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Integrated Health Care: Aspiration of Both Consumers and Medical Professionals

The Consortium of Academic Health Centers for Integrative Medicine defines this practice as "medicine that confirms the importance of the practitioner/patient relationship; focuses on the whole person; is evidence-based; and uses all appropriate modalities, health care professionals and disciplines to achieve health and healing."

Following this logic, patients win. We receive medical attention that considers our whole person - mind, body and soul. Our doctors take the time to listen and to recognize that the supplements we take and alternative therapies we engage, really do enhance our life and well-being. We want our medical and natural health care practitioners to work together in our best interest to enhance our health – and our lives.

As Desert Health® celebrates our inaugural year, we look back on the interviews and editorial covered and understand that a majority of medical professionals prefer this whole person methodology. It is the con-

ventional system that does not always afford the time to take this approach.

Fortunately, things are changing. Many practitioners and institutions are moving in an integrated, inclusive direction to answer consumer demand and to deliver more fulfilled doctors.

"You enter college with the ideals of helping people and becoming an advocate for your patients," states Chris Flores, M.D., a family practitioner in Palm Desert. "But the traditional system does not afford doctors the time to take ownership of your patients' well being and to offer whole person health care." Flores is one of many Coachella Valley physicians who have opted for private practice and have embraced integrative medicine for whole person care.

"I am earning less than I would have within the system, but I enjoy significantly greater satisfaction."

Our local hospitals understand the demand and

Continued on page 11



After reading Desert Health's October feature on breathing, I expressed my appreciation for this newsworthy editorial, and was asked to share my life-changing struggle with Valley Fever (VF). VF is a debilitating lung disease which is challenging to diagnose as its symptoms mirror those of other conditions.

Everyday we use our life force to keep our heart beating. We breathe. Never did I imagine inhaling and exhaling would make me so ill. I contracted VF near the tail end of my second pregnancy, while also raising a toddler on my own. My name is Bronwyn Ison and this is my story...

During my third trimester, I developed a chronic cough. I wrote it off as a new allergy. Then, ten days after delivering my baby girl, I came down with pneumonia. A prescription helped me to overcome the pneumonia, but the chronic cough persisted and was even more fierce than during my pregnancy. I was fatigued and stressed. The pressure in my head was intense from coughing, and my chest felt weighed down by a ton of bricks. I developed a spiking fever and night sweats. I knew something serious was happening in my body.

After several visits to my primary care physician, I was prescribed medication and an inhaler for what might be asthma. After six months of back and forth to the doctor, this turned out to be a failed attempt to cure my illness. As a last resort, I was tested for Valley Fever. I had never heard of this condition, but would come to learn that VF, also known as Coccidioidomycosis, is a spore (fungus) found in the earth's soil. It is most prevalent in Arizona, where I was living at the time, but also found in Nevada, Central California, and Texas. Since the spore is airborne all you have to do is breathe. The fungus attaches itself to your lungs and you become its host. VF begins wreaking havoc on your lungs and immune system, and mimics flu-like symptoms. With this diagnosis, I delved into learning as much as I could about the disease.

According to the University of Arizona College of Medicine, the number of reported VF cases is rising each year. In 1997 the state of Arizona made VF a reportable disease, and by 2010 a reported 11,888 per 100,000 people tested positive for VF. The American Lung Association reports that areas with mild winters, agriculture, and dust storms can stir the fungus into

Continued on page 19



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Photo by Simply English

This 6th edition of *Desert Health*® marks the culmination of our first year in publication. We could not have gotten here without the continued support and contributions of the many health care companies, professionals, contributing writers and community groups featured within our pages. I am truly grateful to all of you.

Desert Health® was created specifically to promote the convergence of conventional medicine and alternative modalities. Our growth and success supports our strong belief that the Coachella Valley is a leader in "integrative medicine."

I would like to once again thank those who have supported our vision. As I stated in our inaugural issue, "many members of the medical community, as well as those practicing natural and alternative therapies, understand the challenge of providing a communication medium in which both practices can comfortably co-exist. I respect their insight and do not take this responsibility lightly." A year later this statement still rings true, however, as the use of integrative medicine grows, and we stand by our mission of providing reliable, science-based information, this task becomes less and less of a challenge. I always have, and always will, consider it an honor.

As we grow, *Desert Health*® will continue to recognize accomplishments, celebrate our health care community, educate our readers, and encourage you to "get out and do!" The addition of our Desert Events section presents opportunities to do just that. These local sporting and health-related events also bring us and our participating practitioners to you. We enjoy meeting you, hearing from you, answering your questions, and helping you succeed in living your healthiest – and happiest – life possible.

Very special thanks goes out to Heather McKay of M.Kay Design, those graphic creativity truly sets *Desert Health*® apart. To Chanin Cook, whose "word smithing" helps our readers enjoy medical editorial and whose friendship I couldn't live without. To Jo Ann Steadman whose fine tooth editing (at all hours) delivers a precise end result. Thank you for joining our team. To my husband, Tommy, for putting up with me through the many deadlines. And last, but certainly not least, to my best friend and mom, Doris, who many of you have already met or will meet at *Desert Health*® events. She is by my side, always smiling and helping whenever needed with editing, events, and overall support.

My greatest sense of accomplishment comes from readers who tell me they truly enjoy reading *Desert Health*®. I thank you from the bottom of my heart and look forward to meeting each of you throughout the season!

Best of health,

Lauren Del Sarto
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We welcome local health related news stories:

Please submit proposed editorial via email as a Word document with a bio and hi resolution photo of the writer. All submissions are subject to approval and editing at the Publisher's discretion and may or may not be published. Article and advertising deadlines are the 15th of the month prior to publication.

Community photos on health & wellness:

We invite you to submit photos that portray health and wellness in the Coachella Valley. Email high resolution photos (minimum 300 dpi) to News@DesertHealthNews.com with photo caption and credit. Submitted photos may be published free of charge by *Desert Health* and will not be returned.

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Dec. 3-4 • Inaugural HITS Triathlon Series Event

This event at Lake Cahuilla in La Quinta offers "A distance for everyone!™" The novice triathlete will enjoy the Open - a 100 meter swim, 3 mile bike and 1 mile run. Experienced triathletes choose from the Sprint, Olympic, Half and Full. Registration is open for all distances until Nov. 25. This exciting venue will be followed by 11 others across the country, culminating back at Lake Cahuilla for the HITS National Championship Dec. 1-2, 2012. Visit www.HitsTriathlonSeries.com or contact info@HitsTriathlonSeries.com for more information.

Dec. 3 • Jingle Bell Walk for Arthritis

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Desert Healthcare District Awards Over \$5.8 Million to Area Organizations in Need

Desert Health® promotes those local organizations and practices which set the Coachella Valley apart as leaders in the field of health care and integrated medicine. One such organization is the Valley's Desert Healthcare District.

Created in 1948, the Desert Healthcare District's original mission was to provide hospital services to residents of the region. In 1998, a grant program was added which has provided over \$40 million to non-profit organizations for health-related programs to improve the lives of District residents.

In September, the Directors of the Desert Healthcare District approved \$5,885,000 in grants to help fund programs offered by three Valley organizations including the UCR School of Medicine, Desert Cancer Foundation, and Family Services of the Desert.

The District awarded a \$5 million dollar, five-year grant to UCR School of Medicine that will support the retention of physician specialists, while adding more diversity to that segment of the workforce. The funding will help provide infrastructure and administrative support for the hiring of primary care physicians at Desert Regional Medical Center (DRMC). These physicians will establish a district-wide protocol to train medical students and medical residents, and treat patients without regard to their ability to pay.

"The grant for UCR School of Medicine is one of the largest amounts that the District has ever funded for a single initiative," says District Board member and Program Committee Chairman Sidney Rubenstein. "We are always striving to find new ways to improve the health of the community we serve,

and the Board felt that this particular request was unique in terms of its scope and long term mission."

Participating doctors will also develop clinical clerkships in partnership with DRMC, Borrego Community Health Foundation, and the Riverside County Family Care Center, and help build a telemedicine infrastructure that will link students and medical residents at district locations to the education programs in Riverside and beyond. These physicians will also enable telemedicine consults for qualifying patients to specialists outside the region, and prepare students in the district for careers in medicine and other health professions through expanded enrichment programs. The program will receive one million dollars per year over each of the next five years.

A two-year grant of \$660,000 was approved for Desert Cancer Foundation to help fund an Integrated Healthcare Assistance Program that will aid approximately 680 district residents. The money will fund a need-based patient assistance program to support cancer-related medical costs such as outpatient services for uninsured clients, co-insurance for insured clients, MediCal

monthly share of cost, prescription medications, inpatient hospital costs, and insurance premiums. Funding will also provide screening and diagnostic services at no cost to eligible low income, uninsured district residents through the Suzanne Jackson Breast Cancer Fund. Additionally, the grant will help underwrite case manager salaries.

The District also awarded \$225,000 to Family Services of the Desert as a gap fund for mental health services in Desert Hot Springs. Typically, participants in these programs have been touched by domestic violence, child abuse, neglect, and/or maltreatment. Family Services of the Desert is the only agency to provide domestic violence and anger management programs that are required by probation and parole programs for the residents of Desert Hot Springs. An estimated 720 district residents will benefit from this funding.



Desert Healthcare District offices on the Desert Regional Medical Center campus.

Since its inception in 1998, the Desert Healthcare District grant program has provided over \$40 million to local organizations for health-related programs to improve the lives of District residents.

Today, with an annual operating budget of roughly \$9 million, the District pursues its mission of providing grants and funding to qualified nonprofit and governmental grantees that focus on enhancing the health of district residents. Each grant is an investment of taxpayer dollars. A five member Board of Directors is elected by the residents of the communities served which includes the cities of Desert Hot Springs, Palm Springs, Cathedral City, Rancho Mirage, Palm Desert (west of Cook Street) and extends into the unincorporated areas of Thousand Palms and Mountain Center.

For more information on the Desert Healthcare District visit www.dhcd.org or call 760-323-6113

Dr. Leonard J. Feld



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INTEGRATED FOCUS: FIBROMYALGIA

A Medical Perspective

By Thomas F. Reynolds, M.D.

Fibromyalgia is a chronic pain disorder that is difficult to treat by traditional methods. There is no test that confirms this diagnosis, which is based upon the following clinical criteria:¹ widespread musculoskeletal pain for at least 3 months and² excess tenderness in at least 11 of 18 predefined anatomic sites, 9 on each side of the body.

Patients with fibromyalgia generally respond best to a multidisciplinary treatment program that incorporates MDs, NDs and non-physician providers. Most patients have had fibromyalgia for years and have consulted with many different specialists before the diagnosis is finally made. For patients to understand the rationale of prescription drug therapy and complementary approaches, the relationship of neurohormones to pain perception, fatigue, abnormal sleep, and mood disturbances should be discussed. Symptoms will wax and wane, but the pain and fatigue generally persist. Despite the presence of these chronic symptoms, it is reassuring that the majority of patients live normal, active lives.

There is no evidence that tissue inflammation is present in patients with fibromyalgia. Thus, it is not surprising that anti-inflammatory medications such as tramadol (Ultram), ibuprofen (Motrin) and meloxicam (Mobic), don't work. Steroids are also ineffective and have the potential for adverse side effects. Patients with fibromyalgia are frequently treated with analgesics, despite no evidence of benefit. Overmedication is common in the treatment of fibromyalgia. A very significant problem is noncompliance with medications, reported in up to 50% of patients, primarily due to side effects and poor communication between physician and patient.

The following prescription medications are approved for the treatment of fibromyalgia. The first three are anti-depressants and the last is an anti-seizure medication.

- **Amitriptyline** (Elavil) at a dose of 5 to 10 mg at bedtime, though side effects such as dry mouth, constipation, fluid retention, weight gain, grogginess, and difficulty concentrating are common.
- **Duloxetine** (Cymbalta) at a dose of 20 mg in the morning. Common side effects are nausea, headache, and dry mouth in more than 40% of patients.
- **Milnacipran** (Savella) at a dose of 50 mg twice daily. Adverse effects including nausea, headache and constipation, leading to discontinuation in over 20 % of patients.
- **Pregabalin** (Lyrica) at a dose of 25 mg twice at bedtime and gradually increased to 150 mg twice daily. Dizziness and somnolence were the most common adverse effects.

I use the following general guidelines for pharmacologic management:

- In general, drugs should be started at low doses and built up slowly.
- A low dose of amitriptyline (Elavil) at nighttime should be considered as initial therapy. Use may be limited by adverse side effects, especially in the elderly.
- In those with sleep problems, I start with pregabalin (Lyrica) at night.
- In those who have more exhaustion, I prefer duloxetine (Cymbalta) or milnacipran (Savella) at breakfast.
- Some patients do better with a low dose of Cymbalta in the morning with a low dose of Lyrica in the evening.

There are numerous non pharmacologic approaches that can be effective.

- Cardiovascular exercise, including water therapy, at least 30 minutes, three times per week. Patients generally think their symptoms worsen with exercise so treatment must begin slowly
- Psychological treatments including cognitive behavioral therapy, mindfulness-based treatment, relaxation and biofeedback
- Oriental medicine including acupuncture, Tai Chi and yoga
- Musculoskeletal therapy with chiropractic or massage, and therapeutic ultrasound
- Naturopathic approaches as discussed by Dr. Sinsheimer

I advise a multidisciplinary approach to treatment. The specific interventions should be individualized based upon patient preference and available resources. So it is critical that patients have a good relationship with their health care provider.

Dr. Thomas Reynolds is a board-certified internist and oncologist. His practice focuses on integrative and palliative care. Dr. Reynolds can be reached at 760.773.3200

relief rather than continually working on improving health. In addition LDN must be made by a compounding pharmacist because it is an off-label dose and use. The typical prescription strength for LDN is 4.5 mg taken at bedtime. Based on individual needs, the dose may vary from 3 to 5 mg per day.

