



Desert Health[®]

News from the Valley's Integrated Health Community

January/February 2012

what's inside

Medical News

8

Hearing Loss: What you need to know

Integrated Practices

13

High Cholesterol: Medical and natural treatments

Natural Options

18

What's all the buzz about B's?

Fitness

20

Diabetes Prevention: Are you active enough?

Family Health

21

Understanding your child's gluten-sensitive diagnosis

Health & Beauty

23

Natural skin care that's effective and affordable

Senior Health

24

Know the warning signs of a stroke

Desert Events

26

A full season of health and sporting events are on tap!

Fresh Cuisine

28

"The Queen of Clean Cuisine™"
Jennifer's Kitchen & Catering



The 1950's were a time of excess in America. Rising from the desperation of the 40's and World War II, Americans were filled with optimism—anything was possible and we had the world at our fingertips.

It was a time of invention. Companies sold convenience and accessibility with families in mind. Commercials and door-to-door salesmen did their best to convince the "typical" 1950's American homemaker to purchase time-saving appliances and serve her family new convenience foods. On the heels of lean pantries and government rationing during war time, these changes were welcomed.¹

Period cookbooks and magazines display belly-filling simple meals prepared from pre-packaged goods. 1950's cookbooks, food company brochures, and popular women's magazines confirm the popularity of casseroles, meatloaf frosted with mashed potatoes, and anything grilled (mostly red meat) on the barbeque, which became a popular "new" suburban trend. Main meals were accompanied by frozen vegetables, with lots of butter or sauces. Canned soup reigned supreme as the ultimate combination of convenience and versatility, and Chex Mix (also known as Trix Mix, TV Mix) was the signature snack.¹

1955 was the year that businessman Ray Kroc became a franchise agent for a small hamburger stand known

as McDonalds. In the same year, Coca-cola appeared in cans for the first time. It was the decade when Hostess was acquiring small bakers throughout the country promoting brands like Dolly Madison, Wonder Bread, Butternut Breads, and Sweetheart. In 1961, two small potato chip manufacturers, Frito and Lay, merged and were later acquired by Pepsi who began mass marketing brands like Fritos, Doritos, Ruffles, and Cheetos.

Fortunately, the 1950's was also the decade that Englishman Frederick Sanger was awarded the Nobel Prize for identifying the structure of insulin, laying the groundwork for synthetic insulin used for diabetes which would be much needed by Americans in years to come.²

Today, diabetes affects 25.8 million in the United States. About 1.9 million people ages 20 years or older were newly diagnosed in 2010 and studies show that 35 percent of this same population has pre-diabetes, a condition in which blood sugars, or A1C levels, are higher than normal but not high enough to be classified as diabetes.³

If you ask medical professionals how we got here, most agree that it is due to the accessibility of refined carbohydrates such as white bread and rice, high fructose corn syrup, and refined sugar. The processed, packaged and fast foods we love so much (commonly

Continued on page 7



Health Is A Choice showcases individuals who have significantly changed their life and the lives of others by making health a priority. In this issue, we are honored to feature former President Bill Clinton's personal journey and how his international efforts to make the world a healthier place are now coming to the Coachella Valley as part of the Humana Challenge.

Bill Clinton was a self proclaimed 'fat kid.' Growing up in Arkansas, he was raised on a midwestern diet of meat and potatoes and at 13, weighed 185 pounds. His loving and bountiful family had a history of heart disease but, as was common at the time, gave little thought to conscious eating for health.

These early patterns stayed with Clinton who as President became infamous for his love of burgers, barbecue and junk food. (Many may remember reports of Clinton stopping at McDonald's after a jog).

However, junk food and genetics caught up with him and in 2004 at 58 years old, the former President underwent quadruple bypass surgery. With this life changing event and strong recommendations from his doctors, Clinton changed his diet, cutting back on caloric intake and cholesterol-inducing foods. But it wasn't enough and in 2010, he underwent stent surgery for another artery blockage.

Clinton told CNN's chief medical correspondent, Dr. Sanjay Gupta, "I essentially concluded that I had played Russian roulette, because even though I had changed my diet some, I still — without any scientific basis to support what I did — was taking in a lot of extra cholesterol without knowing if my body would produce enough of the enzyme to support it, and clearly it didn't or I wouldn't have had that blockage. So that's when I made a decision to really change."



William J. Clinton
Photo: Jorge R.Perez/Clinton Foundation

Continued on page 9



Save the Date

Annual "Affair of the Heart" event.
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Happy New Year!

Human beings are funny. We know that good health comes down to making the right choices. But bad habits are hard to break, and we tend to be drawn to things that are bad for us. Sometimes it's cultural or lack of knowledge, but more often it is just plain old 'human nature.'

Look at former President Clinton, an educated man with all the world's resources at hand, yet it took quadruple bypass surgery followed by stent surgery for him to incorporate changes that would heal his heart.

Working towards a healthier generation has been a national platform for his Foundation, and Clinton is bringing his efforts to the Coachella Valley as part of the Humana Challenge. *Desert Health®* celebrates the awareness this is generating! Awareness leads to education and access to the information we need to make the right choices. And it's never too late for start, just ask Bill Bell (pg. 25) – he is an inspiration to us all.

Many of the conditions and diseases we feature in *Desert Health®* can be managed—and often reversed—with dietary changes. Diabetes is no different. If you want to learn how food affects our bodies, I encourage you to attend the Jim Cook Day of Hope for Diabetes® sponsored by the Desert Diabetes Club (pg. 27). This

is a free event and their medical speaker is Dr. Steven Gundry, author of *Dr. Gundry's Diet Evolution*. His research and recommendations have changed many lives – including his own.

