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Health & Wellness[®] MAGAZINE

January 2018

North Palm Beach Edition - Monthly

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IN THE NEW YEAR**

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Read more about neurofeedback's impact on depression and Center for Brain on Page 26

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LIFESTYLE CHOICES HELP PREVENT CANCER

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of cancer.

According to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer. However, even though most Americans know that choices such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings reduce the risk of cancer, following these recommendations can often be difficult. Although targeted treatments for cancer have improved survival rates and there are more breakthroughs on the horizon, the best option for most of us is still prevention.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, called basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is more dangerous.

By now, most people know a sunscreen should be used when going outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 50 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps. Experts also recommend examining your skin, head to toe, every month for any changes. You should also have a doctor examine your skin annually.

SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that, in the United States, smoking causes about 90 percent of lung cancers. Smokers are 15 to 20 percent more likely to get lung cancer than non-smokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, throat cancer and mouth cancer. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the fifth most commonly diagnosed cancer in the U.S. This year, it is estimated that nearly 15,000 people will die from the disease. But here's a real shocker...people who smoke are four times as prone to



the malignancy as nonsmokers – especially women. About half of all bladder cancer cases in women age 50 and older are now traceable to smoking. In addition, current smokers are four times as likely to develop bladder cancer as people who have never smoked.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30 to 40 percent of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains while also low in animal fat, processed foods and sugar are generally considered healthier. This can boost your immune system to help fight diseases such as cancer.

REDUCE YOUR CANCER RISK WITH HEALTHY LIFESTYLE CHOICES

Each year, over half a million Americans die of cancer. About one-third to one-half of these deaths are linked to lifestyle choices and potentially could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 50.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history of cancer.

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WHAT IS GRAVES' DISEASE?

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

GRAVES DISEASE is an autoimmune disorder that leads to over activity of the thyroid gland (hyperthyroidism). The gland produces hormones that regulate your body's metabolism (the process by which the body transforms food into energy).

When Graves' disease affects the eyes, the condition is known as thyroid associated ophthalmopathy (TAO) or thyroid eye disease. Graves' disease usually appears before age 40.

Too much thyroid hormone along with circulating antibodies may cause the soft tissues and muscles that surround the eye to swell. Structures within the eye's orbit — the bony space in which the eyeball sits — include muscles, blood vessels and nerves. When these structures swell within the enclosed space of the orbit, the eyes protrude or bulge. This may lead to problems moving the eyes, often resulting in double vision, one of the more common signs of thyroid ophthalmopathy.

GRAVES' DISEASE SYMPTOMS

Graves' disease causes wide-ranging symptoms, some of which are related to the eye and others that are not.

Graves' disease symptoms that are not related to the eye include

- Anxiety;
- Irritability;
- Difficulty sleeping;
- Fatigue;
- A rapid or irregular heartbeat;
- A tremor of hands or fingers;
- An increase in perspiration or warm, moist skin;
- Sensitivity to heat; and
- Weight loss, despite normal eating habits.

Thyroid disease and the eye

Graves' disease can affect the eyes in multiple ways.

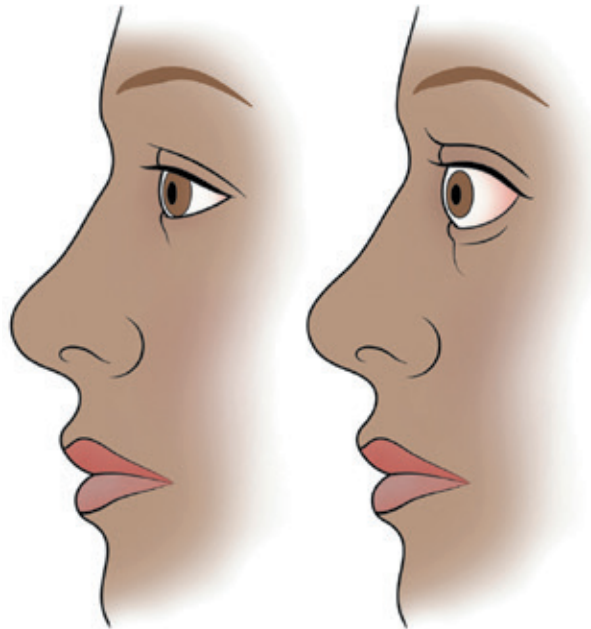
Eyelid retraction. The combination of eyelid swelling and eye protrusion sometimes causes the eyelids to retract and reveal the sclera (the white part) of the eye.

Eye protrusion. This occurs when the muscles around the eyes swell, which pushes the eye forward. People with this condition look as if their eyes are bulging or they are staring.

Dry eye. Because of protrusion and eyelid retraction, the eyes are more exposed to the environment. This causes blurred vision, light sensitivity, dry eye, excessive tearing, irritation and inflammation.

Double vision. Muscle swelling may cause double vision.

Eye bags. Eyelid swelling can cause tissue around the eyes to bulge forward.



Normal eye

Graves' ophthalmopathy

WHO IS AT RISK FOR GRAVES' DISEASE?

Women are much more likely to develop Graves' disease than men. Graves' disease usually appears before the age of 40. Having a family history of Graves' disease also increases your risk.

Other factors that can increase your risk for Graves' disease include:

- Smoking, which also increases your risk for developing eye problems from the disease;
- Pregnancy or recent childbirth;
- Stress; and
- Having an autoimmune disorder, such as rheumatoid arthritis or type 1 diabetes.

GRAVES' DISEASE DIAGNOSIS

To determine if you have Graves' disease or thyroid eye disease, your ophthalmologist will examine your eyes to see if they are irritated or protruding.

As part of a physical exam, your doctor will also check your pulse and blood pressure, and look to see if your thyroid gland is enlarged. Blood work may also be ordered to check the levels of thyroid hormones. Your Eye M.D. may also recommend a CT scan, which can help show swelling of certain eye muscles.

GRAVES' DISEASE TREATMENT

If thyroid hormone levels are irregular, reducing the overproduction of thyroid hormone may be necessary. The eye problems associated with Graves' disease may be treated by non-surgical and surgical methods.

Non-surgical treatment may include taking steroid medications by mouth to control swelling and inflammation of the eye muscles, wearing sunglasses frequently to relieve light sensitivity associated with thyroid eye disease, and applying lubricating ointment to relieve dry eye.

Surgical treatment for thyroid eye disease may include the following:

- Surgery of certain eye muscles to help treat double vision;
- Eyelid surgery to treat eyelid retraction and help protect the eye;
- A procedure called orbital decompression for certain advanced cases of thyroid eye disease. This procedure, aimed at treating eye protrusion, consists of creating targeted breaks in some of the orbital bones to allow the swelling to expand to other areas and not push the eyes outward.



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How To 'Banish Baldness' in the New Year

By Dr. Alan J. Bauman

As we kick off the New Year, many people are working hard to keep their resolutions to improve their health and appearance. For some, this means diets and gym memberships, and for others, it means not only admitting they're losing their hair, but taking action and actually doing something about it.

If you think you're losing your hair, you're not alone --consider that over 80 million men and women in the U.S. suffer from hair loss. Unfortunately, seeking help for hair loss still seems to have a negative stigma attached to it. Not seeking professional help at the first signs of hair loss means we are only hurting ourselves. Delaying treatment is especially detrimental because in most cases, hair loss is a progressive

condition that advances and worsens over time; the sooner we act, the better the chances of slowing, stopping and perhaps even reversing the hair loss process. The good news is that for mostly everyone, hair loss is a treatable condition, and the earlier we get started on preventive or restorative therapies, the better the odds for banishing baldness and retaining a full, healthy head of hair.

For those seeking their best possible head of hair as part of their resolutions this coming year, here is a look at what the process should look like:

STEP 1: FINDING A DOCTOR

The first step in treating hair loss is finding the right doctor. Many hair loss patients are unaware of the qualifications, training and expertise required to properly treat hair loss. After a chat at the salon with their hairstylist, they may end up asking their primary doctor, visiting their general dermatologist or hometown cosmetic surgeon for advice. However, in order to achieve optimal results, it is important to consult with an experienced hair restoration physician—a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and hair growth. You should look for someone who is board-certified in hair restoration. Only a qualified and experienced hair restoration physician can prescribe the latest and most effective multi-therapy treatment options, as well as track your progress and make sure your hair loss treatments are in fact working.