For a full range of treatment options, optimal symptomatic relief, and overall improvement in health and wellness, an individualized treatment plan is required. Fibromyalgia symptoms can also improve with temporary use of prescription medications in the beginning stages of treatment. It is extremely important to get an accurate diagnosis from a physician who understands the diagnosing criteria of fibromyalgia. Given the diverse emphasis on body function, nutrition and pain management, an integrative team of practitioners working together creates the most optimal treatment outcomes for a patient with fibromyalgia.

Dr. Shannon Sinsheimer is a licensed naturopathic doctor at Optimal Health Center and a provider for Spectracell Micronutrient tests. She can be reached at (760) 568-2598.

Alternative Treatment Options

By: Shannon Sinsheimer, N.D.

Fibromyalgia is a condition characterized by fatigue, body pain, sleep difficulties, and depression. To date, there are limited, successful treatment options to fully relieve the symptoms. The lack of successful treatment options is thoroughly frustrating to individuals with fibromyalgia. From a naturopathic perspective, the first part of a successful treatment program is to address the underlying causes and potentially exacerbating factors of fibromyalgia. Simultaneously, I focus on pain management to provide greater personal comfort and pain relief.

The underlying causes and aggravating factors of fibromyalgia are adrenal fatigue, chronic viral infections, food sensitivities, environmental toxicity, and hormone imbalance. To treat the underlying causes, we must use lab exams to evaluate: the state of the immune system; adrenal gland function; food intolerances; toxic burden; and hormone levels. Each of these elements has a treatment protocol that is tailored to the individual's specific needs. One exception is a treatment that typically benefits all patients and includes low dose naltrexone (LDN).

LDN has been used for pain management associated with chronic diseases, sleep difficulties, and poor immune system function. The pharmaceutical drug, Naltrexone, binds to opioid receptors in the brain and is often used to treat opioid and alcohol dependency. In very low doses, LDN can relieve pain, induce deeper sleep, and improve overall well being. In fibromyalgia patients this means sounder sleep and an improvement in the immune system. With improved sleep, the adrenal glands will also improve function faster and in general, the individual will have increased energy to function in their daily life.

The complications of using LDN are limited. The main issue is relying on the med for pain



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Hyperbaric Oxygen Therapy: An Emerging Medical Modality

By Lauren Del Sarto

The use of Hyperbaric Oxygen Chambers in medicine is noted as far back as the 1800's. But for many of us, the words only conjure up the memory of a 'weird' Michael Jackson sleeping in one.

The most noted beginning of Hyperbaric Oxygen Therapy (HBOT) is from use by divers in the early 1900's for decompression sickness and air and gas embolism, or blockage. In fact, it is the Undersea and Hyperbaric Medical Society (UHMS) and the National Board of Diving and Hyperbaric Medical Technology that govern its use today.

HBOT is now widely accepted as an FDA approved, effective and often life saving modality. There are currently 16 conditions covered by insurance including diabetic wound healing, carbon monoxide poisoning, some acute traumas, pressure ulcers, and the list is growing.

"In some states like Texas and Florida, HBOT is paid out of state funds for the treatment of autism, as well as, trauma and brain injuries due to its unique effectiveness," says Maria Himelman, owner of Desert Hyperbaric Medicine in Palm Desert.

Oxygen is an important part of wound healing. During an HBOT treatment, oxygen under pressure is delivered into the chamber increasing the partial pressure within a person's body as much as 15 times above normal tissue saturation. This accelerated oxygen absorption significantly aids in healing at the cellular level.

HBO therapy is commonly used for diabetic wounds that won't heal, oral bone conditions, traumatic injuries, neurological disorders, burn cases and plastic surgery. In the holistic field, the therapy is used for wellness and anti-aging to improve energy levels, repair skin damage, manage stress, and improve sleep.

Dr. Robert L. Bass of Desert Oral Surgery has used HBOT off and on for 25 years. "HBO therapy helps resolve cases that are not healing on their own or are not responding to antibiotics such as osteomyelitis (an infection in the jawbone)." He has also seen very high success rates in all cases of radiation necrosis. "Radiation to the jaw for the treatment of cancer affects the blood supply and weakens the bone. HBOT aids in rebuilding the bone."



Technician Dale Harold speaks with a patient during HBO therapy

Dr. Mark Sofonio, board-certified plastic surgeon in Rancho Mirage, states that HBO therapy has made plastic surgery an option for some who were not considered candidates in the past. "Good tissue perfusion is necessary post-op, which makes smokers risky candidates as they have high levels of carbon monoxide in their blood and tend not to carry as much oxygen throughout their body. Nicotine also causes spasm of the arteries." He states, "The old adage used to be that you should not do a facial or extensive procedures on smokers. HBOT has changed that."

Dr. Sofonio also sees improvement in patients with significant swelling as the increased oxygen allows the body to remove fluid and edema. Sofonio was one of the first to use this healing modality when it was introduced to the Valley 10 years ago.

"I ran a burn unit at New York Medical Center and used the therapy often for aggressive tissue problems. I'm very familiar with the many benefits HBOT can deliver." Sofonio agrees that the use of HBOT as a medical modality is much more common on the east coast and throughout the world than it is here.

It should be noted that oxygen therapy is considered a drug and should always be administered by a certified professional. Dale Harold of Desert Hyperbaric Medicine has been a CHT certified technician for 17 years. "Prior to administering treatment, patients undergo a thorough evaluation. We monitor blood pressure, blood sugar, and what medications a patient is taking as there are a few contra indicators. I work with our medical director to determine if patients are candidates for the treatment. It can be life changing for many."

The type of chamber is important as well, as only some pressurize to the level that is considered effective and FDA approved for wound care. Harold has worked with Sechrist Monoplace Chambers and considers them industry leaders. "These chambers operate with a systematic delivery of oxygen throughout the entire chamber and pressurize to a deeper level. There is no need to hold a mask and the clear acrylic dome alleviates anxiety for many patients who can watch TV or see and speak with us."

Himelman joined Desert Hyperbaric Medicine, previously named Rancho Mirage Hyperbarics, two years ago and has seen HBO therapy grow as a medical modality here in the Desert. "The frequency of referrals from physicians with whom we work is increasing significantly as doctors see the results for their patients. We are proud to offer this growing modality to physicians and individuals here in the Coachella Valley."

For a complete list of covered and non-covered conditions that may benefit from HBOT, visit www.DesertHyperbaricMedicine.com or call 760.773.3899.



Dr. Mark V. Sofonio recommends HBOT for some patients

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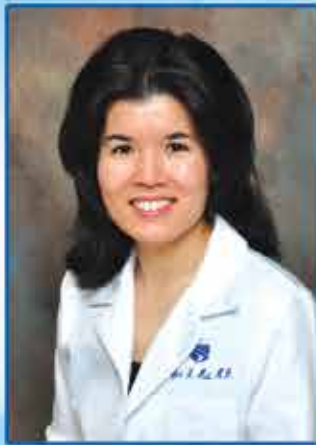
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Aesthetic Eyelid Surgery: More Than Just A Fresh Look

By Jennifer I. Hui, M.D.

The eyes are the central focus point of a person's face and convey a wide range of expressions. They aid us in communication and give our listener important non-verbal clues. Given the importance of our eyes, we naturally want to look and feel our best. An outpatient eyelid lift can help restore your natural eyelid contour and refreshen your appearance; however, this common surgery can do more than just enhance your looks.

The eyelid skin is the thinnest and most delicate on our body. Eyelid skin is normally smooth, but with time, the eyelid tissue stretches, the fat bulges, and the muscles weaken. These changes are most often caused by age, heredity and sun damage. 'Dermatochalasis' is the medical term used for excess eyelid tissue. It may occur in the upper or the lower eyelids. Upper eyelid dermatochalasis may cause a feeling of heaviness and the redundant tissue may interfere with the patient's field of vision. Patients may experience forehead fatigue as they attempt to lift this excess skin to alleviate the heavy sensation. An upper eyelid blepharoplasty (eyelid lift) reduces excess skin, muscle and/or fat in the upper eyelids.

Some patients may also have ptosis ("toe-sis"), or a drooping eyelid. The muscle used to lift the upper eyelid is very delicate. With time, its attachment may become loose, causing the lid to droop. This drooping can be addressed with a ptosis repair. The repair can be performed with an incision on the inside of the upper eyelid, or through a skin incision. Your surgeon will help you determine if you have ptosis, and



"Heavy" eyelids benefit from eyelid surgery

if so, which approach is most appropriate for you. At times, upper lid blepharoplasty or ptosis repair may be medically indicated if the patient meets certain criteria. A visual field test must be performed to determine medical necessity.

A 'blepharoplasty' may also be performed to reduce excess fat and skin in the lower eyelids. The surgeon makes incisions (either on the inside or on the skin of the lower lid) and excess tissue is removed. Incisions made inside the eyelid are not visible; incisions on the skin are barely visible and generally fade over time. Your surgeon will help you determine which approach is most appropriate for your surgery.



Post surgery eyelid lift

Eyelid surgery is performed on an outpatient basis. Patients receive intravenous sedation (twilight sleep) as well as local anesthesia. Pre-operative preparation includes a thorough review of your medical and ophthalmic (eye) history as well as a review of your medication and over the counter supplements. After surgery, swelling and bruising are alleviated with ice packs. Natural supplements such as arnica may also be used to further augment the healing process. Most patients experience minimal down time and are able to return to many activities within a week. The results of surgery are generally long lasting, leaving patients looking refreshed, seeing clearly and feeling lighter and vibrant.

Dr. Hui is the founder of The Eyelid Institute in Palm Desert. She is an 'Oculoplastic surgeon' which 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. She has trained and been on faculty at the world renowned Bascom Palmer Eye Institute in Miami, FL (consistently ranked the #1 eye hospital in U.S. News and World Report) and is returning to practice in her native Southern California. Dr. Hui will meet with you personally to discuss your concerns and desires. She is available for consultation beginning January 2012 and can be reached at 760-610-2677

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Eisenhower Wellness Institute Focuses on Lifestyle Changes for Improved Health

By Lauren Del Sarto

In the March issue of *Desert Health*®, our lead feature discussed how US Medical Schools are starting to embrace integrative medicine. In that article, Dr. Richard Olds, Vice Chancellor, Health Affairs & Founding Dean of UC Riverside School of Medicine stated that “in the American medical community, we have become extremely good at letting people get sick and then saving their lives in the end. We have not been very good at keeping people healthy.”

Eisenhower's Wellness Institute (EWI) is looking to change that perception in the Coachella Valley by offering 'lifestyle programs' that will help identify unhealthy habits and get individuals on track by making healthier choices.

“We realize that doctors today don't

“We realize that doctors today don't often have the time to speak with patients about nutrition, exercise and other lifestyle recommendations. We created a platform that gives both doctors and patients this opportunity.”

– Dr. Avila

often have the time to speak with patients about nutrition, exercise and other lifestyle recommendations,” said EWI Medical Director, Patricia Avila, M.D. “So we created a platform that gives both doctors and patients this opportunity.”

EWI lifestyle programs are tailored to meet individual needs, goals, and objectives. Patients work with EWI's team of physicians and specialists to get answers and direction on a myriad of health concerns including midlife changes, weight management, sports medicine, memory preservation, stress management, and integrative health care.

“Sometimes patients need help identifying why they don't feel their best, and the lifestyle decisions that have gotten them to where they are today,” states Avila, “Our team of qualified doctors take the time to look at the whole person through face-to-face consultations, as well as a physical test. We then create a healthy living program that will fit in to their daily schedule to ensure long term success.”

In addition to physician recommendations, EWI is bringing in practitioners from complementing modalities such as acupuncture, massage, yoga, and mindful meditation. “There is so much information out there,” adds Avila. “Our team of doctors and specialists are making recommendations that have been studied and are evidence-based. We want to introduce these complementing (or alternative) practices so they may be considered viable options for one's wellness routine.”

So how does it work? Patient's contacting EWI will first speak with Program Director, Diana Berchem, R.N. to discuss

areas of concern and to review the menu of programs offered. An appointment with the recommended physician is then set for a thorough evaluation and physical exam. Avila and her team review the results, and the patient and doctor then come up with a program including objectives, goals and a timeline that fits your schedule.

Each program is individually tailored and may range from one 4 hour consult, to a one day customized program, to a 3 day stay. There is personalized tracking throughout the year, and follow-ups at 3 and 6 months to see how the patient is progressing in relation to his/her goals.

EWI is also offering group programs for families and friends who want to achieve the same goals together. Group programs are run by physicians for up to four weeks.

“If the group wants our exercise physiologist to do fitness assessments, we bring in that practitioner. If it is a nutritionist to teach better eating and food choices, we bring in that team member,” states Berchem. “Our first group programs launched in October, and the energy and enthusiasm is inspiring.”

Community outreach is another significant part of EWI's efforts. “We want to work with community organizations,” adds Avila. “We encourage our patients to partake in the many programs available that make wellness affordable for all and fun in a group setting.” EWI is working collaboratively with the Desert Recreational District to get people involved in the many recreational activities offered. “We want you to enter a community class knowing this is what you need and knowing how to do it.”

EWI's outreach also includes a mobile team available to companies, businesses and organizations. “The workplace environment has a lot to do with healthy lifestyle choices. We can bring health education and evaluations to local businesses to address specific concerns and



Eisenhower Wellness Institute Medical Director, Dr. Patricia Avila

or topics.”

This outreach program is a valuable first step for Eisenhower. In our March interview with Dr. Michael Roizen, the Cleveland Clinic's Chief Wellness Officer (and Dr. Oz's partner), he stated that “we (leading institutions) need to show that we can change health care costs in our own region and in turn make America healthier.” The Cleveland Clinic's community outreach program is a world-renowned model and their efforts have improved health trends and statistics, not only in their immediate community, but throughout their entire county.

