

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

September 2016

Marion Edition - Monthly

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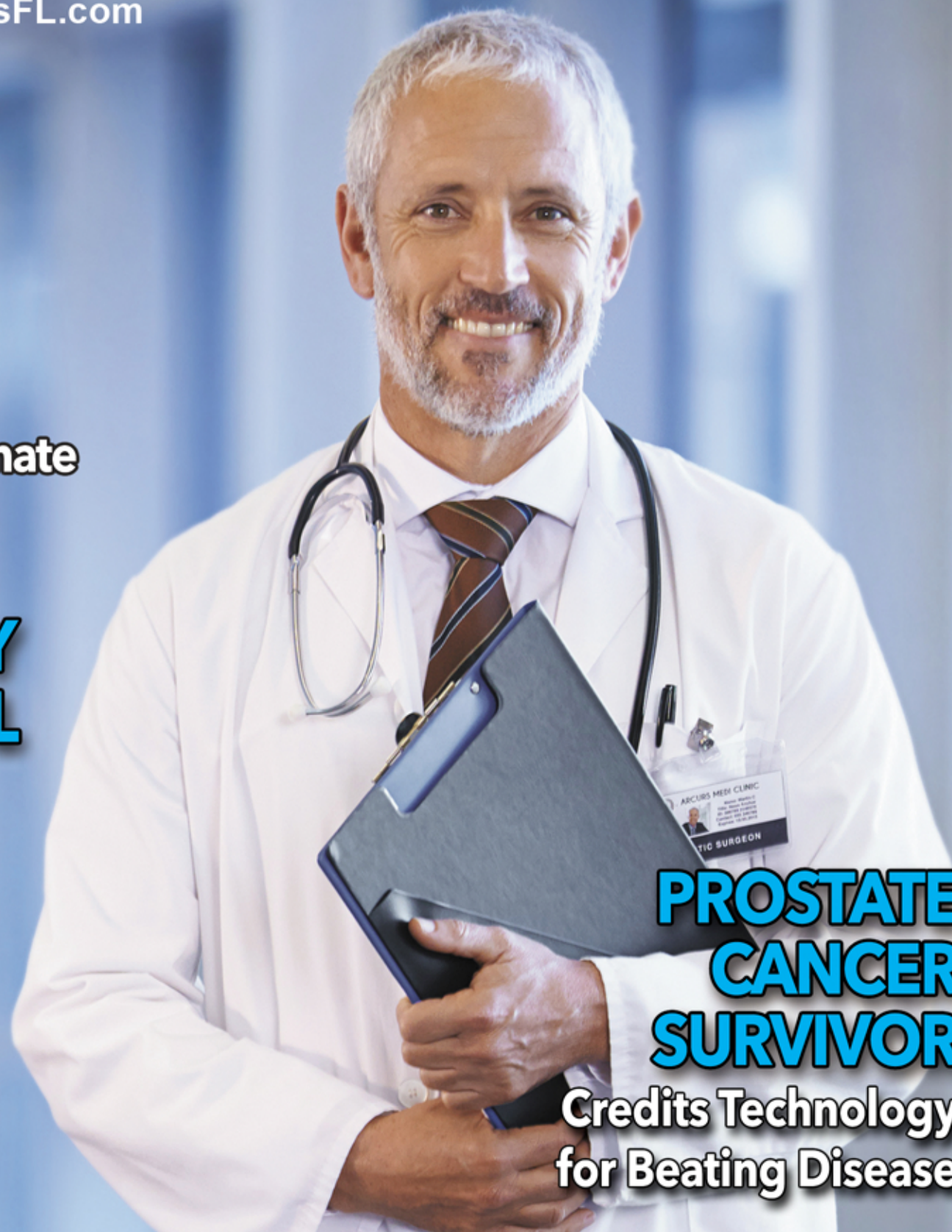
& Increase Healthy  
Cholesterol

## MRI

Creating a Wide  
Open View of  
Internal Structures

## PROSTATE CANCER SURVIVOR

Credits Technology  
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# PROSTATE CANCER SURVIVOR

## Credits Technology for Beating Disease

Dave Elliott moved to Citrus Springs from Minnesota to escape the cold winters. But two years after the move while soaking up the sun, the 74-year-old retired mechanical engineer was told his PSA level rose dramatically, indicating possible prostate disease.

Shortly after, Elliott underwent a biopsy. His diagnosis: stage 3 prostate cancer.

"My wife and I were sitting in the doctor's office when I got the news," says Elliott. "The first thing I did was look at my wife and she put her head in her hands. But I wanted to know how far it had progressed, how bad it was and wanted to get it done. I was ready to fight."

His two brothers were both diagnosed with prostate cancer, and they had their prostates surgically removed. But his doctor recommended radiation therapy with 21st Century Oncology in Beverly Hills instead. Still a mechanical engineer at heart, Elliott became fascinated with the complex radiation therapy machines.

"When I got my first treatment, I was amazed and impressed by the equipment," he said. "I couldn't stop talking with technicians about the machine and how it worked. They were very knowledgeable and indulged my inquisitive nature."

Elliott was treated by Board Certified Radiation Oncologist, Ravi Sandrapaty, M.D.

"At 21st Century Oncology, we offer state-of-the-art radiation therapy with a machine known as a linear accelerator with RapidArc® technology," says Dr. Sandrapaty. "The equipment aims high doses of targeted radiation at cancer cells from outside the body, rotating 360 degrees around the patient. This damages the cancer cells, and causes them to die, with minimal risk to surrounding healthy tissue."

RapidArc® Radiotherapy technology is an enhancement on the linear accelerator at 21st Century Oncology in Beverly Hills. It provides a very precise radiation therapy treatment, with the daily treatment often in less than two minutes, while maintaining the accuracy of the treatment and comfort of the patient. RapidArc® Radiotherapy, as its name suggests, allows for very rapid daily treatment, which is a great convenience to the patients.

For Prostate Cancer Awareness Month, observed in September, Elliott is sharing his story in hopes of getting other men to speak up about the disease and educate them about radiation therapy.

**"I would tell all men to have your PSA checked regularly," he says. "If anything is irregular, get it checked further. If it takes a biopsy, just get it done."**

Now finished with treatment, Elliott is enjoying spending time with his wife of almost 40 years and most of all, riding his motorcycle in the Florida sun.

"I love my bike and I'm very happy to be able to still ride. I'm loving the summers here - the only snow I want to see again is on the flat screen."



### About 21st Century Oncology:

21st Century Oncology is the largest global, physician led provider of Integrated Cancer Care services. The company offers a comprehensive range of cancer treatment services, focused on delivering academic quality, cost-effective patient care in personal and convenient settings. As of December 31, 2015, the Company operated 181 treatment centers, including 145 centers located in 17 U.S. states and 36 centers located in seven countries in Latin America. The company holds market-leading positions in most of its domestic local markets and abroad.

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By Frank Fraunfelder, MD, FACEP  
Medical Director, Emergency Services - Munroe Regional Medical Center

# PREVENTING MOSQUITO BITES



**W**hile Zika cases identified in the U.S. are still primarily related to travel outside the country, the threat has reinforced the importance of preventing mosquito bites. Mosquitoes spread many types of viruses and parasites that can cause diseases.

West Nile virus (WNV) is most commonly transmitted to humans by mosquitoes. Fortunately, most people infected with WNV will have no symptoms. About 1 in 5 people who are infected will develop a fever with other symptoms. Less than 1% of infected people develop a serious, sometimes fatal, neurological illness.

To minimize your chance of being bitten, limit your outdoor activities from dusk to dawn when mosquitoes are most active. If you do go outside, cover up with long-sleeved shirts and long pants. Mosquitoes may bite through thin clothing—treating clothes with permethrin or another EPA-registered insecticide can provide extra protection.

Use an insect repellent with one of the following active ingredients – DEET; Picaridin, also known as KBR 3023, Bayrepel and icaridin; oil of lemon eucalyptus (OLE) or para-menthane-diol; or IR3535. Products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) should not be used on children under three years of age.

## Helping children avoid bites

Insect repellent should not be used on babies younger than two months. Instead, dress infants or small children in clothing that covers arms and legs, or cover the crib or baby carrier with mosquito netting.

Follow guidance on the package before applying insect repellent on children – spray it onto your hands and then apply to a child's face. Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.



## Once You've Been Bitten

Even the best preventative measures probably won't protect you from all bites. In the case of a normal reaction, a hydrocortisone cream or calamine lotion will provide relief from itching. A cold pack, ice cubes or a cool bath without soap may help relieve symptoms as well.