The New Year is a good time for change – drawing inspiration and setting personal goals. We think you will find some of that inspiration within our pages, as there are many tips to get you started. There are also quite a few articles related to this issue's theme – Diabetes – which are noted with a green apple.



From our family to yours

In addition, February is American Heart Month, so we have articles on heart health denoted by a red heart.



Our wish for you is that you live each day with a smile on your face, a positive mindset and an able body. We know that good health – for you and your loved ones – will help you achieve your goals this year and throughout your life. And it begins with simply making the right, healthy choices.

Cheers to your health,

Lauren
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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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Jan. 14 • Humana Well-Being Walk & Healthy Fun Fair

Join this 5-mile walk along the Bear Creek Trail and celebrate at the end with live music, healthy foods and over 40 health related community organizations. Registration 7am; Walk 8a-10a and Fair 9a-1p. La Quinta Community Park. FREE. 760.777.7090. www.PlayInLaQuinta.com

Jan. 15 • Humana Day at the Certified Farmers Market

This Sunday market in La Quinta will also feature slow cooking demonstrations from Chef Michael Vaughn of La Quinta Resort's Twenty6 and a "Chopped Challenge" by La Quinta High School Culinary Arts Students. 8am – 12:30pm. FREE. 760.777.7090 www.PlayInLaQuinta.com

Jan. 16 – 22 • Humana Challenge

The Humana Challenge PGA Tour event takes place in La Quinta. Stop by and visit *Desert Health®* at PGA WEST in Bob Hope Square! 888.672.4673 www.HumanaChallenge.com

Jan. 24 – March 11 • HITS Horse Shows

If you haven't attended this spectacular event, add it to your list! Tuesday – Sunday each week and admission is \$5 on Saturday (12 and over) and FREE all other days. Saturday nights feature the FEI World Cup Qualifying Grand Prix attracting competitors from around the world. Thermal. 760.399.9200 www.HITSShows.com/thermal

Feb. 15-20 • International Sports Festival & Senior Games

Sign up to compete or come cheer on the athletes in pickleball, golf, tennis, track & field, basketball and more. Palm Desert. For a complete list of events and applications visit www.DesertSeniorGames.org or call 760.347.3484.

Feb. 18 • Indian Wells Chamber Health & Wellness Series

The first annual event will focus on prostate cancer. Lectures and a health expo are open to the public. A medical symposium is offered for doctors and practitioners and an evening dinner is open to all featuring special guest, Coach Tom Flores. The event benefits the Indian Wells Chamber and Gilda's Club Desert Cities. Indian Wells. 760.346.7095 www.IndianWellsChamber.com



Joslin Diabetes Center to debut at Desert Regional Medical Center



By Erika Z. Byrd

New affiliation brings physicians and their patients the benefits of a team approach based on some of the latest research. Desert Regional Medical Center has partnered with the world-renowned Joslin Diabetes Center to become one of only two centers on the West Coast offering Joslin's comprehensive clinical approach to diabetes care.

"Joslin is not as well known on the West Coast as it is in the East," said Sande (Rowlee) Quattlebaum, MS, RN, ACNP-BC, program director for Desert Regional Medical Center's Joslin Diabetes Center, "but it's as prestigious a name as the Mayo or Cleveland clinics. Joslin is a very well-respected teaching and research organization, and is affiliated with Harvard Medical School." Currently there are 46 Joslin affiliates worldwide including centers in 17 states and three international locations.

Desert Regional Medical Center has long been known for its diabetes education program, and the partnership with Joslin enhances DRMC's position as the Desert's leading resource on diabetes. The mission of the Joslin Diabetes Center and its affiliates is "To improve the lives of people with diabetes and its complications through innovative care, education, and research that will lead to prevention and cure of the disease."

"This new affiliation will streamline our diabetes program and elevate it by offering patient education materials and protocols which were developed by the world leader in diabetes treatment," said Quattlebaum. "Joslin has created the template for exemplary diabetes care and we are proud to offer this comprehensive, multi-disciplinary approach to patients at Desert Regional."

Desert Regional Medical Center received its Joslin affiliate status this past August and will open the newly remodeled clinic in its Stergios Building in early 2012.

While the finishing touches are being completed on the remodel of the Stergios Building to house the Joslin Diabetes Center, the newly-structured education classes have been in progress since this past October. "Diabetes Today" – a sequenced series of four classes, based on medical guidelines by the renowned physicians and researchers at Joslin, is offered to help patients manage their diabetes. Classes include: First Steps, What Can I Eat?, Foods that Fit, and Exercise Basics.

As part of the remodel, the first floor of the Stergios Building will include a dedicated area for diabetes education as well as clinical office space, making it convenient for patients to meet with diabetes educators following their appointment – all within the same facility. The community gym has also been expanded and upgraded with the latest exercise equipment.

The Stergios Building also will continue to house the Bariatric Surgery Program offices. For Quattlebaum who dually serves as manager of the Bariatric Program and as program director of the Joslin Diabetes Center, the move is just a few feet away, but she now wears a wider brimmed hat. As many bariatric patients also have diabetes, the two programs often intertwine, so it makes for easy referral from one program to the other right under the same roof.

For more information about the Joslin Diabetes Center at Desert Regional Medical Center, or to request a referral form for the group education classes, please call (760) 323-6881.