EWI is focusing on each individual. “We are moving away from the cookie cutter approach to patients and delivering a personalized, interdisciplinary program for long-term wellness.” Avila concludes, “We want you to be successful. To learn how to make change that will last a lifetime.”

For more information on Eisenhower's Wellness Institute programs, call Program Director, Diana Berchem 760-610-7360 DBerchem@emc.org.



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Hearing Loss and Hearing Aids: What You Need to Know (Part 1 of 2)

By Maya Kato, M.D.

Hearing loss is a major public health issue. After arthritis and heart disease, it is the third most common chronic illness in the U.S. Unfortunately, hearing loss often goes untreated. Why is it that hearing problems often fail to prompt a visit to see a doctor? There are many misconceptions about hearing loss and related treatment. This article, presents some of the facts and fallacies about this chronic illness that affects 35 million Americans today.

MYTH #1: "My hearing loss is normal for my age."

FACT: Hearing loss is not normal at any age. However, many individuals will experience hearing loss as they get older. Nearly one third of adults over 65 years of age experience some degree of hearing loss.

ADVICE: If you think you have a hearing problem, see a physician to get your ears checked. You may have a build-up of ear wax, an infection, or other treatable medical condition.

MYTH #2: All hearing tests are the same – a "free" hearing test is just as good as any other.

FACT: A comprehensive hearing test performed in a sound-proof booth is the only way to obtain an accurate measure of one's hearing loss. These are typically done by a person with an audiology degree.

ADVICE: Never consider a "free screening" test as more than a rough guesstimate.

MYTH #3: My wife thinks that I have a hearing problem so I should see a hearing aid dealer to appease her.

FACT: The FDA recommends that you see a physician first. There may be a treatable medical cause for your hearing loss. Only after receiving clearance from the doctor should you consider hearing aids.

ADVICE: First see an Ear, Nose and Throat (ENT) doctor, or an Otologist (physician specializing in ear disease.) Between 5-10% of people with hearing loss are not candidates for hearing aids. Purchasing hearing aids without seeing a physician first is unsafe and is not recommended. Significant differences exist in the qualifications of individuals in healthcare and the hearing industry. There is a good reason why the FDA recommends that you first see a medical doctor (M.D.)



Dr. Kato fits a patient for a new hearing aid

MYTH #4: Wearing a hearing aid is a sign of old age.

FACT: People of all ages, including infants and children, wear hearing aids. Always saying "what?", or nodding your head in response to questions, or responding incorrectly to conversation, is a much more noticeable sign of hearing loss. Hearing aids today can be small, discrete, and even "invisible".

MYTH #5: I don't need to treat my hearing loss – it's not hurting anyone.

FACT: Untreated hearing loss has negative consequences for the individual, as well as their friends and families. A study by the National Council on Aging showed that individuals with untreated hearing loss were more likely to report depression, anxiety and paranoia, and were less likely to participate in organized social activities, compared to those who wear hearing aids. In contrast, hearing aid users reported benefits in many areas of their lives, including their relationships at home, sense of independence, improved social life and even better sex lives.

ADVICE: Hearing loss should not be ignored. Hearing loss may be caused by a treatable medical condition. The FDA recommends examination by a physician (usually an otologist or ENT doctor) as the first step in evaluating hearing loss. If hearing aids are recommended, there can be significant health benefits from amplification. When hearing loss is untreated, we miss out on social conversation, which can lead to withdrawal, isolation, and depression. Social interaction is important in maintaining a state of social and psychological well-being, and may even be protective against the development of dementia.

Today's hearing aids are sophisticated, state-of-the-art, digital devices, offering far better quality than their predecessors. They are programmed to fit an individual's specific hearing needs. Some have blue-tooth technology, allowing one to listen to conversation, as well as the TV, and even answer the cell phone - all through their hearing aid. There are devices that require essentially no care or maintenance by the wearer. These "invisible" hearing aids are worn 24 hours a day (even when showering or sleeping,) for up to 3 months at a time, and do not require the wear-

er to purchase or change batteries at all.

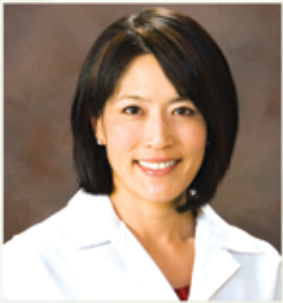
Hearing aid technology offers significant benefits to its wearers. A successful fit can be achieved through proper evaluation. Begin with a visit to the physician, and a comprehensive hearing evaluation by an audiologist.

Dr. Kato is the founder of The Ear Institute in Palm Desert. Her top priority is improving the quality of life of her patients. Dr. Kato can be reached at: 760-565-3900.

References: National Information Center on Deafness and Other Communication Disorders, National Institutes of Health, National Council on Aging, the Marke Trak VIII Study by Sergei Kochkin, PhD, Lin. Et al. Arch Neurol. 2011;68(2):214-220. doi:10.1001/archneurol.2010.362

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Integrative Approach to Migraines

An interview with Dr. Gerald B. Weiss, board-certified neurologist and pain management specialist

What is the first step if you think you suffer from migraines? When patients come to me, we do a complete neurological evaluation to diagnose the pain as a migraine on a clinical basis. If a patient has not had an MRI or if there has been a recent change in the character of the migraines (ie. duration or frequency), I will prescribe an MRI scan.

What are standard medical treatments? Several factors determine treatment including how often migraines occur, how long they last, and how many days of the month they are debilitating. For infrequent headaches, we use symptomatic treatments. If they are frequent and affect a patient's quality of life, we then look at preventative and prophylactic treatment (daily medications) to decrease the frequency and duration of the headaches. These daily medications are not over-the-counter pain relievers, but daily medications designed to minimize migraine frequency.

Do patients have to stay on medications for life? Migraines are considered a chronic condition, so severe sufferers may be on medications for quite awhile, but a lot of people will outgrow the migraines and symptoms will simply diminish with age.

I understand you prescribe other nonconventional treatments as well? Yes, Petadolex is an herbal medication which has been studied by neurologists and reported in published journals to be effective in reducing migraine frequency and intensity. The main ingredient is butterbur.

We also use Ondamed which is an energy medicine treatment based on biofeedback. Using the patient's own energetic pull, we can determine where the blockages are in the body then deliver low level electrical frequencies to unblock. This treatment works on the same philosophy as acupuncture but without the needles and with the added benefit of biofeedback. It is a non-invasive therapy we have used since 2007 with much success.

Where did you get your training in alternative therapies? I am fellowship trained at Memorial Sloan Kettering in NYC, but learned more about the integrative treatments in my training for Lyme Disease, in which I specialized back east. Lyme is a very complex condition which needs to be treated early or it can become chronic. Combining conventional treatments like antibiotics with alternative therapies is very common in treating Lyme. And migraines are a common symptom of Lyme.

How does lifestyle affect migraines? About 20% of patients have what are called food triggers. Certain foods, even odors like perfume, will trigger the attacks. We tell patients to keep track to identify if this is the case. In addition, migraines are a neurological disease of the central nervous system, so interruptions can trigger; thus, we tell patients to try and maintain a routine. If they usually awake at 7 during the week and then sleep til noon on Saturday, they may wake up with a migraine. Stress is also a trigger. So lifestyle changes certainly can affect migraines.

What is your best advice to migraine sufferers? Get off the daily pain relief medications and into a treatment program. Taking over-the-counter pills (even Tylenol) or vicodin, or fioricet for long periods of time can cause rebounds that can morph into chronic daily headaches. That is why it is better to take a preventative medication every day or to try alternative therapies as part of a managed program rather than depending on OTC pain relief medication.

Dr. Weiss is a staff physician with JFK Memorial Hospital and has a new private practice in La Quinta. He can be reached at 760.564.7444.



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practitioner profile

Ghassan Boghosian, D.O.
(pronounced 'Bo-GO-zee-en')

Profession: Orthopedic Surgeon fellowship trained in hip and knee replacement

Studied: Lake Erie College of Osteopathic Medicine in Erie, PA.
Internship and residency in Orthopedic Surgery at South Pointe Hospital, a Cleveland Clinic Hospital
Fellowship in adult lower extremity reconstruction at The Cleveland Clinic Foundation

Practice: Star Othropaedic in La Quinta; Staff Physician at JFK Memorial Hospital and Eisenhower Medical Center

Hometown: San Diego (originally from Syria until he was 8)

Professional Accreditations: Member of the American Osteopathic Association, American Academy of Orthopedic Surgeons, American Osteopathic Academy of Orthopedics, American Association of Hip and Knee Surgeons



After meeting Dr. Boghosian, who received two nominations for this Profile, I understood the draw. He is the face of today's new doctor-young, integrative, attentive, and concerned and knowledgeable about, not only his patient's medical conditions, but their life and lifestyle as well.

Who was your role model?

As an undergrad, I began volunteering with Viola M. Frymann, D.O. She is one of the most incredible clinicians – and people – I have ever met. She taught me that you have to be involved in the human aspect of your job to do it well. She still practices today at 92.

What made you choose the Coachella Valley?

I was considering returning to San Diego, but saw the need for physicians here in the Coachella Valley. I am really enjoying Desert life and the people.

What trends in Integrated Health Care do you see?

I see a change in the mindset of today's new doctors. For example, with replacement surgery, rehabilitation protocol used to be a week in bed post-op. Now, it is not uncommon for my patients to be up and walking on the day of their surgery. We now encourage movement right away, so activities like hydrotherapy, yoga and breathing exercises are an integral part of getting patients back to their life and the activities they enjoy.

Your best health advice?

Turn off the TV. Television was designed around the attention span and draws you in. Turn it off. Get out and do. Get out and live! ("This excludes the NFL, of course")

Dr. Ghassan Boghosian, D.O. – S.T.A.R. Othropaedics
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First-of-its-kind Clinical Trial for Prostate Cancer Treatment at DMI

By: Lauren Del Sarto

If you have prostate cancer, your current options for therapy include sitting back and waiting to see if the cancer grows (active surveillance), total removal of the prostate gland, or radiation therapy of the entire prostate gland. The second and third options often results in life-altering side effects such as erectile dysfunction (in up to 50% of patients) or urinary incontinence (in up to 25% of cases).¹

A clinic trial being conducted locally by Desert Medical Imaging (DMI) offers a middle ground option through Focal Laser Ablation Therapy which aims to treat only the areas of cancer. It preserves tissue in order to reduce the side effects associated with whole-gland therapy. DMI is the first place in the world to offer this therapy in an outpatient setting.

DMI is over half way through this Phase I study which is approved by an Investigational Review Board. "The first such procedure was done here at DMI in June 2010," states Dr. John F. Feller, DMI'S Medical Director. "Since then, we have treated 10 patients with none experiencing erectile dysfunction or urinary incontinence. These results are very promising."

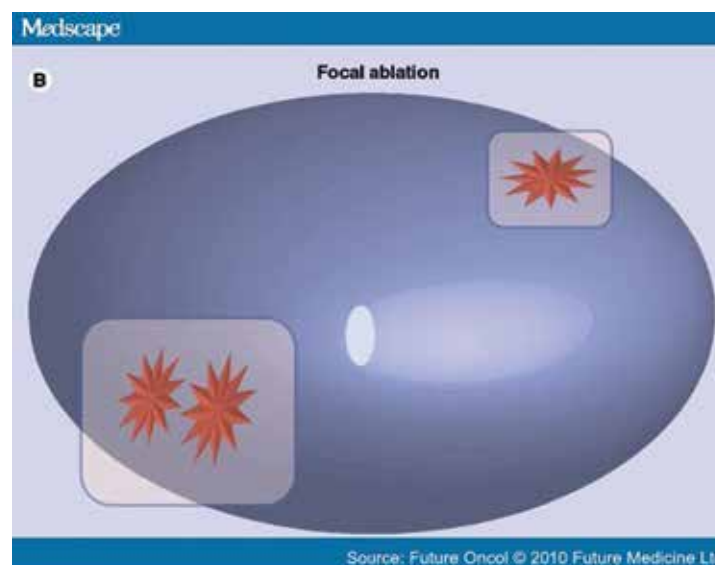
New MRI guided technology for identifying prostate cancer that has emerged in the last 5 years, led to the development of Focal Laser Ablation Therapy for prostate cancer. Feller adds, "We are hopeful that in the next 5 years, focal laser therapy may become more readily available for qualifying patients."

Those participating in the clinical trial are carefully selected based on specific criteria. Feller indicates that "patients who have biopsy-proven prostate cancer that includes a Gleason Score of 6 or 7 may qualify to participate in the study."

The entire outpatient procedure takes 2-3 hours. The laser probe is placed trans-rectally into the prostate gland. Using MRI real time temperature imaging, specially-trained physicians are able to target and destroy the prostate cancer by laser without having to remove or radiate the whole gland.

According to the professional medical website, MedScape.com, focal therapy has gained considerable interest worldwide over the last 5 years as a treatment paradigm that could offer the middle ground between surveillance and radical therapies.¹

A related study of 4 patients by Mayo Clinic clinicians showed the same promising results. "MRI-



Focal ablation targets all measurable cancer in one or both sides and treats with a margin of normal tissue

"We have treated 10 patients with none experiencing erectile dysfunction or urinary incontinence. These results are very promising."

– Dr. Feller

guided ablation may prove to be a promising new treatment for prostate cancer recurrences. It tailors treatment modality and duration to lesion size and location and provides a less invasive and minimally traumatic alternative for men," said lead investigator David Woodrum, MD, PhD, an interventional radiologist at Mayo.²

The remaining question is whether the treatment will reduce mortality rates. Currently, the only data that shows improved patient survival is on radical prostatectomy for treatment of prostate cancer. These studies show that 10 years out, survival rate is improved compared to active surveillance or 'watchful waiting.'

