



Desert Health[®]

News from the Valley's Integrated Health Community

March/April 2014

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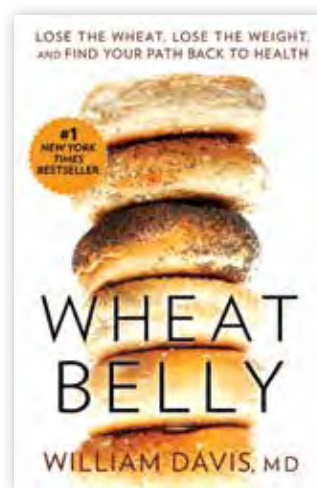
Focus on Wellness at Day of Hope for Diabetes

Top Doc Recommends Wheat Belly

Joseph Scherger, MD, MPH is Vice President of Primary Care at Eisenhower Medical Center. He is also the Marie E. Pinizzotto, MD, Chair of Academic Affairs, and the Clinical Professor of Family Medicine at both the University of California, San Diego School of Medicine, and the University of Southern California's Keck School of Medicine.

In his 39 years of practice he has received numerous awards including Family Physician of the Year by the American Academy of Family Physicians and the California Academy of Family Physicians. An avid educator, he has authored over 400 medical publications and given over 950 invited presentations. Locally, he is the force behind the Eisenhower Wellness Institute and an integral part of Eisenhower's new residency program. At 63, he is a long distance runner and in exceptional shape.

Scherger is also an avid reader and last September received an email recommendation from Amazon for *Wheat Belly* by cardiologist William Davis, MD. Little did he know that this accidental discovery in his in-box would have a powerful impact on not only his life, but also his patients and many of his peers.



At 46, Scherger had not competed in long-distance running for 15 years which resulted in unwanted weight and a lipid panel that told him a statin medication may be in order. Not one to take medications, he returned to competition which helped reduce his weight, but not his body mass index or waist size (much to his surprise). Scherger chalked it up to age and didn't think much of it until reading *Wheat Belly*.

First published in 2011, *Wheat Belly* takes a scientific look at the genetic modification of the world's wheat production and the effect it is having, not only on our bulging bellies, but also on the rise of chronic disease worldwide. Author Davis provides a thought-provoking and carefully researched case for eliminating

wheat from our diets for long-term weight loss and relief from the most critical health concerns of our time including auto-immune diseases like MS and lupus, diabetes, rheumatoid arthritis, acid reflux and even cancer.

"The book immediately made so much sense to me," say Scherger who had always been a bread eater. In his practice, he promoted high fiber cereals in the morning and the consumption of healthy whole grains, including wheat.

Continued on page 6



Mariel Hemingway knows balance. The Academy Award-nominated actress continues to pursue her career, while also succeeding as a health activist and author, eco-enthusiast, executive producer, and a loving mother of two grown daughters.

Getting to the "best place in her life" took hard work and much conscious thought. She is an inspiration to many and proudly shares her story as an international spokesperson for mental health and suicide prevention.

In her new documentary *Running From Crazy*, which she produced with Oprah Winfrey, Mariel shares her struggle to overcome her family's haunted legacy. Generations of depression, alcoholism, and addiction plagued the family tree which included her famous grandfather, Nobel Prize winning writer Ernest Hemingway, one of seven in the family to commit suicide.

Mariel fought depression for much of her own life, but as the youngest of Ernest's three granddaughters, she gravitated toward healthier choices in a family that as a young girl, she understood to be normal. Her oldest sister Joan ("Muffet") was in and out of mental institutions for much of her life, and her supermodel sister Margeaux died of a drug overdose at 41.


Today, she is an avid rock climber and feels that putting herself in uncomfortable situations, like scaling mountains and talking about her family, makes her stronger. She considers it an "ironic metaphor," which is compelling when you hear Margeaux use the same phrase in the documentary as she watches a bull fight and compares it to her own life... "the struggle, the blood, the pain."

Continued on page 12

DIABETES MANAGEMENT

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What an honor to interview Mariel Hemingway. Her tragic family history is an American legacy, yet she is a beacon of hope for many affected by mental illness. This topic was a key focus at the Clinton Foundation's Health Matters Conference in January, and we are delighted to open the door on this unspoken truth.

Meanwhile, our lead feature reveals the evolution of wheat and why today's crops are vastly different from those of our ancestors. In *Wheat Belly*, Davis provides a compelling look at the change, and the effect it is having on our health...and our waistlines. We thank Dr. Scherger for sharing his revelation and hope to inspire other individuals—and practitioners—to at least read the book. My husband and I made this lifestyle change two years ago and have seen many health conditions, along with minor aches and pains, magically disappear.

Above photo by Lani Garfield
Cover photo by David Paul

This issue of *Desert Health*® presents many opportunities for positive change, from nutrition and exercise, to giving back to our community. We encourage you to further pursue those topics which spark interest, and to take part in the Healthy Lifestyle Challenge (pg. 17). We encourage health care professionals to volunteer at the upcoming California CareForce clinic where thousands show up seeking dental, vision and medical care (pg. 15). And we ask everyone to dine out on April 24th in the name of AIDS.

Above all, we thank you for reading *Desert Health*® and for taking steps towards bringing out the best in yourself, and in others. Never forget that we are all in this together.

Wishing you the best of health ~

Lauren
Lauren Del Sarto
Publisher

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www.DesertHealthNews.com

FOUNDER & PUBLISHER
Lauren Del Sarto
Lauren@DesertHealthNews.com

LEAD EDITOR
Jo Ann Steadman

EVENT MANAGER
EDITOR/WRITER
Doris Steadman

GRAPHIC DESIGN
M.Kay Design
m.kaydesign@mac.com

WEB MASTER
Benjamin Katz Creative
bk@benjaminkatzcreative.com

DISTRIBUTION
J. Scott Driscoll, Richard Whitehill

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Living with Diabetes

Brought to you by the Joslin Diabetes Center, Boston, Mass., and the Joslin Diabetes Center Affiliate at Desert Regional Medical Center

Getting Over the Shock of Diabetes Diagnosis

Luck, said Aristotle, is when an arrow hits the guy standing next to you. But when that arrow comes out of the blue and hits you—with a diagnosis of diabetes—“it can shake you to the core,” says John Zrebiec, MSW, CDE, Associate Director of Behavioral Health Services at the Joslin Diabetes Center in Boston.

After the diagnosis of diabetes, he says, “You name the feeling and people are going to have it.” Some people can’t sleep, burst into tears, or worry a lot. “These are all very normal responses.”

Zrebiec states that other common reactions include:

- Questioning why this happened to me
- Feelings of helplessness and vulnerability
- Changes in self-esteem or body image
- Fears of making treatment mistakes or dying
- Fears about how others will treat you

Tips to Move On. Learn as much about diabetes as possible. Most people don’t know much at first, so this is not easy. “It’s like taking a post-graduate course at a time when you’re emotionally overwhelmed,” says Zrebiec. “But it is important to learn survival skills to re-establish a sense of control.”

Try to rally support from family and friends to help you deal. Research shows that the more support you get, the better off you are.

How you define yourself in relation to your diabetes may make a dramatic difference in your emotional well-being and how well you take care of yourself. Do you see yourself as sick, victimized, dependent and pessimistic, or as normal, optimistic, independent and in control?

Asking for Help. “I think everyone should see a counselor at least once after being diagnosed,” suggests Zrebiec. It’s as important as the medical appointments and diabetes education, in his view. “We can talk about what it is like to be diagnosed, the struggles you can expect, and how you are going to live with it.”

Counseling is offered at the Joslin Center Affiliate at Desert Regional Medical Center along with a variety of programs for diabetes self-management including a four-day class (2 hours each day) that covers all of the basics of self-management, and includes an initial evaluation and assessment, plus one-on-one time with an educator for individual meal planning and trouble shooting. Persons with diabetes should be referred by their primary care physician and many insurers cover the cost.

They also offer a 90-minute class called “Just A Start” geared towards persons who have been told they may be pre-diabetic. This free class is held monthly in Palm Springs and La Quinta and all participants receive an educational book from the Joslin Diabetes Center, Boston.

For more information on diabetes visit www.Joslin.org or call the Joslin Diabetes Center Affiliate at Desert Regional Medical Center at (760) 323.6881.

A Healing Hand for Nurses

By Lauren Del Sarto

Desert Regional Medical Center’s Chief Nursing Officer, Mary Anne McCrea knows that nurses can be the best at taking care of others, but often the worst at taking time to care for themselves. Her staff of over 800 work twelve hour shifts and often don’t stop to nourish their own bodies.

So when integrative practitioner Pamela Potenzo, RN, BSN, HNB-BC, CHTP approached her offering complimentary healing touch sessions to her staff, McCrea didn’t hesitate.

Healing Touch is categorized by the National Institutes of Health’s National Center for Complementary and Alternative Medicine as an energy medicine, or biofield therapy. The goal of biofield therapy is to manipulate through touch the subtle energy fields that surround the human body. Although clinical studies are limited, the therapies are being used more often in clinical settings as a complement to standard medical care in order to reduce stress, increase relaxation and promote physical, mental and emotional well-being among patients.

Potenzo visits the hospital once a month offering 15-20 sessions to those in need. Nurses take part during work hours, and the service is promoted through their employee newsletter and leadership staff. “We are encouraging our staff to take care of themselves and want them to view this as part of their healing environment,” says McCrea. Those who have taken advantage of the therapy

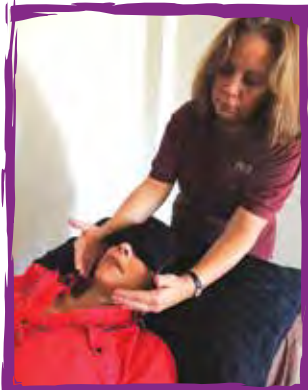
are thrilled with the results. “I finally feel relaxed when I leave here,” said Deb who has used the therapy several times. “And it’s just about the only time that I do.”

The healing touch therapy is part of a larger effort to improve the environment in support of patient care and nurturing the nurse-patient relationship. “We also make sure our nurse lounges offer healing environments, and that ergonomic chairs are always available for computer charting,” says McCrea. “On extremely busy days, we will often have food delivered to ensure our nurses take the time to eat.”

Similar comforts are created for patients as well, strengthening that nurse-patient bond. Whenever a baby is born, lullabies are played throughout the hospital through a button pushed by the new Dad, and the delicious aroma of fresh baked cookies fills the air in the OB/Postpartum unit daily. Nurses deliver the cookies and milk to new mothers and their guests each afternoon.

“It is important that our nurses are happy in their work environment and in their patient care relationships,” says McCrea. “Taking time to nurture themselves during their busy work day is essential, and we are grateful for Pam’s contribution of healing touch.”

For more information on healing touch, visit www.healingtouchinternational.org. Desert Regional Medical Center can be reached at (760) 323.6511. Pamela Potenzo can be reached at (760) 296.2767.



Pamela Potenzo practices healing touch on staff at Desert Regional Medical Center

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The Joslin Diabetes Center in Boston, Massachusetts, a teaching and research affiliate of Harvard Medical School, is leading the battle to conquer diabetes in all of its forms through cutting-edge research and innovative approaches to clinical care and education.

We are proud to bring this expertise in diabetes research, education and care to patients right here in the Coachella Valley.

At the Joslin Diabetes Center Affiliate at Desert Regional Medical Center, every person is dedicated to realizing our vision of a world without diabetes and its complications through a relentless pursuit of our mission.

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DESERT REGIONAL MEDICAL CENTER

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An Invisible and Disposable Hearing Aid

By B. Maya Kato, MD

There are disposable contact lenses for vision problems, so why not a similar fix for hearing loss? Welcome to a new direction in hearing solutions, with the introduction of the Lyric 2 hearing aid. The Lyric 2 is a cylindrical shaped hearing aid that fits into the canal and can be left in place for months.

Unlike traditional hearing aids which are typically placed behind the ear or in the outer portion of the ear canal, the Lyric 2 is placed deep in the canal, about 4 millimeters from the eardrum. This deep placement makes it invisible to the eye and allows for clearer, more natural sound. It can be left in place for up to 120 days without removal and the wearer can shower and sleep with the device in place.

The Lyric 2 is not for everyone with hearing loss. In some cases, the shape of the ear canal will not accommodate the device, and in other instances, the degree of hearing loss may be too great. The Lyric 2 is best for those individuals with mild to moderately-severe hearing losses.

Although the Lyric 2 is placed deep in the canal for complete invisibility, the wearer is still able to make adjustments to different listening environments and even remove the device if necessary. An easy-to-use keychain device is used to raise or lower volume or turn the device off completely (for example, to block out the snoring of a significant other). After three months, the device is removed by a qualified health care professional and

replaced with a fresh new device.

Is the Lyric 2 for You?

If you lead an active, busy life and are seeking an alternative to traditional hearing aids, the Lyric 2 may be for you; however, there are a few things to consider. First, these disposable units are sold on an annual subscription basis and are costly, running between \$3,000 and \$4,000 annually. Another consideration: the battery inside the device will last for up to 120 days and units must be replaced by a hearing professional, which means regular trips to the office. This may be a worthwhile trade-off for invisibility and day-to-day convenience of not removing or touching the hearing aid. Finally, mild ear infections have been known to occur, although rarely.

Regardless of style, those with hearing loss are strongly encouraged to consider amplification. Untreated hearing loss can have severe consequences: depression, isolation, and accelerated rates of dementia. The FDA recommends seeing a physician first, before purchasing any hearing aids. Medical clearance is necessary to assure there are no other worrisome or otherwise treatable causes of your hearing loss.

Dr. Maya Kato is the founder of The Ear Institute in Palm Desert and can be reached at (760) 565.3900.

Sources: 1) Scherl M, Szabo D, Desai N, Scherl S, Whitchard S, Arbogast T. Real-world safety experience with a 24/7 hearing device. *Hearing Review*. 2011;18(1):18-23; 2) Lin FR, Reffucci L, Metter EJ, An Y, Zonderman AB, Resnick SM. Hearing loss and cognition in the Baltimore Longitudinal Study of Aging. *Neuropsychology*. 2011 Nov;25(6):763-70.



Disposable hearing aids are placed deep in the canal for complete invisibility

Icky, Sticky Red Eyes

By Jennifer Hui, MD, FACS

Redness and stickiness of the eyes are common complaints. Some cases are caused by infectious conjunctivitis, or "pink eye," but there are also a variety of other causes.