STEP 2: DIAGNOSING THE PROBLEM

Once you've found a doctor, he or she will help you identify risk factors and assess where you are in the hair loss process. This requires a discipline, methodology and science that is much more involved than merely looking for bald spots. This is one of the reasons why new diagnostic tools, like HairCheck, are so important. HairCheck is a highly sensitive hand-held 'trichometer,' device that measures hair caliber and density together and expresses them as a single number (called the Hair Mass Index (HMI) or "Hair Number"). This number is then used to accurately assess hair loss, growth and breakage on any area of the scalp. By tracking these numbers, your doctor can help you determine the extent and rate of your hair loss and/or breakage and inform you of any changes over time. This information also makes it infinitely easier to catch hair loss before it becomes significantly noticeable. Another tool that a doctor can use to help diagnose and treat hair loss is a genetic test which can determine a man's (and woman's) risk for losing hair; This is valuable information to help justify starting preventative hair loss treatments early.

STEP 3: TREATMENT OPTIONS

Once the extent of your hair loss and the causes behind it have been evaluated, your physician may recommend both medical therapies and lifestyle changes. Medical treatments that may help mitigate hair loss include a specially compounded

prescription minoxidil solution, platelet-rich plasma (PRP) treatments, prostaglandin analogs, low-level laser light therapy, and nutritional supplements. In advanced cases, hair transplantation may be the best strategy for permanently banishing hair loss. New microsurgical no-scalpel/no-stitch hair follicle harvesting techniques like NeoGraft FUE or ARTAS robotic-assisted transplants allow for a comfortable and minimally-invasive no-linear-scar “follicle-by-follicle” approach. For those who aren’t candidates for transplantation or certain medical treatments due to autoimmune alopecias, scalp injury or chemotherapy, new 3D printed hair and scalp cranial prosthesis devices are a promising and life-changing option. Depending on your evaluation, the best strategy may require a multi-therapy approach with routine follow-ups to track and see how well everything is working.

STEP 4: MAKING THE COMMITMENT

There is one more critical step required once a person decides to start any type of treatment for their hair loss; they need to make a commitment to stick with their treatment regimen. One of the hardest parts of treating hair loss in both men and women, is helping the person understand that it is a long-term process. Just like hair loss, initial changes in hair regrowth take time and can be subtle before they are noticeable to the naked eye. When treating hair loss, it is important to keep in mind that it can take more than a year to see the full, final results from treatments, so many end their treatment early, disrupting and reversing any progress that had been made. Regular follow-up appointments should be performed every 90 days while undergoing treatment. These visits can help ensure the person is responding to their treatment regimen and getting the best results possible.

Hair loss is a progressive but treatable condition, which means that the earlier the treatment is started, the better your chances of success.



FINDING A HAIR RESTORATION PHYSICIAN WHO CAN PROVIDE YOU WITH A “MASTER PLAN”

- A hair restoration physician is someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss.
- Look for physicians who are board-certified in hair restoration by the American Board of Hair Restoration Surgery, accepted members of the International Alliance of Hair Restoration Surgeons and recommended by the American Hair Loss Association.
- Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should absolutely be able to consult with the physician long-distance.
- Medical doctors who do not specialize in hair restoration (general practitioners, dermatologists, etc.) may not be up to date on the latest treatment methods and technologies. Before choosing your doctor, check their level of experience and qualifications, read their patient reviews, ask for before-and-after pictures and, most importantly, ask lots of questions.

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.



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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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Gardens Cosmetic Surgery Center Bldg.
4060 PGA Boulevard, Suite 202
Palm Beach Gardens, Florida 33410
Phone: (561)656-0717
Toll-Free: (877)307-0005



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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NEW YEAR, NEW YOU: 8 BETTER-HEARING RESOLUTIONS TO KICK OFF 2018!

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



From getting healthier, saving money, and living life to the fullest to embracing technology, exploring new places, and letting loved ones pitch in, we're taking New Year's resolutions to the next level with eight ideas to support your hearing health and quality of life.

Here's to making 2018 the best year yet!

GETTING FIT

It's no secret that obesity can raise the risk for stroke, heart disease, diabetes, and other serious health problems, but did you know it's linked to hearing impairment, too? Resolving to get even healthier and more fit in 2018 helps reduce the risk of excess weight, a problem that can tax your hearing and impact overall wellness.

DITCHING TOBACCO

Smoking, the No. 1 preventable cause of death in the U.S. and the culprit behind most lung cancer cases, can also increase the chances of developing a hearing impairment. Resolving to quit smoking and live tobacco-free puts you ahead of the pack for your hearing, your lungs, your heart, and your general good health.

EMBRACING TECHNOLOGY

Today's tech can turn any alerting sound into a visual or vibratory cue, allowing doorbells, smoke alarms, and more to alert using flashing lights or vibrations.

Smartphones can stream audio directly to hearing aids and may also caption videos or flash visual alerts for incoming calls. Another innovation: We even have hearing technology compatible with telehealth care.

TRYING SOMETHING NEW

Trouble hearing telephone conversations? You may qualify for a captioning telephone, a landline phone that shows the spoken words of the person you're talking to. It's free if a qualified hearing care professional certifies your hearing loss and need for the phone, and it works with hearing aids. All you need is a standard phone line and an Internet connection.

EXPLORING FRESH DESTINATIONS

Make this your year to discover a new favorite place! If you're traveling well beyond your local area, check with us to find an AGX change practice near your destination. If a practice is part of the program, you can see them while traveling at no extra cost. Now, that's peace of mind.

LETTING FRIENDS PITCH IN

When it comes to getting by with a little help from friends, the Beatles had it right. Bringing your best friend or another companion to your hearing care appointments means an extra set of ears and eyes, as well as an additional perspective that can make a difference in understanding how listening difficulties affect you and your loved ones and matching the right solutions to your needs.

MAXIMIZING YOUR INCOME

Don't let hearing difficulties come between you and your money. Untreated hearing impairment can reduce annual household earnings by as much as \$30,000, according to one study, but using hearing aids can curb the chance of income loss by up to 100 percent — depending on the degree of impairment.

LIVING LIFE TO THE FULLEST

Hearing technology changes lives. A majority of hearing aid users in one study by the National Council on Aging credited treatment for better relationships at home, and half or nearly half reported improvement in feelings about themselves and improvement in life overall. Just another reminder of how keeping your hearing at its best can help you live your best.

At Audiology & Hearing Aids of the Palm Beaches, we're here to help you and your loved ones achieve your hearing-health resolutions. Contact us today for more tips on hearing better in the new year!

Dana Luzon Coveney, Au. D., FAAA, 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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HOW ADVANCED TECHNOLOGY MAY REDUCE PAIN & FEAR IN THE DENTAL OFFICE

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



Many of today's advances can help make dental surgical procedures more conservative, less invasive and often times less painful. Fear tends to be the main reason patients delay or never seek recommended treatment. Unfortunately, issues with the teeth, gums and jaw bone do not repair themselves. When left untreated, these problems typically lead to more significant problems including tooth loss and pain. More invasive procedures may be required to address a situation that might have been able to be addressed in a less costly and less involved manner.

Anxiety / Fear:

Managing a patient's anxiety or fear typically begins during the consultation appointment. Building trust with your doctor can go a long way in helping relax your fears about the unknown. Asking questions and receiving full explanations regarding your options can also help in reducing anxiety. Sedation is a tool we use to relax patients before, during and after a procedure. Our patients typically utilize either oral sedation (medications like valium) prior to their procedure or choose IV Sedation (also known as "twilight sleep"). In addition, the fear of "Novocaine" can be reduced through new delivery techniques that change the way the anesthetic can be given. Using sedation and newer anesthetic procedures can truly make even the most nervous patient relax and have a pleasant experience.