"Because this technology is new, there is currently no data to show that focal therapy for prostate cancer improves the rate of survival. We do know that the side effects are significantly reduced, but until we can follow our patients for 10 years or more, we will not know whether survival is improved."

Feller states that it takes 10 years for these studies because prostate cancer is much more slow growing than other cancers. 80% of men who are over 80 years old have prostate cancer, and 1 in 6 men will develop prostate cancer during his lifetime, but only 1 in 35 will die from it. So it is important to distinguish which cancers are non-aggressive, and which are aggressive, prior to any treatment.

Throughout this clinical trial, Feller and DMI Radiologist Dr. Stuart T. May are working closely with the staff of the manufacturer of the laser ablation equipment.

"Our professional team has 40 combined years of experience working with prostate cancer patients. When new technology delivers such promising results, the future starts looking a whole lot brighter." Dr. Feller concludes, "We are privileged to be conducting this premier study and impressed with the results to date."

Desert Medical Imaging has four locations throughout the Coachella Valley. For more information call 760-694-9559.

References: (1) www.medscape.com: Is Focal Therapy the Future for Prostate Cancer? Ahmed and Emberton. Future Oncology.2010;6(2):261-8; (2) www.renalandurologynews.com Focal Ablation May Treat PCa Relapses. Schieszer May 21, 2010.

1 in 6 men

will be diagnosed with prostate cancer during his lifetime.

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At DMI, we use MRI as a new option for the detection and localization of prostate cancer for men with abnormal PSA levels.

A diagnostic MRI creates a detailed cross-sectional image of the prostate gland without an invasive procedure. DMI's Board Certified Radiologists then examine the images using Computer Aided Detection to identify areas in the gland that look suspicious; these areas may be further evaluated through a targeted MR-guided biopsy.

DMI is the first to offer a clinical trial for MR-guided Focal Laser Ablation for treatment of prostate cancer. This breakthrough technology is an alternative to whole gland therapy in carefully selected patients.

The benefits of MRI for prostate cancer are obvious: more accurate, no radiation, less invasive and fewer side effects.

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Integrated Health Care: Aspiration of Both Consumers and Medical Professionals

continued from page 1

have also incorporated change. More than a decade ago, Desert Regional Medical Center's Comprehensive Cancer Center conducted surveys to determine the use of alternative therapies by their patients. The statistics led DRMC to incorporate systems encouraging patients to speak openly about all modalities being practiced, and to provide both patients and physicians current risk-benefit data to assist in open, educated communication about individual patient care.

Eisenhower Medical Center has launched their Wellness Institute (EWI) with a focus on preventative medicine and promoting healthy lifestyles. Their programs allow participating doctors the time to advise patients on creating new habits and choices to enhance their well-being. "We are a very happy group of doctors," states EWI Medical Director, Dr. Patricia Avila, "We work with our clients to create personalized, interdisciplinary programs for long-term wellness. It is very rewarding." EWI will be incorporating yoga, acupuncture, mindful meditation and other science-based modalities into their patient programs.

Desert Health® has spoken with many individual specialists who are working together with natural practitioners for whole patient care. In our July issue, we spoke with oncologist, Dr. Amy Law, who often refers patients to the naturopathic doctors at the Live Well Clinic for supplemental care. As featured in our new Integrated Practices section, Thomas Reynolds, M.D. and Shannon Sinsheimer, N.D. work jointly on patient care for cancer and other conditions

such as fibromyalgia.

For some physicians, incorporating integrative medicine into their practice presents an unknown challenge and learning curve. Fortunately, some of the country's leading institutions now provide extended learning for physicians. One example is Scripts Integrative Hospital in San Diego that offers certification for integrative and holistic medicine. Three EWI doctors were certified this year.

The Cleveland Clinic's Dr. Michael Roizen, who we interviewed for our March issue, is hosting the 9th annual Preventative and Integrative Medicine Conference. He states that 'as use of complementary and alternative medicines (CAM) continues to expand, so does the practitioner's need to know current risk-benefit data, potential applications, and how to integrate CAMs into clinical practice. Because these therapies are still outside mainstream medicine, not all practitioners are familiar with the evidence base for these options or may be uncomfortable discussing them with patients or prescribing them.'

It seems that tomorrow's doctors will graduate with a greater knowledge of integrative health care as mindsets are changing and complementing, science-based modalities are incorporated into U.S. medical school curriculum. This may just result in more well-rounded doctors, greater whole person care, and a medical system that supports both.



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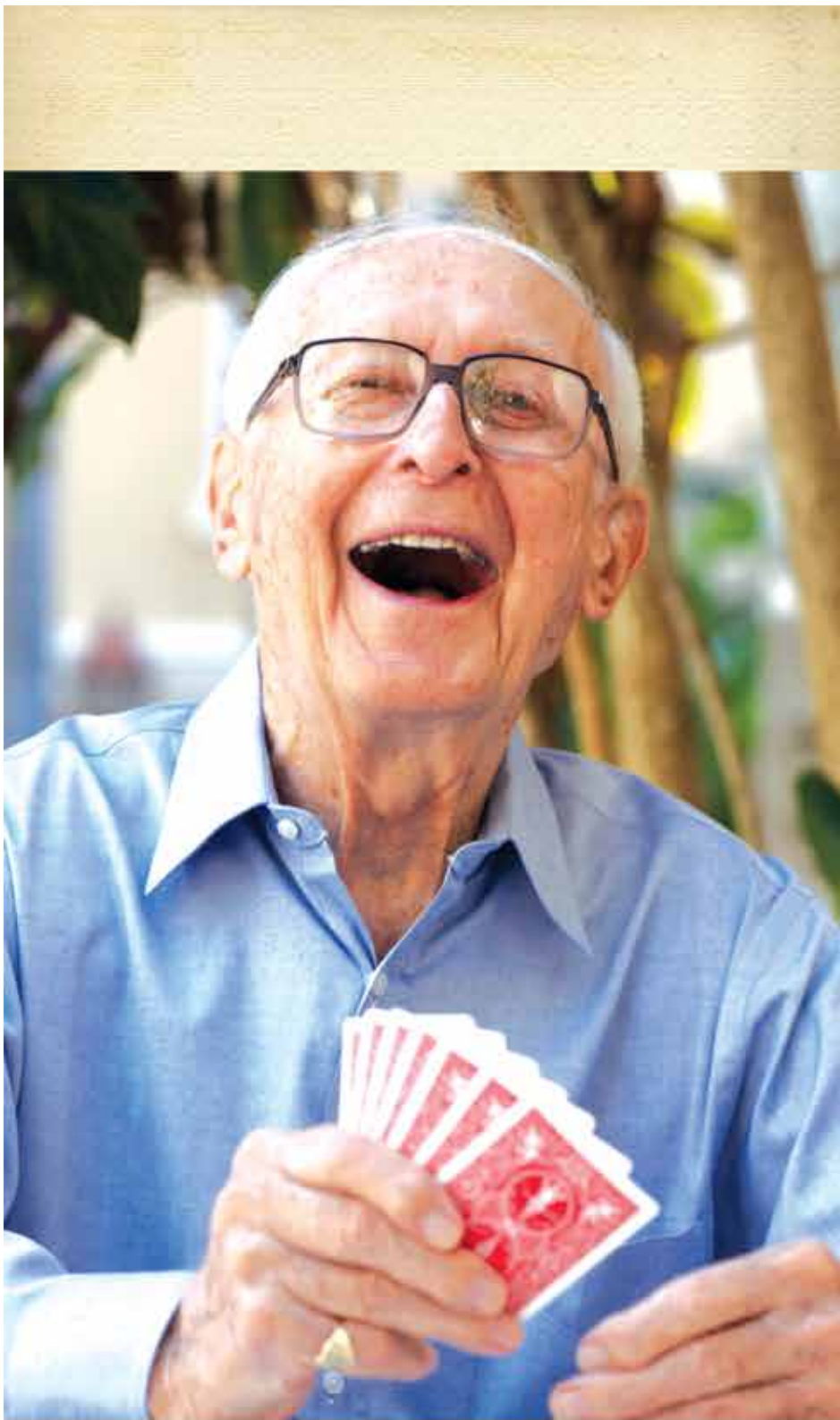
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How Did I Get Here? Realizing When It's Time

By Barrett Betschart

As the years pass, some daily activities become a little more difficult. Perhaps we have an injury or the body can no longer do what the mind thinks it can. Take my mother for instance, at 92 years young, she decided to remove a vine from a tree. Needless to say, after a few yanks, the vine gave up its grip sending my mother flying backwards. There she lay for the next couple of hours with a broken arm unable to get up. The gardener finally found her and called 911. Although my mother's independence is admirable, it cost her a trip to the hospital, a 30 day stay in a rehab center, plus six weeks of physical therapy. This may have been prevented if my mother had listened to our repeated requests to hire an in-home caretaker.



Mom at 95 with her caretaker and friend, Sandra

After this incident, we told her a caregiver would be coming to her home 4 hours a day, 5 days a week. This did not go over very well. She complained about no longer being independent and not being comfortable allowing a stranger in her home.

After going through the interview process with various agencies, we found a good match with a licensed, bonded and insured company. By hiring a company, we knew we had recourse if anything were to happen such as injury to my mother, theft, or if the caregiver was unable to make her shift, in

which case the company could provide a replacement. Next was the process of interviewing caregivers, which gave Mom the opportunity to choose the person with whom she felt most comfortable.

Three years later, Mom and her caregiver Sandra are like best friends. Mom looks forward to Sandra's arrival every morning. They often go to lunch, movies, theater and shopping. Mom realizes having Sandra come to her home has actually given her more independence. Sandra keeps Mom safe while keeping her active and entertained, which has given her a new lease on life.

It took Mom about 3 days to bond with Sandra. Trust is critical with elderly people and trust builds over time. They started with casual chats about life, family and food preferences, and keeping Mom's daily routine was important. Mom now enjoys hand and foot massages, having her hair done, and being pampered and nurtured. And at 95, this is the life Mom deserves.

Barrett Betschart is the owner of ElderCaring, an in-home care agency and can be reached at (760) 564-9800.

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Are You and Your Home "Senior Ready"?

By Betsy Rosen O.T.R./L.

Surveys by AARP state that 90% of Americans over 50 years of age want to remain in their homes as they age.¹

"Aging in Place" is the new term coined to reference the ability to continue to live in one's home safely, independently, and comfortably, regardless of age, income, or ability level.² It means living in a familiar environment and being able to participate in family and community activities. Many factors affect one's ability to live safely and securely in one's own home particularly if an injury or illness develops or there is a decline in one's ability to conduct daily activities.

There are many preventative measures that can be taken to promote

healthy aging for you and your home. These home, mind and body enhancements are what I call "Senior Ready."

Of course maintaining a well-balanced lifestyle that includes daily living skills, rest and sleep, education, work, play, leisure and social participation are recommended to promote health and independent living. According to Janie Scott, MA, OTR/L, and faculty member of the American Occupational Therapy Association, it is the balance of these pursuits that promote life satisfaction.

Maintaining your strength, flexibility and endurance are just a few of the physical skills needed to perform daily living activities. These are some of the key components that allow a person

to get in and out of a chair, bed, or car safely and without assistance. Walking and exercising several times per week are important for improving mobility and endurance. Keep in mind that if you are just starting an exercise routine, it is recommended that you work with a licensed professional to tailor a program to meet your specific needs.

Your home can also be modified to allow for better mobility, safety and independent functioning as you age.

Physical and structural changes can maximize your ability to move safely and securely in and about your home. Many debilitating fall injuries occur in one's own home. Modifications or rearrangement of every day household items can decrease the risk of a fall. Simple actions such as removing clutter and securing rugs are a great beginning. There are also safety devices which can be put in place to decrease

stress, improve awareness and facilitate a rapid response during potential emergencies.

It is important to identify what enhancements and changes can be made to you and your home environment to make you, "Senior Ready." Taking these steps now will enable you to live independently in your own home well into the future. These changes can also provide you and your loved ones piece of mind.

Betsy Rosen is a licensed and registered Occupational Therapist with over 25 years of industry experience. She also has a certificates in Accessibility Consultation, Home Modifications and Assistive Technology, and Strategies to Advance Gerontology Excellence. She can be reached at betsyhrosen@gmail.com or 609-658-4262.

References: (1) AARP Magazine; (2) National Aging in Place Council. www.naipc.org



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Email Lauren@DesertHealthNews.com for more information.

Hooray for Humana!

The Humana Challenge, taking place January 16-22, 2012, will feature a new format, a new trophy, and an innovative focus on health and well-being. Desert Health® is proud to support the Humana Challenge and the many health related events taking place around the tournament.

Earlier this year, the PGA TOUR and host organization Desert Classic Charities unveiled an eight-year agreement with new title sponsor Humana and the William J. Clinton Foundation. In addition to a new focus on healthy lifestyle practices, the Humana Challenge will continue to celebrate the legacy of Bob Hope, including the first-ever "Bob Hope Trophy" to be awarded to the pro tournament winner.

"Humana, the Clinton Foundation and the PGA TOUR will work together to promote health and well-being in order to positively impact people's behavior and improve their quality of life," said PGA TOUR Commissioner Tim Finchem.

"There will be a number of ways that attendees and viewers can take part in healthy lifestyle practices throughout the week. Mr. Hope epitomized a healthy lifestyle, living to be 100. We will continue to honor his legacy and be forever grateful for what he did for golf, this tournament, the PGA TOUR and charity."

The tournament week is designed to bring the idea of "participatory wellness" to life for people of all ages and will feature a first-ever national conference focused on health and well-being, with a keynote address from President William J. Clinton. "The conference and activities surrounding the golf tournament will play a key role in addressing challenges we all face as we strive to live healthier lives," said Mike McCallister, Humana's Chairman and Chief Executive Officer.