In the midst of winter, pink eye is an ailment you or a loved one may encounter. It is often associated with an upper respiratory infection (common cold) and viral conjunctivitis is the usual culprit. Pink eye often occurs in clusters, such as a particular classroom or play group. Common symptoms include severe redness of the eye(s), itching, copious discharge, crusting of the lashes overnight and watering of the eyes. Viral conjunctivitis is very contagious, and the offending bug may live on surfaces for up to two weeks, thus vigilant hygiene is key. If only one eye is initially infected, taking care to avoid rubbing or touching the unaffected eye may spare its involvement. Additionally, the affected person should avoid sharing towels, pillow cases and close contact with those around them.

If you live or work in proximity to someone with pink eye, it is best to avoid touching your own eyes, and to wipe down common areas (keyboards, steering wheels, door knobs, remote controls, phones, refrigerator handles) thoroughly and frequently with germicidal wipes. If caused by a virus, the best treatment for pink eye is maintaining strict hygiene and allowing for time to clear the infection. Antibiotic drops are reserved for cases of bacterial conjunctivitis. It is important to have an examination to determine the exact cause and the best treatment.

An eye exam can also help to distinguish other causes such as allergic conjunctivitis or irritation from over-wearing contact lenses. Both can cause watering of the eyes, irritation, discharge, itching and feelings of grittiness in the eyes. Allergic cases may be triggered in certain situations such as exposure to dust or grass.

Contact lens overwear can occur during any point. Some people develop the condition after only a few years of use, and others after decades. Most report increased intolerance to their lenses. Treatment coupled with a break from lenses often allows a user to continue their long-term use, but it is important to diagnose the ailment as soon as possible.

With any ocular condition, there may be an accompanying eyelid irritation, redness or swelling. Sometimes eyelid changes are the presenting sign or symptom. Timely diagnosis and intervention are imperative in helping to resolve symptoms and return you to optimal visual functioning.

Dr. Hui is the founder of The Eyelid Institute in Palm Desert. She is an Oculoplastic surgeon and has a special interest in helping patients with Eyelid, Lacrimal and Orbital conditions. An Oculoplastic surgeon is a physician with combined training in Ophthalmic Plastic and Reconstructive Surgery (Oculoplastics) and Ophthalmology who has unique abilities to perform a variety of delicate procedures around the eyes. Dr. Hui can be reached at (760) 610.2677.



Many conditions can cause red, irritated eyes

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CVS Puts Lives Before Bottom Line

Buying a pack of cigarettes while picking up your blood pressure meds or inhaler sounds crazy, right? Unfortunately many people just can't quit – regardless of health issues directly related to their smoking habit.

CVS is proactively taking steps to help smokers quit by no longer selling tobacco products. "As one of the largest retailers and pharmacies in America, CVS Caremark sets a powerful example, and today's decision will help advance my administration's efforts to reduce tobacco-related deaths, cancer, and heart disease, as well as bring down health care costs -- ultimately saving lives and protecting untold numbers of families from pain and heartbreak for years to come," President Obama recently said in a statement.

Of course, discontinuing cigarette sales comes at a price. CVS estimates it will take an annual loss of \$2 billion from tobacco shoppers – \$1.5 billion in tobacco sales and the rest from other products tobacco shoppers purchase while in the store.

So how many of us will support the retailer because of their decision? CVS must be commended for putting public health ahead of their bottom line and recognizing the need for pharmacies to focus on supporting health and wellness instead of contributing to disease and death. Let's face it, "doing the right thing" isn't usually on the agenda when money is lost. I tip my cap to CVS.

More people die of lung cancer each year (160,000) than from breast,

colorectal, prostate and ovarian combined. In 2011, published findings reported evidence that low dose chest CT screening reduced lung cancer mortality by 20% resulting in recently issued guidelines for annual CT screenings of current and former smokers aged 55-80 with a history of smoking equivalent of a pack a day for 30 years, or 2 packs a day for 15 years. It's about time!

Lung cancer screening can prevent as many as 20,000 deaths per year by detecting lesions earlier, allowing for minimally invasive surgery to get patients back to their normal routine quicker. This is a huge step in the fight against lung cancer because the recommendation requires insurance companies to cover preventive screenings which will encourage more people to get screened.

Make sure you always know your options and remember there are no dumb questions. Call your insurance provider to see if they cover a screening CT and discuss this news with your doctors.

The best way to prevent lung cancer is to never smoke or stop smoking now. If you are still smoking, talk to your doctor about ways to help you quit smoking.

Dr. Presser is a board certified thoracic surgeon specializing in minimally invasive procedures. He is an advocate for prevention and encourages lung cancer screenings. Dr. Presser welcomes your questions and can be reached at (760) 424.8224.

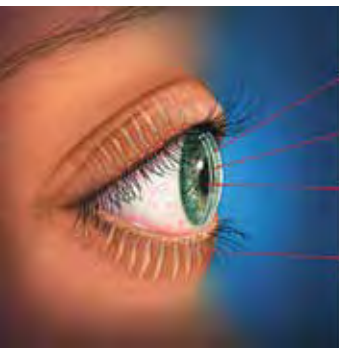
A New Treatment for Dry Eye

By Greg Evans, OD

Ever wonder why over-the-counter drops and even prescription drops don't seem to resolve a chronic dry eye condition? Chances are you (or your doctor) are using the wrong approach.

Dry eye is a complex disease, but the origin can be traced to two basic causes: lipid deficiency (also called evaporative and aqueous deficiency) or lack of tear production. Most eye drops including prescription drops, only deal with the aqueous component and are missing a primary cause of dry eye.

In a 2012 study published by Lemp in the *Journal Cornea*, 85% of dry eye was evaporative, 15% aqueous only, and 37% combined. Fortunately now, with the introduction of clinical interferometers (an instrument used to measure tear lipid/oil layer thickness) doctors can more accurately diagnose the cause of a patients' dry eye.



Lipid (oil) layer: Lubricates and prevents evaporation

Aqueous (water) layer: Nourishes and protects the cornea

Mucin layer: Adhears tears to the eye

Meibomian glands: Creates the lipid (oil) layer of the tear film, a blockage can lead to evaporative dry eye

The meibomian glands of the eyelids are responsible for secreting tear film oil. There are approximately 30 glands vertically oriented in each eyelid with the orifice on the eyelid margin. Not all glands secrete at one time and over time they can become clogged with meibum (congealed lipid) and stop working. When they are inactive for a long period of time, they atrophy. Heating and expressing the glands can remove the meibum. When this is done, function of the glands is restored.

Meibum is like wax initially, but once heated to 104 degrees it will liquefy and flow. This is accomplished by applying direct heat to the inside of the eyelid with a device called Lipiflow. The device has a ceramic dome that vaults the cornea, and a mechanical bellows (pressure cuff) that rides on the outside of the eyelid. When the device senses the inside of the eyelid and reaches 104 degrees, a controlled pressure via the bellows is exerted on the outside of the eye to express the glands and clear the blockage.

Studies have shown that following a single treatment, an average of 2.5-3.0 times as many glands are functioning and continue to do so for up to 9 months following treatment. To ensure the meibomian openings remain open, debris and epithelial tissue is mechanically removed approximately every 4-5 months.

Lipiflow treatment has been found to be successful at decreasing or improving dry eye in 85% of patients.

Dr. Evans is the founding owner of Evans Eye Care in Palm Desert and can be reached at (760) 674.8806 or online at www.evanseyecare.com.

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Top Doc Recommends *Wheat Belly*

Continued from page 1

He immediately gave up the grain and the weight began to fall off. "In 45 years of my adult life, my belt size was 32" for 15 years; 34" for the next 15; and 36" for last 15. And my body mass index was always above 25, despite running 3 to 4 marathons a year."

Altering nothing else in his diet, he lost 15 pounds in two months. His cholesterol dropped 20 points and HDL (good cholesterol) went up 5. He now wears size 33".

"It is almost magical what happens when you do this," he says. "Everyone looks at me and comments on how different I look." His results were reinforced when he started speaking with other *Wheat Belly* fans in the office. One associate lost 8 inches off her waist and two others had lost over 100 pounds combined.

Scherger also saw changes in his skin. "I had suffered with acne in my youth and was now experiencing adult acne (rosacea) for which I was using a topical medication to control symptoms." In *Wheat Belly*, he learned that both his childhood and adult acne were most likely caused by his wheat consumption. "I gave up wheat in September and the rosacea disappeared. I haven't used the medication since October."

As soon as he started seeing results, he began recommending the book to patients. "I have now read the book twice and am recommending it to 3 out of 4 patients because 3 out of 4 of my patients are overweight."

Scherger isn't the only doctor joining the *Wheat Belly* Revolution. On his blog, Davis posts letters from practitioners throughout the world who feel they have found the answer for patients saddled with expanding waistlines and chronic conditions.

Why blame wheat?

As Davis eloquently explains, the unspoken issue with wheat is the mass hybridization that has taken place over the past 60 years to produce faster growing crops immune to disease and requiring less fertilizer. Studies now show that these genetically modified strains - which make up 99 percent of all wheat grown worldwide - have undergone significant structural change resulting in wheat gluten proteins that have become inflammatory agents (and are associated with the growing autoimmune condition known as celiac disease), and a higher glycemic carbohydrate load which increases appetite and fat deposits - particularly visceral (deep fat that wraps around organs), and abdominal fat.

Davis informs us that today's wheat products elevate blood sugar levels

more than virtually any other carbohydrate - including candy bars and sugary sodas. He tells us that this information is not new stating studies back to 1981.

The wheat crop transformation actually grew from a noble attempt to reduce world hunger, which it did, but at a significant cost we are now paying. In 1943, collaboration between the Rockefeller Foundation and the Mexican government to help that country achieve agricultural self-sufficiency grew into an impressive effort to increase the yield of corn, soy and wheat worldwide.

Geneticist Norman Borlaug is credited for reaching this goal with the creation of a high-yielding dwarf wheat that reached maturity in less time. Borlaug's invention was distributed across the globe and in 1970, he was awarded the Presidential Medal of Freedom, The Congressional Gold Medal, and the Nobel Peace Prize. Upon

Continued on page 10



Joseph Scherger, MD, MPH

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Diabetic Health Viewed Through the Eyes

By Wallace Goldban, MD

25.8 million Americans - 8 percent of the population - have diabetes and the numbers are growing. Diabetes can cause damage to all parts of the body, and much of that damage can be viewed in the eyes.

What is happening in the eye of a diabetic patient is happening throughout their body; thus, ophthalmologists are at the forefront of diagnosing and treating the disease. Blood vessels in the retina are an indicator of disease-related damage to vital organs. As such, eye screenings for retinal damage are not only important to identify and treat early issues, but also as a prognostic indicator to a person's overall health and blood sugar control.

It is essential that diabetics have their eyes checked annually. The eye is especially vulnerable to damage from diabetes; 80 percent of diabetics will have some damage after 10 years of living with the disease. The longer a person has diabetes, the higher the chance of diabetic retinopathy, the leading cause of blindness in American adults.

Diabetic retinopathy is caused by changes in the blood vessels of the retina, the light-sensitive tissue at the back of the eye. A healthy retina is necessary for good vision. In some people with diabetic retinopathy, blood vessels may swell and leak fluid. In others, abnormal new blood vessels grow on the surface of the retina. If you have diabetic retinopathy (which usually affects both eyes), you may not notice changes to your vision at first, but over time, diabetic retinopathy can get worse and cause vision loss.

There are two different types of diabetic retinopathy: non-proliferative (with no apparent symptoms) and proliferative. Since this disease is often asymptomatic, early detection is key. Identifying the extent of damage requires a fluorescein angiography where dye is injected into a person's veins and pictures are taken of the retina to see if there is leakage. Macular edema occurs when the leakage happens in the central portion of the eye and can be debilitating. If left untreated, proliferative retinopathy can occur and new blood vessels form leaking more blood into the eye and causing severe damage.

Early treatment and detection are vital. A thorough examination will include checking your vision to determine if glasses will correct your eyesight, as well as, checking for glaucoma and cataracts which are both more common in diabetics. Your eyes will be dilated to view the blood vessels in the back of the eye.

Traditional treatment for diabetic retinopathy includes laser therapy to stop bleeding and new blood vessels from forming; however, laser treatments can leave scars creating blind spots in your vision. Recent advancements in treatment include injections of steroids or new (anti-VEGF) compounds to achieve the same results without leaving scars. Sometimes if the bleeding is severe, an operation is necessary to remove blood.

Controlling blood sugars is the first step to not only controlling your diabetes, but also enhancing eye health. Other factors that can improve eye health include smoking cessation and controlling blood pressure.

Dr. Wallace Goldban is a board-certified ophthalmologist with over 20 years of experience. He is a graduate of the Albert Einstein College of Medicine and has offices in Palm Springs and Palm Desert. Dr. Goldban can be reached at (760) 320.8497.

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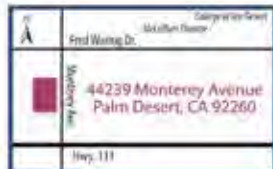
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Whole Body Screening with MRI

By Stuart T. May, MD

Wernhervon Braun, who with his team launched the first American satellite into space, said, "One test is worth a thousand expert opinions." With today's advanced imaging technology, radiologists can take "one picture" of the entire inside of your body which is comparable to "a thousand expert opinions."

Until recently, whole body screening was performed using a Computed Tomography (CT) scanner which has its benefits, but also requires the use of ionizing radiation to acquire the images. Advances in Magnetic Resonance Imaging (MRI) scanners now allow physicians to perform the same whole body scan, but without ionizing radiation.

A whole body scan looks at the body from head to toe in order to find cancers, inflammation or obstructive processes in the body. In the head, the exam can show brain masses, shrinkage, old strokes, the sinuses and nasal cavities. In the neck, abnormalities in the lymph nodes, thyroid masses or arthritis in the cervical spine can be identified. In the chest, we check the heart for enlargement, the lungs for cancer, and the aorta for aneurysms. Moving to the abdomen, we can observe the pelvis area, the kidneys, liver, spleen, adrenal glands, gallbladder (gallstones),

pancreas, bladder, uterus, ovaries and prostate for tumors, obstruction or inflammation. We can tailor images of the spine to show the spinal canal, disc herniation, and spinal stenosis; and in the extremities, arthritis in the joints. Additional exams of a specific area may be required if a problem is identified in order to obtain more detailed information.

