friend,

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

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

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

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



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

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

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

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

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

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

Just to name a few

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

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



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

“No more neck or hand pain!” – (Mary)

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

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

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

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

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

Special offer – Nothing compares to a life free of nagging symptoms masked and sometimes complicated under the expensive haze of medication. Be one of the first 20 people to call and schedule a new patient exam (by September 30th, 2017) you’ll receive that entire exam for \$37. That’s with x-rays, postural analysis, paraspinal thermal imaging, and there’s no hidden fees. But again, there’s only 20 of these slots, so don’t miss out (by law, this offer excludes Medicare/Medicaid beneficiaries).

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

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

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



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

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

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

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

Fibromyalgia

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

Fibromyalgia is a common pain syndrome affecting about two percent of Americans, more in women than in men. I call it a syndrome because it is a spectrum of conditions, whose predominant signs and symptoms include muscular pain, fatigue, and mood changes. Its' cause is unknown, and there are no lab tests to diagnose it. Very often, blood tests or X-rays are normal. Your physician needs to rule out several conditions that look like it or can even occur concurrently with it. Then, the diagnosis is made by history and physical exam.

Some of the conditions that look like fibromyalgia or can occur with it are:

- Hormonal disorders, like hypothyroidism, hyperparathyroidism, Addison's disease, and Cushing's Syndrome
- Medications, especially the lipid lowering drugs (I see this a lot), and steroid use
- Polymyalgia rheumatica
- Sleep apnea
- Viral infections, like hepatitis C and parvovirus
- Autoimmune disorders, like systemic lupus erythematosus and rheumatoid arthritis
- Lyme disease
- Eosinophilia-myalgia syndrome
- Malignancy

Fibromyalgia is a rheumatological disease, and rheumatologists are the medical specialists who diagnose and treat the over 100 rheumatological diseases. The American College of Rheumatology developed the definition of fibromyalgia in 1990: a history of pain in all four quadrants of the body for over 3 months, plus 11 of 18 tender points. New diagnostic criteria were developed in 2010, not using tender points but rather focusing upon widespread pain and allied symptoms such as problems with sleep, thinking clearly, and fatigue.

People with fibromyalgia have increased sensitivity to pain, and even that may come and go. The affected muscles usually have a decreased range of motion (they're stiffer), can be weaker, and tire easily. Because the muscles are tight and tender most of the time, they cut off the blood circulation to them and their area, resulting in lack of oxygen and nutrients to the area. This releases neurotransmitters that then sensitize the nerves to the muscles, resulting in pain. This becomes a vicious cycle of pain, muscle tightness, nerve sensitization all the way back to the brain and spinal cord, an exaggerated pain response, hypersensitivity, and more pain. What was an acute problem becomes a chronic one, inducing referred pain, as well.

Fibromyalgia signs and symptoms include muscles that are tight, tender, and weak, plus a long list of physical and emotional problems. These include: chronic fatigue, sleep disturbance, anxiety, depression, inability to deal with stress, weight gain or loss, heat or cold intolerance, visceral pains and dysfunctions, headaches, allergies and hypersensitivities to almost anything, hearing and visual disturbances.

What causes fibromyalgia? There is no one answer to that. Officially, the answer is unknown. Research has come up with a variety of answers, such as infectious diseases, physical or emotional trauma, hormonal disorders, and a nervous system that is hypersensitive to stress responses. People can have fibromyalgia alone or with other conditions, which just confounds the picture.

Treatment: There are as many ways to treat people with fibromyalgia as there are symptoms. Understanding and education for you and your family probably comes first. A sympathetic physician, nurse or therapist is important. There are many support and information groups out there and you can find them in the phone book, newspaper, bookstore, and Internet. I have spoken about fibromyalgia at the local Palm Beach County Arthritis Foundation headquarters, and you will find the staff and resources there very helpful. They can be reached at: 561-833-1133, or by website: www.arthritis.org.

Exercise that helps stretch and strengthen muscles, and relaxation techniques to ease depression and anxiety, including hypnosis, are all helpful. Diet is always a big question mark, as we have all heard of people who either added or deleted certain foods from their diets that helped their conditions. It boils down to what's right for you, the individual. One way to explore whether foods are hurting or helping you is to carefully eliminate them, one at a time, for a few weeks, and see your results. I'm a firm believer in taking your vitamins, so: at least get a good multivitamin and take it with your diet.