"Desert Health® is thrilled to support the Humana Challenge and its healthy lifestyles initiative," says publisher Lauren Del Sarto, "We will partake in the Humana Challenge Wellness Walk & Healthy Fun Fair as well as the Farmer's Market, both in La Quinta. For Desert Health®, it is a natural partnership, bringing together the excitement of a national sporting event with an emphasis on healthy living." Desert Health® will also have a interactive booth in Bob Hope Square showcasing a variety of local health care practitioners and services."

The tournament will "challenge" participating TOUR pros, amateur golfers, celebrities, volunteers, sponsor guests, spectators and television viewers to interact with Humana, the Clinton Foundation, the PGA TOUR, and Desert Classic Charities during the week-long celebration.

The 2012 tournament will feature several format changes including four days of tournament play with the first three rounds in a pro-am format. The courses played will include La Quinta Country Club, a tournament course since 1965, PGA WEST Nicklaus Private and PGA WEST Palmer Private. PGA WEST has been in the rotation since 1986.

The tournament was originally founded as The Palm Springs Classic in 1960. Thanks in large part to Bob Hope's involvement beginning in 1965, the tournament has generated more than \$50 million for local charity and funded the construction of Eisenhower Medical Center. The event will continue to support an array of local Coachella Valley charities.

For more information on sponsorship and exhibitor participation, contact Jerry Schubert at 760.346.8794. jschubert@HumanaChallenge.com. For information on the tournament visit www.HumanaChallenge.com

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- HITS Open** is a novice triathlon, which will feature a 100 meter swim, a 3 mile bike and a 1 mile run.

Registration is open for the Palm Springs event at Lake Cahuilla until 11/25/11!

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Community Comes Together to Promote Health

The last couple of months saw a slew of events and presentations promoting health. Local corporations, businesses, and community organizations are coming together to offer information and free demonstrations aimed at educating the public and making healthy living top of mind.



Crowds enjoy the Joslyn Center Health Fair

The Joslyn Center Health Fair brought together over 100 exhibitors with support from Ralphs Pharmacy, Albertsons/Sav-on, CVS Pharmacy, Humana and Supervisor John Benoit. Over 500 free flu shots were administered and attendees enjoyed live music, demonstrations, goodies, and giveaways.

Eisenhower's 4th annual Maintain the Brain lecture by Dr. Chris Flores and Hugh O'Neill grew to include an integrated health fair featuring neurologists, naturopaths, senior health care, community services, massage therapists, acupuncturists, and yoga demonstrations by the talented team from Bikram Yoga University Village.

As demonstrated by the many upcoming events showcased in this section, the promotion of healthy living will continue throughout the season. Don't miss PGA's Health & Wellness Fair on November 5 that will feature many Desert Health® practitioners and is open to the public. Experience a triathlon in HITS' first annual event which includes an Open division for beginners with a 100 meter swim, 3 mile bike and 1 mile run. Or start training for the International Sports Festival & Senior Games in February which is open to all.



Furry friends await a new home at Joslyn



Integration at its best! BYUV yogis demonstrate poses at Eisenhower's Maintain the Brain Lecture & Health Fair

A special thanks goes to Humana who is promoting healthy lifestyles through a new platform at one of the Desert's largest and most treasured events, the Bob Hope Classic, now called the Humana Challenge.

We are lucky to have so many positive health experiences available in the Coachella Valley. Desert Health® encourages you to get out and participate!



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PROACTIVE HEALTHCARE: Understanding Oxidative Stress, Free Radicals, and Antioxidants

By John R. Dixon, D.C., C.C.N, Dipl.Ac

Many people have heard of the terms **oxidative stress**, **antioxidants** and **free radicals**, but may not understand what they really mean. The process of oxidative stress can be difficult to comprehend, but a basic understanding is very important. **Oxidative stress** is a general term used to describe the steady state of oxidative damage in a cell, tissue or organ in the body. This damage can be caused by a molecule called a "reactive oxygen species". Reactive oxygen species include particles called free radicals which are extremely tiny and can only be seen with very powerful microscopes.

A **free radical** is a molecule with one or more unpaired electrons in its outer orbital. In essence, a free radical is like a raging bull in a china closet...one can only imagine the damage that can be done to the surroundings! This molecule can damage your cells, organs, and contribute to disease and declining health. Because our bodies are continuously exposed to free radicals from external sources such as sunlight, radiation, pollution and toxins, they can often be the common pathway for a number of disease processes. For example, atherosclerosis is a complex process that leads to heart attacks and strokes by the blocking of our arteries with plaque. This plaque is a form of OXIDIZED fat. When free radicals react with lipids like cholesterol, it results in a toxic consequence known as lipid peroxidation. This is the same process that turns butter rancid when it sits on your kitchen counter too long, so it is easy to understand how this would be unhealthy for your body.

To combat the damage from free radicals, we must next understand **antioxidants** and their role in the body. An antioxidant is a compound that PREVENTS oxidative damage. Their purpose is to facilitate a process known as free radical scavenging. They do this by transferring electrons to the unpaired electrons of the free radicals and rendering them harmless. Antioxidants are obtained via nutrients and essential elements in your diet. Some of them are simple molecules like vitamins E and C, selenium, zinc, while others are enzymes like superoxide dismutase, catalase and most importantly, glutathione. Glutathione, also known as the master antioxidant, is made from a combination of three simple amino acids—cysteine, glycine and glutamine. There are more than 89,000 published medical articles highlighting the importance of glutathione in healthy body function and protection from oxidative stress. It is the most important molecule that you need to stay healthy and prevent disease. Yet,

many people have never heard of it.

Glutathione recycles antioxidants, keeping them working in your body. It is also critical for your detoxification systems. Glutathione is a compound that contains sulfur chemical groups. Sulfur is a sticky molecule that is able to adhere to toxins and free radicals so that they can be neutralized and excreted from your body. When our bodies are exposed to excessive oxidative stress or toxins, glutathione levels can become depleted, no longer protecting us from free radicals and possible ensuing disease. Many people suffer from a genetic weakness whereby their bodies are unable to create the enzymes necessary to recycle glutathione. In my practice of 32 years, I have treated many people that have this genetic disorder. I find that these same patients are far more likely to complain of metabolic disorders including chronic fatigue, chemical sensitivity and fibromyalgia. Genetic testing is available to determine if you suffer from this inability to recycle glutathione.

There are several ways to boost your glutathione levels including dietary choices and nutritional supplements. Diets rich in sulfur containing foods like broccoli, onions, cabbage, garlic, cauliflower, kale and brussel sprouts, are a good start. Supplementing with the amino acids N-Acetyl-Cysteine, glycine, and methionine are also beneficial.

Many nutritionists also recommend a daily protein shake of undenatured whey protein which is a good source of these amino acids. Other nutritional supplements known to help boost glutathione levels include alpha lipoic acid, selenium, milk thistle, vitamins B6, B12 and vitamin C. Regular exercise is an important part of enhancing your antioxidant defenses.

If you suffer from unexplained fatigue, chemical sensitivity or have been told you have fibromyalgia, ask your doctor or healthcare provider about oxidative stress and possible low glutathione levels. Management of a complex health issue such as chronic fatigue requires a multitude of approaches. The answers for an individual patient may lie in new and emerging scientific information, and treatments once thought to be alternative. Talk to your doctor about the latest research that might benefit your health. Remember, proactive healthcare is the key to vitality and wellness.

Dr. John Dixon can be reached at the Natural Medicine Group 760.776.0022

Resources: 1) Free Radicals and Reactive Oxygen Species; Bulkley, 2002; 2) Laboratory Evaluations for Integrative and Functional Medicine; Lord and Bralley, 2008

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Health Benefits of Far Infrared Therapy

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

We live in a toxic world. Our air, water, land, and foods are loaded with toxic chemicals. A recent study of infants (blood drawn from the umbilical cord at birth), indicated that the average child at birth had over 250 different toxins. From an evolutionary perspective, these toxins are a relatively recent problem. Our current level of toxic exposure outstrips our body's natural elimination mechanisms. To stay healthy and strong in this chemical-ridden world, it is essential to help the body increase its ability to remove harmful and potentially deadly chemicals. One solution is regular, effective, comprehensive whole body detoxification with Far Infrared (FIR) treatments. These treatments can be accomplished either by sauna like devices or bed type devices. Both work and both have their uses.

Infrared heat applied from a massage device can increase blood flow and the flexibility of the body's connective tissue to temporarily decrease joint stiffness, pain and muscle spasms as well as the pain from arthritis. Moreover, the massage action of these beds also relaxes the muscles, and increases blood and lymphatic circulation, aiding in both healing and detoxification. The FDA has approved devices such as our TheraJade multi-function physical therapy tables for exactly these uses.

Heat treatments, such as a sauna, increase the pulse and beat volume of the heart



Far Infrared therapy bed

in response to the heating of the body. Surface vessels dilate as blood is shunted from internal organs to the surface, which improves the flexibility of blood vessels, particularly peripheral arteries. The deep tissue heating facilitates cardiovascular rehabilitation as the repeated shunting of blood to the skin surface enhances oxygenation and encourages the formation of new blood vessels.

Unlike a traditional sauna that uses heat to warm the air, which in

turns warms your body, a FIR sauna uses invisible far infrared light waves to create heat. "Far" describes where the infrared waves fall on the light spectrum. The FIR sauna heats your body directly without warming the air around you. Because it produces these results at lower temperatures and the user's head is outside the heat area so one can breathe room temperature air, the FIR sauna is ideal for people who can't tolerate the heat of a conventional sauna or experience claustrophobia. FIR saunas are also used fully clothed and comfortable for longer periods of time for enhanced results.

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According to research reported in the Journal of the American College of Cardiology users of FIR saunas were able to improve blood flow and circulation, and reduce the risk of high blood pressure, diabetes and other associated health conditions. Lower cholesterol and lower triglycerides were also reported.

Far infrared wavelengths have other beneficial properties. They lower lactic acid (the acid that accumulates and causes pain in muscles when you have overdone exercising), stimulate endorphins and can kill bacteria and parasites. They penetrate tissues, detoxify cells by vibrating ionic bonds, stop swelling, improve lymphatic flow and blood circulation, and attract calcium to cell membranes where it is needed for healing. The elimination of toxic metals such as mercury, cadmium, and others in the arteries through FIR sauna use helps reduce inflammation and brittleness of the arteries, which are major causes of plaque formation and heart problems. Physicians from the Mayo Clinic published studies in the Journal of Cardiology using the highest-risk classification of congestive heart failure patients to demonstrate the safety and therapeutic value of the far infrared sauna. Not only did these serious end-stage heart patients tolerate the FIR sauna, but they had no side effects from it. Furthermore, in getting rid of chemicals that were the underlying causes of their diseases, they improved their heart function, something that the latest surgery and drugs was powerless to do for them.

Diane Sheppard is a licensed acupuncturist with a Ph.D. in Oriental Medicine. Dr. Sheppard trained in both China and the U.S and recently opened AcQPoint Wellness Center in La Quinta. 760-775-7900 www.AcQPoint.com



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Eat a Rainbow Every Day

By Elizabeth Quigley, R.D.

Color is known to affect our mood and emotions, but did you know that the colors in foods do more than just look tasty? I often tell my clients to eat a rainbow everyday, and here's why...

Colors in foods promote the expression of healthy DNA coding and are called phytonutrients – chemicals in foods that promote health. Phytonutrients come in whole foods, and appear to have synergistic benefits when combined with other phytonutrients. The bottom line: one needs to eat a variety of colors daily to obtain the variety of phytonutrients that promote health. No pill, powder or concoction will contain all the phytonutrients needed, but Mother Nature has conveniently packaged the complete array of phytonutrients in plant based foods.

Green indicates antioxidant potential and helps promote healthy vision and reduce cancer risks.

- Fruits: avocado, green apples, grapes, honeydew, kiwi and lime
- Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach, bok choy, collard greens and beet greens.

Orange and **deep yellow** fruits and vegetables enhance healthy vision and immunity, as well as reduce the risk of some cancers. The orange color acts as an antioxidant and also has anti-inflammatory properties.

- Fruits: orange, apricot, cantaloupe, grapefruit, mango, papaya, peach, nectarine and pineapple
- Vegetables: carrots, winter squashes, yellow pepper, chili peppers, yellow corn yams and sweet potatoes

Purple and **blue** foods have antioxidant and anti-aging benefits, and increase memory, maintain urinary tract health, and reduced cancer risks.

- Fruits: blackberries, blueberries, plums, raisins, acai, elderberries
- Vegetables: eggplant, purple cabbage, purple-fleshed potato
- Other: red wine and dark chocolate (in moderation of course)

Red may help maintain a healthy heart by reducing the oxidation of LDL (lousy cholesterol), maintain healthy vision, immunity and reduce cancer risks.



Movement is Life and The Key to Staying Young

By: Robert Haberkorn, D.C. and Jessica Blaisdell, C.M.T.

Resiliency, the ability to move and adapt to our changing world, is what keeps us alive. This same quality is also what keeps us young. On the surface we look for resiliency in our skin as a sign of youth, but that resiliency is even more important in our organs and our joints.

Over time our bodies will change in chemistry and structure depending on how we use and abuse them. Resiliency (and flexibility) gives way to stiffness and hardening of the body with an increased toxic burden and limited movement. According to the research of Dr. Henry Winsor, you can tell the age of a person by the age of their spine. Upon studying 50 cadavers for association be-

tween fixated spinal segments and disease processes, he was able to find direct correlations in 49 cadavers. He also noted that the limitation in spinal movement preceded the associated disease processes.¹ Adhesions in these spinal joints can form in as little as 8 weeks of decreased segmental motion according to a study in JMPT September 2010.²

The mechanism for this is clear when you consider the continual process of fibrous connective tissue being produced by interstitial cells as discussed in most physiology textbooks. These fibers will build up in the absence of movement. Just ask anyone who has worn a cast. With daily segmental movement the

unnecessary fibers break away, but the remaining fibers continue to build up and support or restrict in those other areas. Without movement, this fusion will happen over a joint or any tissue.