For more serious allergic reaction, oral antihistamines such as Benadryl or Claritin, topical anti-itch lotion or benzocaine, a cool bath without soap or an epinephrine autoinjector (EpiPen) in case of anaphylaxis may be used to treat your reaction.

If you experience fever, severe headache, body aches, nausea or vomiting, rash, confusion or neurological changes such as muscle weakness on one side of the body, contact your doctor. These could be signs of a more serious reaction.

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## September is Prostate Cancer Awareness Month

# How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

### What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

### Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

#### 1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

#### 2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound



known as choline. According to Dr. Michael Greger, an American physician and author of *How Not to Die*, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

#### 3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

#### 4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try

frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

#### 5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

#### 6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

#### 7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



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# MRI – Creating a Wide Open View of Internal Structures

**M**agnetic Resonance Imaging, commonly called MRI, is a noninvasive diagnostic imaging test that utilizes magnetic fields and radio waves to provide detailed cross-sectional views of internal tissues and structures that may not be captured by x-ray, ultrasound or computerized tomography. MRI acquires information and sends it to a computer, which uses the data to compose high-quality images of interior views of the body, head and/or extremities.

“MRI is especially effective in evaluating information about the brain, spinal cord, breasts, pelvic organs and musculoskeletal system,” says John Boon, MD, one of RAO’s team of 19 Board Certified radiologists. “It catches specifics that other tests can miss.”

“With MRI, we can locate even tiny anomalies,” says Dr. Ryan Tompkins. “It’s one of the most widely-used technologies to diagnose everything from cancer and strokes to tendonitis.” When indicated, an injectable contrast material may be used to enhance details. MRI’s ability to isolate disease early on has allowed it to replace exploratory surgery in leagues of cases, improving care, protecting comfort and saving lives. More than 30 years of research and use have led the US Food and Drug Administration to recognize MRI as safe and free of potentially damaging ionizing radiation, which is good news for people concerned about exposure.

“Though prep time adds to the procedure, the scan itself takes only minutes,” says Edson Cortes, MD. “In some cases, a patient may need to fast for 8-12 hours beforehand, and in those situations we make every effort to schedule a patient first thing in the morning for greater comfort.” Because MRI uses magnetic fields, patients are required to remove any impermanent metal objects such as jewelry, watches, dental work, etc. Depending on the area being scanned, people with internal metal devices such as implants or pacemakers may not be eligible for MRI.

RAO offers various MRI equipment including high field MRI, which produces higher picture resolution in less time, and open MRI, which offers a more open and comfortable environment for larger people, those who tend to feel claustrophobic, and children, who are sometimes fearful of enclosed spaces. “We are one of the few local practices to offer High Performance Open MRI,” says Dr. Brian Cartwright, “which produces both higher image quality and better comfort.” For MRI scanning needed to assess time-critical cases, RAO offers same-day MRI appointments and 24-hour reporting with your referring physician.



RAO delivers MRI services at three convenient locations, plus a team of highly experienced radiologists with specialized training in musculoskeletal radiology, nuclear medicine, breast imaging, neuroradiology and vascular and interventional radiology. “When you need an MRI, no one surpasses our expertise, training, technology or dedication,” says Dr. Boon. “That’s important when you’re seeking a quick, safe and accurate diagnosis.”

For more information on MRI or any diagnostic test, we welcome you to visit our website at [www.raocala.com](http://www.raocala.com), call one of our offices or talk to your doctor about what RAO can do for you and your care.

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If you are one of the millions of Americans suffering with diabetic neuropathy, venous ulcers, muscular atrophy, or other chronic pain issues, Acuscope Myopulse Therapy (AMT) offers the relief you have been searching for. Patients and physicians alike often refer to AMT as the "Miracle Electric Therapy" that allows the body to heal itself on the cellular level. For more than 30 years, professional athletes and superstars have been relying on this technology to provide quick healing and lasting pain relief.

AMT is the most advanced bio-energetic healing technology on the planet, and it is finally available to local patients in Central Florida. Energy Medical is proud to be the first office in Florida to offer this one of a kind therapy. Energy Medical founder William (Bill) Rowland has been able to eliminate chronic and acute pain in more than 90% of his clients using AMT because it seeks out, and addresses the "root cause" instead of masking, or simply treating the symptoms. As he says "the human body has an amazing ability to heal if it only has enough energy". This particular electric therapy accelerates the natural healing process two to three times faster because it works with the patient's body on the cellular level.

#### The Science Behind AMT

Electricity flows through distinct pathways in the human body. Each cell manifests the properties of capacitance (the ability to hold a charge), conductivity (the flow of electricity as in a wire), and electrogenesis (the ability to generate electricity within living tissue).

Whenever there is disease, injury or pain there is always an interruption to the flow of electricity. When impedance and capacitance is restored to it's normal state (homeostasis) the body can immediately begin healing itself.

Have you ever stopped to wonder; If you are being diagnosed electrically (with EKGs, EMG, EEGs) why then aren't you being treated electrically?

The technology to achieve instant homeostasis at the cellular level has been available since 1979, and used primarily in professional sports and other highly competitive circles.



AMT is the only electrical therapy available that uses instruments, which automatically read, analyze & treat at a cellular level. Most people find it relaxing and even fall asleep during the sessions.

#### How does AMT work?

AMT uses two electric devices: the Electro-Acuscope and the Electro-Myopulse. The Electro-Acuscope is a pain-management device designed to specifically normalize neurologic tissues, and read all body tissues and systems as well. The Electro-Myopulse specializes in normalizing connective tissues such as bone, muscle, tendon, and ligament. Generally, both machines are used in conjunction with each other to achieve complete pain elimination, however, some patients may require only the use of one device.

The Electro-Acuscope and the Electro-Myopulse are unique micro-current instruments unlike any other micro-current technology available today. They operate at especially low currents and more importantly, are both input and output devices with the ability to read electrical impedance & capacitance, analyze and respond with precise inverted electrical signals at more than a hundred times per second. (No other micro-current device reads, analyses and treats).

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In a matter of seconds, cells go from a degenerative state to a regenerative state by increasing ATP (electrical energy) production up to 500 percent. In other words, cells are instantly put into electrical balance, allowing normalized functions; ie. to absorb nutrients, expel toxic waste and optimize cell reproduction.

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AMT provides pain relief management for diabetic neuropathy, arthritis pain, as well as other types of acute or chronic pain. Originally used with great success in treating athletic injuries, AMT has become a leading treatment for relieving pain, increasing blood flow, healing neurological tissues, and providing electrical nerve stimulation for all body tissues and systems.

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- Sports Injuries
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# Stem Cells Break 25-year Stalemate in COPD Options for Floridians

By David Ebner - Staff Writer

According to the Center for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States even though the death rate has dropped more than 35 percent since 1990. Similarly, the cancer death rate has dropped about 9 percent. However, chronic obstructive pulmonary disease (COPD), has risen from the fifth leading cause of death to the third, and its mortality rate has increased by over 30 percent.

According to the American Lung Association, 11 million Americans have COPD, and an estimated 1 million are Floridians.

Jim D., whose last name is abbreviated for medical privacy, is a patient of a clinic called the Lung Institute ([lunginstitute.com](http://lunginstitute.com)) and has been since 2014. Jim believes COPD “hasn’t seen the news media awareness campaigns needed to stimulate research funding.”

The Lung Institute treats patients with their own stem cells because stem cells act as the body’s healing system. The body alerts these cells, and they flow to the area that needs repair. However, stem cells are slow to react, and in someone who is chronically ill, they’re even slower. Realizing this, the physicians at the Lung Institute developed a procedure to help the stem cells do their job more efficiently.

The physicians extract a patient’s stem cells from blood or bone marrow tissue, separate them and return them intravenously. The cells then travel through the heart and straight to the lungs where they are trapped. Once there, the cells can promote healing of the lungs, potentially improving lung function.

The company operates affiliate clinics in Tampa, FL; Nashville, TN; Pittsburgh, PA; Scottsdale, AZ



**While the mortality rates for heart disease and cancer are on the decline, lung disease mortality has seen a sharp increase in the last 20 years.**

and Dallas, TX. During the past three years, the Lung Institute has treated over 2,000 patients. A recent study produced by the clinic indicated that 82 percent of patients report an increase in quality of life after stem cell treatment, and 60 percent of those who took a pulmonary function test reported an increase in lung function.

