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Health & Wellness[®] MAGAZINE

January 2018

South Palm Beach Edition - Monthly

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IN THE NEW YEAR**

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

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Senior Information Centers

Helps Seniors **PRESERVE AND PROTECT ASSETS**

Developing a comprehensive plan for financial preservation is essential to help seniors avoid costly mistakes and prevent financial devastation.

Senior Information Centers, an umbrella network of licensed Florida professionals, provides comprehensive estate planning services that help seniors preserve and protect their assets. The company, with offices in Boca Raton, Sarasota and Ocala, serves seniors and their families throughout Florida.

“It’s never too late or too early for seniors to plan for protecting their assets,” said

Stephen D. Wolfe, Elder Planning Specialist and Certified Senior Advisor, who founded Senior Information Centers in 2001 along with his business partner Bryan Plonsky. “They should educate themselves so they can understand their options. Many seniors may mistakenly believe that planning is very expensive, but Senior Information Centers provides an affordable way for them to preserve their valuable assets.”

The company brings together a team of experts including elder care attorneys, Medicaid and Veteran’s Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help

seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Legal services include the development of tools such as a Living Will, Durable Power of Attorney, Healthcare Surrogate Designation or HealthCare Power of Attorney (which are only \$33 each) and Deeds and Trusts.

Services related to illness help seniors reposition their estates properly to preserve assets and help them qualify for government benefits, whether for home care, assisted living facilities or nursing homes.



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Tax advisors review portfolios to eliminate unnecessary taxes on investments and IRAs. While Senior Information Centers professionals are not stockbrokers with securities licenses, they deal with no-risk, tax-deferred secure investments that keep seniors' assets fixed, guaranteed and insured.

The firm's target clients are primarily seniors in their 70s, spouses, adult children and other family members. Senior Information Centers markets its services throughout the community to assisted living facilities, nursing homes, caseworkers and hospital discharge managers.

"Sometimes after a medical crisis involving a hospital stay, seniors end up in rehabilitation centers with no plan of attack," said Wolfe. "Senior Information Centers can show them all their options, rough out a plan and give them hope that assets can be preserved and benefits attained."

Wolfe noted that the company's professional's turn over every rock from "today until death" to make sure an action taken today will not negatively impact their financial future.

"For example, achieving Medicaid qualifications can be a daunting task," he said. "Giving away assets to children may trigger the five-year look back, which means the senior will not qualify for Medicaid benefits. Veterans also make mistakes with improper planning that makes them ineligible for Medicaid."

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior Information Centers helps clients regardless of their level assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is no cost or obligation for consultations. Telephone consultations are available for clients' families who live out of state.

Currently, Senior Information Centers serves 8,000 clients in Florida. Frequently, business comes from word-of-mouth referrals.

"Your involvement with us through the various challenges we faced, which extended even beyond our father's ultimate passing, was most exemplary and supportive," wrote a client's adult children. "We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues."

Stephen and Bryan stress the importance for seniors to have a full, comprehensive plan to preserve and protect their assets – not just piecemeal documents here or there. "In every area, there's a way seniors can be robbed of their dollars." "We show them how to protect their assets in every aspect of their life."

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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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Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. This status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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



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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.

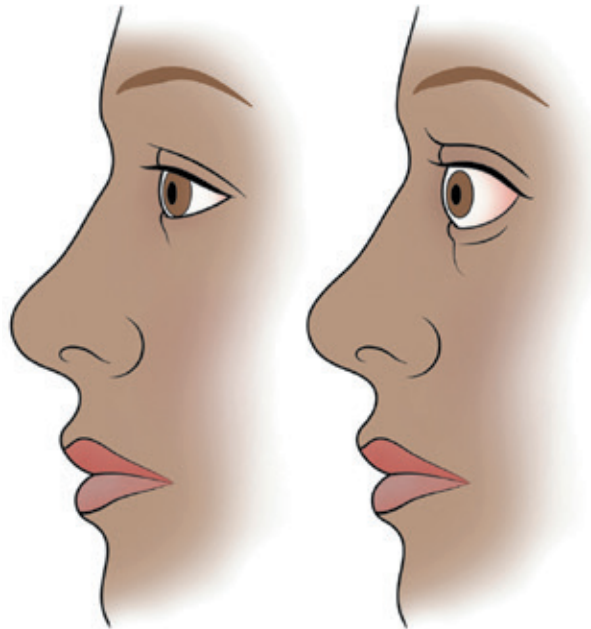
Eyelid retraction. The combination of eyelid swelling and eye protrusion sometimes causes the eyelids to retract and reveal the sclera (the white part) of the eye.