This exam is useful for individuals who are asymptomatic, yet want an overview of their current health condition. Early detection of cancers can radically change the type of treatment options that will be available to a patient. Other areas of concern might benefit from simple changes in lifestyle such as eating habits or exercise. The exam takes approximately one hour to perform and the images are acquired without contrast.

Patients can opt to have whole body scans done without a physician's order; however, as with many imaging screening exams available today, this exam is not currently covered by insurance.



MRI can now deliver full scans without ionizing radiation

Dr. May is a Board Certified Interventional Radiologist at Desert Medical Imaging. DMI performs whole body screenings at their Indian Wells location. For more information please call (760) 694.9559 or visit www.desertmedicalimaging.com.

Men Are Stubborn

By David S. Johnson, MD

Over and over again I see men, typically over 55, complaining of symptoms that frighten them: difficulty swallowing, food sticking in their throat, feeling as if they are suffocating due to regurgitation. They often confess to ten or more years of increasingly severe symptoms, typically starting with heartburn and/or chest pain. These are symptoms of GERD and should be addressed.

So what is it with men? We have symptoms telling us something is wrong and we just dismiss them. We know what life is like without these symptoms, but simply accept discomfort. Why?

I think I understand - men are stubborn! As a GERD specialist I am always happy to get a phone call from a woman calling about her spouse, father or son. Women, most often, are the family care givers and can be very effective at getting their men to deal with their medical issues.

If a man in your life has any of the symptoms mentioned above, it is time for you to take action. The incidence rate of reflux disease is growing at 30% every decade and here are some important facts you should know:

- One in three adults has one or more GERD symptoms monthly, and one in five has symptoms multiple times each week.
- When ignored, reflux disease can progress into Barrett's esophagus (pre-cancerous condition) or even esophageal cancer, which has the fastest incidence growth of any cancer in the US today.
- Prescriptions and over-the-counter medications only reduce or eliminate acid reflux symptoms; they cannot stop reflux and thus they cannot stop the progression of the disease.

• Most GERD patients are put on proton pump inhibitors (PPIs) which, when used long-term, have the potential for adverse effects that can result in serious health issues over time.

Heartburn and other GERD symptoms are not merely inconveniences; they are important messages from the body that demand attention. For some, if those messages are ignored, the frequency and severity of the symptoms will increase, limiting options to manage or slow its progression.

So where do you start if you are concerned about someone with GERD symptoms?

1) Be sure you understand this disease, its symptoms and possible treatments. An excellent educational website is www.refluxmd.com.

2) Use RefluxMD's online awareness tools which are quick, easy to understand, effective, and convey key issues surrounding acid reflux disease (www.refluxmd.com/heartburn).

3) Schedule an evaluation with a GERD specialist. Unfortunately, most family practice doctors have a limited understanding of the complexity of this disease and lack the clinical tools to properly diagnose reflux disease.

4) Focus on things you can do at home to help, especially weight loss and diet. Research has proven that obesity and large meal portions are driving the growth rate of GERD in the US.

Awareness is the first step in reducing the growth rate of reflux disease in this country, and it can start at home (often with that stubborn man in your life!)

Dr. Johnson is a board-certified general surgeon with Premier Surgical Associates in Palm Springs and can be reached at (760) 424.8224.

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Dizzy No More with Vestibular Rehabilitation

By Diana Huffman, PT, DPT

Dizziness, vertigo and disequilibrium are all signs of vestibular system dysfunction. Vestibular disorders can be caused by peripheral damage (occurring within the inner ear), or by central damage (occurring within areas of the central nervous system responsible for balance and equilibrium). These symptoms do not have to be permanently debilitating and can often be treated by a skilled physical therapist trained in vestibular rehabilitation.

Signs and symptoms of vestibular disorder may include:

- **Vertigo:** spinning/whirling sensation of self or environment;
- **Dizziness:** feeling lightheaded, off-balance or the sensation of floating;
- **Motion sickness:** queasy or nauseous with cold sweats, which can lead to vomiting;
- **Postural instability:** poor coordination, imbalance, stumbling, sensitivity to changes in walking surfaces or difficulty with maintaining straight posture (especially of neck/head);
- **Hearing changes:** tinnitus (ringing/buzzing in the ears), ear fullness, sensitivity to sounds or hearing loss;
- **Vision changes:** oscillopsia (objects/words seem to jump/bounce/float), diplopia (double vision), blurred vision, sensitivity to light, night blindness or poor depth perception;
- **Psychological changes:** increased anxiety, decreased self-esteem or depression;
- **Cognitive changes:** difficulty concentrating, increased forgetfulness, difficulty following conversation in noisy environments or mental and/or physical fatigue disproportionate to current activity.

The most common cause of vertigo is benign paroxysmal positional vertigo (BPPV). BPPV affects 2.4% of all people at some point during their lifetime and currently accounts for 20% of vertigo cases seen by physicians specializing in vestibular disorders. BPPV is the result

of otoconia, a calcium carbonate crystal, dislodging from the otolithic membrane, its normal place within the inner ear. The otoconia then moves through one of the three inner ear's semicircular canals with head movements, causing a false signal of movement within the brain producing the sensation of vertigo and triggering involuntary eye movements (nystagmus).

Vestibular disorders do not have to be permanently disabling and vestibular rehabilitation from a trained specialist can help alleviate instability and the constant fear of falling. It is important to seek treatment early on because vestibular dysfunction can build upon itself in a snowballing effect causing some to be bedridden with nausea and vertigo, leading to further social isolation, anxiety and depression.

A vestibular rehabilitation program may include one or more of the following:

- Canalith repositioning techniques for BPPV: Head maneuvers that move particles in your inner ear—which cause dizziness—to a part of your ear where they won't;
- Adaptation exercises to enhance gaze stabilization;
- Habituation exercises (positional training) for increased activity tolerance;
- Substitution exercises (alternative positional training if habituation is not tolerated);
- Neuromuscular re-education;
- Normalization of gait and balance training.

To continue living a quality life filled with self-confidence, joy and all your favorite activities, it is recommended that you seek proper diagnosis and treatment from a qualified professional when symptoms begin.

Diana Huffman is a Doctor of Physical Therapy with Avid Physical Therapy. She is certified in Pilates Rehabilitation and working towards her Certified Vestibular Specialist designation. Diana can be reached at (760) 347.6195 or at diana.huffman@avidphysicaltherapy.com

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DIANA HUFFMAN, PT, DPT
Diana attended Northern Arizona University before she earned her BS in Kinesiology and Dance at CSU Northridge and her DPT from Clarkson University.



NATALIE IRWIN, PT, DPT
Natalie attended Pacific Union College majoring in Health Science and earned her BS in Health Science and DPT at Loma Linda University.

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Top Doc Recommends *Wheat Belly*

Continued from page 6

his death in 2009, the Wall Street Journal eulogized him saying that "More than any other single person, Borlaug showed that nature is no match for human ingenuity in setting the real limits to growth."

Davis goes on to state: *The peculiar oversight in the flurry of breeding activity...was that, despite dramatic changes in the genetic makeup of wheat and other crops, no animal or human safety testing was conducted on the new genetic strains that were created...So urgent was the cause of world hunger, that these products of agricultural research were released into the food supply without human safety concerns being part of the equation.*

It was assumed the plant hybridization, which has taken place for centuries, was harmless, even though these new crops were completely dependent on human assistance for survival and could not survive alone in the wild.

Scherger found this new information astonishing. "One real scandal in American medicine is the lack of focus on the tremendous importance of nutrition," he adds. "It is not a required course in medical school; there are 28 institutes in the National Institutes of Health and not one of them is the National Institutes of Nutrition Science."

Scherger's crusade has received the attention of his peers, and others are starting to recommend Davis's book to their patients. "People are calling and asking me, 'what's this book you are recommending?' Others look at me and say, 'I've got to start that *Wheat Belly* program.'" He bought 15 copies for his department.

"I feel better, younger, lighter and stronger," he says. "I realize that I may now reach my goal of running a marathon in under 4 hours which I haven't done since 2002." In December, he ran a half

marathon in under 2 hours (which he hadn't done in 8 years) and repeated that accomplishment in February at the Palm Springs Half. In January, he ran the Avalon 50 (mile) race on Catalina Island dropping 33 minutes off last year's time.

What is his recommendation to patients?

Scherger agrees with Dean Ornish, MD, and others who say that if you really want to make a change in your health, you need to cut items out versus cutting down on them. "If you try to cut down on items, every day will become a struggle. It is much harder and usually not an effective method. If you make the rule to cut wheat out of your diet good things will start happening and you will be motivated to continue." He adds that once you identify healthy alternatives and get over the cravings (yes, it is scientifically proven to be addictive), you won't miss it.

"We've learned in nutrition that you can't prescribe a low fat diet (which was done for decades) because people will replace fats with carbs and actually gain weight." He warns doing the same with wheat and closely monitors his patients who embrace the book. "When you simply replace wheat with other starches (such as rice flour), you are reducing the inflammatory factors, but are not lowering your carbohydrate intake and will not lose the weight." He also recommends watching alcohol consumption as alcohol is a carbohydrate.

Scherger notes that age is not a factor. "I have an 86-year-old friend who lost 26 pounds in 7 weeks by eliminating wheat. He now buys *Wheat Belly* for everyone he knows."

Wheat Belly is available locally at Barnes & Noble and online at Amazon.com. For more information from Dr. Davis visit www.WheatBelly.com

DON'T TAKE AWAY MY WHEAT!

Satisfying alternatives for your favorites

By Lauren Del Sarto

If you've just read about *Wheat Belly*, you may be discouraged – or even downright angry – at the thought of living without wheat. It's understandable when you consider that the large majority of our food is made with wheat flour or gluten. There is not an aisle in the grocery store without it, and for many, taking away wheat is like taking a half-eaten lollipop from a child. Makes sense, since sugar has been scientifically-proven to be addictive, and as you've just read, wheat affects your body just like sugar.

Fear not! There are many satisfying alternatives that may seem "less than" at first, but will soon become your favorites as you start to realize just how good they make you feel.

First, it's important to clarify the difference between wheat and gluten. Gluten is the protein in wheat, rye, and barley that gives elasticity to dough, helping it rise and keep its shape. It also gives foods that nice, chewy texture (think gluten=glue). But it also is found in unassuming products like soy sauce, ice cream, seasonings, and even shampoos, so those diagnosed with celiac disease have much stricter parameters.

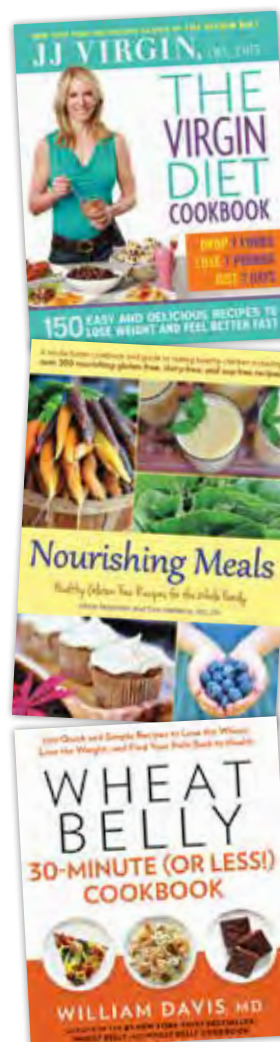
However, if you are giving up wheat simply for health's sake, starting with gluten-free (GF) grains and non-grain alternatives is an exceptional first step. Just keep in mind that if you simply replace wheat with GF carbs, you will be cutting down on the inflammation factor, but not necessarily losing the weight. Thus, try to focus on non-grain alternatives.

Can't live without pasta? Our best pasta alternative is **zoodles**, zucchini noodles. Any squash will do, but zucchini has a nice texture (and 'zoodles' is fun to say). You create the noodles using a vegetable spiral slicer or julienne slicer, then sauté and top with your favorite pasta sauce. Or, try **spaghetti squash**, which falls into strands when baked and grazed with a fork. Another option is to simply replace pasta with eggplant in traditional Italian dishes.

And when you have to have pasta, simply use quinoa (best choice) or brown rice pasta, both of which are readily available in grocery stores. They cook a bit differently, but taste just as good!



Zoodles (zucchini noodles) are a healthy alternative to pasta



Continued on page 14

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Planting Seeds of Health in Valley Youth

By Doris Steadman

Thanks to the Clinton Foundation's Alliance for a Healthier Generation, 80 Coachella Valley schools representing all three districts now have wellness programs.

Palm Springs Unified was the first district to create a Wellness Committee three years ago. The Coachella Valley District has incorporated a Wellness Policy developed and run by students and their families.

Desert Sands (DSUSD) has developed a Wellness Council for not only students and staff, but the entire community. Representatives from each participating school meet on a regular basis to develop programs and increase participation.

Current programs include WOW!, a four-year commitment by participating schools to develop a healthy environment for students, employees and families. Elementary schools were the primary participants last year, and a number of middle and high schools have joined this year. The Working on Wellness committee informs the community of events and programs created through their District Wise newsletter.

DSUSD is also participating in the Humana 4th Grade Health Education Project which includes nutrition classes for parents in English and Spanish, after school sports, and community gardens tended by students.

One of the most popular activities is the walking/running clubs taking place at several elementary schools. Students who come to school early to participate earn necklaces, and then charms for every 5 miles walked or run. Kindergarteners even man scanners that turn data into miles!

DSUSD employees also benefit from a variety of programs including Weight Watchers, hiking groups, Zumba and yoga classes (held at district sites) and even discounted gym memberships. They are looking to add belly dancing and self-defense classes if interest permits.

DSUSD is also planning a second annual health fair for staff in early May with representatives from the community offering information and services.

Lenea Pollett, Coachella Valley Director of the Alliance for a Healthier Generation, feels that the programs, which are teacher run on a voluntary basis, have had a very positive response and continue to grow.

"So many of us say, 'it's so hard to get into the habit of exercising,'" says Marta Shand, DSUSD Site Manager of Nutrition Services. "Our school programs hopefully plant early seeds in students to make healthy choices daily for the rest of their lives!"