For the 1 million Floridians with COPD, the mortality ranking of COPD isn’t as significant as their struggle to breathe and live their lives. After

25 years of the growing COPD diagnosis rate and little medical advancement, it seems like there is hope on the horizon with clinics like the Lung Institute and stem cell therapy.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at 800-921-4631 or visit [lunginstitute.com/Health](http://lunginstitute.com/Health) to find out if you qualify for these new treatments.



# Lower Lousy CHOLESTEROL & Increase Healthy Cholesterol

**H**as your doctor advised you to reduce your cholesterol level? That is no surprise considering how many people have high cholesterol these days.

It seems that everyone is concerned about high cholesterol, and rightfully so. High cholesterol can cause clogged blood vessels, leading to heart attack and stroke. According to health experts, total cholesterol should be under 200 mg./dl. Between 200 and 239 is considered borderline high, and over 240 or above is considered high. These numbers are measures of total cholesterol, which is an indicator of cardiovascular health. However, in addition to total cholesterol, it is important that both the LDL or bad cholesterol be at a low level and that HDL or good cholesterol be at a higher level. Simply think of HDL as "healthy" and LDL as "lousy." HDL actually helps carry cholesterol out of your blood vessels while LDL allows it to deposit inside your artery walls.

LDL Cholesterol is known as low density lipoprotein cholesterol. This type of cholesterol is bad for the body because it circulates in the blood stream and settles as plaque on the artery walls. Over a long period plaque can build up to a point where the arteries can narrow or close, leading to a heart attack or stroke. LDL cholesterol should be lower than 100 mg./dl.

Good cholesterol is known as HDL or high density lipoprotein cholesterol. This type of lipoprotein picks up cholesterol in the blood and brings it to the liver where it is broken down and passes out of the body. For this reason, it is desirable to have a high level of HDL. The desired level of HDL cholesterol differs in men and women. For men, the desired level of HDL is above 40 and in women the level should be above 50. Ideally HDL cholesterol should be at 60 or above for optimal health.





For most health related issues, diet and exercise are two of the most crucial components. What you eat is critical to lowering your cholesterol levels, so let's focus on that for now.

Eating the proper foods can go a long way in preventing high cholesterol. Choosing lots of fresh vegetables and fruit can help lower the cholesterol because they contain fiber. Beans and legumes are also good choices. Whole grains like whole wheat and oats also help keep cholesterol low.

To help lower your cholesterol, here are 10 simple tips you can use live a healthier life. The good news is that you can change your cholesterol largely by changing your eating habits. Let's take a look at some of the tips you can start applying today:

**1. Have a nice sandwich on whole wheat bread** or a pita with some lean turkey and lots of fresh veggies such as lettuce and tomatoes. Skip the hot dogs, bologna, and salami, and hold the mayo. All of those things are processed foods that are filled with fat and cholesterol.

**2. Fish such as salmon is good.** Look for wild red salmon varieties, which are very high in Omega-3 fatty acids (good fat.) Also, flax seed is a good source of Omega-3s.

**3. Avoid trans fats!** Not only do they raise the lousy LDL cholesterol, they can also lower your HDL levels! Stay away from foods like margarine, shortening, and processed foods containing partially hydrogenated soybean oil. Most products you find in the grocery stores should have the amount of trans fats indicated on the nutritional information.

**4. Nuts are good for you.** Look for walnuts mainly but also try almonds, macadamia nuts, cashews, and pecans. Nuts are high in fat, but it's the good kind. Also, use natural peanut butter instead of the normal kind which contains unhealthy trans fats.

**5. Cut down on the sweet desserts** and try to eat only the healthier ones like angel food cake, graham crackers, Jell-O, and fat-free frozen yogurt.

**6. Eat foods that are high in fiber.** For instance, whole wheat bread, oatmeal, fruits, vegetables, beans, and some cereals are good. (Look for the boxes that say "may help lower cholesterol.")



**7. Use the grill instead of the deep fryer.** If you're going to have steak or burgers, grill them at home and use lean meat. This practice avoids the grease, is fun, and the meat tastes great.

**8. Watch your salad dressing.** Most of them are full of trans fats and cholesterol. Olive oil is good, and maybe add vinegar or lemon juice. Also, skip the bacon bits, croutons, and egg yolks.

**9. Go overboard on fruits and vegetables.** They contain no cholesterol and they have lots of nutrients like antioxidants. Eat more of the following: green peas, broccoli, cauliflower, apples, oranges, mangos, papaya, pineapple, tomato, garlic, onions, spinach, water chestnuts, bananas, apricots, blueberries, and kiwi.

**10. Avoid fast food** like french fries and anything else from the deep fryer. Those foods will quickly raise your cholesterol so keep away from the burger joints if you can.

These are some simple tips to keep in mind that can go a long way in improving your health. Also remember to get plenty of exercise like walking, jogging, swimming, or playing sports. You will have lower cholesterol in no time and your heart will thank you for it.



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- **Board-Certified:** American Board of Osteopathic Family Physicians
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- **Chief Resident**
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- **Graduated of:** Doctor of Medicine- San Juan Bautista School of Medicine, Caguas PR
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- **Piedras, PR**
- **Bachelor of Science:** Biology. UPR, Rio Piedras PR
- **Language Spoken:** English, Spanish



# If You Can Squeeze it, We Can Freeze it.



## Lifestyle Solutions MedSpa

### It's Cool to Eliminate Stubborn Fat

**E**ating nutritious food, exercising regularly, and maintaining a healthy body weight are important for a balanced and active lifestyle. However, many individuals who are at or close to their ideal weight discover that even with adherence to a strict diet and exercise routine, stubborn pockets of fat remain. Often located on the hips, thighs, abdomen, flanks, and chin, these fatty deposits may even be the result of genetic predisposition rather than excess consumption or inactivity. To assist our patients in treating these areas of concern, Lifestyle Solutions MedSpa offers FDA-cleared, non-surgical CoolSculpting® treatments that can help to re-contour the body and reduce excess fat.

CoolSculpting is a revolutionary, non-invasive contouring treatment that freezes stubborn fat, which then is naturally eliminated from your body. This clinically proven procedure selectively reduces fat layers in problem areas using a patented cooling technology. CoolSculpting requires no needles, no special diet, no supplements, no surgery, and most importantly, no downtime. It's safe, FDA-cleared, effective, and does exactly what it is supposed to do. CoolSculpting gently cools unwanted fat cells in the body to induce a natural, controlled elimination of fat cells. This reduces bulges in treated areas of the body without harming surrounding tissue.

**Key Benefits of CoolSculpting:**  
It involves no needles, surgery or downtime.

Since the CoolSculpting Procedure is non-invasive, patients can resume daily activities including work and exercise, immediately following treatment.

#### It's safe.

CoolSculpting patients can sit or lie comfortably and read, work on their laptop or even nap during the procedure. The procedure is performed in a medical office setting, under the supervision of a physician specializing in cosmetic procedures. CoolSculpting is safe because the delivery of precise cooling affects only targeted fat cells, leaving adjacent tissue unharmed and intact.

#### It's convenient.

Procedures last about one to two hours, so treatments can easily be performed during a lunch hour or without major disruption to the day.

#### The results are dramatic.

Patients can expect to start seeing results in as little as three to four weeks with maximum results obtained within three to four months following treatments.

#### How CoolSculpting Works

During the procedure, a non-invasive applicator delivers precisely controlled cooling to the treatment area to specifically target underlying fat, leaving surface skin tissue unaffected. When fat cells are exposed to extreme cold, a process of natural removal is triggered, which gradually reduces the thickness of the fat layer. The result is a visible reduction in fat bulges.

Each CoolSculpting procedure results in undeniable reduction of fat in the treated areas, and patients can start to see results as soon as three weeks following treatment, with the most dramatic results occurring over a period of two to four months in most patients.

This non-invasive approach uses no needles, incisions, or other invasive measures, and the procedure generally requires little to no downtime. Furthermore, CoolSculpting® is designed to focus energy deep within the skin, leaving the surrounding tissue unharmed. In most cases, a single CoolSculpting® treatment to each area can provide effective results, although individual experience may vary and more treatments may be required to obtain ideal results.

Your time is important to us, and if you're considering treating more than one area for instance either both flanks or thighs we offer Dual-Sculpting at no additional charge. A second CoolSculpting® machine allows us to address multiple areas of concern in half the time, helping to increase efficiency and improve your overall experience. Our skilled aesthetics team can help patients develop a customized procedure plan that addresses their individual concerns and cosmetic goals.

Of note, we offer the latest FDA-cleared CoolSculpting technology which targets that undesirable "double chin" and is producing very rewarding results all without surgery or downtime!