Decreasing Pain:

Once the anesthetic has taken effect, no pain should be felt during the surgical procedure. This can be verified with you before the procedure starts. Much of the discomfort that patients experience is after the treatment is completed and during the early healing period. Most of this discomfort is caused by swelling. Typically, but not always, the more invasive the procedure, the more post-operative discomfort. Our goal is to keep the surgery as conservative, safe and non-invasive as possible. The use of the latest technology helps to achieve these goals.

A good example of state-of-the-art technology is the use of an in-office CT machine. Using this type of 3 dimensional x-ray to help plan procedures such as dental implants offers the surgeon the ability to see "inside the jaw bone". Treatment can then be planned in the most ideal locations, allowing visibility of important structures such as nerves and sinus cavities. This technology can also be used to help perform "teeth in the same day" procedures. The benefit is that in some cases no incisions are needed to perform the surgery. In addition, treatment times may be shorter.

Another example of the use of advanced technology is the treatment of bone loss around the teeth (also referred to as periodontal disease or deep pockets). Traditional surgery typically requires an opening of the area and sutures. The use of laser technology (similar to what is done with eye procedures) allows treatment of this life-long disease with no pain, no scalpel and no sutures. In fact, no pain medication is even provided for this procedure.

Many new options are available to patients that allow treatment of dental issues with both the reduction of fear and decreased swelling, pain and post-operative discomfort. Treating early today can prevent more expensive and invasive treatment tomorrow.

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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A PROVEN TREATMENT OPTION FOR YOUR BACK PAIN

Do you have back pain? Are you suffering in silence from stiffness, limited range of motion, and excruciating agony? You Are not alone, 80% of the population has some extent of back pain, and the standard of care is typically through addictive drugs that mask the symptoms of pain or risky surgery that all too often is unsuccessful.

There is a better way, a proven way, one in which has allowed many individuals to find freedom from pain.

"The DRX9000 is an excellent noninvasive modality for treating the pain of acute injuries or for chronic pain from degenerative or herniated discs," explains Dr. Reimer. "This technology incorporates innovations in spinal decompression therapy that offer relief for persistent back pain without medication or surgery. Gentle decompression enlarges disc space and eases the herniated or degenerative discs back into proper position, restoring nutrients and blood flow."

One design element of the DRX9000 makes therapy particularly easy on the patient. Whereas other spinal decompression systems rely on the patient's strength to stay in position while the machine works, the DRX9000 has specially designed harnesses to hold the patient securely in place.

"The harnesses allow the patient to relax while the equipment slowly and gently stretches the

spine," states Dr. Reimer. "In fact, patients have been known to fall asleep during treatment because they are so relaxed. For a noninvasive machine, it has gotten excellent results from patients with all causes of back pain, such as herniated, bulging, or degenerative discs, which make for challenging cases, as well as for some of the simpler cases. I've been utilizing it in Palm Beach County for approximately 12 years, and we have had excellent effectiveness with it. We have had patients who got immediate relief and some who have had to go through longer protocols, but overall the success rate has been very high."

American Med Care Center offers a full complement of treatment modalities, including ultrasound, electrical muscle stimulation, and cervical and lumbar traction. Dr. Reimer and his staff are pleased to be able to offer a comprehensive set of options for all of their patients.

PATIENT APPROVED

The DRX9000 treatment has enabled Rob to spend quality time with his family once again.

"When I went to Dr. Reimer, one of my goals was to take my three-year-old daughter for her first trip to Disney World," he explains. "At that point, I could walk, but it was very, very painful. I told him that I had that goal to go there and be able to walk around. A month and a half later, we went to Disney World, and I wouldn't have had a good time there if it wasn't for Dr. Reimer. My pain level used to be about an eight or nine throughout the day, and now it's down to a one or two. It's virtually gone."

Rob credits Dr. Reimer for being attentive and listening to his concerns, and for finding the right treatment for his problem, instead of just treating the symptoms.

"Dr. Reimer is very pleasant and easygoing, but he's also very professional," assures Rob. "He does an extremely thorough examination, unlike any other chiropractor I've ever been to. He and the staff are like family. I can't say enough about them. They're just great."

"American Med Care Center is part of a new model of healthcare that is emerging," Dr. Reimer states. "With advances in technology, a Wellness Revolution is occurring. Science is allowing us to better study the natural design and true physiological function of the body. Pain is seen as an important clue, proper function is seen as the physician's goal and the stability of the systems of the body is the culmination of the therapy with the participation of the patient."

American Med Care Center offers a variety of treatment options for chronic back pain, sciatica, herniated or bulging discs, spinal stenosis, and Failed Back Surgery Syndrome. To schedule an appointment, call the office at (561) 967-6655, or visit treatingyourbackpain.com.



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treatingyourbackpain.com



Regenerative Medicine and Chronic Pain

By Dr. Ricardo Leano



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

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

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

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

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

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

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

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

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



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



Ana Martinez, 23, Healey Resident & Laverne Mitchell ARNP

New Beginnings for Hope and Healing

By Shelly Ann Lau

January is a fascinating month. It is a month of new beginnings. Statistics tell us that January is the month where people attempt to make more changes in their lives than any other time of the year. Changing lives is at the core of what we do at the Edward J. Healey Rehabilitation and Nursing Center. In fact, our facility offers new beginnings all year long!

As part of the Health Care District of Palm Beach County, we know that most residents and visitors recognize the District by our Trauma Hawk aeromedical helicopters, especially during the holiday season. And we agree that Palm Beach County is fortunate to have a comprehensive and coordinated Trauma System that is nationally recognized, most recently as “best in class” by MD Content. Without question, our Trauma Agency is vitally important because trauma will touch the lives of one out of every three Americans. And a traumatic injury can happen to anyone, anywhere, at any time.

When someone is traumatically injured, every second counts. 911 is alerted and EMS, Fire Rescue and police are dispatched to the scene. Paramedics provide emergency care and follow standardized treatment and transport protocols created by the Health Care District’s



Comprehensive skilled nursing care and rehabilitation is provided to residents at the Edward J. Healey Rehabilitation and Nursing Center, named by U.S. News & World Report as a 2017-18 “Best Nursing Home.”

Trauma Agency. If they find that the patient meets Trauma Alert criteria, the patient is immediately triaged and transported either by ground or flown by a Trauma Hawk air ambulance to one of the county’s two Trauma Centers. But what happens after that? The road to recovery is equally as arduous and vitally important in the recovery of a trauma survivor. That is where the Healey Center comes in.

When patients are well enough to participate in more intensive therapy outside of a trauma center, they are often transferred to a “residential rehabilitation facility.” The goal is to help the trauma survivor regain the most independent level of function possible. The Brain Injury Association of America reports that *“Rehabilitation channels the body’s natural healing abilities and the brain’s relearning processes so an individual may recover as quickly and efficiently as possible. Rehabilitation also involves learning new ways to compensate for abilities that have permanently changed due to brain injury.”*

The Healey Center is home to 120 residents. It is an important component of Palm Beach County’s health care system. Many people imagine a rehab center caters to seniors and others with acquired disabilities, but the reality is that the average age of the mostly male residents is 58. Many of the Healey Center’s residents are millennials and other young adults with long lives before them. It is important that they

THE TRAUMA CARE PATHWAY



receive quality care with compassion to regain motor and life skills. Unfortunately, demand for services are high, especially following the holiday season. The good news is that Florida's Agency for Health Care Administration lists 54 rehabilitation and nursing home options in Palm Beach County.

In November, the Healey Center was recognized by U.S. News & World Report as a 2017-2018 "Best Nursing Home" for earning an overall Top Performer Rating, the highest rating it awards to nursing homes. U.S. News & World Report analyzed data on health inspections, nurse staffing, and measures of medical quality of care from the federal government to produce

the ratings. The Healey Center also garnered a Five-Star Quality Rating from the Centers for Medicare & Medicaid Services' (CMS) Nursing Home Compare website, a rating the Healey Center also received in 2010, 2014 and 2016.