Coach Rebecca Hovde-Baker from Indio High School and Hoover Elementary teacher, Patricia Schoenfeld, inspire students to run!

Officers Reach Out to Their Own Wellness Committee established by PSPD

Law enforcement officers (LEO) encounter stressful situations on a daily basis which can affect both their physical and mental health. Their life expectancy is ten years below the national average at 66, and many are forced to leave the field for medical reasons. Even worse, studies show that the rate of suicide for our men and women in blue is above the general population at an estimated 125-150 per year.'

Most departments offer a Peer Support Program with sworn and non-sworn personnel available to discuss personal and job-related matters anonymously. But the Palm Springs Police Department has gone a step further in creating an internal Wellness Committee made up of members of their own LEO family.

"We know that the stressors of this profession can have a very adverse effect on people," says Sergeant Kyle Stjerne, Wellness Committee Director. "Our goal is to try to get our team into a healthy mental and physical place so they never feel that there are no other options to move on in life."

Two elements now in place include a newsletter entitled The S.H.I.E.L.D. (Spiritual Health Involving Emotional Longevity and physical Development) addressing issues and resources with editorials contributed by those within the department, and a Wellness Library with suggested reading on health-related topics.

"We definitely see the benefit in keeping the communication going - and our officers educated on the importance of taking care of themselves," adds Stjerne.

Future programs include the introduction of activity clubs offering opportunities for department members to socialize as a group. To further build camaraderie around sport, they hope to enter the Challenge Cup Relay, a 120-mile LEO team race between Baker, CA and Las Vegas.

Chief Al Franz adds that throughout his 27-year career at PSPD, he has seen many friends' and co-workers' careers cut short due to physical and emotional trauma. "I honestly believe that if there had been a proactive emotional health program in place, some of those careers could have been saved." The recently launched program is led by Executive Director, Lieutenant Walter Combs.

"Eventually, we hope to form a partnership with the city offering tangible benefits for those who maintain their health statistics," says Stjerne, "but our overall goal is to provide tools that will allow each person to leave this profession on their own terms with a healthy mental and physical state."

If you would like to donate health related books to the PSPD Wellness Library, please contact Sgt Stjerne at (760) 323.8115.



Reference: 1) Aamodt and Stalaker, "Police Officer Suicide: Frequency and Officer Profiles"; Daniel W. Clark and Elizabeth K. White, "Exploring Law Enforcement Suicide: An Inside Look"

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Health is a Choice

So what allows people with the same family struggles to go in such different directions? Conscious awareness that enables healthy choices, says Mariel. "I was depressed my entire life until I wasn't. I didn't realize that I was depressed because I functioned to my normal. But I do feel that in many dysfunctional families there is that one person who says, 'the buck stops here.' I just didn't want it to continue. I saw seven suicides, I saw the mental illness, I saw the substance abuse which was self-medicating the depression. I started putting the pieces together and it was clear to me that this was something I needed to do."

Certainly family dynamics play a role as shared in this very personal documentary, but Mariel has spent her life devoted to healthy habits and avoiding the self-destructive path to which every other member of her immediate family, and many other relatives, succumbed.

She came to understand the importance of exercise and nutrition on mental wellness and admits to following "every guru and trying every diet" in a search for herself. "I have learned so much from every experience, and what it led me to was me. We are the answer to our own problems. It doesn't mean that you don't need help and that you shouldn't seek help, but you have to take responsibility for your own well-being."

She adds that most people feel isolated in their story and emphasizes the importance of speaking with others and realizing you are not alone, which can be hard. "In my family, speaking up could be dangerous," she says. "When you grow up in an alcoholic home, you don't know your situation isn't normal. It's your home, your family; you love them; they just happen to be crazy. Expressing how you feel, or what you think, can ignite the explosive behavior that often accompanies substance abuse. So you learn to keep things to yourself."

Mariel still carries scars from this existence. "Sometimes when my manager calls, the first thought is 'did I do something wrong?' It's an interesting program in your brain that takes a lot of work to unravel." She says the first step is becoming aware of internal issues and facing them.

"As women, our inner dialogue can be so self-abusive because we feel that we have to do things perfectly. We are not meant to live without sadness, but depression is real and needs to be addressed, and as women, we often feel that we failed if we suffer depression, and therefore don't seek help."

We discuss the fact that one in four women ages 50-64 is on an anti-depressant. "The idea that pills are a solution to problems we can solve through eating the right foods, getting proper exercise, breathing clean air, learning how to breathe, and drinking water greatly concerns me."

This doesn't mean some people don't need medication, she adds. "But the biggest proponent for keeping mental balance is your lifestyle. And there is no 'one size fits all.'"

Discovery of good health is a journey, because every experience tells you something different. I believe it is about discovering what foods make you feel amazing and making conscious choices which come from the adventure that is our health."

Mariel emphasizes that everyone has a story, but the story does not have to define you. "My journey has been looking at the inner dialogue and finding health. We all have a dialogue, and we all have a story, and it needs to be told, but once it is out there, then we need to let go of it." She realizes it sounds easier than it is.

"We all fear the unknown. If you are by yourself and you fear your memories overtaking you, you have to realize that memories have no power over you. They are only memories; only images in our mind. Your memories can be replaced by your emotional reaction, and an emotional

Continued from page 1

reaction will give you space to push that memory aside. If you were abused or hurt, you begin to realize that this memory cannot hurt you anymore."

She adds that it is important to revisit and to make peace with those memories. "It's worse when things are left in your head. When you actually revisit it, dissect it, you realize that your current reality with the memory isn't as bad as the thought stuck in your mind. It is very, very healing to go through this practice."

How does one find the light when life seems so dark and heavy?

Mariel feels that stillness and mindfulness can sharpen current awareness and help you move forward. "Mindfulness practices are very, very powerful because they help guide you towards making better choices in your life – especially about your food, exercise or finding that thing that makes you feel passionate and good."

Gratitude. How you wake up and greet your day will have significant impact on

how your day proceeds, and gratitude plays a big role. "Wake up slowly. Think grateful thoughts, even if it's as simple as 'I am grateful for this cup of coffee,' and then visualize how you want your day to be. Concentrate on the emotional aspects. 'I want a day full of joy, laughter, or success and happiness.' This simple practice is amazing. It changes everything."

Many professionals agree. In his daily meditation *Grateful Me*, Deepak Chopra, MD, notes that the simple practice of gratitude is a transformational act. "When we can put the stories of our lives on

pause just for a moment and marvel at the miracle of this life we are living, we begin to change our entire experience." He adds that when we invite the practice of gratitude into our daily lives, "we become alchemists turning dark into light, scarcity into abundance, and fear into love."

Meditation. Mariel adds that a good way to open your mind is by sitting in stillness for 5-10 minutes a day and allowing yourself to just be. "It sounds very basic and crazy, but learning how to be still, how to slow down and to breathe creates space in your life and opens your mind. It also helps you make better decisions."

Connecting with nature. As a child in Ketchum, Idaho, Mariel would escape outdoors as often as possible. It's where she "felt alive." She spends much of her time there today. "Nature is a powerful healing tool. Most of us don't take the time to observe nature closely, starting with stillness and observing the hummingbirds, watching them, and listening to the sounds, smelling the smells. Honoring nature is extraordinary." She adds that even if you live in a city, planting herb gardens or going to a local park is a necessity for good health.

"Sometimes you also need to hear someone else's story to realize that it is okay to feel as you do." Her goal with *Running From Crazy* is to utilize the film as a tool to help people realize that they are not alone and that there are solutions, and then to talk about health.

She and boyfriend, Bobby Williams, also have a wellness program *Running with Nature*, to help others discover how to be their best person.

"My life's journey has been extraordinary so far. I'm so very grateful. I am proud to say that I love my life today. I feel peaceful, centered, and I laugh more than I ever have. Being of service to others, and helping them find their voice and tell their stories inspires me to live each day fully, with purpose and joy."

For local resources on mental health, visit www.Up2Riverside.org or call Eisenhower's Behavior Health Clinic (760) 837.8767. *Running From Crazy* is scheduled to air on the OWN Network this year, and *Running with Nature* is available online.

Interview and editorial by Lauren Del Sarto. A very special Thank You to Summer Kath and Cambria for arranging this opportunity www.CambriaUSA.com.



Mariel, pictured here at PGA WEST, continues to pursue her acting career, while promoting health and wellness worldwide. (Photo by Lani Garfield.)

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How Will You Use HARC?

Data brings \$7.1M to 68 Valley organizations

The Health Assessment Resource Center (HARC) recently released their 2013 report on the health of our community. Not only is the information fascinating and easy to digest, it is also the comprehensive data many organizations use to secure grant funding and status. The survey results, which are available to everyone, have brought \$7.1 million to 68 organizations in the Valley since 2010.

“Our first goal in using these measurements is to help us understand what is going on in the community in the realm of health and wellness,” said HARC President, Dr. Glen Grayman at the release presentation, “but the ultimate goal is for us to pull together to work to improve deficiencies.”

Assemblyman Manuel Perez added that, “HARC data is important so organizations throughout the Coachella Valley can have the evidence they need to ensure they receive the dollars deserved to enable us to move mountains and make change.” He said the evidence also helps ensure that policy is built from the ground up and adequately reflects the needs of our community.

Bruce Yaeger, executive director for Volunteers in Medicine uses HARC data exclusively for all his grant proposals. “If we didn’t have this data, we probably wouldn’t be here.”

Desert AIDS Project worked with HARC to secure Federally Qualified Health Center (FQHC) status qualifying them for enhanced reimbursement from Medicare and Medicaid, as well as other benefits.

Linda Evans, director of business development at JFK and Desert Regional hospitals shared how they used to receive calls from non-profits asking questions like ‘how many pediatric patients did you treat last year?’ “We didn’t have the systems in place to accurately provide this information; now we send them to HARC.” The hospitals also use this quantifiable data as an economic driver to attract new physicians to the area.

Ginny Foat, executive director of the Mizell Senior Center added, “Our area has such a reputation as a wealthy senior retirement community, but when you look at the data, there is such a different picture out there.” Last year Mizell served 120,000 meals to seniors with funding received based on HARC data.

Pam Gabourie, director of institutional giving and planning for Planned Parenthood of the Pacific Southwest stated, “It is not enough to present a compelling story, you need to back it up with exceptional data.” She said that only HARC was able to tell them that more than half of the parents and guardians in the Coachella Valley had not spoken to their children about sexual issues or pregnancy. This information helped secure Planned Parenthood’s largest grant of its kind, \$1.7 million for a local public awareness campaign.

At *Desert Health*®, we use HARC for statistical reporting and know that many students resource the information for school projects and reports.

There are very few communities who have this type of data, says Grayman, which puts the Coachella Valley in a unique position to do more for its residents.

So how will you use HARC?

The comprehensive executive report is available online at www.HARCData.org. 2007 and 2010 survey data is available online in HARC’s searchable database; 2013 information will be added in April. For more information, contact staff@harcdata.org.

TCM and Acupuncture for Headache Pain

By Diane Sheppard, Ph.D., L.Ac.

More than 45 million Americans suffer from chronic headaches or migraines with the pain impacting every aspect of their lives. Relief is commonly found in prescription and over-the-counter drugs which can unfortunately have long-term side effects.

Traditional Chinese Medicine (TCM) and acupuncture have successfully treated headaches and migraines (as well as their underlying causes) for thousands of years, and modern research demonstrates that acupuncture can be as - or more - effective than medication in reducing the severity and frequency of chronic headaches.

TCM does not recognize migraines and chronic headaches as just one particular syndrome. Instead, its aim is to treat the specific symptoms and the root causes that are unique to each individual. Therefore, thorough diagnosis is required and treatment will depend on a number of variables.

To diagnose individual issues, a TCM practitioner will ask a series of questions including: Where are the headaches located? When do they most often occur - night, morning, after eating, etc.? Does a cold compress or a darkened room help alleviate some of the symptoms? What type of pain is it - dull, throbbing, or sharp and piercing?

The practitioner will also take a complete medical history, look at your tongue, and use Chinese pulse diagnosis. Some may also employ electronic meridian graphing to determine deficiencies or excesses in the various TCM channels.

After diagnosis, a specific treatment plan will be developed, often using a variety of techniques including acupuncture, Chinese herbs, and *tui-na* massage. The length, number and frequency of treatments will vary. Some headaches, migraines and related symptoms are relieved after the first treatment, while more severe or chronic ailments often require multiple treatments.

There are some things you can do on your own to help alleviate the pain. The point known as Large Intestine 4 is often referred to as “the headache point.” It is located on the padded area of your hand between the thumb and index finger, about three-quarters of an inch from the edge of web between those fingers, and between the first and second metacarpal bones. Massage this point with your thumb on the outer part of both hands for approximately 30 seconds each. Many notice remarkable relief from this simple technique. Peppermint oil has a calming and soothing effect. Along with menthol and camphor, it is one of the main constituents of several famous Chinese patent medical oils. Either this oil alone or with one of the patents can be rubbed across your forehead and temples. Adding 10-15 drops of peppermint oil to a warm bath is another great way to relax, reduce muscle tension and relieve a headache.

Clinical studies have also shown that ginger can relieve headaches. Researchers believe it does so by relaxing the blood vessels in the head and diminishing swelling in the brain. Ginger also activates natural opiates in the brain that relieve pain, and reduce prostaglandins, which are responsible for causing inflammation. Both dried ginger - *gan jiang*, and fresh - *sheng jiang*, are a part of many traditional herbal formulas. Fresh ginger can also be sliced thinly and boiled in water for a pain-relieving tea.

Diane Sheppard is owner of AcQpoint Wellness Center in La Quinta. She is a licensed acupuncturist with a Ph.D. in Oriental Medicine and can be reached at (760) 775.7900 www.AcQPoint.com.

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Modified Citrus Pectin

The natural galectin-3 inhibitor

By Sonja Fung, ND

How does cancer spread? All of our cells have a life cycle: a beginning and an end. Inflammation from factors like stress, toxins, viruses and bacteria can cause mutations in normal cell DNA and disrupt the cell's programmed death (called apoptosis). Without their programmed end, this radical cell can continue to grow, forming cancer. Once this cancer uses up the local resources, it can spread taking over other areas (metastasis).