*For more information, or to schedule a consultation, call Lifestyle Solutions MedSpa at 352-368-2148 today! The only thing you've got to lose is stubborn fat!*

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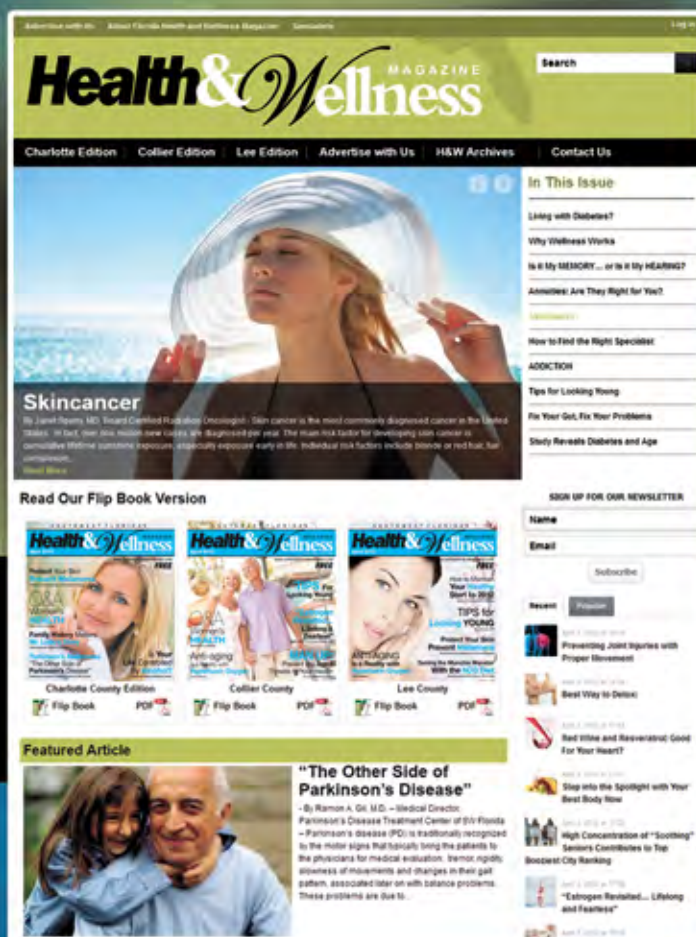


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## Dr. Anand Kesari Offers Innovative Full Spectrum Endoscopy Procedure for Improved Early Detection of Colon Cancer

Gastro-Colon Clinic is one of the first in the nation to use EndoChoice's Fuse™ endoscope system to reduce the 'miss rate' of lesions during colonoscopy



**A**lthough colonoscopy exams prevent many colon cancer deaths<sup>1</sup> and are the gold standard, for detecting colorectal cancers,<sup>2</sup> the procedure is not completely effective in preventing cancer cases.<sup>3</sup> For this reason, Gastro-Colon Clinic has invested in an innovative technology that significantly improves the accuracy of colonoscopy exams and can greatly reduce the number of potentially pre-cancerous lesions missed by standard, forward-viewing endoscopes.

The Fuse™ endoscope system from EndoChoice®, Inc. uses three small cameras at the tip of a flexible GI endoscope. "Unlike standard, forward-viewing endoscopes that use a single camera, the Fuse system lets doctors see nearly twice as much surface area," said Dr. Kesari.

"The Fuse endoscope is all about seeing more of the GI tract. It projects the expanded view on three screens to give physicians previously unseen views, such as behind colonic folds and difficult anatomy. We are pleased to offer this important new technology to our community."

<sup>1</sup> Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

<sup>2</sup> Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311

<sup>3</sup> Brenner H, Chang-Claude J, Seiler CM, Stürmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



Dr. Anand Kesari





## Standard Colonoscope Limited 170° Field of View



## Fuse™ Colonoscope Panoramic 330° Field of View



The Fuse system recently received FDA 510(k) clearance for marketing in the U.S. "As an early adopter of the innovative Fuse system, Gastro-Colon Clinic is at the forefront of U.S. healthcare providers offering the best technology and procedures for detecting colorectal cancers," said Dr. Kesari. "Our team is proud to be using the new system in our ongoing effort to reduce cancer and provide the highest quality care to our patients."

In a multi-center trial conducted in the U.S., Europe and Israel, researchers performed a series of colonoscopies comparing standard, forward-viewing endoscopes and the new Fuse system.

The endoscope used in the first examination was selected randomly. After the first inspection, each patient immediately underwent a second colonoscopy performed by the same doctor, but with the competing endoscope. The 185 patient trial showed standard, forward-viewing endoscopes missed 41% of potentially pre-cancerous lesions,

or adenomas, while the Fuse system missed just 7%. Additionally, Fuse found 69% more adenomas when compared to standard, forward-viewing endoscopes. The results of this clinical study were presented at a major medical society meeting earlier this year and recently published in The Lancet Oncology.

"Standard, forward-viewing endoscopes provide up to 170 degrees of forward vision. The advantage of Fuse is that it allows endoscopists to examine twice the anatomy with a wide 330 degree view. This is especially advantageous because adenomas can be missed in difficult to find areas of the anatomy," said Dr. Kesari. "The findings are compelling and support the data from previous studies showing the limitations of standard, forward-viewing endoscopes. EndoChoice's innovative Fuse technology dramatically improves the effectiveness of this life-saving procedure. And improving the effectiveness of every procedure we perform here at Gastro-Colon Clinic is what we're all about."

Patient scheduling with the new Fuse system is now underway at Gastro-Colon Clinic. More than 15 million colonoscopies are performed across the United States each year and most insurance companies cover the costs for those patients over age 50.

## Gastro-Colon Clinic Dr. Anand Kesari

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# Early Cancer Signs Women Should *Never* Ignore



**D**iagnostic tools in the medical community have improved so drastically in the past few years that women are more likely to catch cancer before it spreads. Early diagnosis of cancer is key to making a full and complete recovery. The best way to catch cancer early is to keep a look out for the signs and symptoms associated with different types of the disease. These twenty symptoms cover the bases for most types of cancer for which women are at risk.

#### **Abnormal Menstrual Cycle**

This is a very commonly overlooked symptom, particularly for women with irregular cycles. An ultrasound can distinguish between uterine cancer and other less serious causes of unusual bleeding.

#### **A Cough and Constant Chest Pain**

A nagging cough and chest pain can be a persistent upper respiratory infection. It is also associated with lung cancer. Women should consult their doctor to rule out the possibility of cancer.

#### **Bloating and Weight Gain**

These are both normal after a period of consuming an excessive amount of calories. The time to have bloating or weight gain examined by a medical professional is when they appear suddenly with no apparent cause. This could be a sign of fluid buildup in the abdomen, another early warning sign of cancer.

#### **Bloody Stool**

A healthy digestive system produces stool free of blood. When feces contain signs of bleeding, always consult a physician.

#### **Changes in Breasts**

One of the first signs of breast cancer is a sudden change in breasts. Women generally are aware of the breast changes they experience as part of a normal menstrual cycle. If redness, soreness, change in size or extreme nipple changes occur, these are all signs of breast cancer.



### Changes in Fingernails

Fingernails are an underutilized indicator of overall health. Keep an eye out for any drastic nail changes. These include changes in shape, color or variation.

### Changes in Skin

Skin cancer symptoms take many different forms. Any unusual lumps or abrasions need to be examined by a dermatologist. It is particularly important to have them checked if they frequently scab over, bleed or never heal.

### Constant Bleeding and Bruising

Every three minutes someone is diagnosed with some type of blood cancer. Excessive bleeding and bruising are warning signs that can lead to an early diagnosis.

### Difficulty Breathing

Any new respiratory symptoms need to be taken seriously. Many types of cancer, including lung cancer, affect pulmonary functions. These are particularly easy to miss in women with allergies.

### Facial Swelling

A suddenly swollen face accompanied by other symptoms is almost always a bad sign. Early signs of lung cancer include dilated arteries, which can cause discoloration and swelling in the facial area.

### Persistent Fever

A body that is fighting cancer cells will have a lowered immune function, which is a prime opportunity for infections to take hold. A series of unexplained infections should be immediately investigated.



### Stomach Cramps and Nausea

These symptoms are generally not a cause for concern. Everything from gas to viral infections can produce gastrointestinal discomfort. The time to be concerned is if the onset is sudden, unexplained and accompanied by other cancer symptoms.

### Sudden Loss of Appetite

This is one of the classic symptoms of ovarian cancer. Unless there is an accompanying infection, appetite is generally stable. Any drastic changes should be noted and discussed with a physician.