The newest national recognition comes as the Healey Center is also celebrating a remarkable milestone in 2018. We are very proud that the Healey Center has been a source of "Hope and Healing for the last 100 years" in Palm Beach County. So, as we look forward to another wonderful year of new beginnings with all Palm Beach County residents, we are also happy to be celebrating a tradition of changing lives in January and all year long.



SHELLY ANN LAU, ADMINISTRATOR
*Edward J. Healey
and Rehabilitation Center*

Shelly Ann is a certified health care administrator with 13 years of health care experience in southeast Florida. Before joining the Health Care District of Palm Beach County, Shelly Ann oversaw the daily operations of a skilled nursing and rehabilitation center where she helped build brand recognition in the community. Prior to that, Shelly Ann served as the administrator of a skilled nursing and assisted living facility. Her experience includes finance and survey management. She is committed to focusing operations on the delivery of quality care and excellent customer service while maintaining compliance with regulatory standards. Prior to working in the long-term care industry, Shelly Ann served two years as a member relations supervisor for a commercial Medicare plan.

Shelly Ann holds a Bachelor of Arts in Health Administration from Florida Atlantic University and is a licensed nursing home administrator and preceptor. In addition, Shelly Ann is a member of the Florida Health Care Association (FHCA) and LeadingAge Florida.



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WHEN YOU STILL HAVE PAIN AFTER SPINE SURGERY

By Dr. Jonathan Chung

I've seen a lot of patients with a previous history of spinal fusion. Some people feel like their life was made dramatically better by spine surgery, others feel like it didn't have any effect at all, and some people will actually feel a lot worse. Overall, the verdict on fusion surgery seems to be pretty dim.



PEOPLE DON'T VOLUNTEER FOR SPINE SURGERY. IT'S A CHOICE MADE OUT OF DESPERATION

Here's the thing. I don't blame people who choose to elect spinal fusion even in the face of the world's best evidence. Why?

I've never experienced the level of pain that makes someone consider spine surgery an option.

It's the easiest thing in the world to be a chiropractor, physical therapist, or pain management doctor to tell someone that they don't need spine surgery. Our professions are invested in the idea that you should choose us over surgery because you should exhaust your conservative options before being cut open.

However, someone who is choosing spine surgery is often someone who is desperate. Their pain is debilitating and costing them the ability to work and move like a normal human being. Many patients have tried numerous conservative options and feel like they have spent years feeling debilitated. They are tired, frustrated, and just want something, anything to make their pain go away.

I hear it in my office all the time. "Doc, can you just cut this thing out of me?"

Sure it's said in jest, but it opens a window to what someone's last option looks like. Just cut me open, and take whatever is causing this pain, and remove it.

YOU'VE HAD SURGERY, NOW WHAT?

People that choose surgery often feel like they've exhausted all possible treatment options.

If your pain didn't improve or if you develop or new and worse pain after surgery, it can be devastating to the psyche. You tried everything and it still didn't work. Will you have to suffer like this for the rest of your life? Do I just have to rely on pain management and more surgery?

From time to time, I'll meet people who tell me about how bad their back or neck problems are, but they'll usually say something like:

But I've already had surgery, and my doctor says I shouldn't have my back cracked.

I understand this fear. If I had hardware in my spine, the last thing I would want is someone just jerking my back or neck around and possibly hitting one of those fused parts.

Here's the thing though. **Not all chiropractic techniques require heavy force.**

There are a lot of chiropractors trained to be extremely precise with their adjustments. With a high level of precision, you can avoid doing anything to the spine that may jar or disturb these fused vertebrae.

This is important to remember because precise NUCCA Correction of the spine is something that can really help these patients! It's one of the reasons that there are doctors in Palm Beach County that refer cases to our office when patients still have pain after surgery.

THE PROBLEM ISN'T JUST THE SPINE, IT MIGHT BE IN THE BRAIN

Pain is a complex physiological phenomenon. As doctors, we can sometimes oversimplify back and

neck pain as a bad bone or a bad disc. The fact that people don't get better after surgery isn't the fault of the surgeon. The problem is that the bones and discs in the back may not have been the actual cause of the pain to begin with.

Pain can exist in the absence of physical tissue damage as is often seen in things like fibromyalgia or complex regional pain syndrome. In these cases, there is a problem with the way the brain perceives the environment. It is overreacting to normal stimuli.

When people have successful cases with surgery, then we can probably assume that a bad disc or some bad vertebrae were big contributors to the patient's pain process. However, if we are operating on patients whose symptoms are coming from a brain that is overly sensitive to pain, we are giving that sensitive brain more ammunition to be in pain because of the surgery itself.

Sometimes the answer is not simply to change the bones, but we have to desensitize the brain to normal living.

That's one of the biggest unknown benefits to Structural Correction with the NUCCA procedure. Norma Structure plays a vital role in normal input into the brain. Our gentle approach to correcting the spine is capable of changing the signals the brain should be focusing on and reducing some of the chronic inflammation impacting your sensitive brain tissues.

CHANGING THE CONVERSATION

Millions of people every year are going to have spine surgery. It's up to the doctors and surgeons to decide if surgery is appropriate for a patient's situation. There's no use in beating a patient up for making a decision that they think is going to help them live a better life.

It's our job to let people know that whether you had surgery or not, there are still options available to help people live a normal life without feeling debilitated.

DR. JONATHAN CHUNG is a Doctor of Chiropractic who focuses on Structural Correction and is primarily concerned with Structural Shifts of the spine. He graduated from the University of Central Florida with a B.S. in Microbiology and Molecular Biology. Dr. Chung then went on and received his doctorate from Life University's College of Chiropractic. Dr. Chung is certified in pediatrics from the International Chiropractic Pediatric Association, and is a Structural Chiropractic Researcher who has been published in scientific peer-reviewed journals. Read more from Dr. Chung at chiropractorwellington.com/blog



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WEIGHT-LOSS NEW YEAR'S RESOLUTION

Almost anyone who is interested in weight-loss has tried one of these new wave fad diets or exercise programs, spending significant money and time only to have it fail in the end. It's normally not due to a lack of trying or motivation but simply due to needing a more serious alternative to help with long-term safe and effective weight-loss. NovaGenix can help provide you with the tools and guidance needed to succeed in your journey. No gimmicks. Just medically proven facts and result driven success. Patients who undergo a medically designed weight loss program typically see better results than patients who try other methods, including meal replacement plans, diet pills from local vitamin stores or fitness routines that they try for a month or so and ultimately quit. As a general rule of thumb, weight loss requires a commitment and dedication but also needs guidance.



What is medical weight loss?

At NovaGenix, their medical weight-loss programs are designed supervised and developed by physicians and medical professionals. Their team will help teach you how to optimize your health and get you started on a customized program that will show real results. When incorporating diet as well as exercise and sound lifestyle choices, you'll have the ability to reach your goals which will help you to look and feel your best. In some cases they can also provide FDA approved weight loss medications which will allow you to maximize your results in a short period of time. They've seen patients lose over 30 pounds of fat in just six weeks, which has helped boost their motivation self-confidence and energy levels.

What is the NovaGenix program?

The NovaGenix weight-loss program is unique and involves medical assistance which can provide help by changing specific behaviors such as exercise and diet. By providing nutritional guidance, education and weight loss medications, the NovaGenix Sheer Contours weight loss program can provide you with fast, safe and effective LONG TERM weight loss success. Where most weight loss programs vary in their effectiveness, The NovaGenix Weight Loss Plan

can provide real results to help turn your life around. Obesity is a serious health concern with chronic diseases like heart failure and diabetes being contributing factors to morbidity as well as severely decreasing the quality of a person's life. Our goal is to help people overcome obstacles and lose weight so that they can look good and feel great! Optimized health starts with weight loss!!!

What are the benefits of a medical weight loss program?