Sande Quattlebaum, program director for Desert Regional Medical Center's Joslin Diabetes Center

Women and Diabetes



Editorial Courtesy of Desert Regional Medical Center

Actress Halle Berry, singer Patti LaBelle, tennis legend Billie Jean King, and author Anne Rice are just several of the more than 12 million American women living with diabetes. This disease, which changes the way the body uses sugar, can increase a woman's chances of having a heart attack or stroke, and raise her chances of having a miscarriage or a baby with birth defects. Diabetes is a life-changing disease -- but by understanding how it affects one's health throughout life, women with diabetes can avoid serious complications and be healthy and active.

Women at increased risk for developing diabetes are those who are overweight, do not exercise, have high blood pressure, have a family history of the disease, had a baby that weighed nine pounds or more at birth, or are African American, Native American, Hispanic, or Asian/Pacific Islander.

Diabetes can have far reaching effects including:

Birth Control—Women with diabetes should talk with their doctor about which birth control method is best for them. Diabetics can take birth control pills, which contain very low levels of estrogen, but they may need to adjust their insulin. Hormone implants and injections provide birth control over a longer period of time, but may affect diabetes control. An intrauterine device is usually not recommended because it could increase the risk of infection. Foam, condoms or a diaphragm work well when used consistently.

Menstruation—The high levels of estrogen and progesterone that tend to build up about a week before menstruation could interfere with insulin sensitivity in some women. If blood sugar levels are high a week before each period, counter-measures such as more exercise and fewer carbohydrates may be necessary. However, if blood sugar tends to drop during this time, less exercise and more carbohydrates could be needed.

Pregnancy—Women with diabetes will need to work hard to control blood glucose levels while they are pregnant to avoid possible complications, such as premature delivery, miscarriage, birth defects, macrosomia (a large baby) and respiratory distress syndrome. Women with type 1 diabetes who inject insulin can still do so because it does not cross the placenta and is safe for the baby. Women with type 2 diabetes may not be able to take diabetes pills to control blood glucose because oral medications can cross the placenta to the unborn baby. They may need to switch to insulin. Women who develop gestational diabetes typically can manage their condition through proper meal planning and exercise.

Menopause—Having diabetes during menopause can cause changes in blood sugar levels, weight gain, infections, sleep problems and sexual problems. Women need to eat healthy foods and exercise regularly, measure blood sugar frequently, and adjust diabetes medications as advised by a physician. Diabetics should seek help for menopausal symptoms, and ask a doctor about taking cholesterol-lowering drugs to lower the risk of cardiovascular disease.

By understanding how to control diabetes, women can feel better and live longer – during every stage of their lives.

For more information about women and diabetes, call the diabetes educators at Desert Regional Medical Center, 760-323-6880 or on the web at www.desertregional.com/diabetes.

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Calling All Doctors, Nurses and Dentists: Volunteers In Medicine Is Ready for You

By Lauren Del Sarto

Coachella Valley's Volunteers in Medicine (VIM) just celebrated its inaugural year and is currently looking for medical and dental professionals to contribute their time to assist with VIM's continued growth.

Desert Health® sat down with VIM management team, President Roy Pitkin, M.D.; Board Member and Founder, Ron Hare, M.D.; and Executive Director, Bruce Yeager to learn more about the organization's commendable work and what we could do to help spread the word.

What exactly does VIM do?

RP: We offer primary medical and dental care to residents of the Coachella Valley with income less than 200% of the federal poverty guidelines who do not have or are not eligible for any existing government health care.

BY: I like to say "we are the safety net under all the other safety nets."

RP: We are open Monday through Saturday for four-hour sessions, depending on availability of providers. We have no shortage of patients as we currently see 300 a month and hold 30 four-hour clinics monthly. Our current volunteers include 11 physicians and four dentists, most of whom work one four-hour session a month but a few who cover two or more.

Your offices are very impressive for a free clinic. Who are the patients you see?

BY: As a free clinic, it is easy to make presumptions that our office is outdated and lacking necessities and that we see the poorest of the poor, but neither is true. Our annual operating budget is underwritten by generous donations from the three valley hospitals and we are selective about the equipment donations we accept. Riverside County is building us a new \$2.2 million facility slated to open in early 2013. We currently rent, and the new facility will save us money. We are also in the process of establishing a development program for fundraising.

RP: As for our patients, 75% are from Palm Desert, La Quinta, Indio, and Cathedral City and 14% come from Palm Springs. The surprising statistic is that 28% are from west of Cook Street.

BY: I have lost track of the number of patients who have told me "You know, Bruce, 6 months ago I had a great job with health insurance and never in a million years did I think I would find myself needing someone like you, but thank God you are here."

What is the current need from the medical community?

BY: We need more staff, particularly if we are to expand to meet the need. Our most urgent need is for dental personnel—dentists, dental hygienists, and dental assistants. We also need physicians, nurses, nurse practitioners, physician's assistants, administrative front office staff. There is no shortage of patients needing the services we provide, especially dental care where our waiting list approaches 400.

RP: Eight of our 11 physicians are able to contribute only 4 hours a month. We are very grateful for them, but we hope to find more who might cover two or more clinics each month.

What is required from practitioners who want to volunteer?

RP: The only requirement is that they must have an unrestricted license to practice their profession in California. We have a 5 minute application form for them to fill out and we take care of the rest. (There is a credentialing process and committee that reviews each application, including the federal government for liability insurance. The approval process takes about 3 weeks).

BY: If a doctor walks through the door and states he or she wants to work, we will have support staff here to fit his or her schedule.

Can retired practitioners volunteer?

RP: Yes, indeed, as long as they have kept their CA license active. Of the 11 physicians currently active with us, 3 are retired.