### Swollen Glands and Lymph Nodes

Swollen lymph nodes and unexplained lumps should always be taken very seriously. It is important to have a doctor examine them as soon as they appear.

### Trouble Swallowing

Lymph nodes that are slightly swollen can make swallowing difficult. If you are having trouble swallowing, it is important to consult your doctor.

### Unusual Abdominal Pain

Most major organs are in the abdominal area, so unusual pain around the middle can be a sign of something gone seriously wrong. Patients with liver cancer, ovarian cancer and leukemia reported uncommon pain and cramping in their abdomen as early signs of their illness.

### Unexplained Weight Loss

Just under half of cancer patients report noticing the pounds dropping off quickly for no reason. This is one of the surest early signs of cancer.

### Unexplained Back Pain

Back pain is not uncommon, but unexplained back pain can be one of the earliest signs of liver cancer. Any unusual back pain warrants a trip to the doctor.

### Weakness and Fatigue

Weakness and fatigue can be caused by a variety of harmless illnesses, changing medications or stress. Excessive symptoms of fatigue or difficulty performing small tasks could be an early warning sign of cancer.

A sudden onset of one or more of these symptoms should be taken seriously. Immediately consult a doctor at the first appearance of any of these symptoms.



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DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. No special medical education is required for effective use of the device. Denas technology helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.

### Denas delivers when others fail

The DENAS device uses a mild electrical signal that's placed over a person's skin on areas of pain. The dermal nerve receptors in the skin send these signals through the central nervous system to the brain. The neuro-electrical impulse mirrors the body's natural nerve signal so the body accepts it as organic and natural which explains the rapid and effective results. The brain reacts by releasing neuropeptides natural healing and regulatory substances, including some of the strongest known painkillers such as endorphins. It differs from TENS machines, because it encourages the body to heal itself, whereas TENS uses electrical signals to temporarily block pain signals from reaching the brain.



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While the FDA has approved SCENAR for muscle re-education, biofeedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculo-skeletal, nervous, digestive, pulmonary and cardiovascular.



With over forty years of published research and proven results in hospitals and clinics throughout Russia, Europe, and the United Kingdom. Russian experience demonstrates SCENAR effectiveness in close to 90% of all patients treated, with full healing noted in two out of every three patients, and significant improvement and recovery in the rest. DENAS SCENAR is now available so you can enjoy the benefits of this affordable pain relief device that is Drug free, safe & effective.

### OMI PEMF Therapy a Healthier Body

Oxford Medical Instruments (OMI) PEMF Therapy System is an affordable home use and professional device. This system utilizes the same pulsed electromagnetic field technology as the more expensive systems like the Medithera, QRS, Bemer and IMRS2000 and is just as effective at a fraction of the cost thus saving you thousands of dollars over the other PEMF companies that pay MLM distributors high sales commissions. (OMI) PEMF Therapy Systems are available as a Full Body Mat, PulsePad or Therapy Ring.

### The Benefits of PEMF

Many research studies have demonstrated that magnetic fields have the potential to reduce the sensations sensed by the nerve cells and eventually ward off pain. The damaged nerve cells can repair itself when in influence of magnetic fields.

Magnetic fields can reduce pain equivalent to 10 milligrams of morphine. They even have the potential to target pain in specific areas. Whether it is at a local level or any organ of the body or the entire body, magnetic fields can significantly reduce the pain levels in the body. Use of magnetic fields for treating pain can effectively reduce the level of medications.



Magnetic fields just don't come in contact with the damaged cells and heal the pain. They even reduce the swelling associated with the pain. Swelling needs to be treated or else it can cause the natural chemicals accumulate near the damaged cells and can increase the levels of acidity in the area. Magnetic fields also improve the circulation in the area and help in flushing out the excess chemical mediators from the area to be treated. Poor blood flow can also cause pain in the body. Magnetic fields can treat this condition too, by enhancing the circulation of blood.

Magnetic fields are also known to stimulate the acupuncture meridians and are even more beneficial than the therapy itself. They can stimulate the endorphins & bring about hormonal changes in the body. Magnetic fields cause a lot of activities occur simultaneously at the cellular levels within the body. However, even the body decides the activity that needs to take place immediately and ignores the rest. The body decides what needs to happen within the body and what not during the healing process.

The magnetic fields offer several benefits to the body during the treatment process. They reduce the muscle tension, stimulate the immune system, improve circulation, improve the cell function, detoxify the body, improve sleep, enhance the rate of nutrient uptake, balance the endocrine systems, balance acupuncture meridians, reduce stress, reduce inflammation and also regenerate tissues within the body.

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# Prepare Your Home for Knee Replacement Recovery

**A**fter recovering from surgery, you will need to concentrate on adapting to your new knee and getting back to your daily activities. The rehabilitation time for a total knee replacement typically lasts twelve weeks. However, for some it can extend to six months. Since you are likely to spend most of this time at home, it is important that you prepare your living area to better accommodate the process.

Preparing your home in advance will make things easier and more comfortable. In the weeks before surgery, you will want to evaluate your living environment and make the necessary modifications and adjustments.

## Clear the Hallways

First, make sure you have a clear path to navigate hallways and rooms. You may need to move furniture and objects to make it easier to move around.

## Stay Downstairs

If you have a multi-story house, consider creating a temporary bedroom on the first floor. Avoiding the stairs will reduce your chances of strain or injury.

## Remove Rugs

Remove throw rugs and area rugs that could cause you to slip and fall if you catch the tip of a cane, crutch or walker on them. Make sure carpeting is secure and that no ripples or ridges exist.

## Clear Cords

Secure all power and phone cords so that they don't pose a tripping hazard.

## Secure Handrails

Verify that the handrails on stairs and in the showers are in good condition and secured to the walls or



posts for safety. Install handrails wherever needed before your surgery so that when you come home, you will have assistance when moving about.

## Nightlights

You might be used to getting around your house in the middle of the night without anything other than the moonlight, but during recovery you can't take too many precautions. Add nightlights that plug into outlets in the wall, particularly in your bedroom and bathrooms.

## Organize

Clutter and disorganized areas can present unneeded stress and make it hard to move around smoothly. Eliminate clutter and clear floors, tabletops, counters, and other areas. Make sure your clothes and necessities are reachable from closets and cabinets.

## Shower and Bathroom Safety

Consider installing a handrail or grab bar in your shower and next to your toilet. You might also want to place a bench in your shower and an elevated toilet seat or a riser. These devices will make it easier and more comfortable to move around in the bathroom. They also reduce the risk of a fall.

Consider installing a handrail or grab bar in your shower and next to your toilet. You might also want to place a bench in your shower and an elevated toilet seat or a riser. These devices will make it easier and more comfortable to move around in the bathroom. They also reduce the risk of a fall.

## Less Stress = Smoother Recovery

Your efforts to minimize stress will likely go a long way towards achieving a successful recovery. As your mobility and flexibility improves you can slowly return your home back to normal.

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# LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

Dr. Kevin Brooks - Cosmetic & Family Dentistry

**T**he word apnea literally means without breath. During sleep, the muscles and tissues of the upper airway can collapse and narrow or totally block the opening in the throat for air. The narrowing of the upper airway can produce sound - snoring. However, when the upper airway becomes completely obstructed breathing stops. This condition is called Obstructive Sleep Apnea (OSA) and the resulting oxygen deprivation is life threatening!

## SNORING VS. SLEEP APNEA

Snoring is generally considered a mild condition resulting in limited daytime symptoms. Disruption to the sleep of the snorer's bed partner is the most common and irritating side effect.

OSA is a much more severe, life-threatening, condition in which the sufferer stops breathing repeatedly throughout the night. As a result, oxygen saturation levels in the bloodstream often drop to dangerous levels. Sleep patterns are disrupted because the body must fight to breathe and frequently arouse the sufferer from sleep. Besides fatigue there are much more grave health consequences associated with OSA that you should be aware of so that you understand the necessity of proper OSA treatment.

## SERIOUSNESS OF OSA

Having Obstructive Sleep Apnea means that you actually stop breathing multiple times during the night. The lack of oxygen to your brain jolts your body awake briefly so you can take the necessary breath and then fall back to sleep. This apneic episode has very serious health ramifications. Your brain, heart and other organs are being oxygen starved repeatedly throughout the night, usually between 5-15 times per hour! Sleep patterns like this mean you're limiting rapid eye movement (REM) sleep, the essential sleep stage that helps recharge your body's internal battery. The next day, your body compensates for its lack of rest, resulting in fatigue and poor productivity. During the day your concentration is easily broken and you suffer from daytime sleepiness and irritability.