Movement is Life in so many ways. Exercise is not only for weight loss or to play a sport. Everyone needs to move to keep their joints healthy, to move the fluids around in their body, and to keep their nervous system talking. Daily stretching, and aerobic and anaerobic exercise, are all important and will effect global and generalized movement. If you find an imbalance from side to side or front to back in your flexibility or limitation of movement, your body may be compensating for the build up of adhesions at segmentally-limited areas. To avoid this, and to release the adhesions once they have started, it is a good idea to get another perspective.

Massage and Chiropractic are methods of moving the tissues and joints of the body in ways we just can't do by ourselves. A skilled massage therapist can break up scar tissue that binds layers of connective tissue. Once adhesions are broken, shortened muscles can be elongated and muscle fibers separated. Broad strokes will flush these areas to move toxic debris away and encourage fresh blood to enter.

A skilled doctor of chiropractic may apply specific adjustments to bones that have limited joint movement (which gives altered nerve information to the brain and associated tissues). Healthy joint function is especially important in the spine where the nerves go out to every part of the body. Healthy joint



movement allows for balanced muscle movement and better communication in all the body systems. Your chiropractic doctor may recommend lifestyle changes to enhance your results. And in the event your symptoms are caused by something more serious, your chiropractor can diagnose and refer you to other health care providers as needed.

Considering these latest theories in disease and aging, it is important to get your spine checked out periodically by a licensed professional, and to stay active with daily movements and exercise.

Jessica Blaisdell is a State Certified Massage Therapist. She has worked as a spa treatment provider at Renaissance Esmeralda Resort and Spa for 8 years and also provides treatments at Haberkorn Health Center. Jessica can be reached at 760-401-1077

Dr. Robert W. Haberkorn D.C., MMQ (Master of Medical QiGong) has practiced for 15 years locally and offers health talks and classes for various organizations. Haberkorn Health Center (760) 346-9400

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Health is a Choice

continued from page 1

the air. It is possible to breathe the fungus into your lungs and not develop symptoms. Those with compromised immune systems are most at risk, including: the elderly; women in their third-trimester of pregnancy; HIV positive patients; organ transplant recipients; those undergoing advanced chemotherapy; and others with immune diseases. Patients who develop VF often fight the fungus using their own immune systems. The Directors of Health Promotion and Education report that 60% of infected people have no symptoms. Nearly 35,000 cases were reported in California last year.

Struggling to recover, I moved back home to the Coachella Valley so my parents could help with the kids. I continued with blood tests, which would often come back negative although I still felt ill. X-rays and a CT scan told the story of my year-and-one-half long battle. Palm Springs Pulmonologist, Dr. Ziad Tannous was the first doctor to give me real answers. My CT scan revealed nodules on both lungs. My mother and I sat nervously while we waited to hear the results. "You indeed had Valley Fever but are clear now. The nodules are benign and calcified. You fought VF off with your own immune system." The news prompted my deepest breath in quite a while.



Bronwyn Ison and daughters, Bryna and Brielle

Valley Fever is on the rise and there is no known cure or vaccine. The University of Arizona's Valley Fever Corridor Project is diligently working to keep physicians educated about the disease as VF is not treated in a timely manner. Those who suffer from Valley Fever can and do recover, although those who struggle with a compromised immune system may experience more serious pulmonary problems and relapses.

I attribute my successful recovery to many lifestyle factors including the yoga breathing exercises I practice on a daily basis. A healthy diet, a strong spirit and mind, my two little girls and my family, also kept me going when I didn't think I could. Exercising my lungs through yoga breathing is an important part of my daily routine and just the medicine I needed – and still need – to promote healthy lungs.

Healthy lung function is vital. In the case of battling VF, it is essential. We breathe to live and live to breathe.

Bronwyn Ison is a yoga instructor with open (public) classes at the Empire Polo Grounds. Bronwyn can be reached at bronwynliv24@yahoo.com or visit www.BronwynIson.com



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— Joe Caffery, Palm Springs


"If you had told me that at age 77 I would be doing Bikram Yoga at 105 degrees and 40% humidity, I would have laughed at you. Well, I've been doing it five times a week for the past two months and I haven't felt this good in 30 years!" — Ed Monarch, former Mayor, Indian Wells

"I had cervical spine surgery a few months back which involved getting a fusion and an artificial disc. While healing I was limited in doing certain things, one of which was bending over. This caused great tension in my neck and back and loss of flexibility in my back and legs. The instructors at BYUV are aware of my situation and have been extremely caring and have shown me how to get great relief while still following the doctors' orders. The more I go, the more I realize the best part of the day is walking out of class and feeling absolutely fantastic. It is for this reason that I now know that Bikram needs to be part of my life because as I continue down the road to recovery, I am doing so pain free!" —Kathy Valentine, Rancho Mirage

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What is Your Immune System Telling You?

By: **Sonja Fung, N.D.**

The Fever Fallacy

Contrary to popular belief, fevers are GOOD and a positive indicator that your body has the strength to fight off pathogens. A fever is part of your body's defense mechanism and actually kills off bacteria and viruses that can't live in higher temperatures. Fevers up to 104°F are benign and of short duration and have not been shown to cause permanent neurological damage. The main goal for decreasing a fever is to improve the comfort of the person with a fever.

Technically speaking, a fever is an oral temperature of 100.4°F or above. In children under the age of 3 years, parents should monitor the behavior of their child, not the actual temperature. The degree of the fever doesn't always correlate with the severity of the infection. I have seen 4 year olds in my clinic running up and down my hallway with fevers of 102-103°F. Their immune system is reacting perfectly to fight off their bug. However, if the child is listless and blue looking, that is a much more serious sign and you need to seek urgent medical attention.

"The best way to support a person with a fever is to keep them well hydrated with electrolyte water and rest. Let the body do what it's built to do and fight off infections by mounting a fever."
– Sonja Fung, N.D.

Many parents and care-givers are advised to reduce fevers with NSAIDs or acetaminophen (Tylenol) for the purpose of comfort. The best way to support a person with a fever is to keep them well hydrated with electrolyte water and well rested. A tepid Epsom salt bath will also temporarily reduce the fever and relax aching muscles. Again, let your body do what it's built to do and fight off infections by mounting a fever.

A Strong Immune System Starts with the Gut

Maintaining digestive health is key to the health of your body. Your intestines make up 70% of your immune system called GALT- Gut associated lymphatic tissue. A healthy gut protects you from bacteria, viruses, parasites and absorbs vitamins and nutrients from your food. When it is not working properly, the result is constipation/diarrhea, allergies, stomach pain and bloating, and acid reflux. Basic ways to regulate your digestive function are:

- 1. Probiotics are the good bugs found in your digestive tract.** They enhance the immune system, prevent the overgrowth of yeast and fungus, and produce substances that can lower cholesterol.
- 2. Test for food sensitivities/allergies**—hidden food sensitivities can cause chronic low levels of inflammation in your intestines. Chronic inflammation decreases your ability to digest and absorb nutrients from your food, resulting in a disturbed gut and decreased immune strength.
- 3. Spice up your life**—Cook with plenty of fresh spices and herbs such as garlic, onions, cumin, rosemary, basil, etc. Kitchen spices and herbs have anti-microbial properties that can protect you from a cold and flu.

Create a Balanced Daily Routine

Your body is designed to function optimally by maintaining a homeostatic environment, i.e. perfect balance. One of the best things you can do is create a lifestyle of balance, including proper nutrition, exercise, sleep, and stress reduction.

You can support your immune system by incorporating these good habits.

- 1. Get adequate exercise every day!** Individuals who receive 40 minutes of moderate daily exercise cut down sick days by 50%.
- 2. Sleep/adequate rest**—A full 8 hours of rest every night allows your body to recover from the wear and tear of every day work and stress.
- 3. Stress reduction**—daily stress reduction either through prayer, meditation, exercise, etc. can help enhance your immune system and well being.
- 4. Avoid sugary foods and beverages**—1 tsp of sugar decreases our body's immune system by 50% for the next 5-8 hours!

Dr. Sonja Fung is a Naturopathic Doctor in family practice at Live Well Clinic. Live Well Clinic is located on Washington and Hwy 111 in La Quinta at Point Happy Plaza. For more information you can visit www.livewellclinic.org or call 760-771-5970.

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Laser Therapy to the Rescue!

By Jon Dunn, N.D.

Laser therapy is gaining worldwide recognition for its ability to reduce pain and enhance healing without drugs or invasive surgery.¹ Low level laser therapy is safe, non-invasive and free of side effects. It speeds recovery time, increases joint flexibility and reduces inflammation.

In 1917 Albert Einstein presented mathematical equations that were later used in the 1950's to make the first lasers.² Medical use of lasers began in the 1960's for surgical procedures and to address acute and chronic pain, back pain, bursitis, carpal tunnel symptoms, arthritis, fibromyalgia, ligament strains, tendonitis, soft tissue injuries and muscle strain.³

In the early 1970's while researching lasers for cancer therapy, Hungarian doctor Endre Mester found that low level laser accelerated wound healing around surgical sites.⁴ His studies set the stage for more than 2,500 published studies on laser therapy, 120 of them double blind studies.⁵

The goal of laser therapy is to deliver light energy units to damaged cells. This light stimulates mitochondrial production of ATP (energy chemicals) to move from a state of cellular disease to a state of stability and health. Laser light stimulates release of pain killing endorphins, suppresses unhealthy tissue damaging inflammation, enhances lymph drainage, increases circulation, speeds healing and reduces edema. The laser light frequencies used in our clinic also show antiviral, antifungal and antiherpetic value.⁶ While European studies have shown laser therapy to be an effective adjunct for over 200 conditions, here in the US the FDA has cleared it primarily for pain management.⁷

Laser devices used in our office are FDA approved and combine laser/light therapy and electrical neurostimulation. This pulsed delivery system is more effective than continuous and modulated lasers, and free of possible side effects due to thermal damage. The combination of light frequencies allows for deep tissue penetration and healing. Laser therapy treatments are typically short in duration with results seen after just a few visits.

There are a few contraindications for laser therapy including pregnancy (over the uterus), cancer (over the tumor site), directly over the thyroid gland, and with immune-suppressed individuals.

Low level laser therapy is safe, effective and beneficial for the mitigation of many painful conditions.^{8,9}

Dr. Jon Dunn is a licensed Naturopathic Doctor with over 20 years of experience. He is the author of the book *The Family Guide to Naturopathic Medicine* and has a private practice in Palm Desert. He is a member of the American Association of Naturopathic Physicians and the California Naturopathic Doctors Association. jon@drjondunn.com www.DrJonDunn.com 760-341-6502

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Stress Management: Live the Life You Deserve

By Jaime Casellas, Ph.D.

Today, we live in a world where stress erodes every facet of our lives. When stress becomes chronic, we are susceptible to a myriad of stress-related disorders, including cardiovascular disease, high blood pressure, some forms of cancer, addiction, post-traumatic stress disorder (PTSD), migraines, sleep disorders, depression, and chronic pain.¹ In some cases, these illnesses can be so severe that they result in death.

Ironically, the power of the stress-management modalities (breath control, yoga, and meditation) and their central role in health and longevity was something that the ancient Taoists verified more than 2,500 years ago.² Now we know that these modalities play a very powerful role in reducing the levels of unwarranted stress, and energizing and detoxifying the body.³

The salutary effects of these modalities are attributable to the fact that they effect positive changes in the structure and function of the brain.⁴

One of the most important things that happens in the brain is an increase in the secretion of the “feel-good” neuropeptides and a decrease in the “feel-bad” stress hormone, cortisol. The increase in the “feel-good” neuropeptides enhance memory and learning (serotonin), improve the sex drive and the quality of orgasm (dopamine, oxytocin and testosterone), control appetite and sleep (melatonin and insulin), regulate cardiovascular function, and reduce the levels of muscle tension and pain (β-endorphin and enkephalin).

Moreover, the practice of these modalities results in an increase in the flow of blood to the left prefrontal cortex. This area of the brain is associated with attentiveness, information processing and the modulation of emotions. Brain wave synchronization and stabilization reverses the activities of the sympathetic (fight-flight response mode) and the parasympathetic (rest, relax and digest mode), so that the normally dominant sympathetic system takes a back seat to the parasympathetic.

A day at the spa or listening to music is relaxing yet the stress-reducing effects are short lived in comparison to the benefits of breath control, meditation and yoga.

By practicing these modalities, you will enjoy deeper levels of relaxation, a dramatic reduction in the intensity of stress, improved memory, increased energy level, weight normalization, improved sleep, decreased pain levels, decreased blood pressure, heightened immunity, and an enhanced capacity to manage the symptoms of depression and addictive behavior.

But above all, these practices teach you how to embark on your journey of self-discovery and well being. A journey that will allow you to resonate better with others so that you can begin to enjoy life to the fullest. A journey that will help you improve your physical and psychological health. A journey that will help you begin to live the life you deserve.

Jaime Casellas, Ph.D. is a Stress Management Specialist, a Certified Life Coach, a Registered Yoga Instructor, and founding director of the Stress Management & Prevention Center in Rancho Mirage. For more on Jaime Casellas, visit www.stressprevention.org, or contact him at casellas@stressprevention.org or by calling (760) 464-2150. His book, *Chaos & Bliss—A Journey to Happiness*, is available at Amazon.com.

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Jaime Carlo-Casellas, Ph.D. is a Stress Management Specialist, Certified Life Coach, Registered Yoga Instructor, and founding director of the Stress Management & Prevention Center in Rancho Mirage. Jaime studied at the Center for Mindfulness in Medicine at the University of Massachusetts Medical School.