Hands-on bodywork, gently and carefully done, can be a real blessing and lifesaver. I encourage everyone to explore osteopathic manipulation, acupuncture, and gentle massage techniques.

Good psychotherapy can be invaluable, too. I often spend a lot of time with my patients trying to discover the cause of their conditions, and it often includes discovering "who's the pain in your neck", not just "what's the pain in your neck". Understanding one's past can be very liberating. Cognitive-behavioral therapy is one way to learn skills to cope. These include: relaxation training, activity pacing, visual imagery, cognitive restructuring, problem solving, and goal setting. Our attitude and behavior patterns are so important, and we can do a lot to control them and make them work positively for us.

There are a number of herbs, homeopathic and other natural remedies on the market that can help to varying degrees. I will mention one of my favorite groups here:



the Bach Flower Remedies. There are 38 remedies, each corresponding to a different emotion. Rescue Remedy is the one I recommend the most, either as a liquid or to rub on as a cream. Again, bookstores, the Internet, etc., are all great resources for information.

Medications can often be a positive help. Pain meds, such as the NSAIDs (non-steroidal anti-inflammatory drugs) of which there are about twenty on the market, some prescription-only, and some over-the-counter, are usually the mainstay for pain. Anti-anxiety and anti-depressant meds can also be helpful. Sleep medicines can be helpful, as people with fibromyalgia often find that they don't get restful sleep.

My holistic practice of Osteopathic Manipulative Treatment (OMT) focuses on relieving pain and dysfunction of many kinds. 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. CALL US – WE CAN HELP!



**William H. Stager, DO, MS, MPH,
FAAFP, FAAMA, FAAO, FACOFP dist.**

**AOBNMM Board Certified: Neuromusculoskeletal
Medicine and Osteopathic Manipulative Medicine
AOBFP Board Certified: Family Medicine
Medical Acupuncture
Clinical Professor, Dept. of Family Medicine,
NSUCOM Clinical Associate Professor, Dept.
of Family Medicine, LECOM Medical Director, Flagler
Institute for Rehabilitation, Inc.**

**311 Golf Road, Suite 1100
West Palm Beach, FL 3307
Tel: 561-832-1894**

Physician is a Medicare provider

HEARING LOSS: THE PHYSICAL, MENTAL, AND EMOTIONAL SIDE EFFECTS

By: Dana Luzon, Au.D., FAAA, Board-Certified Doctor of Audiology

Most hearing loss presents gradually over many years, making it difficult to notice. Many people feel that hearing loss is just a natural part of the aging process and is not necessary to treat immediately after they are diagnosed. In fact, **most people wait 7 years to seek treatment for hearing loss after they first experience difficulty.** What most do not know is that if hearing loss is left untreated, it has many side effects that can affect mental and physical health as well as quality of life.



PHYSICAL SIDE EFFECTS OF HEARING LOSS

Physical side effects can occur due to physically straining to hear during conversation. This can cause tense muscles, fatigue, and increased blood pressure. In addition, a recent study indicated that people with mild hearing loss are three times more likely to have a history of falling. Individuals with untreated hearing loss may not have appropriate access to the sounds of their environment to keep themselves alert and safe.

MENTAL SIDE EFFECTS OF HEARING LOSS

A lot of evidence has come forth in the last few years that untreated hearing loss can result in cognitive decline. There is research that indicates older adults with hearing loss are more likely to develop dementia. As their hearing loss gets worse,

their risk increases. In fact, a recent study revealed that older adults with hearing loss have a rate of cognitive decline that is up to 30–40% faster than the rate in those with normal hearing. Hearing aids can actually reduce the effects of dementia and Alzheimer's.

Untreated hearing loss can also result in depression in older adults. Adults 50 years and older with untreated hearing loss were found to be less likely to participate in organized social activities than peers who wore hearing aids. The extra effort it takes to follow along with conversation with a hearing loss can make communication more tiring. Sometimes hearing loss can be misinterpreted as confusion or dementia by a loved one if they are not answered correctly or at all.