You may realize that your productivity suffers at work, but what you may not realize is what's going on inside your body. Specifically, when you stop breathing your body experiences a drastic drop in oxygen saturation, from 97% to as low as 60%. This can lead to significant health problems and even death.



## Here's a list of the most common concerns that untreated sleep apnea can cause:

**Car Accidents** - a deadly side effect of daytime sleepiness, people with untreated OSA are 5 times more likely to fall asleep behind the wheel.

**Heart Disease/Stroke** - the low oxygen levels caused by obstructed sleep apnea stress the body, making suffers of OSA more likely to have a heart attack or die in the middle of the night. The oxygen disruption makes it hard for your brain to regulate the flow of blood to arteries and to the brain itself.

**High Blood Pressure** - frequent awakenings during the night cause hormonal systems to become hyperactive, which can result in a dangerous elevation in blood pressure.

**Weight Gain** - obstructive sleep apnea goes hand-in-hand with obesity because fatty deposits in the neck block adequate breathing during sleep increasing your risk of OSA. In addition, the lack of oxygen and sleep deprivation causes the endocrine system to increase production of several hormones. Specifically, the hormone Cortisol which increases your appetite and

the hormone Ghrelin which increases cravings for carbohydrates and sweets. Both of which contribute to weight gain. Thus resulting in a vicious cycle of sleep deprivation and weight increase.

**Type 2 Diabetes** - since Type 2 Diabetes is often brought on by obesity, up to 80% of diabetics also suffer from some form of obstructed sleep apnea. Research shows that sleep deprivation can be a contributing factor to insulin resistance, which is the body's early warning system indicating susceptibility to Type 2 Diabetes.

**Other serious health concerns that can be linked to OSA:** depression, gastric reflux, insomnia, muscle pain, loss of short term memory, fibromyalgia, cardiac arrhythmia, intellectual deterioration, inefficient metabolism, severe anxiety, memory and concentration impairment, mood swings, and impotence.

## TREATMENT OPTIONS

Although OSA can create severe health impairments - treatment can prevent most of these risks. It is even possible to cut down on blood pressure medication because getting adequate rest can lower blood pressure. Treatment is crucial. Often times that means CPAP therapy, a machine that sits beside your night table and applies positive airway pressure to the respiratory system to prevent apnea episodes. CPAP therapy has proven to be very effective in the treatment of OSA when used as prescribed. However, due to the invasive and obtrusive nature of CPAP therapy patient compliance is extremely poor. As a result, industry leaders now accept dental appliance therapy as standard practice.

In 2006, the American Academy of Sleep Medicine recommended that oral appliances be used as a first line of treatment for mild to moderate OSA. FDA approved oral appliances used to treat OSA work by advancing the mandible, thus holding the jaw in a forward position. This increases the free space in the back of the throat and prevents upper airway tissues from obstructing and causing an apnea event.

## SCREENING FOR OSA AT THE DENTIST OFFICE

Attentive dentists are in a perfect position to screen for OSA because they routinely visualize their patients' upper airway, which may show an anatomical predisposition for obstruction. Additionally, dentists are privy to subjective signs and symptoms of OSA and can screen as part of medical history updates.

Often times, patients who believe they "snore" may in fact actually suffer from the more serious condition of OSA. If you or your bed partner suffers from symptoms of OSA, please call us to learn more about how oral appliances can prevent potentially serious health conditions that occur as a result of sleep apnea.

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# Hormone Saliva Tests

## Knowing your hormone levels is important.

**H**ormones exist in harmony with each other – partners in a delicate balancing act. When balance is lost, hormone deficiencies and excesses can become toxic to the body causing unwanted symptoms, disorders and disease.

The first step to managing your hormones is to start with a detailed assessment of your hormone levels.

While laboratories measure hormones in several ways, research indicates that the most accurate way to do so is through saliva.

Saliva testing is a fast, simple and accurate way to find out what's really going on with your hormones. If you have a hormone imbalance, hormone testing can be a valuable tool for creating hormone balance.

Knowing your saliva hormone levels is an important first step in assessing where your hormones may be out of balance and determining whether your current natural hormone regimen is working for you. If you are wondering whether certain symptoms may be due to a hormone imbalance, this is a quick, easy and accurate way to find out.

### Why do I need hormone testing?

One size does not fit all when it comes to hormones! For decades western medicine has prescribed hormone replacement therapy as if everyone needed the same thing and the same amount. Nothing could be further from the truth. Your hormones are like your fingerprints and in order to achieve optimal health, you need to know what your specific imbalances are. Saliva testing can be used to determine your current hormonal state as well as monitor your supplementation with natural hormone medications.

*Custom Meds Compounding Pharmacy has a variety of saliva hormone tests available:*

#### Female/Male Saliva Profile I:

- Good basic assessment of sex steroid and adrenal hormones collected in the morning when levels should be at their peak.
- Five (5) Tests: Estradiol (E2), Progesterone (Pg), Testosterone (T), DHEA-S, and morning Cortisol (C1).



#### Female/Male Saliva Profile II:

- Female/Male Saliva Profile I + PM Cortisol to provide a more comprehensive evaluation of adrenal function.
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#### Female/Male Saliva Profile III:

- Female/Male Saliva Profile I with 3 additional collections throughout the day to provide a complete evaluation of diurnal adrenal function.
- Eight (8) tests: Female/Male Saliva Profile I (E2, Pg, T, DS, and C1) + noon, evening, and night Cortisol.

Saliva testing offers men and women a simple and accurate way to assess the current levels of hormones in their body without having to make an expensive doctor's visit. Saliva testing is also used to monitor your supplementation with natural hormone medications and supplements. If you are interested in completing a saliva test kit, contact Custom Meds today.

We would be happy to explain the saliva test kit and the advantages of bio-identical hormone replacement therapy (BHRT). Be sure to check out our website page devoted to BHRT as well.

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# 6 Ways to Feed Your Boys' Need for Adventure

By Lisa Appelo  
iMOM.com

**T**wo summers ago, my 9-year-old son and his neighborhood friends embarked on a quest.

"Can we dig a hole?" they asked me one afternoon. Sure, I thought and directed them to the far corner of our backyard. And so began what turned out to be a summer of high adventure.

Armed with shovels, buckets, and wheelbarrows, these boys spent hours digging each day. They'd show up early in the morning eager to work, taking breaks for lunch, for water, or to jump in the pool.

Under my watchful eye from the kitchen window, they planned and collaborated and designed and dug. By the time school rolled around, they'd dug a 2-room hole that was well over their heads, hatched all kinds of dreams, and made lasting memories.

Boys don't just crave adventure, they need it. Here are 6 reasons why our boys need adventure and ways to feed that need for adventure as they grow.

## 1. Their brains are wired for it.

James Dobson, in his book *Bringing Up Boys*, notes that boys are wired for "change, opportunity, risk, speculation, and adventure." Instead of fighting it, we parents can learn to direct it.

Let your sons dream. One of my teen sons fell in love with sailing. We provided startup lessons, but he researched and bought his own small sailboat and spent many summer days in the local river, studying maps and dreaming of an epic adventure sailing a string of lakes and rivers.

\*Bonus tip: Because your son is designed to move, you can often communicate best when moving with him like doing yard work, shooting basketballs, or even working in the kitchen.



## 2. They can experience risk in a semi-controlled environment.

As my son and his friends dug in my backyard, I watched from my kitchen window. When I went out to admire their work, I was also checking that the walls were sturdy and there were no tunnels.

That son is older now and kayaks with his friends. Before he was ever allowed in a large river, he started in our neighborhood canal, with no tides or wake, but with lots of adventure.

## 3. Their hormones are designed for it.

Boys have more testosterone and less serotonin than girls, says the authors of *Raising Boys by Design*. This means boys don't "sit still for as long as females and tend to be more physically impulsive and aggressive." But we moms knew that!

I found that boys who were busy adventuring in the neighborhood creek, hiking trails, carving wood, or gathering Christmas trees for a fort were less likely to have an unhealthy explosion of testosterone at home.

## 4. They need the structure to develop manliness.

The very chemistry that makes boys wiggly and act without thinking helps them become take-charge leaders, entrepreneurs, and world-changers.

As boys, they need structure to develop these qualities. Fathers can do this for sons or look into groups such as Boy Scouts, Royal Ambassadors, and Trail Life USA. Summer camps can also provide a wide range of adventuring activities for boys.