There are many benefits to starting a medical weight loss program. To start off...they're customized just for you. NovaGenix understands that every person is unique, so they design their programs to meet your specific requirements and goals based on your age weight and metabolism. They also take into account your lifestyle activity

and overall health to determine how to move forward and create a program specified for you. Medical weight loss is also supervised, meaning that you're not in this alone. They will be there to help you every step of the way and will answer any questions that you may have. Weight loss is not easy but NovaGenix makes it as seamless for you as possible. We're here to help not judge. We want you to be happy and healthy and will do everything that we can to ensure your success. Medically supervised weight loss programs provide long-term success. Where these fad diets and short term crash programs may provide immediate results they are usually short-lived and don't result in a long-term success. We will do everything in our power to give you the tools and skills to make your weight management part of how you move forward in living your life... happier and healthier than ever before.



NovaGenix

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Mechanisms of Halotherapy, Speleotherapy and Salt Therapy Explained: A Better Breathing Guide

By Richard Zagrobelny



The ancient traditional Hindu science of health and medicine, Ayurveda, recommends washing nasal cavities with saline water daily. This practice, called 'Neti', has been utilized by Yogis for preparation of extended meditations and Yoga practices to ensure clean and open airways, resulting in easy breathing.

It is easy to dismiss Grandma's advice to gargle with saline water as an old time cure left behind by science. As Dr. Philip T. Hagen said, gargling with lukewarm saline water eases sore throats and speeds up recovery from flues and colds, and can draw excess fluid from inflamed tissue in the throat, also relieving the pain. Dr. Philip Hagen has also stressed that gargling with saline water loosens thick mucus, which can remove irritants like allergens, bacteria and fungi from the throat.

Salt concentration in human blood is 0.9% by volume. Human tears and sweat are saline as well. This presence of saline inhibits many potentially dangerous infections. For many centuries, salt has been used in food preservation. According to scientific literature, the amount of salt inhaled during a 45 minute Halotherapy / Salt Therapy session is 100 times less than the recommended daily intake of salt. Moreover, most of the salt inhaled is removed from the lungs by breathing and excreting mucus.

Disclaimer:

The information in this article should not be considered as a medical advice. The information contained is a result of extended study and research and it should be considered only as an opinion. The information in this article is not meant to treat, diagnose, prescribe or cure any ailment. Always consult with your physician before taking any products or following any advice you have read in this article.

MSc. Eng. P.Eng. Majored in Chemical Engineering. Specialized in the science of water and air purification. Fifteen years ago took interest in natural healing methods, which led him to the area of salt therapy and its devices.

Salt therapy and food preservation mechanism of action are based on the phenomenon of osmosis. Osmosis is the tendency of a solvent, usually water, to pass through a semi-permeable membrane into a solution where the solute concentration is higher, thus equalizing the concentration of materials on either side of the membrane. Essentially, this means that if a cell is put into a solution in which the solute concentration of minerals is higher than its own, the cell will shrivel up. In the context of Halotherapy / Salt Therapy, viruses and bacteria are being dried up in the lungs after the inhalation of sodium and chloride (salt) minerals.

Bronchial cilia constantly wave upward in the lining of the lungs and trachea to remove mucous and foreign materials. Their removal protects the lungs from infections and allows easier breathing.

Experiments performed by Dr. Albert P. Krueger and Dr. Richard F. Smith at the University of California have shown how negative ionization affects those sensitive to airborne allergens. The bronchial tubes and trachea, or windpipe, are lined with tiny filaments called cilia. The cilia normally maintain a whip like motion of about 900 beats a minute. Together with mucus, they keep human air passages free of dust and pollen. Krueger and Smith exposed tracheal tissue to negative ions.

This resulted in the ciliary motion being speeded up to 1,200 beats a minute and increased flow of mucus.

Mucus secreted into the lungs protects the lungs by trapping allergens, bacteria and viruses. However, if the mucus is not removed from the lungs it becomes toxic, decreasing lung volume and obstructing airways. As a result, physical action (Halotherapy / Salt Therapy) is sometimes required in order to improve the lung function. "Amazingly, scientists have found that bacteria have enough collective or chemical consciousness to come together and form smart colonies. These smart colonies of bacteria are called 'biofilms'." (McCabe, 2004)

In the lungs, bacteria biofilms act as a multi-cellular microorganism, and are anaerobic, which means they cannot live in Oxygen rich environment. "A prolific variety of environmental niches are formed, and the biofilm affords protection from antibiotics and toxins (poisonous substances; in this case negatively charged ions)." (Netting, 2001)

Dry salt aerosol is negatively charged (like Oxygen), and it can oxidize the biofilm structure, which can lead to biofilm disintegration. One may compare the oxidation of biofilm to the rusting of metal. Thus, disintegrated biofilm structure may be removed from lungs. Additional amounts of water drawn to the lungs through osmosis (caused by salt minerals) dilute the biofilm, further speeding up biofilm and mucus removal.

"The art of medicine consists in amusing the patient while nature cures the disease." - Voltaire

McCabe, E. (2004). Flood your body with oxygen. Miami Shores, Florida: Energy Publications.

Netting, J. (2001, July 14). Science News, 160, No. 2, [17-32].

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An Alternative to Pain Medications



Chronic pain affects many people in the United States. It's diagnosed when a person has experienced pain for at least three months or longer. Many individuals suffer for your years in silence before they seek medical help, but unfortunately, the standard of care for chronic pain is to mask it with drugs or injections.

With the epidemic of people becoming addicted to pain relievers like oxycontin and other narcotics, educating the public on proven alternative methods that actually heal the body to reduce pain instead of “numbing it” is helping many people to overcome their painful conditions.

COMMON CAUSES OF CHRONIC PAIN

- Injury & Trauma**
- Disease & Infections**
- Fibromyalgia**
- Spinal compression**
- Arthritis**
- Neuropathy (Nerve Damage)**

Neuropathy is associated with many of the above-listed types of pain, as it's common for nerve damage to have occurred in individuals with diabetes, chemotherapy treatment, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

In the United States alone, neuropathy affects nearly 20 million people. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and unsuccessful.

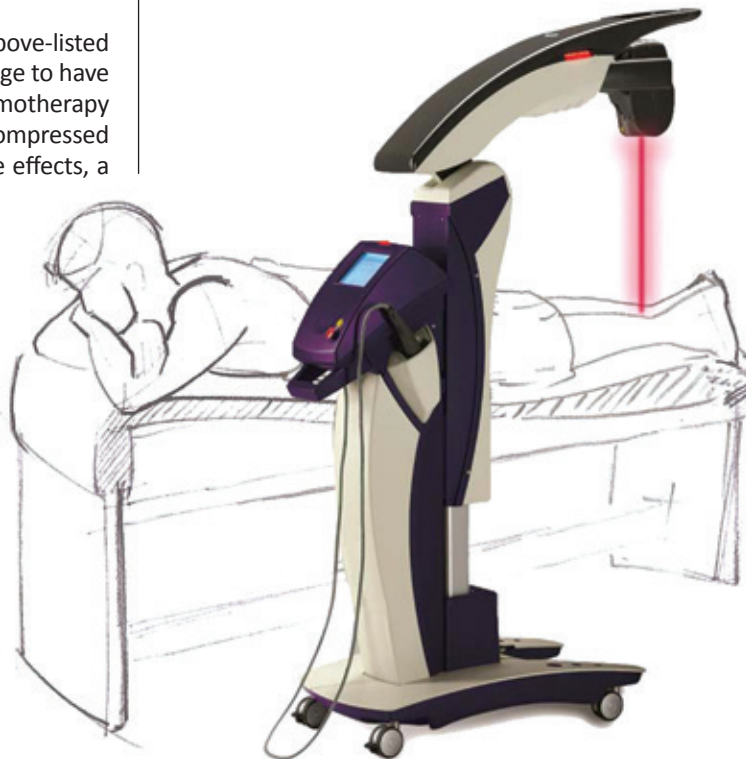
SYMPTOMS OF NEUROPATHY MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling

- Impingements
- Electrical vibrating sensations
- Falling & stumbling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

HOW LASER THERAPY WORKS

As mentioned, the most common treatment for pain and nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body.