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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Lauren R. Rosecan

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

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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.



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

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Pain Management for Sciatica



SCIATICA TREATMENT

Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one or both sides of your body.

Sciatica most commonly occurs when a herniated disk, bone spur (arthritis) on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg(s).

Although the pain associated with sciatica can be severe, most cases resolve with non-operative treatments in a few weeks with treatment that Dr. Rosenblatt can easily perform.

Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. You might feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow a path from your low back to your buttock and the back of your thigh and calf.

The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating pain. Sometimes it can feel like a jolt or electric shock. It can be worse when you cough or sneeze, and prolonged sitting or walking can aggravate



By Aaron Rosenblatt, MD

symptoms. Some people also have numbness, tingling or muscle weakness in the affected leg or foot. You might have pain in one part of your leg and numbness in another part. You do not have to have low back pain to have sciatic pain.

Please call Dr. Rosenblatt when self-care measures fail to ease your symptoms or if your pain lasts longer than a week, is severe or becomes progressively worse. **Get immediate medical care if:**

- *You have sudden, severe pain in your low back or leg and numbness or muscle weakness in your leg*
- *The pain follows a violent injury, such as a traffic accident*
- *You have trouble controlling your bowels or bladder*

Sciatica occurs when the sciatic nerve becomes pinched, usually by a herniated disk in your spine or by an overgrowth of bone (bone spur) on your vertebrae. More rarely, the nerve can be compressed other tissue or damaged by a disease such as diabetes. Shingles is another common cause that would require treatment.

During the physical exam, Dr. Rosenblatt will check your muscle strength and reflexes. For example, you may be asked to walk on your toes or heels, rise from a squatting position and, while lying on your back, lift your legs one at a time. Pain that results from sciatica will usually worsen during these activities.



Many people have herniated disks or bone spurs that will show up on X-rays and other imaging tests but have no symptoms. So doctors don't typically order these tests unless your pain is severe, or it doesn't improve within a few weeks.

- **X-RAY.** An X-ray of your spine may reveal an overgrowth of bone (bone spur) that may be pressing on a nerve.

- **MRI.** This procedure uses a powerful magnet and radio waves to produce cross-sectional images of your back. An MRI produces detailed images



of bone and soft tissues such as herniated disks. During the test, you lie on a table that moves into the MRI machine.

- **CT SCAN.** Can also be used for a faster imaging result or when an MRI is not allowed.

After evaluation, Dr. Rosenblatt might recommend injection of a medication into the area around the involved nerve root(s). This can help reduce and or eliminate pain by suppressing inflammation around the irritated nerve. This can greatly improve the pain and discomfort from the multiple causes of sciatica and help improve an individuals overall function. There are several different types of nerve root treatments to consider based on the location and severity of the impingement of the nerve. Usually treatment takes no longer than 5-6 minutes and can provide immediate relief!

Dr. Rosenblatt explains, "This procedure is simple and helps people of all ages to help feel less pain and function at a higher level. It is great for neck and lumbar spine pain. It will also help to avoid unnecessary spine surgery."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 17 years with great success. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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New Year, New Complexion

Discover how you can start the year with fresh skin



The staying power of one aesthetic procedure that addresses several skin conditions has been around for over 20 years, but the results are still state-of-the-art. If you've noticed that your skin is starting to show brown sun spots, broken blood vessels, or an overall uneven skin tone, IPL (Intense Pulse Light) is the answer you've been longing for.