## 5. They experience natural consequences.

My oldest son recounts a story from a summer when he was a camp counselor for teen boys. After a day of hiking, his crew stopped to make camp for the night. As the boys set up, they discovered one teen had packed only his cell phone and some snacks — no sleeping bag, no rain gear. The natural consequences of spending that night on the hard ground and the next day walking through rain taught lessons no book ever could.

## 6. They stay too busy for boredom or electronics.

While our boys will often default to the ease of electronics and screen time, that's a poor substitute for real-life adventure.

Limit screen time until your boys have had plenty of outdoor time. Let their boredom drive them to create and play outside. Give them tools and wood to build; take them to parks to explore; help them start that neighborhood recycling venture or lawn mowing business. And chances are they will have precious little energy to use up on electronics.

For more great parenting resources, visit [imom.com](http://imom.com).



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# Keeping Our Kids Healthy in School

**A**s autumn approaches, children are heading back to school. Because children spend much of their time in classrooms, schools are an ideal setting to teach and model healthy behaviors. As children across the country get ready to return to school, parents and staff can gear up to improve the health of students and help them achieve academic success.

There are a number of ways parents and the school staff can make healthy living easier where kids learn and play. Small changes such as incorporating fun movements into short "physical activity" breaks between lessons or adding more healthy options in the cafeteria can have a collective impact on a school's environment.

Michelle Jones, a mother of two students at Roots Charter School in Washington, DC, recognized the need for the school to provide more opportunities for physical activity throughout the school day. "The obesity rate among children is at an all-time high, so getting our kids to be active is more crucial than ever," said Michelle. "I want to make sure my children live their lives to the fullest, and getting exercise can help them do that."

## What Parents Can Do to Support Healthier Schools

- Ask that water be made available throughout the day.
- Encourage teachers and administrators to reward kids with extra recess, fun pencils and erasers, or time for a special game—rather than with sweet treats.
- Encourage kids to sign up for after-school sports, running clubs, and other physical activity opportunities offered by the school—or volunteer to lead such activities.
- Talk with neighbors about forming a walking school bus—taking turns walking with groups of children to and from school.
- Support safe walking and biking routes to school if the community does not already have them.

Michelle met with other parents to form an advisory council that works with local schools to host events focusing on health and wellness. Activities like yoga, Zumba, and farm-to-school programs inspire students, parents, and community members to be physically active and make healthier food choices.



Such improvements can help prevent obesity—a serious and growing public health concern that increases a child's chance of type 2 diabetes, heart disease, and other health problems.

## Nutrition Improvements

With help from the Centers for Disease Control and Prevention (CDC), communities all over the country are making improvements in school wellness. When it comes to nutrition, schools are raising the standards to make school breakfast and lunch healthier. For example, the Tri-County Health Department in Colorado has worked with 14 school districts in the area to ensure healthier foods and beverages are served in school. Schools are now offering nutritious fruits, vegetables, whole grains, and nonfat or low-fat milk. The districts also encourage non-food or healthy food-related parties or rewards in the classroom.

Additionally, the Minnesota Department of Health has made healthier foods and beverages available to students at schools across the state, even in the most rural areas. Schools are decreasing sodium, saturated fat, and sugar intake and increasing access to fruits and vegetables, through farm-to-school programs, school gardens, and salad bars.

## Physical Activity Improvements

In addition to making substantial strides in nutrition, many schools are also finding ways for students to become more active. For example, the David Douglas School District in Multnomah County, Oregon, now requires at least 150 minutes per week of physical activity for elementary and middle school students. Also, students in the Eastern Band of Cherokee Indians school system in North Carolina now receive 150–225 minutes of physical education each week, which meets the National Standards for Physical Education for grades K-12.

Some schools are making improvements both inside and outside the school. The West Adams-Baldwin Hills-Leimert and South Los Angeles areas of California are developing Healthy Kids Zones within at least a 1-mile radius around eight schools. These zones will provide opportunities for active transportation such as walking and biking and greater access to healthier foods at corner stores.

## Healthy Students are Better Learners

Eating well and participating in regular physical activity not only has health benefits, but also has been linked to better academic achievement by enhancing important skills like concentration and attentiveness. For example, students who eat foods rich in protein, vitamins, and minerals are more likely to perform better than students whose diets are heavy in unhealthy foods—like sweets and fried foods. Eating healthy foods and being physically active can result in decreased rates of student absenteeism, fewer behavioral problems, and higher school-wide test scores and grades.

The Division of Community Health is dedicated to making healthy living easier where Americans live, learn, work, and play. Although changes are already being made in some schools around the country, more can be done. Learn more about how parents can help improve health in their local schools and communities at [MakingHealthEasier.org](http://MakingHealthEasier.org). For additional resources about the CDC's work to help build healthier school environments, visit Division of Nutrition, Physical Activity, and Obesity at [CDC.gov](http://CDC.gov).

Source: CDC.gov



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- An up-front entry fee will stabilize your future monthly costs, if your level of care increases
- Predictable long-term expenses
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# Clear Facts About Cataracts

**A** cataract is the most common cause of vision loss in people over age 40 and is the principal cause of blindness in the world. In fact, there are more cases of cataracts worldwide than there are of glaucoma, macular degeneration and diabetic retinopathy combined.

Today, cataracts affect more than 22 million Americans age 40 and older. And as the U.S. population ages, more than 30 million Americans are expected to have cataracts by the year 2020.

## Types of cataracts include:

- A **subcapsular cataract** occurs at the back of the lens. People with diabetes or those taking high doses of steroid medications have a greater risk of developing a subcapsular cataract.
- A **nuclear cataract** forms deep in the central zone (nucleus) of the lens. Nuclear cataracts usually are associated with aging.
- A **cortical cataract** is characterized by white, wedge-like opacities that start in the periphery of the lens and work their way to the center in a spoke-like fashion. This type of cataract occurs in the lens cortex, which is the part of the lens that surrounds the central nucleus.

## Symptoms and Signs of Cataracts

A cataract starts out small and at first has little effect on your vision. You may notice that your vision is blurred a little, like looking through a cloudy piece of glass or viewing an impressionist painting.

A cataract may make light from the sun or a lamp seem too bright or glaring. Or you may notice when you drive at night that the oncoming headlights cause more glare than before. Colors may not appear as bright as they once did.

The type of cataract you have will affect exactly which symptoms you experience and how soon they will occur. When a nuclear cataract first develops, it can bring about a temporary improvement in your near vision, called "second sight."

Unfortunately, the improved vision is short-lived and will disappear as the cataract worsens. On the other hand, a subcapsular cataract may not produce any symptoms until it's well-developed.

If you think you have a cataract, see an eye doctor for an exam to find out for sure.



## What Causes Cataracts?

The lens inside the eye works much like a camera lens, focusing light onto the retina for clear vision. It also adjusts the eye's focus, letting us see things clearly both up close and far away.

The lens is mostly made of water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it.

But as we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract, and over time, it may grow larger and cloud more of the lens, making it harder to see. No one knows for sure why the eye's lens changes as we age, forming cataracts. But researchers worldwide have identified factors that may cause cataracts or are associated with cataract development. Besides advancing age, cataract risk factors include:

- Ultraviolet radiation from sunlight and other sources
- Diabetes
- Hypertension
- Obesity
- Smoking
- Prolonged use of corticosteroid medications
- Statin medicines used to reduce cholesterol
- Previous eye injury or inflammation
- Previous eye surgery
- Hormone replacement therapy
- Significant alcohol consumption
- High myopia
- Family history

One theory of cataract formation that's gaining favor is that many cataracts are caused by oxidative changes in the human lens. This is supported by nutrition studies that show fruits and vegetables high in antioxidants may help prevent certain types of cataracts (see below).

## Preventing Cataracts

Though there is significant controversy about whether cataracts can be prevented, a number of studies suggest certain nutrients and nutritional supplements may reduce your risk of cataracts.

One large, 10-year study of female health professionals found that higher dietary intakes of vitamin E and the carotenoids lutein and zeaxanthin from food and supplements were associated with significantly decreased risks of cataract.

Good food sources of vitamin E include sunflower seeds, almonds and spinach. Good sources of lutein and zeaxanthin include spinach, kale and other green, leafy vegetables.

Other studies have shown antioxidant vitamins such as vitamin C and foods containing omega-3 fatty acids may reduce cataract risk.

Another step you can take to reduce your risk of cataracts is to wear protective sunglasses that block 100 percent of the sun's UV rays when you are outdoors.