One of the ways that cancer spreads is through inflammatory cell signaling. If you have an infection, galectin-3 (which is found in small amounts in normal cells) can cause an inflammatory reaction signaling white blood cells into the area to help fight the infection. However, over-expression of galectin-3, especially on cancer cells, allows them to stick together, invade healthy tissue, and continue to grow.

Modified citrus pectin to the rescue

Pectin, which is commonly used as a thickening agent in jams and baked goods, is a fiber found in the pith (the bitter, white element) of orange, grapefruit, and lemon peels, as well as in apple skins. Pectin binds and gets rid of heavy metals and other toxins in the colon, however, it is too large of a molecule to get into the blood stream. Thus, modified citrus pectin (MCP) has been created small enough to enter the blood stream, delivering beneficial effects at the cellular level.

In multiple studies, MCP has been shown to bind to galectin-3 in cancer cells reducing the ability of the cancer cells to communicate, spread, and grow. (It does not affect normal, healthy cells in this way.) MCP is being used today in integrative cancer care as it works synergistically with some chemotherapeutic agents to help induce apoptosis in cancer cells, while protecting the body's normal cells from cancer spread. MCP has been used as a chelator of heavy metals in patients with high radiation exposure and has been shown to be effective in reducing metastasis in multiple types of cancers including breast, skin, lung, colon, and prostate.

I recently spoke with Dr. Isaac Eliaz, MD, an integrative oncologist and one of the leading researchers on MCP, at the Oncology Association of Naturopathic Physicians annual conference. Dr. Eliaz, whose primary focus is prostate cancer, states that he has seen remarkable improvements in his patients, noting their reduction of prostate specific antigen (PSA) levels, improved energy, and in some cases, reduction of tumor size. He has also seen improvement in patients with breast, lung, and colon cancers with the complementary use of MCP.

There are currently no known side effects to MCP when used as intended, and it is considered a "generally regarded as safe product" by the FDA. There may be some risk of reaction if the patient is allergic to citrus products. It is also safe to use on animals, and has been shown to slow down metastasis in aggressive canine tumors.

The goal of integrative cancer care is to enhance your body's ability to fight cancer, not to inadvertently confuse it, so make sure you notify your physician of any supplement use - especially during your cancer treatment - or consult an integrative doctor before starting supplement use. For more information on MCP visit www.cancer.org.

Dr. Sonja Fung is a naturopathic doctor and co-owner of Live Well Clinic. She has a focus on integrative cancer and IV nutrient therapies. For more information on integrative cancer care, go to www.livewellclinic.org or call (760) 771.5970.

References available upon request.

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Don't Take Away My Wheat!

Continued from page 10

Bread. There are many GF breads (and even more recipes!) on the market today. Tom and Ali's recipes in *Nourishing Meals* use teff, buckwheat, coconut, almond, sorghum and millet flours mixed with nuts for flavor, and chia seeds, flaxseeds and/or eggs to help bind the dough. They warn that breads from white rice flour and potato starch can cause blood sugar spikes like wheat, so seek alternatives, like those made from nuts and seeds.

Best choice? Try to get out of the habit of sandwiches at lunch and bread with dinner. What do you eat on the go? Cold cuts and sliced veggies fit in sandwich bags just as well as sandwiches. And when out to dinner, say no to the bread basket; start your meal with olives or antipasto.

Pancakes, Waffles & Biscuits. Research shows that people who eat a protein-packed breakfast lose weight more easily and keep it off longer than those who eat a sugary (carb-loaded) breakfast or skip it all together, says local expert JJ Virgin who just released *The Virgin Diet Cookbook*. The best alternative to pancakes and waffles is a different breakfast choice altogether, such as "Joe's Special" with egg, spinach, mushroom and onion, or Virgin's bacon-and-mushroom sweet potato hash (double this recipe for a dinner side!). Her top choice: a power-packed protein shake.

Not working for you? Good news. All of these comfort foods are available GF at the grocery store (standardly in the freezer section). Even Bisquick has a GF option.

Goopy, Chewy Snacks. Danielle Walker, author of *Against all Grain* won Paleo Magazine's Best of 2013 in the Treat category with her Seven-Layer Bars. The

recipe uses coconut and almond flour and will satisfy the strongest of cravings. It's available online, and grocery store shelves are packed with GF treats.

Hopefully, if you are removing wheat products from your meals, you are eating more vegetables and proteins, so your sugar cravings will dissipate. Healthier snack alternatives include raw nuts and seeds, celery sticks with almond butter, avocados, or hummus with apples or veggies.

Ready to give it a try? Here are a few last words of advice.

According to Dr. Davis, approximately 30 percent of people who abruptly remove wheat products from their diets will experience a withdrawal effect with symptoms such as fatigue, mental foggy, and irritability. The good news, he adds, is that the symptoms are standardly short-lived (3-5 days). Those who suffer are usually the same people who experienced strong cravings as their metabolism relied on a constant supply of readily absorbed sugars, such as those in wheat.

Davis also notes (and many I know can attest) that once you are wheat-free for a couple of months, you may find that the reintroduction of wheat provokes undesirable effects ranging from joint aches to asthma to gastrointestinal distress. He suspects that this is due to wheat's inflammatory effect on newly healed organs and joints.

It just may be this little self-experiment that makes you realize what this *Wheat Belly* stuff is all about.



Danielle Walker's Seven-Layer Bars won Paleo Magazine's best treat of 2013



Health Care Professionals Join Forces

Medical and complementary doctors come together for community care

By Lauren Del Sarto

On April 3-6 the Riverside County Fairgrounds in Indio will be transformed into a temporary mash unit providing much needed medical care for members of our community. Over the four-day event, dubbed the Coachella Valley Expedition, more than 500 health care professionals, along with 700 supporting individuals, will volunteer their time to provide medical, dental, vision and other services to those in need.

California CareForce, the group formerly known as RAM-CA (the California affiliate of Remote Area Medical), will return for the second year to produce their first free health clinic under their new name. "As RAM-CA, we were only able to do one clinic a year, and we wanted to do more," said President Pam Congdon who with the California Association of Oral and Maxillofacial Surgeons (of which she is Executive Director) got involved as a way to give back to the community. "RAM USA owned all the equipment, which limited our reach. Now with our own equipment, we are able to offer 5 - 10 clinics throughout the state each year."

In the two days before opening (when some patients begin to line up), CareForce's hard-working board of directors and volunteers will set up 70 dental stations (divided among surgical, restorative and hygiene), 20 medical exam rooms, and 10 vision lanes providing prescription glasses and exams. Additional services for the expected 3,000 + patients will include acupuncture, massage, chiropractic and naturopathic services as available by volunteering professionals.

Congdon says that 80% of the people coming through the doors are there for dental. While some may have medical insurance, they may not have dental or vision which is still not covered under the ACA. Congdon adds that complementary services are offered within the medical section which is set up each day based on the professional volunteers who show up that morning.



Volunteers at the 2013 Coachella Valley Expedition

Naturopathic doctor, Shannon Sinsheimer will return this year as she found the experience exceptionally rewarding. "Our primary role was helping grief, trauma, and body pain, and I personally worked with individuals who had been denied dental care due to high blood pressure readings." Through homeopathy and breathing techniques, she was able to lower readings resulting in a green light to proceed with dental care.

"I was speechless when I saw the magnitude of the operation," said Sinsheimer. "The organization operates with exceptional efficiency and professionalism." She observed patients in tears as they put on glasses and saw clearly for the first time, and those in severe pain whom she helped graduate to the dental chair after first being denied care. "It was wonderful to see conventional and alternative practitioners working together as a team, combining the best of what we both have to offer, to provide health care that significantly improved lives."

"We still have a significant need for dentists, hygienists, and dental assistants, as well as, ophthalmologists, medical doctors and non-professional volunteers," says Congdon. "We encourage doctors to bring their entire staff." She notes that of the 7 health clinics they have done, they find the Coachella Valley to be incredibly generous in the way everyone comes together to provide assistance. "It has been really great to work with your community, and we continue to be impressed."

Out of state doctors and dentists are now able to volunteer as well, thanks to a 2012 regulation stating that medical practitioners with valid, current, and active licenses may participate in sponsored free health care events in California. Additional information is available on the California CareForce website.

"All of this is made possible by the dedicated volunteers who donate their time and resources to these clinics, and to whom we are extremely grateful," says Congdon. Major financial supporters include Goldenvoice, The Moss Foundation, Herb Alpert Foundation, Lu Foundation, Billy and Audrey L. Wilder Foundation, and the Chartwell Charitable Foundation. "With their generous contributions, we have been able to purchase the equipment we need to provide quality dental, medical and vision care in Coachella and throughout the state."

"To donate my skill set and see someone walk away free of ailments or disease that intrudes their daily life, capacity to work, or ability to attend to their family, is beyond heartwarming," says Sinsheimer. "This event reminds me why I continue to be called to medicine as my work and my passion."

Please consider volunteering at the Coachella Valley Expedition and visit www.CaliforniaCareForce.org to register. If you have volunteered with RAM-CA in the past, your user profile is still active on this site.

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Advanced Rehabilitation After Back Surgery

A case study approach to effective long-lasting relief

By Michael K Butler B.A.;P.T.A.;CSCS*D;RSCC*D NMT

When it comes to back surgery, you often hear stories of those who successfully recover and then others who never do. Certainly the type of surgery is a consideration; however, post-surgery rehabilitation is a key factor to regaining maximum potential after any type of back surgery.

I'd like to share an inspiring case study. Roberta Jennings suffered from sciatic pain down her right leg which in a year had dramatically reduced her quality of life. She is an artist and standing to paint was reduced to an hour; she couldn't carry over a pound, and sitting or lying down was her only relief. She was diagnosed with a forward slippage of vertebrae L4 over L5 (spondylolisthesis). Treatment included epidurals, stem cells and physical therapy, but provided little relief. After two years, she had a fusion of L4-L5 which delivered instant results.

Ten weeks after surgery she came to Kinetix seeking strength training. Starting with a thorough understanding of her condition, we set a goal to get her strength, stamina (and life!) back, emphasizing a slow, concentrated approach. Throughout her training, building lower abdominal strength, endurance, and basic daily living movements were the focus. This foundation is imperative. "Knowing and feeling what muscles needed to be active as I was doing exercise was the key to my successful rehabilitation," says Roberta. "Without thinking, I can now feel the support to stand for long periods of time, do laundry, and lift from the floor without worrying that I am going to injure myself."

At one year, Roberta was medically cleared to do whatever she wanted. Her doctor encouraged her to continue to build functional strength. "One year after surgery, I can now play 18 holes of golf with no pain and can paint standing for more than 7 hours. I feel strong and confident in everything I do." She is now able to carry over 60 lbs in each arm, squat with 100 lbs, and push a sled carrying over 275 lbs. It is her strong attitude, belief in her ability, and the will to succeed that has allowed her to commit to her strenuous regimen, and to get her life back.

Advanced conditioning post-surgery should be implemented once the soft tissue strength, movement mechanics, and range of motion have been adequately restored. Fear of re-injury and trauma from the surgical procedure are noteworthy concerns and should be addressed. It's also important to note that being too conservative months after surgery can impair one's ability for full recovery. The body will adapt to the physical stress that is placed upon it, and will successfully handle increased loads, as long as it's done in a linear fashion and with uncompromised form.

Michael Butler is co owner of Kinetix Health and Performance Center and can be reached at (760) 200.1719 or at michael@kinetixcenter.com.



Building a strong foundation post-surgery is essential for lasting results



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Take on the Challenge TODAY!

New mobile app enhances Healthy Lifestyle Challenge

The Coachella Valley Health Collaborative (CVHC) kicks off its 2014 Healthy Lifestyle Challenge March 1 with an upgraded app, and new City vs. City challenges already in place. Groups and individuals are encouraged to sign up at any time!

In an effort to increase the ease of use, this year's challenge will utilize Wellable, a mobile wellness company that enables groups and organizations to promote wellness through an engaged mobile app experience. Wellable also interfaces with other popular mobile apps such as RunKeeper, Fitbit, Foursquare and Moves to track physical activity and award "Wellable Points."

Nearly 2,000 Coachella Valley residents participated in the 2013 Healthy Lifestyle Challenge, recording more than 200 million steps (or 102,000 miles). Participants included 125 organizations such as valley cities and companies who competed for internal prizes, as well as the CVHC's "Best of the Best" award. A nominated panel considers all programs submitted for this special award and elects the most successful campaign based on meeting objectives and producing results. "Best of the Best" will once again be presented in October 2014.

The Healthy Lifestyle Challenge is a community call-to-action developed to help improve the health of Coachella Valley residents by promoting physical fitness and exercise. Participants can challenge friends and colleagues by walking, running, swimming, hiking, biking and even shopping. It all counts toward the final goal. Challengers can track their progress online or via a mobile app and receive weekly motivating reminders and health tips.

Let the Games Begin!

At the January kick-off breakfast hosted by Eisenhower Medical Center, many groups came forward to challenge one another. A city challenge among La Quinta, Indio and Palm Springs was created (and residents of those cities are encouraged to join their hometown team!). A hospital challenge among Eisenhower Medical Center, Desert Regional Medical Center, and JFK Memorial Hospital was put in place (so if you work there, jump on board!). A school district challenge between Desert Sands Unified and Palm Springs Unified was followed by a university challenge between Cal State San Bernardino's Palm Desert Campus and the University of California Riverside Palm Desert Center.

"I look forward to the residents of the city of Indio once again competing with community members from La Quinta and Palm Springs," said Indio Council member Glenn Miller. "This friendly competition is a wonderful way to encourage people to exercise and develop healthy eating habits improving overall health and well-being."

Whether you are an HR manager, a group leader, a family member or an individual motivated to improve your health, all Coachella Valley residents are encouraged to join a challenge – or create one – and participate in this free program.

Sign up today by visiting www.wellable.co/CVHC2014

For more information about the Coachella Valley Health Collaborative, contact Gary Jeandron, project director, at gjeandro@csusb.edu or call (760) 341.2883, ext. 78163 or visit the CVHC's website at <http://cvhc.csusb.edu>.



Palm Springs Councilmember Paul Lewin, La Quinta Councilmember Linda Evans, and Indio Councilmember Glen Miller make a formal city vs. city challenge

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Grab-N-Go Healthy at Palm Greens Café

By Lauren Del Sarto

When you think 'convenient, fast food to go' images that come to mind include hamburgers, sandwiches and burritos. Healthy fare is hard to picture, and often even harder to find.