EMOTIONAL SIDE EFFECTS OF HEARING LOSS

As an audiologist, I hear an emotional plea for help from the patient and their loved one during the consultation appointment. Perhaps the most distressing is the sense of detachment created by the increased difficulty in communicating with those close to you. It can be stressful asking people to repeat themselves or ask for clarification when you don't understand what's being said. Friends or family members who feel they haven't been heard over time may become frustrated or resentful. Other emotions can include anger, embarrassment, isolation, loneliness, withdrawal, and decreased enjoyment of social activities. Hearing loss doesn't just affect one person, but their loved ones as well.

37.5 million Americans 18 years or older report trouble hearing. It is consistently shown that hearing aid users report significant improvements in many areas of their lives, ranging from their relationships at home and sense of independence to their social life. Family members of hearing aid users also note the quality of life improvements.

Restore the treasured connections of your life through improved communication, closer relationships and better hearing. Don't wait to make better hearing a part of your everyday life.

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

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University's residential program. Her varied clinical



experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.



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DO I HAVE ENOUGH TOOTH STRUCTURE FOR A CROWN?

One of the most common procedures a dentist performs when deep decay exists in a tooth is making a crown (also known as a “cap”). Ultimately, when in place, the crown will allow a patient to chew properly and help slow further cavities in the area. A successful crown requires not only a good fit to the tooth, but a proper fit with the adjacent gum and bone.



THE TOOTH PART:

The steps in preparing for a crown start with having the dentist remove any decay present (in some circumstances, this decay can proceed deep below the gum tissue). Once free of cavities, the top portion of the tooth is shaped similar to a cone. An impression is taken of the area (that messy mold all of us love so much) which is sent to the laboratory for fabrication of the actual crown. Once the crown is delivered to the dentist, it can be glued in place for function.

THE GUM AND BONE PART:

An equally important part of the success of a crown is the health of the surrounding gum and bone. If the gum becomes inflamed, it is quite possible that the bone in the area will resorb away. This resorption can lead to issues such as bleeding gums, dark/swollen gums, tooth mobility, tooth loss, root sensitivity and root cavities. If the gum tissue is interfered with by the crown, this inflammatory process can start.

If we think about our skin, it has a certain thickness. Imagine taking a small object and pressing it into the skin, pinching it against the underlying bone.... permanently. Over a short period of time, the skin will likely become very inflamed and angry. Just like our skin, gum tissue also has a certain thickness. If a crown presses into this tissue, not allowing for a healthy thickness, inflammation will occur. In short, the body is attempting to create more space for the gum tissue to remain healthy by resorbing bone away. Insufficient space is a common occurrence, especially when the dentist must remove a significant amount of tooth structure due to decay. The less tooth structure to glue the crown to, the less space for gum tissue to live when a crown is cemented in place.

KEEPING IT HEALTHY:

If the gum space is going to be disturbed by a crown, then a procedure called a “crown lengthening” usually can help rectify the situation. In simple terms, the gum and bone is reshaped to allow for enough tooth to be exposed to support a crown without interfering with the gum tissue. Simply removing only gum tissue may not be sufficient, as the tissue will attempt to regrow to its original shape. If it reforms and is compressed by the crown then inflammation is likely to occur (this is why the bone is reshaped as well so that sufficient room is created).

It is important to have the gum and bone space evaluated when having a crown (or crowns) placed in your mouth. In some cases, you may require crown lengthening to help maintain healthy **GUM AND BONE**.



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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (**LANAP procedure**) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in **Pinhole Gum Rejuvenation**, which is a scalpel and suture free procedure to treat gum recession with immediate results.

Dr. Cohen uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both **IV and Oral Sedation** procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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Limb Swelling: Medicare Approved Treatment Options

By Alyssa Parker

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

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

How does compression therapy work?

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

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

What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

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

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



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

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

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

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


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

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





ACUTE WOUND CARE

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



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Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



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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.



It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**

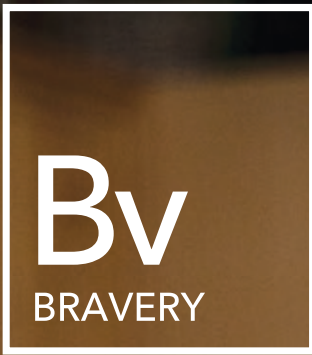
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers



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