Volunteers Rosa Lucas FNP and Mirella Ramirez, LVN welcome Jacqueline Romo, VIM's first patient, on Nov 6, 2010



Volunteers Ann Cao, Ron Tom, DDS, and Joe Pinkner, DDS work with a dental patient

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Continued on page 5



Continued from page 4

BY: Volunteers in Medicine was founded on the premise that their staff would be retired practitioners, but that turns out not to be the case. 75% of the care in the 90 VIM clinics across the country is delivered by actively practicing physicians.

Good will should be enough, but are there other benefits your medical volunteers receive?

RP: The most important and attractive thing we can offer is the opportunity to do what people go into a health profession for—take care of patients, free of all the concerns and distractions of modern practice. One of our volunteers is a leader of a local medical initiative who has actively recruited his colleagues. Moreover, he and his associates bring medical students and residents with them to observe effective teaching of the importance of service to the next generation.



All medical records at VIM are electronic and volunteers Angie White, MA, Steven Catlett, MD, Rosa Lucas, FNP, and Luanne Alvarez, RN work on equipment donated to the center.

BY: We have a certified diabetes instructor who has met with patients as part of her continuing studies program and has committed to give classes once she has finished.

What about specialist and complementing modalities? Is there a need?

RP: We do have a full range of specialists who either come for consults in our office or see patients in their offices. But most of our cases require primary care, so we need physicians and dentists who practice primary care or specialists willing to do so. With respect to complementary medicine, that is something that we may consider once we are established in our new facility and have our patient load in hand.

How many diabetic patients do you see?

RP: Diabetes is the largest diagnostic category of patients that we see and may be close to 50%. We recently had a doctor agree to hold 2 clinics per month specifically to see diabetic patients, which is wonderful!

What are some of the success stories from your first year?

BY: We can cite dozens of success stories of patients who came to us with uncontrolled diabetes or hypertension or hyperlipidemia and nowhere else to go. After diagnosis and treatment extending over 4 or 5 visits, they are well controlled on a maintenance program. It's important to note that these three conditions—diabetes, hypertension, and hyperlipidemia—are all diseases that often lead to serious problems requiring expensive and unpleasant hospital care, but this can usually be prevented by appropriate outpatient management.

Another example of the community working together... Martha's Village is geared toward the homeless; however, their medical program was seeing a variety of patients and families who had no where else to go. They now send those patients to us, freeing them up to focus on their primary mission. This type of collaboration is essential.

RP: We have a nurse who has undertaken an analysis of the whole prescription medicine assistance program. This program is very complicated and time consuming, but she has figured it out, permitting us to secure free medications from the drug companies for many of our patients.

BY: I am very proud of this place and feel that the best things are still ahead. I believe that now, at 300 patients a month, we are making a difference. We have grown progressively over the year, and moving into a new building will double our space and increase the number of patients we are able to see.

Lack of volunteers is our only roadblock to serving the many in the community who need us.

Volunteers in Medicine is located on Dr. Carreon Blvd in Indio across from JFK Hospital. For more information on how you can get involved, please contact Bruce Yeager at 760.342.4414 bruce.yeager@coachellavalleyvim.org



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Here's to a Healthier New Year! Tips From the Team at The Eisenhower Wellness Institute

In December, the doctors from the Eisenhower Wellness Institute reviewed some old fashioned advice and the latest research on healthy practices to consider for 2012. Presenters included Medical Director, Patricia Avila, MD, MPH; Integrative Medicine Specialist, Hessam Mahdavi, MD, DC; and Sports Medicine Specialist, Steven Steele, MD. *Desert Health*® was there taking notes for you...

What is Healthy?

Healthy is a good attitude and mobile body. Think about where you want to be 10, 15, or 20 years from today and set your own goals. Ask yourself, "Do I want to be mobile, happy, independent?"

Know the factors that make a difference: calculations such as your body mass index, which is an indication of risk factors for chronic disease and your waist to hip ratio. Know your blood pressure, cholesterol and your fasting blood sugar which will help with decisions to prevent diabetes.

Eat Mindfully

Make a commitment to watch what and how you eat. We tend to move too quickly through our lives and don't eat with much thought. Eat frequently throughout the day with small portions and fewer calories. This keeps insulin levels more consistent throughout the day and reduces hunger. Chew each bite 40 times to feel satiated. It takes 20 minutes for food to reach stomach.

"Mindful eating" means to center ourselves into a practice of relaxation and breathing. If we ate like our European counterparts, we would linger 1 to 2 hours over a light lunch. This is a healthier approach to eating and keeps our digestive system functioning well.

Drink the Proper Amount of Water for Your Body

How much water should you drink daily? Approximately 50% of your weight in ounces. If you weigh 200 lbs, you need 100 oz of water a day. It's important to keep hydrated, especially here in the desert. And drink good quality water. A filter for your home faucet is recommended.

No beverage is more important than water in keeping your body functioning well. Club soda and sparkling waters are not good substitutes as they are hard on your kidneys and should be consumed in moderation. Same goes for juice and juice drinks. For every cup of coffee, soda or tea, you need to drink a glass of water to break even.

Our thirst drive diminishes as we get older, so we must remind ourselves to drink water. Many times when we feel hunger, we are actually dehydrated, so grab a water before a snack.

Eat Breakfast

Try to eat breakfast within 30 minutes of waking up. The meal should be high in protein and low in fat. We need protein to heal our muscles, our DNA, and the neurotransmitters in the brain. Protein is best absorbed in the morning – consider protein shakes, eggs, or goat cheese.

Down on Sugar

Sugar makes us feel good for a short period of time, but is very hard on our immune system. A key step to enhancing your immune system is to avoid sugar.