But that trend is changing here in the Valley with FRESH Juice Bar opening a second location in Palm Springs, Juice It Up! opening a second location in La Quinta, and Luscious Lorraine's remodeling their Harvest Health Foods café for additional space and efficiency, to name a few.

When I'm passing through Palm Springs and want a hearty, healthy meal to go, one of my favorite stops is Palm Greens Café. Popular choices come from their full smoothie and juice selection including their famous Tim Bradley's Ultra Green Smoothie packed with spinach, kale, mint, banana, apple juice, ginger, probiotics, aloe vera and spirulina. Palm Greens owners, Greg Schmitz and Jeff Huyett even traveled to Las Vegas to provide their famous patron with his regular vegan fare. The café has named another meal-in-a-cup for frequent customer, Suzanne Somers.



The Tim Bradley Smoothie



Falafel & Hummus Rice Wrap

But what I love are their "burritos," convenient, gluten-free rice wrappers in selections that include the Greek, the Buddha (with eggless egg salad), Roasted Chicken Salad, Seasonal Roasted Veggie & Quinoa, the Venus (with a seed n' nut salad), the Garden (with grilled tofu, turkey, or wild salmon), and my favorite, the Falafel & Hummus wrap. These easy-to-handle wraps not only provide exceptional flavor, but also satisfy the 'need for substance.' What you won't get is that 3p drop in blood sugar from a carb-laden meal that drives you to Starbucks!

Jeff and Greg pride themselves on providing a friendly, comfortable atmosphere (dine in if time allows!) with high quality, sustainable, organic—and fairly priced—food. Their other offerings include an extensive breakfast menu, and full entrees for lunch and dinner.

Palm Greens Café is open 7 days a week for breakfast and lunch (7a-4p) and Tues – Sun for dinner (4p-9p). Dine in or take out and call in orders are welcome. 611 S. Palm Canyon Drive, Palm Springs. (760) 864.9900 or www.palmgreenscafe.com.

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Music lives forever. It is stronger than death, stronger than time, and its strength holds you forever when nothing else can. – Unknown

In Berlin, when I was 6 years young, my mother took me to the opera “Hansel and Gretel” by Engelbert Humperdinck (1812), based on the Brothers Grimm fairytale. It held many wonders for the musical imagination.

My grandfather was a signal trumpeter with the Ulan cavalry under Emperor Wilhelm. My uncle Otto played the contra bassoon for the Berlin Philharmonic. He always took the time to sit with me in front of our little Bakelite radio to listen to classical music and opera on one of only two available stations. Music coming over the airwaves was a mystery to me. It was a sign of the time; the rest was propaganda.

On New Year's Eve, the family went to enjoy the Berlin Symphony to listen to Beethoven's heavenly Ninth Symphony. To usher in the New Year, it was a ritual to have a dinner of poached carp and Sekt, the German version of Champagne.

Music became part of my life early on. In those days, life was good. But soon the peace vanished behind dark clouds. The year was 1938.

The tranquility of my early years was short lived. War engulfed Europe with all its horrors and waste. I could not understand why our apartment and my piano were destroyed during a bombing raid. My lessons had not even started. The essence of life became survival. I never learned to read or write music.

But the planted seeds of music had not perished. They were just latent, ready to sprout when history had regained some sanity.

After the war, the American soldiers introduced us to jazz, Dixieland, blues and gospel music. “Porgy and Bess” was the revelation of a musical soul. Like so many times in history, music built the bridge for people to be healed.

Music is an expression of its time, so over the years the variety and types have expanded. There is no bad music. The Beatles expressed it: “Let it be, let it be.” Important is how music resonates in your soul. Music resonates and its vibration creates energy.

Excavations in the Neanderthal area of Germany revealed a leg bone from a turkey. It had five holes, a mouth piece and could be played like a flute. The little instrument is about 600,000 years old and is the earliest record of a musical instrument played by our earliest ancestors. Indeed music has no boundaries; it is the language of the world.

Today's technology enables us to select our choice of music anytime, anywhere. Only an iPod and earphones are needed. The world's music can ride in your pocket; an awesome privilege. It should be cherished as sustenance for our soul, as background for deeply listening and really feeling the vibration. When the mind is open, music is meditation. It reaches the inner level of our consciousness to heal and sustain us.

George can be reached at ugadolph@live.com.

Step In Time

Improving the elderly gait

By Gina Malloy, PT, C/NDT, NCS

Fear of falling is a common concern as we get older. And rightly so, as approximately one third of the elderly and over two thirds of nursing home residents fall each year. This statistic is due largely in part to the fact that as we age, our gait tends to change. Nearly 50% of people over the age of 65 demonstrate an abnormal gait pattern.

Some changes are attributed to the aging process; other gait abnormalities may be secondary to a variety of medical conditions including fracture, stroke, Parkinson's disease, arthritis, and generalized weakness due to inactivity. Some of the characteristics associated with normal age-related changes in gait include:

Speed of Walking (velocity) often decreases as we age because elderly individuals tend to take shorter steps due to decreased strength of the calf muscles, which are responsible for propelling the body forward.

Double Stance Time refers to the amount of time both feet are on the ground at the same time during walking. The percentage of time spent in double leg stance increases with age because this provides a more stable position for moving the body forward. Because elderly people feel more secure when both feet are on the ground, they tend to avoid situations which require one foot to be off the ground for longer than the time needed to take a step. They may demonstrate loss of balance when asked to step over an object the size of a shoebox or be unable to step on and off a curb unless provided hand-held assistance.

Base of Support tends to increase in width as a person ages. An elderly person demonstrates increased side-to-side displacement when walking, much like the “waddling” pattern observed in the infant who is learning to walk. A wide base of support provides increased stability, but contributes to shortened step lengths and decreased speed. When the base of support is increased, there also tends to be a loss of rotation around the pelvis and a decrease in arm swing, which leads to a further decrease in step length and speed. In general, such a gait pattern can be described as “stiff” and “shuffling.”

Such changes in gait can be minimized by a combination of strength training, balance activities, and a walking program. Strengthening exercises should target key muscle groups which provide core stability and power in the legs. Balance activities improve the individual's ability to move over the base of support in all directions, maintain balance within a narrow base, or walk on a variety of surfaces.

The single most effective activity for preventing a decline in function with age is a regular walking program, so grab a friend and get out and walk! Because physical activity is also known to improve mood and confidence, fear of falling, and therefore risk of falling, may also be reduced.

Gina Malloy is a physical therapist with New Beginning Physical Therapy, Inc., an in-home therapy company and can be reached at (760) 218.9961 or online at NewBeginningPT.com.



Walking helps ensure a healthy stride



DENTURES WITH DR. MALM

DEAR DR. MALM: How many people in the United States wear dentures today?

Dear Reader: It is estimated that 32 million people wear dentures today. The largest group is the 65 to 74 year olds, and approximately 57% of Americans in this age group wear them. Of those who do wear dentures, 20 million have fit, function, and appearance problems. Unfortunately, people whose dentures are too old often put up with unnecessary embarrassment and discomfort when they don't have to.

DEAR DR. MALM: My dentures are only a year old and the teeth are worn. Also the base is turning color from a natural pink to an unsightly orange. Why would this happen?

Dear Reader: Although your dentures are practically new, they are showing accelerated signs of wear and tear. You may have opted for something less, not realizing just how important the quality of dental materials is to the long term durability, fit and appearance of dentures. For example, there are different grades of teeth which can be used. A higher grade is resistant to wear. The discoloration you described could be the result of a quick, cold cure technique used by the dental laboratory. More preferable, when fabricating new dentures, is a heat cure which takes more lab time, but is more stable and eliminates the chance for discoloration. Another downside of the cold cure technique is that susceptible individuals can be allergic to chemicals not eliminated in the process. Whereas, the heat cure technique eliminates these chemicals.

DEAR DR. MALM: I never want to lose my teeth and have to wear dentures. How can I avoid this problem?

Dear Reader: Preventative care and regular visits to your dentist are important. You can avoid many of these problems with comprehensive dental diagnosis and treatment coupled with your own daily care.

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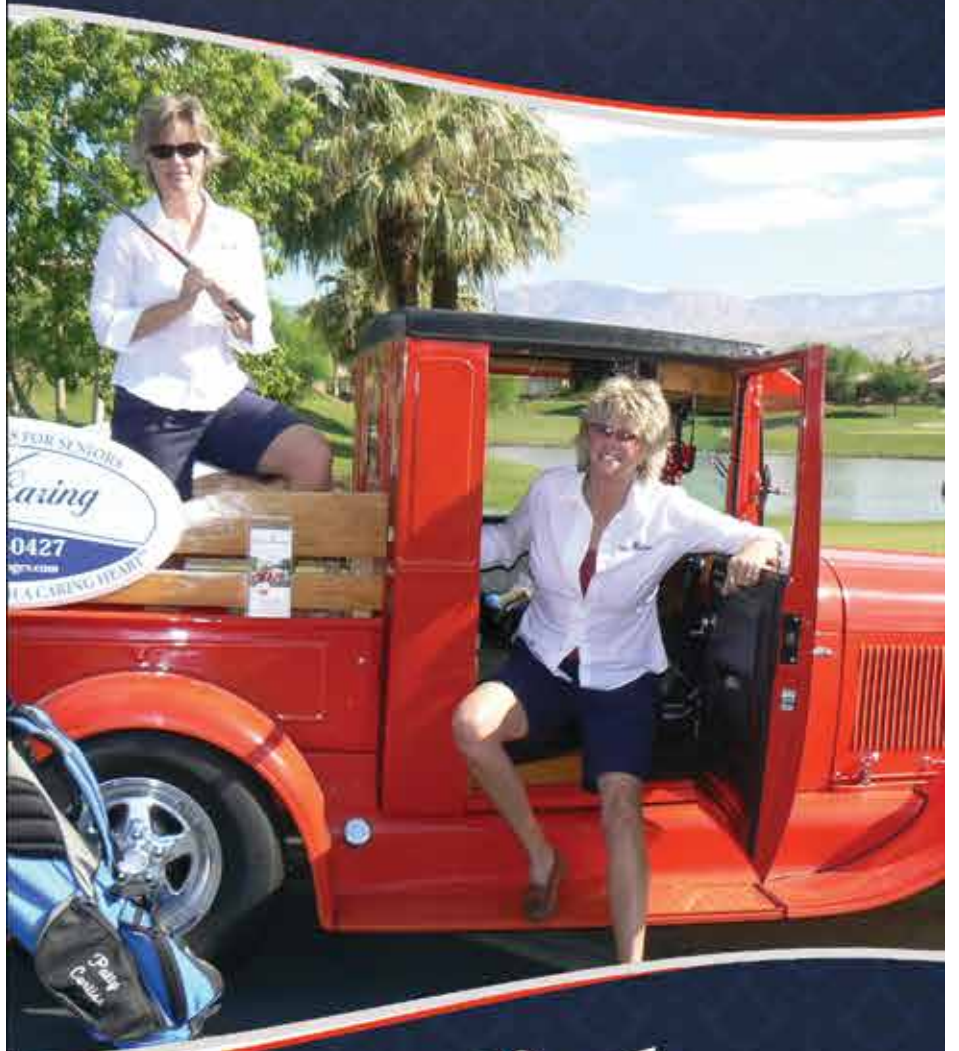
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One Size Does Not Fit All

Choosing a weight loss program that will work for you

By Shannon Sinsheimer, ND

Weight management is an ongoing health concern for most Americans today. Losing extra weight or keeping weight off is challenging and can be a constant source of frustration. Today, there are many programs that claim to aid in weight loss and weight maintenance, but not all of them are safe or effective. Listed below are brief overviews of three common weight loss programs that have proven successful for many people. Keep in mind, however, that each of these has its drawbacks, and no one program is perfect for every person. Any program needs to be customized to fit the individual, and you should always discuss any weight loss plan with your doctor before beginning.

Weight Watchers (and other prepared food programs)

Weight Watchers has been one of the longest standing successful weight loss programs available. The program has undergone many overhauls and changes, but the basic philosophy is still intact and effective: accountability and support, healthy lifestyle choices, and commitment to long-term habit changes.

Weight Watchers is a great program for those who need accountability and structure. However, the major pitfall is that Weight Watchers does not steer clear of processed foods and makes ongoing allowances for junk food. The program does encourage healthy eating, which is commendable, but the dieter must choose to stay away from the processed packaged food available as snacks and treats.

The Paleo Diet

The Paleo Diet is structured to eliminate grains and other inflammatory foods that are not compatible with optimal health. By eating low-carbohydrate, grain-free, high-protein, and high good-fat foods, the body is free to release excess weight held by inflammation and excess refined sugars and grains.

This has been a highly successful nutrition plan for many people, as it encourages dieters to eat fresh, whole foods such as vegetables and lean meats. The downside is that not all individuals can handle a high-animal-protein, high-fat diet. Although it has many merits, each individual considering the Paleo Diet must talk to his or her doctor about any challenges a high-fat and high-protein diet might cause him or her specifically.

The HCG Diet

The HCG Diet is a medical plan for safe and quick weight loss. The program includes a low-carbohydrate, low-fat, and limited-calorie diet with the addition of the hormone HCG. HCG helps suppress the appetite while mobilizing fat stores to maintain normal blood glucose levels.

The main benefit of this plan is the immediate loss of large amounts of weight in a short time period. The challenge is that it is a highly structured diet that must be followed diligently to maintain the weight loss.

Each of these plans simply has a different philosophy to encourage weight loss and a different way of structuring a nutrition plan to meet health goals. But throughout each of these diets, certain principles remain constant: eat fresh, whole foods including plenty of produce, limit processed foods and excess carbohydrates, drink plenty of water, sleep well, watch stress levels, and exercise regularly.

Shannon Sinsheimer is a naturopathic doctor with Optimal Health Center in Palm Desert and can be reached at (760) 568.2598.

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Your Happiness Quotient Determines Your Wellness Potential

When setting wellness goals, a simple starting point is often overlooked which greatly impacts our wellness potential: A place of happiness.