IPL uses high intensity spectral light to target certain chromophore in the skin, such as melanin in freckles and age spots or hemoglobin in blood vessels. Also known as a photofacial or photorejuvenation, IPL treatments selectively heat the unwanted lesion, while contact cooling keeps the very top of the skin protected. The treatment can be used for age spots on many parts of the body including face, chest, backs of the hands, and arms. It is also excellent for hair reduction all over the body.

The IPL process is non-invasive, with minimal downtime, and the best part is that it's quick and relatively painless. You can have the skin you've always wanted in a short period of time, and the results will leave you with a radiant glow.

IPL TREATS THE FOLLOWING:

- Hyperpigmentation
- Broken capillaries or blood vessels
- Red acne scars
- Rosacea
- Unwanted Hair
- Freckles
- Dull Skin

The procedure begins by applying a cool gel to the skin. The IPL handpiece is placed on the treatment area and bright flashes of light penetrate the skin's surface. Protective eyewear is worn throughout the procedure. A treatment can take 15-30 minutes, depending on the area being treated. A course of 3 or more treatments, spaced one month apart is recommended to achieve desired improvement. During the procedure, the pulses of light feel like a small sting, likened to the snapping of a rubber band against the skin. Most patients return to their



normal routine immediately after treatment. You may expect minimal pinkness of the skin for 1 to 3 days, and the brown spots may appear darker, as small speckles are drawn to the surface and flake off over the following week. Makeup can be applied after the procedure if necessary.

Start 2018 with beautiful clear skin and schedule your IPL consultation today!

If you want to enhance the health and appearance of your skin, visit the cosmetic dermatology experts at Brilliant Dermatology & Aesthetics. Please call **561-877-3376**, or visit **brilliantdermatology.com** for more information.

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Elissa Schwartzfarb Norton MD, FAAD, is a native of Boca Raton, where she was born, raised and graduated as Valedictorian from Spanish River High School. She completed her undergraduate education at the prestigious Massachusetts Institute of Technology, where she was honored with the Asinari Award for Outstanding Undergraduate Research. She continued performing graduate-level research at Harvard University and the Dana Farber Cancer Institute before returning to South Florida to complete her medical education. She received a merit-based scholarship to attend the University of Miami School of Medicine, where she graduated at the top of her class and was inducted into the elite Alpha Omega Alpha Medical Honor Society. Dr. Norton remained at the University of Miami for her Internship in Internal Internal Medicine and Residency in the Department of Dermatology and Cutaneous Surgery. She has received numerous awards including the Women’s Dermatologic Society Mentorship Award, American Society for Dermatologic Surgery Preceptorship award, scholarships to attend annual meetings of top dermatology societies, and the award for Outstanding Contribution to Medical Student Teaching. Dr. Norton has numerous publications in peer-reviewed medical journals and has presented her research at regional and national dermatology conferences.



She enjoys all aspects of dermatology including medical dermatology for all ages, cutaneous surgery, and aesthetic dermatology. By combining her passion for skin health and her attention to every visit, she provides top care to her patients. In her free time, Dr. Norton enjoys spending time with her husband, two young sons, and extended local family in Delray Beach.

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

WHAT CAUSES ED?

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

COMMON TREATMENT FOR ED:

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

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

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

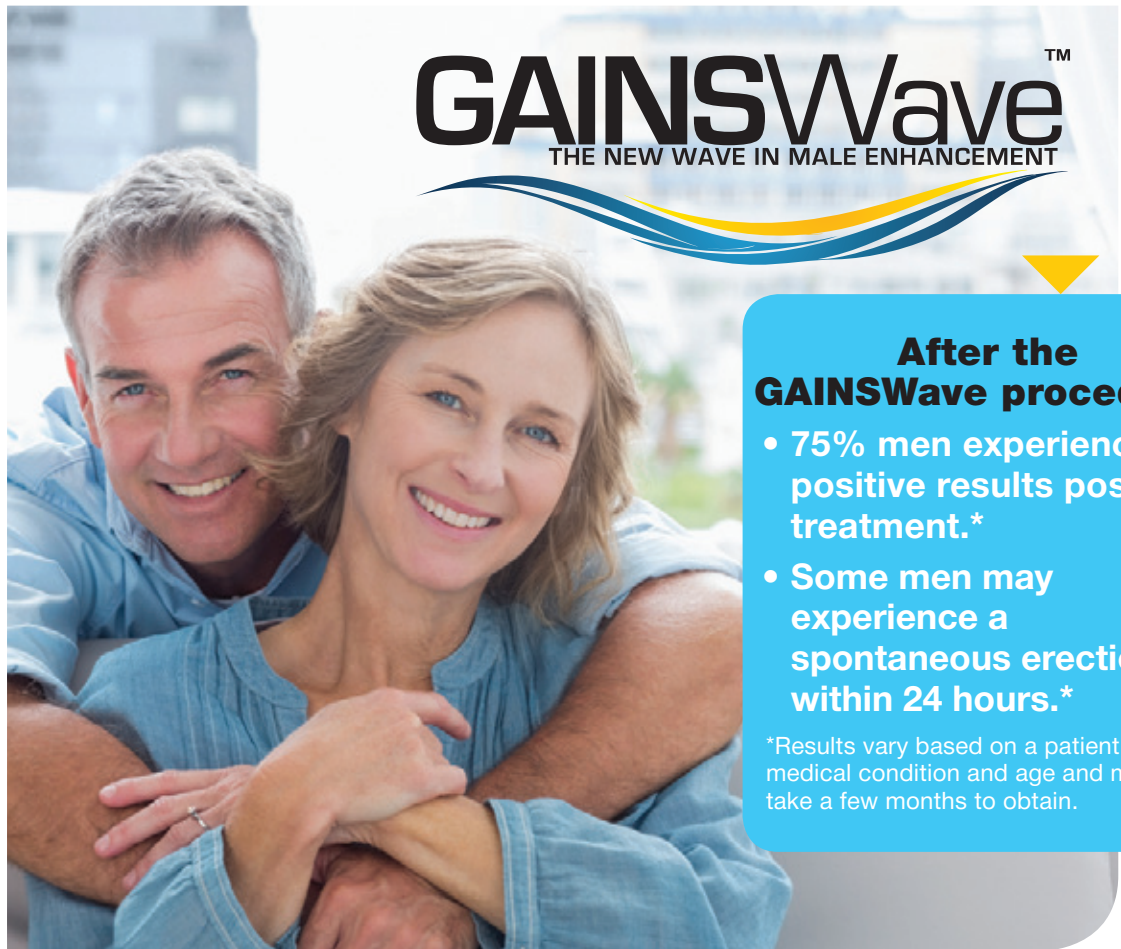
WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, non-invasive and heals the underlying causes of ED. GAINSWave uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. GAINSWave is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

SCIENTIFICALLY PROVEN RESULTS

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

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



After the GAINSWave procedure:

- 75% men experience positive results post treatment.*
- Some men may experience a spontaneous erection within 24 hours.*

*Results vary based on a patient's medical condition and age and may take a few months to obtain.

IS IT SAFE?

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

HOW TO GET STARTED

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

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

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75% of men with ED who have received the GAINSWave procedure saw a reversal of their condition, and gave up taking oral ED medications. Nearly 75% of men receiving GAINSWave have reported positive results and improved sexual performance. The majority of patients with ED reported an improvement of their condition and gave up taking oral ED medications.

Am I Controlling the Way I Think or is it Controlling Me?



Psychological theorists such as Albert Ellis have taught us that how we think will directly affect how we feel which in turn affects how we behave. Yes, this is true, but what controls our thinking?

I've tried and tried but I feel as if there's a force that keeps me from fixing this thinking even though I know it needs to change.

Neuroscience research has discovered the phenomenon of “Neuroplasticity” which is simply defined as the brain’s ability to change throughout a person’s life. Researchers believe that our experiences and thoughts can change neuron firing patterns. It is also believed that injuries to either the structure of the brain (lesions, tumors) or to the soft tissue (closed head injury, brain bruise) can also change neuron firing patterns as well as psychological trauma, viruses, and chemicals either from medication, substance abuse, or the environment. And of course, there are many more of us that have inherited a disrupted brain pattern and have to sit back and watch history repeat itself through generations.