This includes artificial sweeteners such as those found in soft drinks and many food and beverages labeled "sugar free." Read labels and know the names of artificial sweeteners so you can make educated choices.

Breads and carbohydrates are considered sugar. White bread is 100% sugar and wheat bread is about 70% sugar. Brown rice has 50% less sugar than white rice. Choose sweet potatoes over white potatoes as they are more nutritious and don't spike blood sugars.

Eat Your Vegetables for Vitamins & Fiber

We've heard it our entire life and it's true. Eat your vegetables - and fresher is always better than processed or canned.

Potassium and magnesium are two minerals that we lose as we age. These deficiencies may result in leg cramps and muscle spasms. Bananas and oranges are natural sources of these minerals and can help stop cramps and spasms.

Another common mineral lost is vitamin K, which is found in leafy, green vegetables. These vegetables are also high in fiber. The standard American diet has about 7 grams of fiber daily. Ideally we should consume 25 grams/fiber per day, and optimal is approximately 40 grams/fiber per day which can reduce your cholesterol by 40%.

Park Farther Away

With exercise, you need to be realistic and create a program that works for you. However, you can significantly increase your exercise and fitness by simply altering your daily routine. Park your car farther away. Walk to the mail box. Take the stairs instead of the elevator. These little things do add up.

Keep Your Exercises Short

Studies now show that 'shorter is better.' With shorter workouts, we tend to increase intensity which is good for us. If you use a treadmill, go up to 10 for 1 minute, then go to 0 for 4 minutes, etc. Vary the intensity.

You can work on your core strength by simply using a chair, sitting and standing without using your hands 20 times every day. Old fashion push-ups, jumps and squats are still great core exercise and can be done any time, any where.

If you are injured, it is important to have a doctor look at your injury and to prescribe a rehab or therapy to keep you moving at a modified pace.

Laugh Often

Laughter clears our senses and cleanses our bodies. When we are stressed our body produces cortisol, a hormone that, if constantly elevated, changes our body's metabolism. It tends to redistribute fat to our abdomen area. Laughter helps in relieving stress and bringing a sense of overall well being.

Set realistic goals for yourself and take baby steps. Life is challenging, but be positive, and enjoy the journey!

For a schedule of lectures and more information on Eisenhower's Wellness Institute programs, call 760-610-7360.



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How Do We Stop The Diabetes Epidemic?

Continued from page 1

known as the ‘Western Diet’) are killing us, and many populations throughout the world as well.

When primitive cultures are exposed to the Western diet, they convert immediately⁴ and studies show that within one generation, its people begin to experience the typical diseases of the civilized world.⁵ As Dr. Steven Gundry states in *Dr. Gundry’s Diet Evolution*, hypertension, diabetes, heart disease, arthritis, cancer and colitis – diseases currently unknown or rare in such cultures–become rampant. “So consistent is this phenomenon that it is referred to as “the rule of twenty years.”⁶

Realize It Could Happen to You

A recent report by UnitedHealth predicts that half of all American adults are destined to develop diabetes or pre-diabetes by 2020 if they don’t slim down. This would bring the statistics from 93.9 million currently (28 million diabetics and 66 million pre-diabetes) to 135 million in 2020.⁷

We live in denial that we could be one of those statistics and while the power of positive thinking is encouraged, there are steps that we can take to improve our chances.

Rethink What Foods are ‘Good for You’

Many studies have shown that diabetes can be managed and often reversed with diet.^{4,8} But there are fundamental changes that need to take place. “There has never been diabetes in people who eat their native diet,” states Dr. Gundry, who is also the founder of the Center for Restorative Medicine. “When they transition over to a Western diet, they develop diabetes.” His philosophy is that we need to go back to the foods that our bodies were originally designed to process.

“We have no natural ability to process sugar. It was introduced in the 1900’s as a rich person’s pleasure,” adds Gundry, “and grains, whole or wheat, are sugar. The foods that the Department of Agriculture have told people for years are “healthy” for them, isn’t really the case. All we have to do is take a fundamental step backwards and realize that before the advent of modern milling practices, diabetes was not a common disease. It’s the incredible availability of simple carbohydrates that produce diabetes. If you can take those simple carbohydrates away from people, their diabetes goes away.”

Gundry works with many patients who rid themselves of their diabetes in weeks by making simple food choices. “It is no longer one of the hard things we do.”

Bradford Lee, MD, of La Quinta is a retired cardiac surgeon with Type II diabetes. He was on three medications, but still had an elevated A1C (average blood sugar level). Lee turned to the *30-Day Diabetes Miracle* written by Franklin House, MD and Stuart Seale, MD of the Lifestyle Center of America.

Similar to Gundry’s recommendations, this diet eliminated all grains and focused on vegetables, beans and light fruit. Following the diet, Lee saw his weight go from 173 to a comfortable 158 and his A1C and fasting blood sugars drop accordingly. He was able to eliminate all three oral medications and got his blood sugar levels to an acceptable range.

“The crux of the success for me was to understand that it was better to eliminate all processed food–cakes, cookies, potato chips; to minimize fried foods; and to focus on vegetables,” says Lee. Three years later, he has added fish, eggs, soy milk, brown rice, and sprouted grain breads into his diet, but these new foods are now a lifestyle that he enjoys. He went back onto one mild medication, but has maintained acceptable blood sugar levels.

Get Fit and Lose Weight

“The majority of people who develop Type II diabetes have a genetic predisposition, but there is still another category that develops it simply because they are overweight,” states Joy Richardson, Registered Dietician and Certified Diabetes Educator at Desert Regional Medical Center’s new Joslin Center. Americans need to lose the fat and get fit.