I recently read Shawn Achor's *Before Happiness* and learned that 98 percent of our thoughts are the same thoughts we had yesterday, and 80 percent are potentially negative. We have an innate tendency to focus more on the negative than the positive. This stems from our prehistoric beginnings when responding to threats was significantly more important than taking the time to gaze at a beautiful flower. The good news is that each one of us is hard-wired with a genetic happiness starting point, from which we can easily rise above our genetic make-up and our environment by making positive choices.

Achor's book provides a roadmap to increased happiness via strategies for shaping mental perspective. Since reading this book, I notice happiness almost everywhere I look. I am sure these concepts have always been with me, yet now I notice them more. Opening a portal of our mind to new ways of thinking unlocks a code which has always been circulating with us. Lately I have been consciously dancing to Pharrell Williams "Happy" and visiting 24hoursofhappy.com to watch happy videos. I even picked up a new magazine called *Live Happy* in which every article focuses on increasing positivity. All of these things bring me happiness and joy.

The biggest takeaway from the book is the fact that we are inundated with over 11 million bits of information per second but can only process 40 bits in that time. Our brains are bombarded with information and unless there is a conscious effort, our focus can veer towards the negative. This conscious effort does not mean omitting the negatives, but finding a balance. As we all have negative forces in our lives, we need to learn how to put them in proper perspective, since the way in which we deal with them determines success.

When issues such as lack of time or challenging family obligations impede our wellness goals, do we persevere or does negative self-talk ensue? We need to strengthen the tendency for positivity by taking any hurdle and consciously thinking of all the positive and negative associations. An example might be looking at a sink of dirty dishes. The mind can immediately think of the negative, yet working deeper with thoughts, images of the soothing warm water on the hands while washing the dishes, or doing the dishes for another out of love brings happiness. By strengthening the ratio of positive ideas to negative, we can look at the work differently. When we are able to look at the world differently in small ways, larger successes seem more attainable in our lives.

I challenge each of us to strengthen our practice of positivity as our first exercise towards wellness. After we strengthen this for ourselves, we can help others, and slowly beauty will abound in all of us!

A Healing Gift from the Dead Sea

By Nava

Popular with tourists from all over, the Dead Sea is one of Earth's most spectacular natural and spiritual places. This ancient body of water, which borders the Jordanian east coast and Israel to the west, is considered one of the world's leading and most unique healing sites for treatment of skin and lung diseases. Thousands of visitors from around the globe visit every year staying in Jordan and Israel, both natural reserves well-known for their beautiful hotels and retreats.

The Dead Sea is located at the deepest point in the Great Rift Valley, the world's longest geographic phenomenon – 6,400km (4000 miles) crossing through 20 countries. It is over 1,312 feet below sea level, the lowest point on the face of the Earth. Its water is 10 times saltier than average seawater, with a salt content of 34% - compared to about 4% in the oceans.

This incredibly buoyant mineral-rich, salty water enables one to float effortlessly. It is unusually warm and has attracted visitors since ancient times. Cleopatra used the Dead Sea as her natural beauty spa and today, the unique combination of minerals offered are used in a wide array of industries from Egyptian salves and soap, to mummification and agriculture, to skin care. It is one of the most healing natural sources existing on Mother Earth and many known celebrities use natural Dead Sea products to maintain a youthful look.

Dead Sea salts pack a powerful oomph, with at least 35 different kinds of mineral salts present in massive quantities. The many benefits of the water come from not only the mineral content, but also the very low content of allergens and pollens in the atmosphere, reduced ultraviolet components of solar radiation, and higher atmospheric pressure at this great depth. Each of these elements provides a specific health effect, as do the many minerals present in Dead Sea Salt, some which replenish those in our own bodies including chloride and bromine, calcium, magnesium, sodium and potassium.

Dead Sea salts soften and smooth skin, and help to heal acne, psoriasis and eczema. Dead Sea Salts enhance your natural glow, restore dry skin, and can be used as a fabulous bath treatment. They are also known to relieve stress and muscle aches, and to purify surrounding energy.

Dead Sea mud is even higher in concentration of minerals and humid acid – rich with silicon dioxide, calcium oxide, iron oxide, titanium oxide, and chloride to name a few. When blended with essential oils, Dead Sea mud and clay provide anti-inflammatory, desensitizing and healing properties which help detox the body, and relieve muscle tension and joint pain. You will find these products used in popular healing and beauty treatments in some of the world's most renowned spas.

To explore the amazing Dead Sea, indulge in products made with authentic natural Dead Sea minerals, free of artificial color and other toxins which defeat the purpose of natural healing. Enjoy the liveliness the Dead Sea can bring to your health and soul!

Nava is the founder of Nava Natural Skin Care, natural and organic products made with Dead Sea minerals and salts. www.NavaNaturalSkinCare.com (877) 803.1818.



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La Quinta Nutrition Students Shine

During the Humana Challenge, a group of La Quinta Middle School students had their final exam broadcast on television in front of a crowd. For these little chefs, it was a piece of cake... Well, actually, just the opposite!

The 45 nutrition class students finished their 3 ½ month course on healthy eating and cooking with a smoothie contest conducted by the PGA Tour Wives Association. Nutrition teachers Marta Shand, Aurora Jimenez and Tiffany Miller watched with anticipation as ten teams selected healthy ingredients, created recipes and whipped up delicious concoctions for the judges.

Students selected ingredients for their smoothies

A bounty of fruits and vegetables

Ingredients included organic berries, dragon fruit, avocado and spinach provided by the Certified Farmers Market, along with a few tasty additives like peanut butter, honey, and yogurt.

Teams were instructed to preview the ingredients, pick a team name, fill out their entry forms, work together, and most importantly, to be creative and have fun. One team member

was selected to deliver the finished samples to the judges' table, which was full of green, red, yellow and blue drinks, some of which were even garnished with fruits or sprigs.

The scrutinizing judge's panel included pro golfer David Lingmerth; Michael Wilhite, Director of Supplemental Services K-12; and Desert Sun health reporter, Victoria Pelham, who awarded top honors to The Green Apples for their tasty smoothie full of color, consistency, creativity and above all, taste.

Aprons and hats were provided by Humana and the PGA Wives Association

The event was part of the PGA Tour Wives Association national tour. "We travel all over the country and do events like these," said President Amy Wilson, wife of Pro Mark Wilson. "And it's really the highlight of the week for us. We love interacting with the kids and learning their stories, and the focus on food and health is a fun lesson for all."

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Coachella Valley's Health Care Industry
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Paving the Way for Health Care Careers

Students interested in today's health care field have a wide range of career options, and the Indio High School Health Academy works to pave the way for their students. Their career/tech program is designed to provide students with knowledge and an understanding of health/medical sciences and careers. In addition to class education, the Academy provides essential hands-on skills, job shadowing, internships, field trips, and guest speaker presentations to ensure students' success in their college and career choices.

The Indio Health Academy encourages and motivates students who wish to pursue a career as a doctor, nurse, medical equipment technician, veterinarian, paramedic, medical assistant, sports medicine practitioner, dental assistant, and many other medical-related careers. A forensic science course is even offered.

The Academy's three-year interdisciplinary program is open to all incoming sophomores and juniors who are interested in pursuing a degree in a medical-related field. In an effort to prepare students for a challenging medical curriculum, English, social studies, science, and health occupations teachers collaborate to develop a rigorous academic curriculum for students. Students are offered opportunities to examine health sciences and medical practices around the world, make ethical decisions to improve the health and quality of life in our community, and practice skills in health science beyond the classroom walls. Students also learn to participate in society as advocates for a healthy community.

Community partners provide hands-on experience

Senior interns who fulfill a year-long volunteer internship commitment obtain many of the basics in vital signs skills and medical terminology; CPR/AED and first-aid certifications; EKG and methods of injections; anatomy, physiology, human growth and development, biology, chemistry, diseases and conditions; as well as, confidentiality ethics, universal standards, and front/back office skills.

Thirty of the Indio Health Academy students attended the California HOSA State Leadership Conference in Sacramento last year. The conference offered workshops, sight-seeing trips to the capitol, and group competitions. "We are proud to report that half of our teams advanced to the second round in their category, and we could not be more proud of these outstanding young scholars and leaders," said Donnell Jordan, Jr., Lead Teacher for the Medical Health Academy. "Best of all, these amazing young people came back filled with confidence and pride."

The program could not take place without the support of community partners, including JFK Memorial Hospital, Volunteers in Medicine, AVID Physical Therapy, and Dr. Alejandro Bautista, who provide unique experiences for students through job-shadowing and internships. JFK is an active participant hosting students in the emergency room, radiology, labor/delivery, and the nursery. Their staff continues to encourage and mentor students to stay focused and continue in their education.

For more information on Coachella Valley Health Academies or to become a community partner, please contact Donna Sturgeon at Donna@cvep.com.

www.DesertHealthNews.com



Financial Planning vs. Retirement Planning

By Reesa Manning, Vice President & Senior Financial Advisor

According to the most recent (2012) Household Financial Planning Survey conducted by the Certified Financial Planner Board of Standards, only 31% of financial decision makers have a comprehensive financial plan. If the survey had asked respondents to define comprehensive financial plan, few probably could have; most people define financial plan synonymously with retirement plan. In reality, a retirement plan is just one component of a comprehensive financial plan, which also covers savings, investments, insurance, education planning, emergencies, major purchases, and other financial goals.

What is a financial plan? If you imagine your life like a road trip, your financial plan is the map that guides you from point A to point Z, making all the stops you had envisioned along the way (those are your goals) without ever running out of gas. Your financial plan hinges on the goals you set — living within your means today, as well as saving for near-term goals like a family vacation or new car, for medium-term goals like children’s college educations, and for long-term goals like retirement.

What is a retirement plan? A retirement plan is one component of a complete financial plan; if your financial plan is your master road map, your retirement plan is like a map inset, providing the details to get you from where you are now to your retirement and to live the kind of lifestyle you want once you’re retired. Your retirement plan takes into account your age, your current financial situation, and your goals for retirement. It includes, most basically, how much you need to set aside in what kind of investments (as well as the help you’ll get from pension plans, Social Security benefits, and health care benefits).

While financial planning and retirement planning are not the same, you cannot have an effective retirement plan without a comprehensive financial plan. Why? Because if you don’t have a financial plan in place to meet unexpected, short-term, and medium-term goals, your chances of achieving your long-term goals (retirement) are slim. At the same time, unless you truly plan to work until the day you die, a retirement plan is an essential component of a comprehensive financial plan.

It is important that you keep both your financial plan and your retirement plan up to date. Both plans are based on assumptions about your current situation, including income, expenses, goals, investment returns, and tax rates. When those factors change, your plans need to change as well.

Reesa Manning is Vice President and Senior Financial Advisor at Integrated Wealth Management, specializing in retirement and income planning. For more information, call Reesa at (760) 834.7200, or reesa@IWMgmt.com.

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Does My Doctor Take My Health Plan?

By Randy Foulds

Is your doctor accepting your health insurance plan? It’s hard to tell, even for your doctor’s office.

When you call and ask, you probably tell them you have a PPO from one of the top three insurers. Let’s use Anthem Blue Cross as an example. If you have a doctor who takes Anthem Blue Cross PPO coverage, you still might get billed for an out of network service. That’s because there are nine different PPO provider networks that doctors can be in, or out of. There is one for large group plans, another for small group plans, one for older grandfathered plans, one for grandfathered individual plans, one for new plans bought through Covered California, and yet another for new plans bought outside of the exchange, such as directly from the insurer.

When you visit your doctor the next time, his staff will ask if you have new insurance so they can call the number on the back of your card to verify they are part of your provider network and that your insurance is valid. Until they call, even they are not sure. On the newest plan I.D. cards, the network is listed at the bottom of the card. Any new 2014 plan is probably part of the Pathway network. If you enrolled through Covered California (known as “The Exchange”), your card will be labeled Pathway X.

The only difference is how much the doctor is going to get paid. For some doctors, especially a large practice with high overhead, it may not have been feasible for their business to accept every PPO from a given insurer, so they may

take some PPO plans, but not all. For others, it makes good sense to be one of the practices accepting new patients and new health plans.

Unfortunately, there are currently no physicians in the Coachella Valley accepting the Anthem Blue Cross HMO sold through Covered California. If you are enrolled in one of these plans, please call your agent or Anthem Blue Cross to be changed to another plan, preferably a PPO.

And that is really what the current situation comes down to. Some doctors decided to help new patients who have not had coverage in years and accepted these new plans. Others made decisions based solely on their financial business model. One doctor went so far as to tell me that the reimbursements to him under some new plans were, in his words, “insulting.”

If the doctors, facilities and providers in our society can’t see that helping the newly insured get badly needed health care is good business and good for the community, then who is really being insulted? Maybe it’s the rest of us who believe that quality health care for all should come before profit margins.

No matter what your health plan, check your provider network before you visit the doctor.

Randy Foulds is a Certified California Exchange Health Insurance Agent (license #0G69218) with Feldmann Insurance and can be reached at (760) 346.6565.

“Some doctors decided to help new patients who have not had coverage in years by accepting new plans; others made decisions based solely on their financial business model.”
– Randy Foulds



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Bill Robinson

Still Without Health Insurance? You have until March 31st to enroll

By Bill Robinson

If you are still without health insurance, or wish to change your current plan, you still have a little time to select and apply for new Affordable Care Act (ACA)-compliant health insurance. You must apply by March 15, and March 31 is the close of this initial Open Enrollment Period, for an April 1, 2014 effective date.

After March 31, 2014, ACA prohibits purchase of new or replacement individual health insurance for the balance of 2014. The next Open Enrollment Period will run from October 15, 2014 to December 7, 2014, for a January 1, 2015 effective date.

These designated Open Enrollment Periods are designed to prevent individuals from postponing enrollment in individual health insurance until they need it (due to a serious injury or major illness). Remember, insurance of any kind is intended to be something you buy *before* you need it, not after the problem or loss occurs.

There are many benefits to the new ACA, which are worth repeating. Most importantly, all individual health insurance is available on a "guaranteed issue basis." This means there are no health questions, no listing of your medications, no medical underwriting, no pre-existing condition exclusions. And the ACA has put a new \$6,350 cap (or less) on your total shared cost of deductibles, co-pays, etc., which for the first time also includes all of your prescription costs.

So if you have major medical expenses, or take very expensive prescription medications, once you have spent \$6,350 from any and all of your medical and prescription bills, your plan will pay 100% of all of your medical and Rx bills for the balance of the calendar year. Note: this does not apply if you use non-PPO Network Providers or if any medical services you receive are not "covered expenses" under your health plan (such as cosmetic surgery not resulting from an injury).