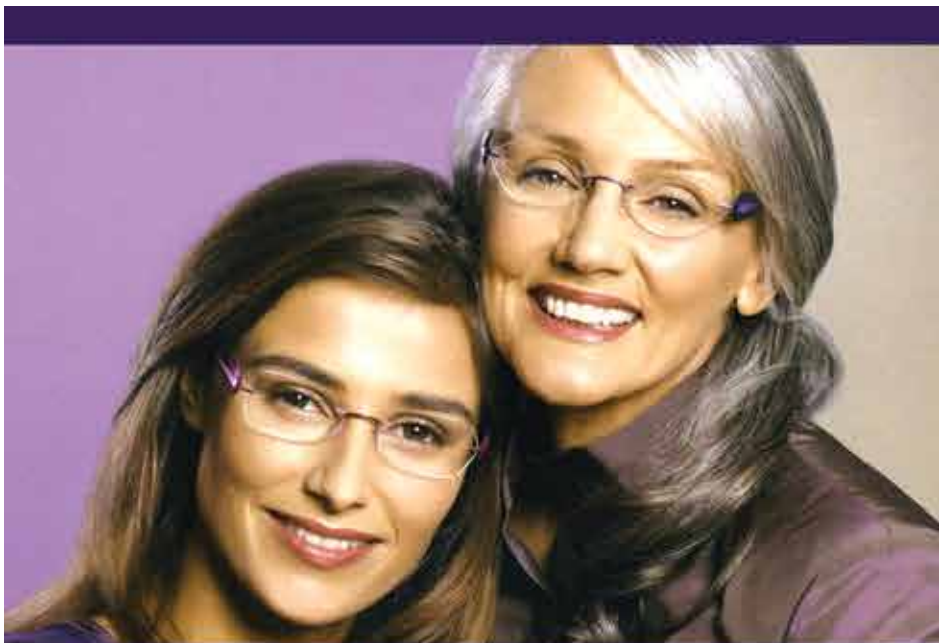
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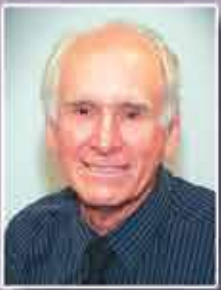
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Fat vs. Fillers for a More Youthful Look: Which is Better for You?

By Rex Yanniss, M.D.

As we age, we lose facial volume. There is loss of bone and fat in and around the eyes, mouth, chin and temples. This volume loss results in brow and cheek drooping, and wrinkles around the mouth.

The main injectable fillers used today are Juvederm, Restylane, and Radiesse. Juvederm and Restylane are used mainly in the lips and lower eyelid/cheek areas where small volumes (2-3 ccs) are used. They are hyaluronic acid (HA) gels and best used for superficial wrinkles, volumizing the lips, and filling in the depression under the eyes. Injected through very small needles with anesthesia mixed in them, both products are easily reversible using an enzyme that (almost immediately) dissolves them. There is no excuse for a "bad job". These products usually last 6-10 months and are injected during a routine office visit.

Radiesse is used as a deeper filler. This can be used in the cheeks, chin and jawline, to fill in lost volume. It requires a slightly larger needle and can cause bruising. It lasts longer than the HA products, typically 10-14 months, and is also injected during a routine office visit. It is not reversible but may be massaged and spread out if there is a bump or nodule.

Fat transfer is performed in all areas of the face. It is harvested via liposuction and injected back into the face. Fat transfer is used for volume replacement not to treat fine lines. Much larger volumes (20-60 ccs) are used because the entire face can be injected. The brows, forehead, temples cheeks, chin and entire peri-oral area may be treated. Fat transfer is commonly performed with a facelift to achieve a natural result without a pulled look. It also improves the skin tone and texture.

A fat transfer is a surgical procedure and has a recovery period with bruising and swelling. A fat transfer is longer lasting (2+ years) and often semi permanent after the initial swelling goes down. The results are much more dependent on the surgical skill of the surgeon than injectibles, and it takes longer to see the final result. A fat transfer is often what a person needs if they have already had a facelift and want an improvement with their look.



So which is best for you? It all depends on your goals. If you want to alleviate fine lines around the mouth and eyes, then a filler such as Juvederm combined with BOTOX works very well. If you want an overall more youthful look and have a significant amount of facial volume loss, a fat transfer with or without other procedures may be the best treatment. Your surgeon will discuss treatment options, and together you can plan your rejuvenation process.

Rex Yanniss, M.D. specializes in Ophthalmic Plastic & Facial Cosmetic Surgery, as well as, skin rejuvenation of the face, neck, chest, arms and hands. He practices in Palm Desert at Evans Eye Care and can be reached at (760) 674-8806.

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Does Vibrational Training Really Work?

By Jay Nixon CNS, CFNC, CPT

The technology of "whole body vibration" was first used by cosmonauts to combat muscle and bone loss caused by extended stays in zero gravity. Today it is used by professional sports teams, medical facilities, health clubs and fitness studios all over the world.

There are many different types of vibration therapy equipment, and the effectiveness of each varies. The machine I use in training with my clients is the Power Plate because it offers a host of clinically-proven benefits. These include improved blood circulation, increased muscle strength and flexibility (something all golfers love to hear), enhanced range of motion, decreased cellulite, increased bone mineral density, reduced pain and soreness, and faster recovery.¹

How does it work? Through movement to your core.

Rapid vibrations transmit waves of energy throughout the body, activating muscle contractions 25 to 50 times per second. Results indicate enhanced overall performance from sessions as short as 20 minutes a day, 3 times per week. So you enjoy shorter workouts and realize greater benefits.

A clinical study of 79 obese adults who used the Power Plate Vibrational Trainer reported the following results:²

- After six months, those using vibrational training in addition to a low calorie diet lost twice as much visceral fat compared to those who fol-

lowed a low calorie diet with cardio and weight training.

- After 12 months, the vibration group maintained the decrease in visceral fat, while the diet and fitness group returned to their normal baseline values in the same time frame.



Jay Nixon works with Vicky Harrison on the Power Plate

(Visceral Fat surrounds the organs and is connected with diseases such as diabetes, hypertension, and elevated triglycerides)

I have been in the nutrition and fitness world for over 17 years and tried nearly every piece of workout equipment. I find the Power Plate Vibrational Trainer to be one of the most effective. My clients achieve amazing results in half the time with shorter workouts.

There are a few contra indicators that are not recommended for vibrational training, so it is important that your trainer be licensed and knowledgeable in this practice. Before beginning any physical fitness program, you should check with your doctor to ensure you are cleared for physical activity.

Jay Nixon is a Certified Nutrition and Fitness Specialist with over 18 years of experience in the industry. Jay currently trains clients on the Power Plate Vibrational Trainer at AcQPoint in La Quinta and can be reached at 818-571-5287 or www.nixononelite.com

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Bouncing Back to the Game You Love

By Patty Curtiss, A.T.C., M.S., M.H.A.

It really doesn't matter how well you play golf.

What matters most is that you are able to "play golf," the game you love. Playing golf helps people feel good. My mother introduced me to the game and I was quite a competitor as a young adult. We played a lot of golf together and she would always say, "doesn't it feel good to just get out and walk?" Well, she was right. And when you are suddenly injured or find yourself facing a surgical procedure, those feelings get scrambled and life can suddenly become overwhelming. At that point, it doesn't matter how well you play, but how quickly you can bounce back to the greens.

Allow me to share a story about Ruby, one of my golf students. She explained to me one day that her favorite pastime is golf, and that her doctor suggested she consider giving it up to protect the remaining discs in her back. Ruby chose spinal surgery instead, and spent several months in physical therapy after her operation. When she returned for her annual check-up, she asked about the possibility of playing golf. Fortunately, her spine surgeon indicated that with the proper professional assistance and training, Ruby would be able to return to the game she loved.

I work with professional athletes, doctors and executives, all enjoying retirement in the beauty of the desert. Most of them have had an injury, surgery or are trying to overcome their pain. They all have one goal in mind: to return to their life's passion as quickly and safely as possible.



Dr. Stephen Steele

Unfortunately, there is no commonly agreed standard on when and how to return to golf safely after an injury or surgery. Attending doctors need to make that call. Sports medicine specialist and former Eisenhower Medical Center Chief of Staff, Dr. Stephen Steele, with whom I've had a professional relationship for nearly 15 years, recently attended a golf fitness seminar sponsored by the Titleist Performance Institute. He has also been taking golf lessons since last spring and I asked him to comment on how his experiences as a golf student have changed the way he helps his patients return to the game. "As a student of golf, I now realize how important it is to have a trained eye look for swing faults and help you work to correct them," states Steele. "It gives me confidence to know that working with a trained professional will give my patients the best chance of continuing golf despite their medical or orthopedic problems."

Recovering at the right pace and with the right professional guidance is key to getting you back to the game you love and minimizing the risk of re-injury.

Patty Curtiss is a Certified Athletic Trainer, PGA 'Class A' Member, founder of Golf Rehab and co-founder of Bounce You Back in-home care. Her unique Golf Rehab program currently operates at the College Golf Center on the COD campus. Patty can be reached at 760.578.6401, www.pattycurtissgolfrehab.com, or www.BounceYouBack.com



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On Your Road to Retirement... Don't Forget Mom and Dad

By Reesa Manning

A wild card in any financial plan is the aging process. Longevity coupled with incapacity can decimate a family's resources, forcing adult children to contribute to their parent's support and jeopardize their own retirement.

Long-term care insurance can mitigate the financial obligation, but only when the insured is unable to perform two of six specific activities. Seniors who simply need help getting to doctors' appointments, remembering to take medications, fix meals, shop, clean, pay bills and myriad daily challenges, do not always qualify for benefits under a long-term care insurance policy. Yet their needs are no less real.

When aging parents become dependent on adult children, financial planning becomes more entwined. Now there are two or more families working toward the

same goal of meeting the parents' needs without compromising the adult children's financial well-being. Although each family may want to keep their finances separate, holistic planning may allow resources to be shared or conserved for the benefit of everyone.

The goal in any integrative financial plan is to dissolve the boundaries between what belongs to the parents and what belongs to the children, and consider strategies that build and conserve resources for all.

Assemble Resources—Caregivers often underestimate the time required for caregiving and the impact on their work. They go into it providing only a small amount of care and then gradually take on more and more responsibility, incurring significant losses in career development, salary and

retirement income, and substantial out-of-pocket expenses. Ideally, you'll want to begin thinking about this while everyone is still healthy so you can emphasize the importance of planning ahead.

Planning Ahead—According to a USA Today/ABC News/Gallup Poll, 41% of baby boomers who have a living parent are providing personal care, financial assistance, or both. Of those boomers who are not providing care for parents now, 37% think they will someday. And about half of them say they are concerned about their ability to do so.

Living Arrangements—Housing options for older parents who are basically healthy but need help with certain activities due to frailty or forgetfulness include: (1) staying in their own home, (2) living with their children, or (3) moving to an assisted-living facility. Each family must decide which option is best based on costs and quality of life.

Costs may include home modifications to enable the parents to get around safely, plus the cost of bringing in outside housekeepers or caregivers. Compare these

costs with the cost of an assisted-living facility. Then decide which arrangement would work best for everyone.

Providing Care—Before making any moves, analyze the long-term consequences of the various options and try to strike a balance between financial and emotional considerations.

The occasion of a parent needing help gives families an opportunity to integrate their financial and life plans for the benefit of all. You may wish to obtain professional advice to help evaluate everyone's resources and determine who will be responsible for which costs. A professional can help map out a strategy that makes sense from a tax and estate planning standpoint.


Planning for your parents now enables you to create a sound financial plan to cover future retirement needs.

Reesa Manning is a Senior Financial Advisor, specializing in retirement income distribution at Integrated Wealth Management. For more information, call Reesa at (760) 834-7200, or reesa@IWMgmt.com



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Fresh Cuisine



A Trip to the Italian Countryside

"Welcome to our home" is the feeling you get when you enter the magnificent La Spiga Ristorante Italiano. La Spiga was recommended by friends as a wonderful place to eat, but not until our recent visit did I learn of the freshness of their ingredients – many right out of the restaurant's onsite organic gardens.

La Spiga is visually stunning, from the Tuscan architecture to the warm Italian artwork. "Our idea was to build a house with gardens," says owner Connie Cultraro whose husband, Vince, is the talented chef. They have certainly achieved their goal.

You can enjoy your meal in the quaint dining room or amongst the colorful gardens. The open courtyard seats 100, but is designed to make each table feel private. We were seated on the porch overlooking the gardens and felt as if we had just arrived in the Italian countryside.

"We grow Japanese persimmons, figs, peaches, apricots, plums, citrus, grapes and pomegranate here at the restaurant, which we incorporate into a variety of dishes and desserts," says Connie. Throughout the year, they cultivate eggplant, Swiss chard, asparagus, arugula – and a whole lot of garlic (40 pounds last year!). The herb garden produces a bounty of basil, mint, sage, oregano, and thyme.



Raised garden beds provide the outdoor ambiance

Vince, who is from Sicily and Connie from Calabria, brought Nonna's kitchen with them. Everything is done the old fashioned way and nothing is packaged. "Our sauces are naturally reduced and we flavor our own oils. We use only sea salt and whenever possible organic products." La Spiga sources local growers and imports fresh ingredients from the region.

Their meats are natural too, with no hormones or antibiotics, providing exceptional flavor. "We grind our own meats, make our own sausages, and fillet our own fish (only line caught wild fish flown in daily)." Only organic eggs from free range chickens are used.

This is La Spiga's fourth season in its current home. You may remember the former little restaurant on El Paseo (where the Apple Store is now) which the Cultraros ran for 7 years. They have been in the restaurant business for 31 years having operated 5 different restaurants in Canada.

Our table started with the tomatoes and Burrata, a fresh Italian cheese made from mozzarella and cream with an exceptionally soft, melt in your mouth texture. Ac-

cented with fresh basil, it may have been my favorite part of the meal. The John Dory fish special was seasoned perfectly and served with fresh, crisp vegetables. Vince's version of "fettuccine alfredo" (a true test of a chef's talent) was the best I have ever tasted.