Gundry adds that the only way humans have ever found to fatten an animal for market is to feed them healthy whole grains products. “You can’t make a cow or a chicken fat by feeding them grass, only healthy whole grain products. It’s the same with people.”

Exercise is an important part. As stated by Avid Physical Therapy in *Desert Health’s* Fitness section, new research indicates that combining aerobic and resistance exercise will have an even greater and more lasting effect on blood sugar levels than aerobic exercise alone because of the lean muscle mass that is gained from resistance exercise. 20-30 minutes of resistance and aerobic activity 3 times per week is recommended.⁹

Lee incorporated both aerobic and light resistance training into his regime and feels that it added to his success.

Realize That Most People Need Help

Whether it’s diabetes prevention or management, most people need help figuring it all out.

Throughout this issue you will find many resources including dietitians, medical facilities, naturopathic doctors and practitioners. But you have to take the first step.

It is important to note that most major medical insurance and Medicare will cover diabetes education. “Medicare will cover 10 hours of diabetes education as referred by a physician in the first year and two additional hours of education each subsequent year,” states Richardson. “We take a history and discuss what diabetes is, how they got it, medications, nutrition, exercise and more. And now that we are an accredited affiliate of Boston’s Joslin clinic, we will have the latest information to offer.” Joslin is considered the world’s preeminent diabetes research and clinical care organization.

Another great resource we have here locally is the Desert Diabetes Club which hosts regular meetings, events and exercise classes. Their Jim Cook Day of Hope for Diabetes® event in March will feature Dr. Gundry as their medical speaker and is recommended for anyone seeking a better understanding how food affects our bodies (see page 27).


Hope for Those with Diabetes

Joseph Prendergast, MD is founder of the Endocrine Metabolic Medical Center (EMMC) in Palo Alto and the Pacific Medical Research Foundation which is dedicated to the study, treatment, education, and eventual cure of diabetes and its physical complications. His integrative approach to diabetes prevention and care is recognized throughout the world.

He notes that there are new medical breakthroughs in ending this disease. “Medical advances are exciting and promising,” states Prendergast. “In a study of 34 patients with Type 1 diabetes, we have re-grown all their beta cells (which store and release insulin in the pancreas) and they no longer have to take insulin shots. This is happening with Type II diabetes as well.”

“Einstein was right,” Gundry concluded. “The definition of insanity is doing the same thing every day over and over and expecting a different result. Over the last century, there has had a fundamental shift in what we have been told to eat, and until we stop listening to the same thing, the epidemic will continue.”

References: (1) TheFoodTimeline.org. Lynne Olver, food historian; masters in library science; (2) doctorsreview.com; (3) National Institutes of Health; (4) Dr. Gundry’s Diet Evolution, pg. 18; (5) Cleave, T.L. 1974. The Saccharine Disease. Bristol, UK: John Wright and Sons; (6) Price, W. 1997, Nutrition and Physical Degeneration. New York: Keats Publishing; (7) ABC World News report, Nov 25, 2010. Jane E. Allen; (8) 30-Day Diabetes Miracle Franklin House, MD and Stuart Seale, MD of the Lifestyle Center of America; (9) Marcus, Robin L. et al. Combined Aerobic and Eccentric Resistance Exercise Versus Aerobic Exercise Only for Diabetes. Physical Therapy. Nov 2008, vol 88, no. 11: 1345-1354




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Hearing Loss And Hearing Aids: What You Need To Know (Part 2 OF 2)

By Maya Kato, MD

Hearing loss is a major public health issue. It is the third most common chronic illness in the U.S, after arthritis and heart disease. So why does hearing loss often go untreated? In many cases, it occurs gradually, so individuals may not be aware of their hearing loss. This article, the second of a two-part discussion, presents some of the facts and misconceptions that are held about this chronic illness that affects 35 million Americans today.

MYTH #6: My hearing loss isn't bad enough to require wearing a hearing aid.

FACT: Everyone's hearing loss and listening needs are different. Some feel that even a mild loss is detrimental. For example, misunderstood conversation by a CEO in the boardroom can be costly. Other patients with mild losses simply enjoy the ability to hear better with correction. Conversely, some individuals with severe hearing loss may believe that it is not problematic, when in reality, it is causing significant communication difficulties, negatively impacting their familial relationships.

MYTH #7: Hearing loss is a harmless condition.

FACT: Untreated hearing loss has serious emotional, social and medical consequences. In a study reported in 2007, National Council on Aging surveyed 2,300 hearing-impaired adults over age 50. They found that those with untreated hearing loss were more likely to suffer depression, anxiety and paranoia, and were less likely to participate in organized social activities. Moreover, the study found that hearing aid users

reported benefits in many areas of their lives, ranging from their relationships at home, sense of independence, improved social life, and sex lives.

FACT: Untreated hearing loss may increase the risk of developing dementia. A recent 2011 study, from Johns Hopkins University and the National Institute on Aging, demonstrated a significant link

Hearing loss is the third most common chronic illness in the US after arthritis and heart disease

– Dr. Maya Kato

between hearing loss and dementia. This study evaluated 639 volunteers; hearing and cognitive abilities were tested and followed over a several year period. The researchers found that study participants with hearing loss at the beginning of the study were significantly more likely to develop dementia by the end. The more hearing loss they had, the higher their likelihood of developing the memory-robbing disease. Although speculative, it is possible that hearing aids may prevent against the development of dementia.

MYTH #8: Hearing aids are unattractive and will make me look handicapped.