We are extremely vulnerable to changes in the neuron firing patterns in our brain. But does that mean that we’re all doomed? Not exactly. Because not all conditions cause disruption, we really have no way of knowing if a traumatic event, hereditary condition or external force will or will not impact our brain. So we’re left wondering, *is my brain pattern controlling me? Or am I controlling my brain pattern?*

First, what does a disrupted pattern look like? Here’s an example; when the neural pattern in the frontal lobe of the brain is disrupted, it is suffice to say that emotions will be impacted. Depending on the precise area as well as details of the disruption, we are able to predict possible executive functioning difficulties, depression, anxiety, negative thinking, word finding problems, OCD behaviors, anger control issues, impulsivity, trauma responses, and problems with social interactions, just to name a few. So as the neuron firing pattern is out of balance or not working properly, our thought patterns can also be out of balance and not working properly.

Have you ever wondered “what’s going on in her brain” about your 6 year old? Or “what in the world makes him act that way” about your husband? Or have you ever been around someone and struggled to figure out why they say the things that they say?



How do we know **what, where, when** and **how** neural patterns have been disrupted or are “off balance”? Performing a Quantitative EEG (QEEG or Brain Map) is one way Neuroscience practitioners can determine the precise location, “**where**”, as well as details, “**what**”, of the neuron firing disruption. Determining the “**when**” and “**how**” is trickier and requires special conditions in order to provide an accurate hypothesis.

What is a Quantitative EEG (QEEG or Brain Map)? The QEEG is also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist to be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts of the brain are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

So, what do I do with the information I get from a Brain Map? Here’s where we talk about the good news.

As the concept of Neuroplasticity describes how patterns can veer of course and wreak havoc in our brains and lives, the same concept can be

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

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



is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through visual recognition of the changes on the screen and the auditory reinforcement of “beeps”.

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

Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master’s Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



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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 actions 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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RejuvaEnhancement® a Groundbreaking New Treatment for Peyronie's Disease and Penile Enlargement

PEYRONIE'S DISEASE

Peyronie's 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

GO BEYOND MEDICATION – TREAT THE ROOT CAUSE

Simply Men's Health is a leader in men's health and a pioneer in the field of regenerative medicine. They were the first to introduce Acoustic Pressure Wave therapy in South Florida, and now Simply Men's Health is revolutionizing the field of men's health by introducing the state-of-the-art procedure called, RejuvaEnhancement®. This method helps to reverse the inevitable aging process and treat Peyronie's disease and restore penis size.

WHAT ARE REGENERATIVE MEDICINE AND THE REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state by providing the body with stem cells (the building blocks), growth factors and platelets that stimulate the body's natural healing process.

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 and can replace damaged or worn out tissue. Pluripotent stem cells, derived

from amniotic/placental tissue have essentially 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.

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 bodies, 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.

IS IT 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.

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 issues and create a customized treatment plan. With the advent of Regenerative medicine, penile issues and the inevitable part of aging are no longer an issue. Simply Men's Health's innovative approach of regenerative medicine can restore you to a healthier, younger you! They also treat men's hair loss, allowing people to regrow their own hair with their exclusive RejuvaHair® Amniotic Stem Cell therapy.



WHAT OUR PATIENTS ARE SAYING?

"I've been coming to Simply Men's Health for several months, but I never told my girlfriend. After my second treatment, my girlfriend remarked that my penis was getting bigger."

Anthony Z.

"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. After my very first treatment, my penis size increased in both length and girth. Now after about six months, the results have been amazing. The RejuvaEnhancement® procedure is remarkable. I feel like Superman."

E.M.