## Treating Cataracts

When symptoms begin to appear, you may be able to improve your vision for a while using new glasses, strong bifocals, magnification, appropriate lighting or other visual aids.

At HindSight Eyecare, our comprehensive eye exam not only includes an evaluation of vision accuracy, but also an analysis of many other potential eye health issues, including cataracts.

Your eyes are a window into many health issues that are not necessarily vision related. Your exam will include an evaluation for early signs of conditions such as hypertension, diabetes or glaucoma.

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# September is Childhood Cancer Awareness Month

## What is Childhood Cancer?

Childhood cancer (also called pediatric cancer) typically means a cancer that is found in children and teens, and sometimes young adults. It is not just one disease. There are many types, which can be found in different places throughout the body.

The most common cancer in children is leukemia, a type of blood cancer. Cancer can also occur in organs and tissues such as the lymph nodes (lymphoma), nervous system (brain tumors) and muscles, bone and skin (solid tumors).

## Cancer Statistics

- Cancer is diagnosed each year in about 175,000 children ages 14 and under worldwide.
- Cancer is the leading cause of death by disease past infancy for U.S. children.
- However, thanks to better therapies, more than 80% of U.S. childhood cancer patients now become long-term survivors.
- Survival rates can vary depending on the type of cancer.
- About 420,000 childhood cancer survivors live in the U.S., with many more around the world.

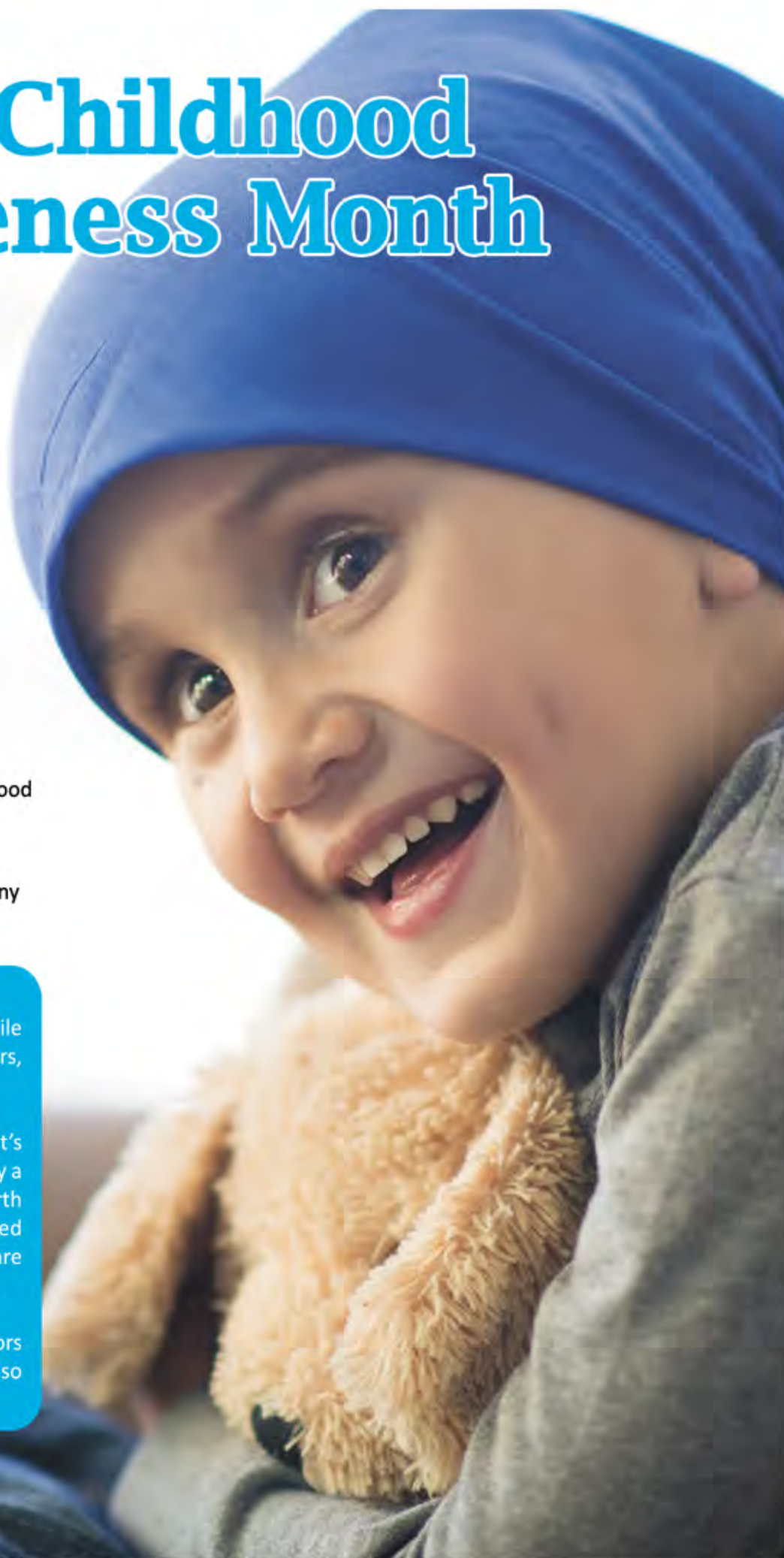
## What Causes Cancer in Children?

The causes of childhood cancer are not completely understood. While adult cancers are usually linked to lifestyle or environmental factors, cancer in children is different in several ways.

In a young person, cancer is less likely to be caused by the patient's environment or lifestyle, even though environmental factors can play a role. Instead, the cause is often genetic changes that occur before birth or early in childhood. Most often, these genetic changes (called mutations) are thought to occur by chance. In a few cases children are born with genetic changes that increase their risk of getting cancer.

Learning what genetic changes caused a cancer can help doctors diagnose it more effectively. Going forward, this information may also help scientists develop better treatments.

Source: Stjude.org





## Your Attitude Determines Your Competence

### Life-giving Attitude Part Three: Do It Afraid.

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**J**eff was a bit quiet for me. It took a little while to get him going, but we eventually clicked. He was a really smart guy. The company he worked for gave him one project after another and he rose quickly as a manager.

So I tried to follow the plan and schedule that Moose had done with me. It didn't work. Jeff's schedule was not as flexible as mine. So we went to lunches and occasional dinners as it fit into his schedule. Actually Jeff was very far along in his life-giving nature and attitude and he became as much of an encouragement to me as I was to him.

At times I thought, "Alex, what are you doing? Who do you think you are trying to be? How can you be a leader to someone already as life-giving and intelligent as Jeff? And besides, you are not out of the woods yet yourself. You still have issues...even your issues have issues."

Have you ever felt this way?

It was a good thing that I was attending Moose's small group for men. I got the chance to give him an update and let him in on how I was feeling about this whole *leadership thing*. In his usual life-giving fashion, he would say something wise that would teach me a lesson and encourage me to stay in the game.

I was actually feeling fearful of looking bad or making a mistake. My insecurity was the issue. As I shared this with Moose he would say, "Do it anyway, do it afraid; the fear won't last long." As usual, he was right. I learned the fear was a temporary distraction.

I knew that God wanted me to be in Jeff's life, at least for a season, so I mustered up all the courage I could. I mean, don't think it was totally terrible... I wasn't a complete wimp. But I was hiding my insecurity like crazy for a while. Then something began to slowly happen to me. I began to like this one-on-one leadership thingy. I began to feel comfortable doing this.



What Moose was teaching me...again...was how to develop a life-giving competency.

It started with a promise I had made to Moose to pray for someone that I could lead through the process that he had taken me through for a year or so ("Your attitude Determines Your Significance").

The commitment I made to Moose then forced me (with all my fears and insecurities) to rely on courage (that I didn't know I had), which over a relatively short period of time gave me a sense of confidence. Most of the people I was doing life with at the time had no idea I was going through this, but one did...Moose.

Fast forward many years...I have developed from that experience a strong competency in the area of one-to-one leadership. I now enjoy the change that I see in men as they grow in their life-giving attitudes.

**Here's the bottom line.** Make a commitment to do something in your life that is powerful enough to cause you to...*do it afraid*. Let the courage that is

deep inside of you find its way to the top of your heart. It will meet the challenge and it will change you.

*You will find yourself becoming more comfortable being uncomfortable.*

And as you do, confidence will soon take over. Over time your competency will increase...and that is where the real fun begins my friend.

Now it's your turn. Go make a powerful commitment to do something life-giving for someone else. That one unselfish promise could change your life forever in a way you never dreamed!

It did mine.

To your spiritual health,  
**Alex E. Anderson**  
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