FACT: Hearing aids are available in a variety of styles and colors. As a general rule, the size of the hearing aid correlates with the magnitude of the hearing loss. Individuals with mild hearing loss can be fit with tiny hearing aids that fit into the ear canal; however, a person with a severe hearing loss may require a larger aid that provides more power. Several options exist:

There are two different "invisible" aids that are placed deeply into the ear canal. One is a daily-wear aid, and the other is an extended-wear hearing aid. The daily wear hearing aid is placed so that it nearly touches the eardrum. The

ner ear stimulator, the Esteem, by Envoy Medical. It consists of a sound processor, implanted behind the ear, and two transducers that are implanted into the middle ear. Because all parts are surgically implanted, there are no externally visible parts.

These new options do not use a speaker to amplify sound. Instead, sound signals are transferred to the implant, which sends enhanced sound vibrations along the hearing bones, and naturally stimulate the inner ear. This provides clearer, crisper sound quality, and greater gain without feedback, compared to conventional hearing aids.

CONCLUSION: The FDA recommends that you see a physician if you have a hearing problem. Only a medical doctor (M.D.), can determine the cause of the hearing loss, and order additional tests, such as CT scans and MRI scans, if necessary.

An Otologist is a physician/surgeon specializing in hearing loss and diseases of the ear. The otologist will rule out infection, tumor, or other treatable causes of hearing loss. A comprehensive audiogram will be done by an audiologist. This is far more accurate and detailed than "free" hearing screening tests often offered to entice people into a hearing aid sale. Finally, if your physician recommends hearing aids, there can be significant health benefits to amplification. Several new options exist that offer improved cosmetics, greater clarity, and improved quality of life, and may even protect against dementia.

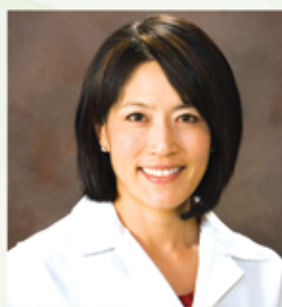
For part 1 of 2 of this editorial, visit deserthealthnews.com.

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 F, et. al. Arch Neurol Feb 2011.

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Health is a Choice

Continued from page 1

And change he did. Clinton began researching the subject by reading books by recognized medical professionals such as Dr. Dean Ornish's *Program for Reversing Heart Disease*, *The China Study* by T. Colin Campbell, and *Prevent and Reverse Heart Disease* by Caldwell Esselstyn of the Cleveland Clinic. With further encouragement from Dr. Ornish himself, Clinton adopted a vegan diet in August of last year.

"I came to learn that since 1986, 82% of those who have followed a plant-based, no dairy, no meat diet have reversed their heart disease as the body begins to heal itself - arterial blockage clears up, calcium deposits around the heart break up. We now have over 25 years of evidence supporting the fact that this type of diet can prevent, and in many cases reverse, heart disease."

Clinton told CNN correspondent Wolf Blitzer, "I basically eat a plant based diet, with no meat or dairy. I start my morning with a protein supplement mixed with fruit and almond milk and I eat legumes, vegetables and fruit throughout the day. It totally changed my metabolism. I lost 24 pounds and basically got back to the weight I was in high school."

He notes that losing weight for Chelsea's wedding was an incentive, but living to play with his grandchildren ("if we are so blessed") is the more important goal.

The Foundation

In 2001, the William J. Clinton Foundation was established with specific initiatives aimed at improving global health, strengthening economies, promoting healthier childhoods and protecting the environment. The one most empowered by the President's personal journey to good health is the *Alliance for a Healthier Generation* in partnership with the American Heart Association. The Alliance targets places that can make a difference in a child's health: homes, schools, doctor's offices, and communities.


The Healthy Schools Program is a key element of the Alliance encouraging more physical activity options, healthier school meals, more health education, and healthier staff to serve as role models for kids. Since the pilot program launched in 2006, it has achieved many successes:

- Participation has grown from 231 to more than 13,000 schools in all 50 states
- Nearly 80% of these schools have made measurable progress towards creating a healthier school environment
- 50% have improved the nutritional values of their school meals
- 85% meet or exceed the Alliance's school beverage guidelines
- More than 75 % of elementary schools participating in the program offer at least 20 minutes of recess per day
- More than 50% dedicate at least 20 percent of their after-school program time to physical activity
- Three-quarters leave school facilities open for use after school and on weekends

How Will We Benefit Locally?

Some question the partnership of Humana, The Clinton Foundation and the PGA, but when you consider the shared goal of improving health in America, it makes sense.


Continues on page 29



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CT CORONARY ANGIOGRAM: A Simpler Way to Detect Heart Disease



By John F. Feller, MD

Coronary artery disease is the accumulation of atherosclerotic plaque within the walls of the arteries that supply the heart with oxygen and nutrients. This disease is the leading cause of death for men and women worldwide (especially postmenopausal women). When plaque ruptures in a coronary artery it can lead to a heart attack.

Plaque is the buildup of cholesterol and other debris, and inflammation within and along the wall of the arteries. Stenosis occurs when plaque narrows the artery and restricts blood flow to the heart. Over time, the reduced blood flow leads to patients suffering from tightness or pain in the chest called angina. Soft plaque is the "silent killer" as it is hidden inside the artery walls and can cause sudden death if it ruptures. Plaque rupture is responsible for up to 75% of acute coronary events including sudden cardiac death.

Traditionally, a cardiologist would perform a coronary angiogram (also known as a cardiac catheter angiogram) ages. In this test, tube (catheter) is a blood vessel the heart. A small injected through that an x-ray can your heart. These the doctor uses to in the arteries. found, the doc-catheter to insert up the artery and artery open.