Over the past decade, Laser Therapy has proven effective in treating and reducing chronic pain and neuropathic issues.

Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light beam.

The laser therapy is quick, painless and highly effective. With the laser light's infiltration, an increase in ATP (Energy) along with an increase in mitochondrial cell function takes place. This increase produces the healing and stimulation of damaged tissues and nerves to begin through the circulatory response.

ADVANTAGES OF LASER THERAPY

- Decreases inflammation
- Stimulates tendon healing
- Incites nerve healing
- Helps wounds to heal more quickly
- Decreases numbness
- Decreases tingling
- Improves circulation
- Increases oxygen-rich blood
- Improves microvessel flow
- Relieves back and spinal inflammation
- Remove toxins

It's often beneficial to co-treat severe cases of chronic and neuropathic pain, so along with the laser therapy, synergistic approaches are regularly sought after by patients to improve mobility, functionality and alleviate pain quicker than average.

SYNERGISTIC TREATMENT

- Decompression
- Electrical nerve stimulation
- Manual stretching
- Massage therapy
- Natural supplementation to regenerate the myelin sheath
- Therapeutic ultrasound

Treating the underlying cause of your pain is essential. Having a comprehensive evaluation to define your level of discomfort and conditions are critical steps to eliminating your pain naturally and improving your long-term outcomes.

**ADVANCED SPINE
&
JOINT INSTITUTE**

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ACCOMPLISHING YOUR GOALS IN 2018?



The start of a new year is often associated with a desire to change at least one aspect of yourself, a desire to turn over a new leaf, which leads to “New Year’s Resolutions”. While the arrival of a new year sparks optimism and hope for change, it will not magically provide the catalyst, motivation and persistence needed to reinvent oneself. It is important to remember that the New Year is not meant to serve as a facilitator for widespread character changes. Instead, it should be a time for people to reflect on the past year to identify positive changes they want to incorporate into their everyday lives.

By making your resolutions realistic and attainable, you have a greater chance that you will keep them throughout the year to come. Here are some tips to help you set and achieve resolutions that best align with your life, aspirations, dreams and values.

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.”

– Melody Beattie

LOOK AT THE BIG PICTURE

On a very fundamental level, every day you invest your resources (time, energy, focus, money, etc.) into a number of specific areas like health, movement, emotions, career, relationships, finances, fun, spirituality... just to name a few. When added up, these areas make up who you are, and allow you to identify how you spend your time and energy. Once you have identified these specific areas in your life, it is time to take a closer look. Each area of your life can be defined, and broken down into parts. For example, health may include nutrition/

eating, sleep, medical, dental, stress and self-care. As you expand on each area of your life, it will help you better identify what resolutions you want to make because it will help identify those areas where you need to change the most.

SET REALISTIC AND ATTAINABLE GOALS

Saying you want to “lose weight” or “save more money” are more like wishes than actual concrete goals. In order to give your goals life and make them real you must create specifics and details. For instance, if your goal is to lose weight, think about what is needed to make that happen. This helps you breakdown your goal into attainable increments. So, let’s say that you’ve decided to accomplish this goal by eating better, incorporating more movement/exercise and getting better sleep. Think about the details for each segment of your overall goal, and make action steps. If you wanted to start eating better you could start with a goal of eating at least 3 servings of vegetables a day. For each of these action steps, you will need a plan of action so you can create and integrate the correlating tangible steps that make achieving your goal real.



“The beginning is the most important part of the work”

– Plato

ATTACH YOUR VALUES

Defining your core values will assist you in aligning your goals with what is really important to you, which taps into a greater source of motivation and attaches your resolution(s) as deeply as possible. When you make resolutions that are in line with what you genuinely value, you have a much greater chance of success. It goes without saying that some days will be easier than others, but your values remain consistent regardless.

SHOW YOURSELF GRACE

Perfection is not only unrealistic, but it is also unattainable. Remember that any missteps while working towards your goals are understandable, and acceptable. Everyone has ups and downs. So, choose to show yourself grace and understanding, move forward, and get back on track. The vast majority of your life is in the little things...the every day, and the small the moments. The “big things” go by quickly and ultimately make up a small percentage of your life, so celebrate each and every small step and achievement. Be proud of who you are, your work and who you are striving to be!

ASK FOR SUPPORT

Reaching out for help strengthens your resilience, and your ability to succeed. We, here at Summit Hypnosis & Wellness, are uniquely trained to understand the workings of the subconscious mind, the framework of habits, as well as the connection between the mind and body. We can help you create strategies for change, reduce stress or overwhelming emotions, eliminate any negative behaviors, habits, doubts and/or fears, and produce a new framework for healthy habits; ultimately, achieving your resolutions effectively and permanently!

“Always bear in mind that your own resolution to succeed is more important than any other.”

– Abraham Lincoln

**Laura King
and Larissa Brazier**
Hypnosis, NLP,
Performance Coaching &
Health Coaching



At Summit Hypnosis and Wellness, we believe in an integrated approach to life, health, healing and performance in order to enhance your overall quality of life. We focus on reversing the effects of emotional, physical, nutritional & chemical stresses through hypnosis, nutrition, life & performance coaching. We combine a multitude of modalities to personalize each session, which provides a multitude of benefits within each custom-tailored session. We look forward to helping you on your path to happiness & health!

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**PEACE &
POSITIVITY**



How Brain Mapping Helps Target Anxiety, Depression and ADHD with Neurofeedback

New technology helps pinpoint where the brain isn't functioning well

By Michael Cohen, Director
Center for Brain



Fifty years ago when neurofeedback was in its infancy, brain mapping did not exist. Serious practitioners got pretty good at identifying what areas were playing a role in conditions such as ADHD, sleep, anxiety and learning challenges. However, when EEG brain mapping (known as a qEEG) came along, it became possible to more precisely administer neurofeedback training.

Today, with the help of brain maps, neurofeedback practitioners are able to see *which areas of the brain aren't working* the way they should. This information helps create more targeted training to address the types of brain issues that can benefit from neurofeedback.

In a nutshell, sophisticated qEEG brain mapping helps reveal *what's going on* inside your brain.

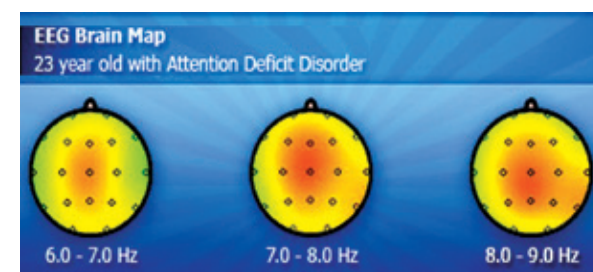
What is neurofeedback?

Neurofeedback is biofeedback for the brain. It uses modern computer technology to regulate and stabilize the brain to improve cognitive function, attention, mood, anxiety, sleep, and behavior. This is accomplished without the use of medication.

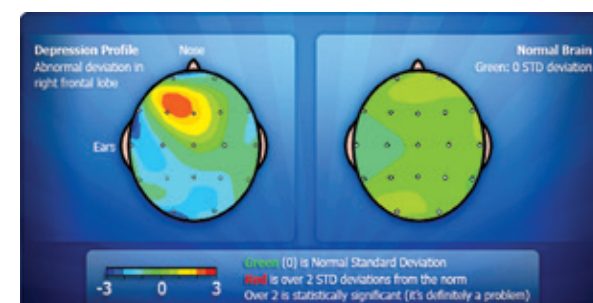
I have been using brain mapping technology at Center for Brain to create *targeted brain training protocols* since 2001. Over the years our center's technology has evolved, along with the science, to the benefit of our clients.

Seeing a brain map might help you understand it, so here are two examples:

The first shows the brain of a 23-year-old man who had trouble listening and paying attention, even though he tried. He also disliked reading. The red in the middle of the images below from his brain map indicated he had excessive amounts of slow activity (6-9 Hz). Excessive slow activity interferes with attention and is a common pattern for ADHD. It's also often associated with people who dislike reading because they have trouble paying attention to the content. We trained this client to reduce his excessive amounts of slow activity, and his attention and ability to read improved.