RejuvaEnhancement® only available at Simply Men's Health

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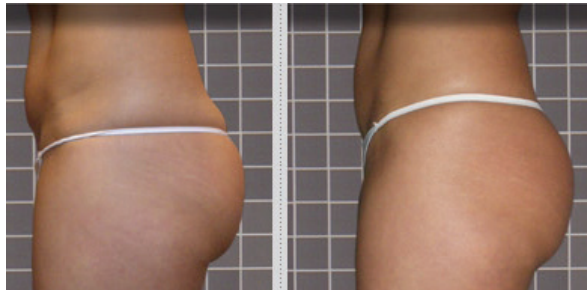
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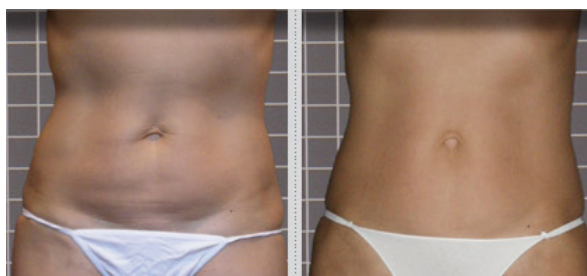
A Therapeutic Laser Pain Relief Center Consequently Discovers an Aesthetic Link

CARMEN CARE LASER was founded in 2013 and is the only clinic in south Florida specializing in all types of lasers for wellness and health. Over the years, they have treated hundreds of patients with painful symptoms of the musculoskeletal system that are often attributed by disorders such as, arthritis, fibromyalgia, back pain, sciatica, migraines, and neuropathy just to name a few.

Laser Therapy or Low-Level Laser Therapy is a treatment that utilizes specific wavelengths of light to interact with tissue. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality. When the cells are stimulated through laser therapy, pain is 100% naturally reduced.



*Firm and Remodel Buttocks Frequency
2 sessions per week / 1 week of treatment – 3 cm reduction*



*Reduce, Remodel and Tone Abdomen
2 sessions per week / 3 weeks of treatment / - 6 cm Reduction*



*Reduce Cellulite, Remodel and Firm Body
2 sessions per week / 8 weeks of treatment / -10 cm Reduction*

THE AESTHETIC DISCOVERY

“Laser works!” Leslie Carmen, founder says. “You just need to treat the root cause and the source of the pain! But as we were treating patients, we saw that not only was the patient getting relief from years of pain even after surgery, but also old scars would diminish in size and shape. Even skin discoloration and swelling would improve. These were all aesthetic side effects of the laser stimulating microcirculation.”

So when Bella Shape (known as Icoone® in Europe) was introduced to the US, Carmen Care Laser jumped on the opportunity to be one of the first clinics to use this patented technology for body shaping and skin rejuvenation using the power of light and laser. This innovated combination of FDA cleared techniques offers a gentle yet efficient skin stimulation for improving the appearance of cellulite while reducing body contouring. The Bella Shape can be used for lymphatic drainage, which has a detoxing effect and can relieve pain, edema, and inflammation.

Leslie reports, “The results have been remarkable, Bella Shape Laser works! When used on the neck and face wrinkles diminish and the skin tightens visibly, often after just a few sessions.”

WHAT BETTER TIME OF YEAR TO TRY BELLA SHAPE!

Preparing for holiday parties, dinners, family get-togethers, and events are always a little easier when you’re feeling confident about your body. We’ve all been there, stubborn bulges, dreaded cellulite, and loose skin can make us feel less likely to wear our favorite dress with confidence.

Working out and eating right often fall short in our stubborn areas and as we age, many of us lose the firmness in our face and body that we once had.

BELLA SHAPE BENEFITS

- Firms skin
- Improves laxity & texture
- Reduces cellulite
- Fat reduction
- Works on the body & face
- Reduces fine lines
- Lightens discoloration
- 100% Natural Cell Stimulation
- No downtime

HOW IT WORKS

The Bella Shape Laser is a comprehensive, non-invasive, body-shaping technology. It works in three very distinct ways. The first is through a motorized massage that gently lifts, suctions and rolls the deep layers of the skin and underlying fat. The second is through the LED light that can permeate through the fat cell membrane. While this fat is penetrated, the continual massaging motions send the fatty deposit and fluid (edema) into the lymphatic system for drainage.

The third component of Bella Shape is the diode laser. It’s well documented that diode lasers can penetrate and absorb lipids (fat) by creating a thermal result that melts the fat membranes.