In addition, if your income is below 400% of Federal Poverty Level (about \$43,000 for a single tax filer, and \$63,000 for joint tax filers), you may qualify for a significant Premium Tax Credit to help pay your monthly health insurance premiums. To apply for health insurance with a Premium Tax Credit, you can only apply for your new health insurance through the new Covered California Marketplace ("The Exchange"). You can do this directly at www.coveredca.com or through a Covered CA Certified & Licensed Health Insurance Agent.

In addition, for those with incomes below 250% of Federal Poverty Level, you may also qualify for a Cost Sharing Subsidy (CSR). This will significantly lower your health plan's deductibles, co-pays and annual out-of-pocket maximum. Again, CSR is only available when applying through the new Covered California Marketplace. This CSR, along with a Premium Tax Credit, can provide very rich benefits at a very low net cost to qualified applicants.

Bill Robinson has been a licensed agent for 31 years, and is owner of Palm Canyon Insurance Agency in Palm Springs. (760) 416.4225



Desert Events

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hearts of gold
26TH ANNUAL HEART BALL

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Miramonte Resort & Spa · Indian Wells, CA
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"Hearts of Gold" to Celebrate National Honorees

By Barry Hackshaw, MD

Three local superstars, each honored with the highest awards bestowed by the national office of the American Heart Association, will be celebrated at this year's Heart Ball appropriately entitled "Hearts of Gold."

The 26th annual event takes place Saturday, April 12 at the Miramonte Resort & Spa in Indian Wells. In addition to dinner and dancing, the evening's festivities will include recognition of Gold Heart award recipients Charlie Shaeffer, MD, and Hank Wasiak, as well as Healthcare Volunteer of the Year, Mary Caldwell. "It is unusual for a small division such as ours to have three nationally recognized award winners," remarked Keith Goff, chair of the AHA's Coachella Division.

Charlie Shaeffer, MD, was the 2010 Gold Heart award recipient. This award is conferred on individuals who have rendered the most distinguished service in advancing the objectives of the AHA nationally. Dr. Shaeffer has spent almost 40 years as a volunteer and was instrumental in the establishment of the AHA's Coachella Valley Division over 35 years ago. He has served on numerous committees at the local, regional and national levels, and played a central role in California's tobacco tax initiatives, some of which have become models for tax initiatives in other states. Those advocacy efforts earned him the AHA's Volunteer-Associate award in 2006. He holds a leadership position with the AHA Council on Epidemiology and Prevention and is currently the president of the local division. Dr. Shaeffer has a long and distinguished career as a valley cardiologist at Desert Cardiology and Eisenhower Medical Center. He also serves on the Board of Trustees for Eisenhower Medical Center.

Hank Wasiak was presented the prestigious Gold Heart award last June in Dallas. A volunteer for the AHA for over a decade, Wasiak has been a driving force in the AHA's efforts to raise stroke awareness. He has been the chair of the American Stroke Association Advisory Committee since 2010 and provided key insights for media initiatives including the well-recognized F.A.S.T. /Ad Council campaign. Under his leadership, the AHA greatly enhanced its digital and social media outreach, including a new Facebook community and a mobile app for stroke warning sign recognition. Wasiak is currently a member of the AHA national Board of Directors and sits on a number of national AHA committees. He has had a distinguished career in communications as the retired vice chairman of McCann Erickson WorldGroup and is currently a partner at the Concept Farm, a New York City-based communications agency.

Mary Caldwell, RN, PhD, was also recognized last June in Dallas with the Healthcare Volunteer of the Year award for her 38 years of service in both scientific and volunteer roles. Her award recognizes outstanding contributions to, or achievements in, cardiovascular disease and stroke patient care. Dr. Caldwell has served leadership roles in the Council of Cardiovascular Nursing of the AHA as well as board chair of AHA's western states affiliate and member of the national Board of Directors. As a founding member of the AHA's Accelerator Committee, she applied her venture capital skills to help build this new program which is accelerating bench science to the clinical arena. Dr. Caldwell has held positions as a cardiovascular critical care nurse, medical device marketing manager, healthcare strategist, venture capitalist and scientist studying symptoms of heart disease.

We are pleased to honor these distinguished national awardees and hope that you will take the opportunity to meet them personally at "Hearts of Gold" on April 12.

For tickets and information on the 26th annual Heart Ball, visit www.heartsogoldcv.com. (760) 346.8109 or email meagan.bruskewicz@heart.org.



Thursday, April 24, 2014

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 - Oscar's Café & Bar
 - Palm Greens Café
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 - The Purple Room
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 - Rio Azul Mexican Bar & Grill
 - Spencer's Restaurant At The Mountain
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The H.N. and Frances C. Berger Foundation
Presents the 19th Annual




Jim Cook
Day of Hope
for Diabetes®


Produced by Desert Diabetes Club
Saturday, March 22, 2014
8 a.m. to 3 p.m.

Annenberg Center for Health Sciences at Eisenhower
39000 Bob Hope Drive, Rancho Mirage

Keynote Celebrity and Medical Speakers



Tony Orlando
Award-winning Entertainer
Advocate for Diabetes



Jeralyn Brossfield, MD
Gynecologist/Obstetrician
Medical Director
Eisenhower Wellness Institute

This FREE, full-day event provides inspiration and information for those who have diabetes or are at high risk for diabetes, their families and friends.

Plus more than 20 educational sessions by physicians, researchers, nutritionists and other health experts.

Spanish speaking lectures & exhibitors offered

SESSION SCHEDULE

7:30 a.m. – 1 p.m.
Registration/Membership

8 a.m. – 1 p.m.
Lunch Tickets
Members: FREE / Non-Members: \$5

8 a.m. – 3 p.m.
Product Fair – Vendors

8 a.m. – 3 p.m.
FREE Diabetes Screenings
Desert Diabetes Club Members Only
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Stroke Risk Assessment – Eisenhower Medical Center
Feet – Eisenhower Medical Center Podiatrists
A1C – Desert Oasis Healthcare
Blood Pressure – Eisenhower Medical Center
Body Mass – Take Shape for Life®

8 a.m. – NOON
Turn in your written questions for Ask the Doctor panel and prizes (3 p.m.)

9 – 9:45 a.m. SESSIONS
Diabetes and Your Heart
Seemal Mumtaz, MD
Cardiothoracic Surgeon
Eisenhower Smilow Heart Center

The Kidney Machine, Rodolfo Batarsé, MD
Nephrologist, Eisenhower Medical Center

The Latest and Greatest: New Advances in Diabetes, Paul Guleria, MD, Endocrinologist
Medical Director, Joslin Diabetes Center

Private Matters, Lance Walsh, MD
Urologist, Eisenhower Medical Center

The Diabetic Eye: Good Decisions, Good Vision, Bad Decisions...
Michael Roth, OD, Optometrist

10 – 10:45 a.m. SESSIONS
Diabetes in the Golden Years
K. Douglas Thrasher, DO
Family Medicine Physician
Mark Minot, MD, Family Medicine Resident
Center for Family Medicine

The Kidney Machine (SPANISH)
Rodolfo Batarsé, MD, Nephrologist

Hypoglycemia: How Low Can You Go?
Marielena Cid, RN, CDE, BSN
Diabetes Educator, Eisenhower Medical Center

Meds Count, Ashish Patel, PharmD
Pharmacist, Walgreens Pharmacy

Keep It Clean...If You Want to Eat
Klaus Yi, DDS, Periodontist
Desert Periodontists

11 – 11:45 a.m. CELEBRITY KEYNOTE SPEAKER
Living with Diabetes, Tony Orlando

NOON – 1 p.m. LUNCH BREAK
Product Fair Open

NOON – 12:30 p.m.
Chair Exercise, Joseph Weaver
Certified Fitness Trainer
Eisenhower Renker Wellness

NOON – 12:45 p.m. SESSION
Children and Diabetes
Yuri Krochmaluk, RN, BSN-BC, CDE
Diabetes Educator
Eisenhower Medical Center

1 – 1:45 p.m. MEDICAL KEYNOTE SPEAKER
Tame the Flame: How Lowering Inflammation is the Key to Wellness
Jeralyn Brossfield

3 p.m. ASK THE DOCTOR PANEL
Prizes awarded at these sessions!
Rodolfo Batarsé, MD, Nephrologist
Jeralyn Brossfield, MD, Gynecologist/Obstetrician
Ashish Patel, PharmD, Pharmacist

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We are Proud to Support These Desert Events



March 1 • Walk to End Alzheimer's

The 15th annual Alzheimer's Association event takes place at Palm Desert Civic Center Park. Local residents and businesses will gather to raise awareness and funds to fight this growing disease. In addition to the two-mile route, attendees will enjoy a health fair, entertainment, food, awards and family festivities. Registration opens at 9a and the walk begins at 10:30a. Visit www.alz.org/socal or call (760) 328.6767.

March 2 • Poses on El Paseo

Come enjoy a day in the sun with yoga, music and healthy cuisine to benefit Coachella Valley's Volunteers in Medicine. A two-hour class performed to live music by local yoga instructors is for people of all ages and ability. 7a-11a at The Gardens on El Paseo. Donations \$25 in advance/\$35 onsite. Visit www.PosesonPaseo.com.

March 22 • Jim Cook Day of Hope for Diabetes

This FREE educational event is open to all those interested in diabetes care. Many medical speakers are featured and this year's celebrity keynote speaker is legendary entertainer, Tony Orlando. 8a – 3p at Eisenhower's Annenberg Center for Health. Visit www.EMC.org/DDC or call (760) 773.1578.

April 12 • American Heart Association Heart Ball

"Hearts of Gold" will feature a festive evening of dinner, dancing and honoring three nationally recognized award winners, Charlie Shaeffer, MD, Hank Wasiak, and Mary Caldwell, RN, PhD. 6:30p – 11p. Miramonte Resort, Indian Wells. Visit www.heartsofgoldcv.com or call (760) 346.8109.

April 16 • Saving Strokes

Stroke survivors and caregivers are invited to a "get back into the swing of things!" at this FREE group golf lesson and lunch at Desert Willow Golf Course in Palm Desert. Learn new tricks and information about adaptive golf equipment available for those who need assistance while playing golf. 10a – 1:30p. Call (916) 446.6505 or contact carrie.vines@heart.org.

April 24 • Dining Out For Life

Treat yourself, family and friends to dinner on the town and help fight AIDS. On this one special day, over 35 participating restaurants, coffee shops, and bars throughout the Coachella Valley commit to donating a portion of their day's proceeds to client services at Desert AIDS Project. See page 25 for a list of participating establishments, visit www.diningoutforlife.com/palmsprings or call (760) 992.0442.

Focus on Wellness at the 19th Annual Jim Cook Day of Hope for Diabetes®

Jim Cook Day of Hope for Diabetes® returns to the Annenberg Center for Health Sciences at Eisenhower on Saturday, March 22, and everyone is encouraged to attend. This free, educational event is presented by the H.N. and Frances C. Berger Foundation and the Desert Diabetes Club, and will feature award-winning actor/singer Tony Orlando.

Known for his beloved *Tie a Yellow Ribbon Around the Old Oak Tree* — an American anthem of hope and homecoming, reunion and renewal — Tony Orlando has enjoyed much success during his more than 50 years in the entertainment business. Motivated by a close family member's experience with diabetes, Orlando continues to raise awareness about the disease in events across the nation.

Orlando's presentation will accompany educational sessions by physicians, researchers, nutritionists and experts from Eisenhower Medical Center, Joslin Diabetes Center at Desert Regional Medical Center, and Desert Cardiology Center. Topics will include diabetes treatment, pre-diabetes, new findings, diet, exercise, and long-term implications.

Topics added this year include dental health with periodontist, Klaus Ye, DDS; coping with diabetes in elder years by Douglas Thrasher, DO; "Private Matters" (ED and Low T) with urologist, Lance Walsh, MD; and parenting a child with diabetes by Marielena Cid, RN, CDE.

The popular "Ask the Doctor" session will return, offering attendees the opportunity to query physicians about their particular areas of concern, and a Spanish session with Dr. Rodolfo Batarse will take place at 10 a.m.

This year's medical keynote speaker is Jeralyn Brossfield, MD, Medical Director of the Eisenhower Wellness Institute. Dr. Brossfield will present *Tame the Flame: How Lowering Inflammation is the Key to Wellness*. Melinda Read, popular television personality and spokesperson for the Day of Hope, will emcee the day's events.

A product fair showcasing the latest technology, treatments, and resources for persons with diabetes will be open to all attendees and will include healthy cooking demonstrations with Sally Saban. Testing offered will include A1c glucose levels, body mass index (BMI), stroke risk assessment, foot circulation, and blood pressure.

The Desert Diabetes Club is a non-profit organization designed to educate all Coachella Valley residents about both type 1 and type 2 diabetes. The club meets monthly (October through May) at the Annenberg Center for Health Sciences at Eisenhower. With a tax-deductible membership of \$25, members receive vital information about diabetes and improving their quality of life through lectures by diabetes professionals. Social and support events are also planned throughout the season.

If diabetes affects you or someone you love, you are encouraged to attend this FREE event to enjoy the festivities, and to learn the latest information on controlling the disease and living a life of wellness.

Jim Cook Day of Hope for Diabetes® will be held from 8 a.m. to 3 p.m. at the Annenberg Center for Health Sciences at Eisenhower. For more information, please call (760) 773.1578 or visit emc.org/ddc.

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March 11

Gail Sheehy
Life Cycle Expert and Bestselling Author
TUESDAY, MARCH 11, 2014

As the bestselling author of 15 books, including the revolutionary *Passages*, Gail Sheehy has changed the way millions look at their lives. She will share dynamic insights based on her groundbreaking observations of men and women within different phases of life and how they can enjoy them to the fullest.



April 9

Dr. Eben Alexander
Renowned Neurosurgeon and Author
WEDNESDAY, APRIL 9, 2014

Dr. Alexander will discuss his near-death experience and his book *Proof of Heaven: A Neurosurgeon's Journey into the Afterlife* that chronicles his powerful, life-changing story. Dr. Alexander's story offers a crucial key to the understanding of reality and human consciousness.

For full biographies of our expert speakers, visit www.emc.org/wellness.



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