The images below are from two people. The map on the left shows the brain of a person with a long history of depression. The orange and yellow areas indicate an excess of slow brainwave activity typical of someone with depression. The picture on the right displays a normal brain.



The above examples make it easy to see how this type of very specific information can be a powerful tool for designing a pinpoint-accurate neurofeedback training protocol with little to no trial and error sessions.

Personal stories

Here are two stories of clients of ours which illustrate the value of a brain map:

The boy who didn't have ADD after all

The parents of an 11-year-old client of ours spent five years trying to find out what was wrong with their son. He experienced both academic and social problems. He was tested three times over the years by multiple specialists and M.D.'s., resulting in uncertain diagnoses and only one treatment option: stimulant medication.

Once we conducted a brain map and added the results to other testing data, the diagnosis of Asperger's syndrome became clear. His map also indicated that stimulant medication should not be used, despite what the doctors had all prescribed for him.

The bottom line: Once we knew what the problem was, we were able to target it appropriately, and he began doing much better academically and socially.

The anxious man who didn't have an anxiety disorder

A man we treated was plagued with anxiety for most of his life. Anti-anxiety medications did not help, and his quality of life suffered greatly.

A brain map revealed that his brain had sensory integration problems. These caused him to become overwhelmed by things in his environment (appearing as anxiety) like normal social settings – something that wouldn't cause undue distress in most people. He also became anxious and overloaded if he had too many things to deal with at one time.

Neurofeedback helped improve the sensory integration function in his brain, and his anxiety subsided. He reported feeling far less anxiety than he had in years, relief he had never experienced with medications.

Wrong treatments

Both people in the above cases had been treated for years for something they didn't have and given medications they probably didn't need. Why? Because no one looked at their brain function for the cause of their symptoms. Having a brain map that can pinpoint brain patterns associated with the symptoms helps identify appropriate treatments.

Why go to Center for Brain for a brain map?

Despite brain mapping's importance, not every neurofeedback practice offers it. Conducting a brain map requires special equipment as well as technical know-how and skill. Additionally, it takes *a great deal of experience to interpret the findings and to be able to custom-design protocols for each client using those findings.*

It's also important to note that not all qEEG services are alike. There are less sophisticated maps available for less experienced practitioners. These do not provide the extensive type of information that Center for Brain's four types of qEEGs provide.

And finally, not everyone offering qEEG services has the depth of qEEG experience and understanding that Center for Brain offers. *It's important to investigate the level of a practitioner's experience before having a brain map.*

**Do we recommend a brain map for everyone?**

No. Some people's situation doesn't warrant the cost of a map, which can run from \$295 to \$695. Certain kinds of common issues such as insomnia may respond so quickly to neurofeedback without hyper-targeted protocols that doing a map doesn't make sense.

That being said, we conduct maps on about 80% of our clients because the information we gain from it can greatly enhance the speed and effectiveness of their training.

However, we never require anyone to have a map in order to receive our services.

Are you wondering why your healthcare professional hasn't conducted a brain map or recommended one for you?

Most psychiatrists and mental health professionals don't utilize brain mapping because it's not part of their conventional tools. Conducting a qEEG involves a huge learning curve and is very technical. They also may not know enough about brain mapping to feel comfortable recommending it.

Free consultation

If you're interested in knowing whether a qEEG brain map might be right for you, contact our office for a free consultation with me.

"The Brain Has an Enormous Capacity to Repair Itself. We can help that happen. Brain mapping is a key tool." – Mike Cohen

About Center for Brain

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



Michael Cohen, Director
Center for Brain

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



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

Center for Brain is located at:
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Revolutionary New Treatment For Erectile Dysfunction And Peyronie's Disease



SIMPLY MEN'S HEALTH is the leader in Men's Sexual Health and a pioneer in the field of regenerative medicine. Simply Men's Health was the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronies disease is defined as relating to symptoms. Peyronies is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse

INSTEAD OF MEDICATING — CURE WITH REJUVAWAVE®

Customary treatment for ED is prescription medications or injections that cause an erection. However, Simply Men's Health has revolutionized this standard of care by introducing the only ED Treatment that CURES erectile dysfunction. The RejuvaWAVE® is revolutionary, non-invasive, and heals the underlying causes of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation, and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine; helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.



RejuvaWAVE® only available at Simply Men's Health

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

IS REJUVAWAVE® SAFE?

Yes. RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used worldwide. RejuvaWAVE® uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, anti-aging

treatments and wound healing. RejuvaWAVE® has virtually no risk and no side effects. Although acoustic pressure wave technology has been used for over 15 years to treat ED in Europe, it is relatively new to the United States for Erectile Dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015, and the results have been nothing short of amazing.

GO BEYOND MEDICATION –TREAT THE ROOT CAUSE OF YOUR ERECTILE DYSFUNCTION

It's natural for men to experience a decline in sexual performance as they age; this typically happens between the ages of 50 to 60 years old. For many years, this, unfortunately, was just accepted as an untreatable fact of life. Then came the "little blue pill" Viagra. For those men who could tolerate the headaches, stuffy nose and other side effects, the pills were a temporary "Band-Aid" that allowed men to continue performing in the bedroom, albeit robbing them of spontaneity. With time, these pills are known to become less and less effective, and eventually stop working altogether, because they do not address the underlying causes of ED and sexual dysfunction. Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine.

WHAT IS REGENERATIVE MEDICINE AND REJUVAWAVE® AND REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state. RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels in the area treated. The RejuvaEnhancement® Procedure magnifies the effects of the RejuvaWAVE®.

SIMPLY MEN'S HEALTH REJUVAENHANCEMENT® PROCEDURE?

The RejuvaEnhancement® Procedure combines growth factors and stem cells from your own blood with live, cryogenically-preserved, pluripotent stem cells and growth factors derived from human placentas and amniotic. The amniotic allograft contains over 75 growth factors, cytokines, collagen, and stem cell activators which call the body's own stem cells. In addition, the

cryogenically-preserved allograft contains LIVE PLURIPOTENT stem cells and fibroblasts which promotes cell repair and tissue regeneration to help restore your sexual vitality. These stem cells and growth factors work synergistically together with RejuvaWAVE® to restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity. Also, this procedure can increase both the length and the girth of the penis by up to one inch.



**RejuvaEnhancement®
Amniotic Stem Cells**

- REPAIR
- REGENERATE
- RESTORE

THE POWER OF STEM CELLS?

Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn out tissue. Pluripotent stem cells, derived from amniotic/placental tissue have virtually unlimited potential to become any type of cell in the body. Adult stem derived from either bone marrow or fat cells are limited to the type of cell they can develop into.

IS THE REJUVAENHANCEMENT® AMNIOTIC STEM CELL PROCEDURE SAFE?

Yes. This cryogenically preserved amniotic tissue has a “100-year history” with no reported recipient rejections since the amniotic tissue is immunoprivileged and does not express HLA type antibodies.

The amniotic tissue is obtained only from live, healthy births. NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED. The amniotic tissue is obtained through aseptic recovery techniques during a planned Caesarian section of full-term deliveries from a healthy woman aged 18-35 who have been prescreened according to the FDA and American Association of Tissue Banks guidelines for infectious disease and have under extensive testing and screening.



WHAT OUR PATIENTS ARE SAYING:

***Testimonial:** “I’m a 70-year-old widow and have had ED for over twenty years. Unexpectedly, I met a wonderful lady and when we wanted to take our relationship to the next level, I couldn’t perform. I came to Simply Men’s Health and after several months I started to notice improvements... and after about six months ED is no longer a problem. I have sex regularly without any pills or needles.” – Joseph M.*

***Testimonial:** “I’m in my sixties, and I had always had a very active sex life, but over the last years even the pills had stopped working. When I first came to Simply Men’s Health, I was skeptical, but they were extremely caring and professional, and after several months of treatment I’ve got my life back... Just as they promised, no needles, no pills and no surgery and I’m performing as I did when I was much younger.” – Steve F.*

***Testimonial:** “I am in my 70’s and have diabetes, high cholesterol and had my prostate cancer and my prostate removed several years ago. I had tried everything, and I thought my sex life was over. I have been coming to Simply Men’s health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE The RejuvaEnhancement procedures are remarkable. I feel like Superman.” – E.M.*

HOW TO GET STARTED?