What’s even more unique about the Bella Shape Laser is that the rollers are perforated with tiny holes to increase blood flow and nutrient delivery to the skin’s layers, allowing collagen and elastin stimulation to rapidly smooth and firm the skin. It does usually take 10 treatments to see the full effect, but changes can absolutely be seen after just a few treatments.

The perfect holiday gift is at your fingertips; with no pain and fast results, isn’t it time for you to get your glow and firmness back now?

Please call **561-405-9577** to schedule your complimentary consultation to discuss your beauty goals, or to learn more about Carmen Care Laser’s therapeutic pain relief treatments.



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

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



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

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

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

Preoccupation with body shape and size can lead to life-threatening disorders such as anorexia and bulimia nervosa, binge eating disorder, other disordered eating, and compulsive exercise. The number of young girls to older women who show an unhealthy concern over body image is increasing even in prepubescent girls as young as 6 to 8 years old.¹ These same pressures are felt by males of all ages, although not as prevalently as with females. Older studies estimated males comprising one in 10 cases of eating disorders, while more recent statistics assess one in four eating disorders cases are male.² National

Eating Disorders Association's website reports 20 million females and 10 million males in the US experience a clinically significant eating disorder during their lifetime, thus bringing the male to female ratio to just one in two. To close the gap even further, estimates indicate that 40% of binge eating disorder cases are male.³

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

Eating disorders are chronic conditions that arise out of the combination of nutritional, body image, genetic, sociological, environmental and psychological factors, such as personality traits. Due to these multi-factoral origins, the treatment for eating disorders is highly specialized. Therefore it is extremely important for patients to seek treatment with nutrition therapists, psychotherapists, psychiatrists and other medical doctors specializing in eating disorders.



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

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



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

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



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

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

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Have you ever struggled with your weight? Do you diet for a few weeks, and then just as quickly regain your lost pounds? Have you tried a dozen different diets and received the same short-lived results? Have you ever added up the dollars all those diets cost? You're not alone! My wife, JoLynn, called herself a yo-yo dieter and has tried every diet known to man!

That's why over 10 years ago, New Beginnings Medical Spa decided to bring the HCG diet to South Florida. Now 14,000+ patients and 100,000+ pounds and inches later, the HCG medical weight loss diet is still the fastest losing natural diet ever developed. There are no costly pre-packaged foods to buy. No additional supplements to purchase. It's fast, it's natural, it's proven successful and it's easy!

Let me tell you about HCG [Human Chorionic Gonadotropin]. It's a natural hormone produced in a pregnant woman's body while she's carrying her baby! During the 1950s Dr. A.J. W. Simeons [a renowned endocrinologist] of Rome, Italy, was doing diet research in India. He was intrigued when he found that malnourished and emaciated women were delivering full-term, fully developed babies. The mothers had little to eat, but that did not seem to have any effect on the delivered babies. He explains that a woman may gain weight during pregnancy, but she never becomes obese, in the strict sense of the word. This is because her body is under the influence of over a million IUs [International Units] of HCG which she produces daily.

Patients on the HCG Diet take a self administered HCG injection, or sublingual tablet [under the tongue], and eat a specific 500 calorie diet of locally purchased food. He states that the majority of his patients say they ARE NOT HUNGRY during the diet. At New Beginnings Medical Spa we also found that to be true with our patients. Back then, Dr. Simeons gave a daily HCG injections to each patient with a large intramuscular needle. Today, only a tiny insulin needle is needed or patients can take an under the tongue tablet. The results haven't changed. New Beginnings Medical Spa has 6 clinic offices from

Vero Beach to Boca Raton. The diet program lasts 23 or 40 days. The program is medically supervised and begins with a physical and a medical prescription for the HCG filled from a U.S. pharmacy in the patient's name.

Dr. Simeons found a number of doctors who were giving small doses of 150 — 200 IUs of HCG to overweight people. The effect was their ravenous appetite disappeared and they rapidly started losing Abnormal Fat. He believed he had found the secret to losing weight and helping obese patients.