We complemented our meal with an Italian Barolo which was the

perfect pairing. The wine list offers a broad range of quality varietals and vintages from the very affordable to the extremely rare. Along with a wide selection of Italian and American wines, there are a variety of wines from Chile, Argentina, South Africa, Australia and other countries.

"We like to provide our customers with the opportunity to try something new and different," adds Connie.

We topped off the evening with mouth watering profiteroles (pastry balls filled with cream and covered with melted chocolate) and espresso.

La Spiga is a special treat and I look forward to taking my (Italian) father when he



A setting prepared on the courtyard patio

comes to visit. It is the perfect place for a family gathering, romantic meal, or outing with friends. The Cultraros and their professional staff will always make you feel at home.

La Spiga is located behind the Palm Desert Visitors Center off El Paseo and Painter's Path. They are open Monday - Saturday from 5:30 p.m. and closed on Sundays. Lunch is available upon request for parties of 40 or more. There is a small, quaint bar with a fireplace where you can enjoy cocktails, appetizers, or order from the full menu. They offer complimentary valet parking and there is plenty of self-parking.

La Spiga Ristorante Italiano 72-557 Highway 111 Palm Desert. 760.340.9318. www.LaSpigaPalmDesert.com



"Ask not what your region can do for you; ask what you can do for your region."

JFK Memorial Hospital's leadership understands well our former President's (adapted) call to action. Investing in local students who are studying in health care programs continues to yield fruitful returns for JFK Memorial Hospital. Smart local employers recognize and look to local zip codes when recruiting. Investing in those students who are tied to, and are a part of the community, is recognized as the #1 retention metric in many local health care jobs.

In spite of the current economic pressures, JFK Memorial Hospital continues to prioritize meaningful student/teacher learning experiences including: Job Shadows, Internships, Faculty Externships, Disaster Drills, Professionals



5th Grade students and their teachers at JFK Memorial Hospital.

Mock Interviews, and Career Explorations Tours. Most recently, JFK under the direction of its CEO, Dan Bowers, and leadership of Linda Evans, Director of Physician and Community Development, hosted a Career Exploration Disaster Drill.

120 medical magnet school Dr. Carreon Academy 5th Grade students joined 40 employees, paramedics and Air Medical Transport personnel. The students learned how prepared their community is in the event of a disaster. They were given leadership roles and paired with hospital leaders to carry out their duties. Students role-played in the event, as managers, mock-victims, and support staff – and the day culminated in a helicopter visit and demonstration by Mercy Air and Reach Air Medical Transport personnel.

Molly Groban, JFK's Director of Education and Dara Villanueva, JFK's Health and Wellness Coordinator, are vital links in matching students' interests with hospital departments to provide students with the best experience possible during their field hours at JFK Memorial Hospital.

Since 2001, when its initial engagement began with 50 students from Coachella Valley High School's California Partnership Medical Health Academy, JFK has invested time and resources in well over 2,000 local students. Supporting students from three high school health pathway programs, together with students from elementary and middle schools, The Regional Occupational Programs, The Healthy Family Foundation's Ophelia Project and CVEP's Pathways to Success Scholarship students, it is clear that JFK Memorial Hospital's leadership is indeed a community partner in helping to mentor, train, and develop our region's next generation of health care workforce.

And for that, we should ALL be truly grateful.

For more information on John F. Kennedy Memorial Hospital visit their website at www.jfkmemorialhosp.com. For more information on CVEP's Workforce Excellence programs in healthcare, visit www.SmartStudentsGreatJobs.org and www.CVEP.com.

Coping with Grief During the Holidays

By Pamela Gabbay, M.A., F.T.

If you are grieving the loss of a loved one, the holidays can be a particularly difficult time. While everyone around you is busy .. celebrating the holidays, you can't wait for them to be over. Here are a few recommendations to help ease the pain:

- Don't expect that you'll have the same amount of energy that you normally do during the holiday season. Most likely, you won't feel like decorating or shopping, and that is o.k.
- Plan in advance. Decide where you want to spend the holidays and with whom. Not everyone will understand your pain and you want to ensure that you are comfortable.
- Allow yourself to feel all of the emotions that you're experiencing, and allow others to comfort you. The holidays often cause a lot of grief triggers. Allow yourself to express the emotions you feel.
- Consider creating new holiday traditions. Consider taking a trip and spending the holidays in a new location, one that does not hold all of the memories of holidays past.
- Light candles in memory of your loved one. Choose candles that have a soothing scent and consider creating a place of honor for the candles in your home.
- Consider doing something in memory of your loved one this holiday season. If you have children, have them help you. You might make a donation to charity, create a holiday ornament, or create a photo album full of past holiday photos.
- Consider volunteering your time. Often giving to others is one of the best ways to help ease our own pain.
- Attend a holiday memorial celebration. The VNAIC has an annual celebration called Light Up a Life. This year's event will be held November 20th, 2011 in Palm Desert. This memorial celebration provides an opportunity for you to honor the memory of your loved one in a community setting.
- Consider attending a grief support group. Other grieving people will understand what you're going through in a way that most friends and family won't be able to.

Lastly, be gentle with yourself. It's normal to feel like you don't want to participate in the holidays. Remember that often the anticipation of the holidays is worse than when the actual holidays arrive.

Pamela Gabbay is Program Director of the Mourning Star Center, a support center for grieving children and families. The Mourning Star Center is a community service program of the VNAIC. For more information, please call 760-836-0360.

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Trips for Kids Coachella Valley Teaches Nature, Exercise and Healthy Fun

Many young people grow up in the Coachella Valley without experiencing the abundance of nature and healthy fun that the local hills have to offer. Trips for Kids Coachella Valley's (TFKCV) goals are to identify these kids (ages 10-17), bring them outdoors, and teach lessons

to be the most fun.

The TFKCV program will continue during the month of November with a group of youth from the Esperanza Youth and Family Center in Coachella. There will be three classes teaching bike safety, core values and respecting nature, and concluding with a mountain bike ride aimed at building confidence and pride in each young rider's individual accomplishment.

Since respecting the environment is one of the group's cores values, TFKCV has created a recycle cleanup effort. Each rider must leave the mountain cleaner than the way they found it. TFKCV is also working on an 'Earn-a-Bike' program allowing kids an opportunity to work alongside volunteers to rebuild and fix donated bicycles. After a specified amount of volunteer time, the participants earn a bicycle of their own.

TFKCV is part of The Desert Recreation District (DRD) that has served valley residents from Ran-

cho Mirage to the Salton Sea for sixty years.

For more information on Trip for Kids Coachella Valley, visit www.cvtripsforkids.com or call 760-568-4265.



Trips for Kids budding riders and the TFKCV team at their October kickoff event

in personal responsibility, achievement and environmental awareness through the simple act of having fun on mountain bikes.

In conjunction with Take a Kid Mountain Biking Day in October, TFKCV launched their program bringing together 21 young riders and 29 adult leaders and mentors, for a morning of mountain biking. Riders split into two groups based on skill level and rode the 2 or 4 mile trail at the La Quinta Cove Oasis Trailhead. After the completion of the ride, each rider shared their biggest obstacle, how they overcame it, and the part they considered



Experiencing a ride from La Quinta Cove Oasis trailhead



Living Wellness

with Jennifer DiFrancesco

Ancient Healing Practices

Many answers we seek to feel vibrant and take care of our health and wellness, exist as natural remedies dating back 5,000 years. There is a science of self-understanding that originated in India called Ayurveda, translating from Sanskrit to mean “Science of Life.” It is a system of empowerment that looks at everything affecting a person, including food, the changing of seasons and emotions, and the interplay of cause and effect.

Ayurveda is a simple system of healing that can become complicated. Our Western views limit us in relating to this science-of-self understanding. We are not used to empowering ourselves with answers, and instead seek answers from health professionals. A combination of self introspection and a western health approach can be a better partnership to start the process towards understanding the why's and how's of good health.

Since Ayurveda relates to every way in which we live, a means of understanding the approach is to look at the changing of the seasons, and how our well-being is affected. In the Coachella Valley, seasonal change is less evident through the amber hue of leaves falling on the ground. We can feel the relief of heat from summer to fall, yet how profound are the seasonal changes on each one of us?

In Ayurveda, healing is first approached by breaking down everything into five primary elements. The elements are ether (which is space), air, fire, water and earth. Nature also has these elements as inherent characteristics of its makeup. Each season has a specific dosha or combination of elements that make up the season: Springtime – Earth / Fire; Summer – Fire; Fall – Air; Winter – Earth.

Each one of these elements characterizes the season and stirs within each of us, mixing with our own elemental predominance, to create symptoms. This can show as either ease or disease. Right now we are transitioning to fall weather which is a time of year that is characterized by the air element from an Ayurvedic perspective. All aspects around us are cool, dry, rough (such as our skin) and lighter. This is vastly different than the summer. With fire in its character, summer is hot, penetrating and dry. This is what fire does to our inner and outer landscape.

Each of us has a different balance of these elements in constant interplay within our bodies. If we have fire predominance and live in the summertime desert, we will experience heightened symptoms of fire imbalances. We would then need to find ways to work naturally to bring the body into better equilibrium. This internal elemental cocktail also changes based on time of day, season, and time of life. Everything we do, from the type of exercise we choose to the foods we eat, affects the elemental balance inside us. These are universal laws of nature that are eternally true.

Jennifer is a Desert native with 20 years of experience in the spa industry. She is the Spa and Sports Club Director at Toscana Country Club in Indian Wells.

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Avoiding Falls Through Fitness

By Vincent Kambe P.T., D.P.T., O.C.S.

One third of people over the age of 65 take a fall every year. 74 percent of those who fall obtain injuries that require medical attention.¹ Many of these falls, and the life altering consequences that ensue, can be avoided. In the spirit of National Fall Prevention Awareness Day (always the first day of Fall), I present you with the most common risk factors for falls, and ways to avoid them.

According to the American Academy of Neurology there is strong evidence to support that those who: use an assistive device such as a cane or walker, have poor balance, a history of recent falls, or have been diagnosed with a stroke or dementia, are at risk of falling. The Academy also states that weakness in the legs, poor sensation (common in diabetics), loss of vision, and Parkinson's disease are probable predictors of future falls.² The American Physical Therapy Association adds that there is an increased risk of falling with those who have arthritis, or are taking more than four medications.³

Recent studies have shown that as much as 50 percent of falls could have been avoided.⁴ So how can we decrease our chances of falling? First, KEEP MOVING. Avoiding a sedentary lifestyle will maintain strength and flexibility. Regular activity has also been shown to improve some of the risk factors of falling. Whether you enjoy golf, yoga, or just walking your dog, keep it up. It could prevent a future trip to the hospital.

Other simple changes may decrease

your risk. Make sure every room in your house is well lit, including nightlights. Avoid clutter. Put objects away after each use and hide cords. Secure rugs with non-skid backing. In high fall risk areas, such as the shower and tub, have handrails installed. Be cautious around pets and uneven walking surfaces.

If you do have an increased risk of falling, there are people who can help. Speak with your physician about whether a consultation with a movement specialist, or physical therapist, is right for you. There are multiple studies that show strength and balance training programs can reduce the risk of falls and injury. ¹ Physical therapy is covered by most insurance carriers.

Fall related injuries can be life-altering events. They can be prevented. Staying active, taking precautions and vigilant awareness go a long way.

Vincent Kambe received his Bachelor of Science in Kinesiology with a concentration in Pre-Physical Therapy from Cal Poly, San Luis Obispo and his doctorate in Physical Therapy from Azusa Pacific University. Vince then went on to become a board certified orthopedic specialist. Vince can be reached at Avid Physical Therapy (760) 347-6195. vince@avidphysicaltherapy.com

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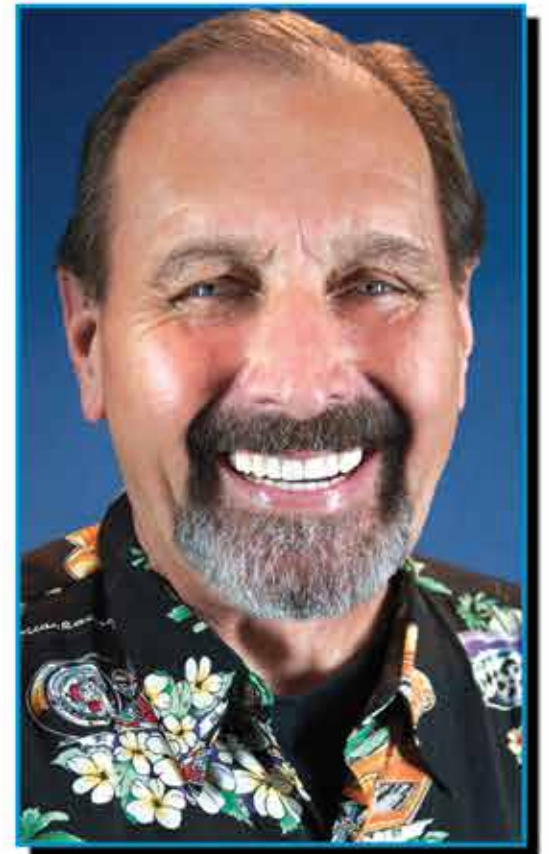


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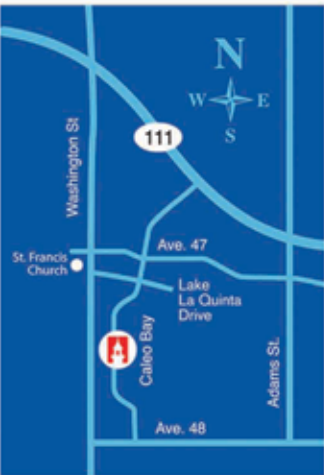




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