At Simply Men’s Health, we respect your time and privacy. You receive individualized care with our experienced staff of physicians. We pinpoint the exact cause of your sexual health and create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men’s Health’s innovative approach of regenerative medicine can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!



**Call TODAY,
Get your life back tomorrow
561-316-8942**

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

Want Natural Looking Eyebrows?

Learn why Microblading is in demand

Permetix Ink



One of the most popular permanent makeup requests is to fill in lost eyebrows. As we age or fight disease and disorders like alopecia and cancer, our eyebrows can become thin. The eyebrow is the mainframe to our eyes and gives balance to our faces, so when the brows are diminished, getting them filled in with an entirely natural look is imperative. But there is a significant difference in how technicians apply the eyebrows as to how satisfied you will be. With a new innovative method microblading allows for tiny strokes that are carefully sketched into the skin will give your brow a “born with look.”

Microblading is also known as microstroking; it's an advanced brow embroidery technique whereby a superfine row of needles is used to create thin, hair-like marks on the skin, which last up to 18 months. These "brow tattoos" are ideal for those individuals that want to toss their eyebrow pencils and fully reconstruct, define, cover gaps

or fill-in over-plucked brows. Microblading can also be used for more extreme cases such as patients with hair loss. This technique does not require any downtime, as beautiful eyebrows are revealed immediately.

Finding a Highly Qualified Expert Is Critical

It's essential to seek a certified and experienced permanent makeup tattoo artist, when you're looking to put your face and hairline in someone else's hands. You'll want an expert and with that, you can't get much better than Kelly Schreck, owner, and founder of Permetix Ink.

Kelly Schreck, Certified Phibrow artist, Certified Scalp Micropigmentation Artist and Licensed Tattoo Artist, with over 15 years in the beauty industry, Kelly has a love and passion for helping people look and feel their best. Training at the Make-up Designory (MUD) in New York City, she developed her skills to create the best color and look for each individual person.



Kelly Schreck

Kelly has trained around the world in several specialties including Permetech for permanent makeup in California, Phibrows for microblading in Serbia, South Florida for Scalp Micropigmentation, and in Orlando, she studied Nouveau Contour for scarring and areolas. Kelly is also a member of the American Academy of Micropigmentation. With all of her training, Kelly has chosen to specialize in microblading as well as scalp micropigmentation. Microblading is the best method for natural looking hair strokes for eyebrows, and scalp micropigmentation is to replicate the appearance of hair follicles. However, Kelly provides more than just a beautiful enhancement; she creates a comfortable and safe environment for her clients so that they are able to achieve the desired results.

Kelly was inspired by her mother to learn about permanent makeup. As a two-time breast cancer survivor, her mother's struggle with eyebrow hair loss, and scarring after multiple surgeries, left her feeling insecure and powerless. Kelly wanted to help her mother regain that confidence and power, and today she has made it her mission to help women feel better and be more confident in their beauty and bodies.

To find out more about Permetix Ink, please visit their website at permetixink.com, or call directly at (561) 516-9775.

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5 Ways Your FITNESS ROADBLOCKS Are All in Your Head

By Janelle Keith

Discouragement hit me when I least expected it. You see, I'd been consistently doing what I needed to reach my fitness goals. I was doing the work and making good choices, so I expected to see progress. But when I didn't see it, I wanted to give up on my goals. All my good efforts seemed lost and a waste of time.

That is how a fitness roadblock comes to be. It's tempting to let them get stuck in your head and lose your motivation. Periodically, most of us need an extra boost to get ourselves moving again. Understanding these 5 ways to fight the fitness roadblocks can help you reach your fitness goals.

1. Be flexible.

When picking a routine for regular exercise, you must be flexible. Not only for what works with your busy schedule but also your fitness level. When you hit the wall on a routine, take a look at what worked well and what didn't. It's okay to tweak your fitness goals or plans. Rearrange your schedule or increase your repetitions to bring more diversity into your fitness routine. Making small changes is all you need to work a different set of muscles thus making a rut into a better routine.

2. Be a friend to you.

If you have been stopped in your fitness tracks, give yourself another chance. No one is looking but you, so be kinder to yourself by offering grace instead of stringent rules. Don't over work your body! Do what you can to get back on track and gradually build the intensity. Don't forget the #1 rule to fitness: Stretch before and after each workout!



3. Rest is your friend!

Have a plan for when you don't feel well or those sick days! If you are hit with a cold or the flu, rest is the best thing your body needs right now to get you over the hump. We believe that rest is very important. Remember: all movement has benefits!

You won't lose all the fitness benefits that you have built up. Just start back on the plan as soon as you're feeling better.

4. Don't give into silly excuses.

You have everything you need to get into better shape. Good health is free when you use your own body weight for resistance, plus you don't have to purchase a thing to walk yourself fit! If you have run up against the wall in getting the results you want, remember it's more about adding overall enjoyment and continued motivation instead of image or performance.

5. Keep on track.

Our minds play tricks on us and convince us that we are moving more than we think. Try adding a little more energy to your steps or intense movements to get larger benefits. Moving longer or a faster pace will bring more satisfaction to you and keep you moving through those fitness roadblocks.

Consistency brings long-term results. When the roadblocks come, remember why you are doing this and just don't quit. As you press on, remember you are the only person who will take care of you!



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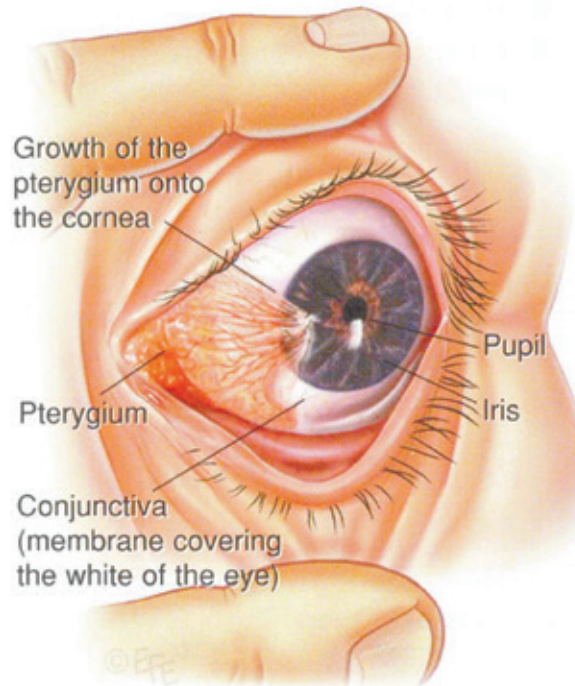
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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.

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SELFIES



- **A SELFIE** is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “Let us make human beings *in our image, to be like us.* . . . So *God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “. . . we are God’s *masterpiece.* . . .” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



Gratitude. A powerful element in fighting cancer.

Dave Norris was a healthy 65-year-old, until one day he had trouble swallowing. His doctor discovered a malignant tumor in his stomach and Dave sought treatment at a large cancer center in another city. There, they saw him as patient number 1125157, not Dave Norris. Every other week, Dave flew across the country for treatment until he discovered a Florida Cancer Specialists clinic only minutes from his home. Here, Dave was given a successful knockout round of treatment, all while being treated like Dave Norris, not just another number. The care and compassion Dave received inspired him so much that he has dedicated the next chapter of his life to helping other Florida Cancer Specialists patients.

"I am thankful for the doctors and nurses at Florida Cancer Specialists who cared for me as a person and a neighbor, not just a patient and a number."

-Dave Norris, Cancer Fighter

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