Back in Rome, Dr. Simeons spent years researching and testing thousands of patients. He published and circulated his program results in many world-wide medical journals. His reports showed that his male patients were losing, on average, up to one pound of abnormal fat a day, and the female patients were losing, on average, up to three-quarters of a pound of abnormal fat a day. It didn't take long for European and American models and movie stars to flock to his hospital and enjoy the results of his HCG Quick-Weight-Loss program. Our years of specializing in the HCG Diet Program at New Beginnings Medical Spa proved to us that we totally agree with Dr. Simeons' average patient weight loss.

Most people think fat is just fat! That is not the case. There are actually three very different types of fat: Structural, Normal and Abnormal fat. Structural Fat: This is the fat that cushions our organs and performs the critical function of protecting the kidneys, coronary arteries and keeps the skin both smooth and taut. It also provides the springy cushion of hard fat under the bones of the feet, without which we couldn't walk. An excess of this type of fat cannot produce obesity. Normal Fat: This is the fuel upon

which the body can freely draw from when the intestinal nutritional requirement demands it. Such Normal Fat is deposited all over the body. An excess of this fat cannot produce obesity. Abnormal Fat: This is the bad fat, and it is the accumulation of this fat, and this fat only, that an overweight or obese person carries. It is deposited all over the body and is most frequently accumulated on the hips, buttocks, stomach, arms, face, etc. Although Abnormal Fat is a potential reserve for body fuel, it is not available to the body in a nutritional emergency as is Normal Fat.

Most diets today do not specifically reduce Abnormal Fat, the fat we all want to get rid of because it causes obesity. That's the fat of muffin tops, hips, thighs and upper arm fat. Only HCG goes directly after these areas while staying away from the Normal and Structural fat areas. When a diet reduces Normal or Structural fat, at the conclusion of the diet, the pounds lost are quickly gained back because they are needed for a healthy body. Also, the loss of Normal and Structural fat can have an adverse effect on the body. For example, the dieter can feel weak, tired and hungry more frequently. However, the pounds lost on the HCG diet do not have to return by following a simple maintenance program. Some patients are the same weight they were when they finished the diet many years ago.

New Beginnings Medical Spa also provides additional services, for example Cosmetic enhancements with Botox and Der-mal Fillers; also IV Vitamin Therapy; and Spider Vein Removal. Our Medical Staff is top notch with years of experience. We have offices in Boca Raton [561-910-7878], Boynton Beach [561-795-4000], Palm Beach Gardens [561-776-7177], Port St Lucie [772-224-8855], Vero Beach [772-778-6727], Wellington [561-210-9250]. Call for a free consultations, we'd love to meet you. Bob & JoLynn Hansen



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

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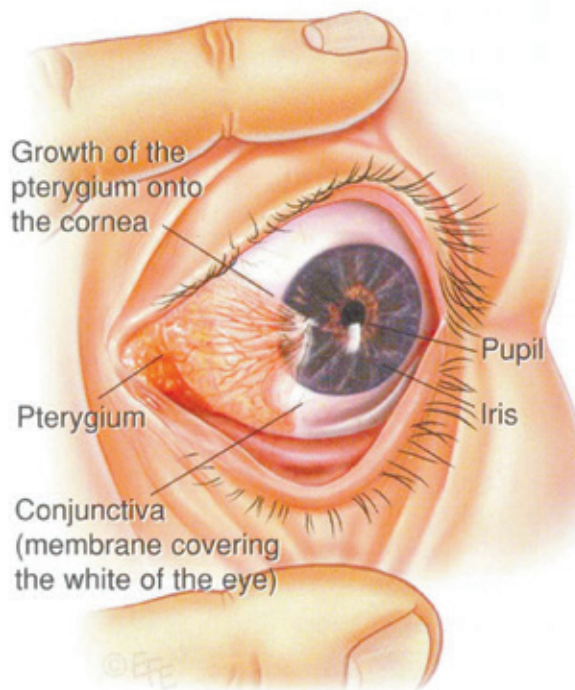
PTERYGIA AND SOUTH FLORIDA

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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