Coronary cath-are useful in iden-that cause steno-often miss the building inside the is a more frequent killer than stenosis due to plaque. Catheter angiograms are also invasive with patients needing to be sedated during the procedure. The procedure takes approximately 30 minutes, but the patient will need several additional hours for preparation and recovery.

An alternative to a traditional coronary catheter angiogram is the CT coronary angiogram (CTA).

A CT coronary angiogram uses advanced CT technology to obtain high-resolution, 3D images of the heart and coronary arteries showing both hard and soft plaque in the arteries.

terization or cath-to check for block-a long slender inserted through in the groin into amount of dye is the catheter so take images of images are what identify blockages If blockages are tor will use the a balloon to open a stent to keep the

eter angiograms tifying plaques sis; however, they soft plaque that is artery wall which

A CT coronary angiogram uses advanced CT technology to obtain high-resolution, three-dimensional images of the heart and coronary arteries. These images show both hard and soft plaque in the arteries. Specially trained radiologists review the images to determine areas that are high risk to the patient. This test is completely non-invasive for the patient. Patients will have a small amount of dye or contrast administered through an IV, and then a 10 second breath hold is all that is needed to capture the images. The entire exam is completed in 20 minutes.

A useful tool for identifying, or ruling out, coronary artery disease, the CT coronary angiogram is also used in:

- Early detection of stenosis in asymptomatic patients
- Exclusion of coronary artery disease in low and intermediate risk patients, and as a screening exam before non-cardiac surgeries
- Clarifying inconclusive nuclear medicine cardiac stress tests
- Determining if stents are in place and still open

Not all CT's are capable of performing this exam. Currently, a CT scanner must be at least 64-slice (or detector row) and ideally be equipped with software that minimizes the amount of radiation necessary to acquire clear and detailed images.

Patients who would benefit the most from this study:

- Have a family history of cardiovascular disease
- Male over 40 or postmenopausal women
- Are diagnosed with hypertension or diabetes mellitus
- Have a history of smoking or obesity

The additional benefits of a CT coronary angiogram are:

- 80% less radiation than a nuclear cardiac stress test
- 70% less radiation than a coronary catheter angiogram and no risk of stroke
- 98% of the coronary arteries, as small as 1.5 mm in diameter, can be visualized

With normal results from a CT coronary angiogram study, you can be 99% sure that you do not have coronary artery disease that may cause a heart attack.

Dr. John F. Feller is the Medical Director at Desert Medical Imaging with four locations throughout the Coachella Valley. He and his team perform the CT Coronary Angiogram exam with a CT equipped with Step and Shoot technology. For more information call 760-694-9559.



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GOLF: Is Your Back Your Biggest Handicap?

If your aching back is keeping you off the course, it doesn't have to. *Desert Health*® recently spoke with Dr. David Duffner, orthopedic surgeon and medical director of Desert Regional Medical Center's Institute of Clinical Orthopedics & Neurosciences (ICON) to determine what you should do if back pain is keeping you from the game you love.

What's the right solution for back pain – keep moving or stop playing?

You have to keep moving. 20 to 30 years ago, doctors used to recommend staying in bed if you have a backache. Now we say, keep moving. Find out what you can do and keep doing it. If you lay immobile, you get de-conditioned, which will increase your back problems. But it's important to work with qualified professionals who can help determine your condition and make solid recommendations on alterations to your normal activity and/or your golf swing. This may be your doctor, physical therapy, exercise trainer or qualified golf instructor.

How does one play with back pain?

All golfers know that the golf swing is really applied physics and the power in your swing comes from rotating your spine. The club head swing translates to velocity which translates to distance. If you have back problems, you need to figure out a 'work around.' If you can't rotate the spine as much, learn a new swing which uses more of your arm motion. It won't be as powerful because you won't get the velocity. You may give up the distance, but you can still enjoy the game.

How do you help golfers with back pain management?

ICON's approach to back pain puts surgery as a last resort. We work to identify

the pain generator in the spine which is difficult because the brain has a very poor perception of the anatomic localization of pain in the spine. So it really takes an experienced clinician to get to the core issue. Once we know the pain generator, then we can determine treatment options. We usually start by getting the pain under control with a combination of medications, possibly injections, possible physical therapy and other physical modalities. And time. Most people will get over an acute backache, but if it becomes chronic, then we have to consider other strategies. If someone is significantly disabled, we then start thinking about surgical options to fix or improve their condition.

What is your best advice to avoid back pain?

Most people have inadequate core strength and the whole golf swing revolves around the core. You need to focus on strengthening the muscles of the trunk and as well as the shoulders. Stretching and rotation exercises are also important to maximize your swing potential. But work with what you are able to do and keep playing that game you love.

For further information and education on back pain, visit Dr. Duffner's website at www.TotalOrtho.com. For a consultation, contact Desert Regional Medical Center's Institute of Clinical Orthopedics & Neurosciences at 760.416.4511.



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practitioner profile

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Originally from: Newport Beach. Has lived in the Desert for 2 years

Professional Accreditations: Member American College of Physicians Board Certification, Internal Medicine Certification, Holistic and Integrative Medicine Doctor of Chiropractic



What made you choose the Coachella Valley?

The opportunity to work at the Eisenhower Wellness Institute and be able to practice a holistic and wellness approach to health care.

Why did you choose to practice Integrative Medicine?

I was a chiropractor before attending medical school. Because of that experience, I realized the importance of combining a holistic and natural approach with traditional medicine to effectively treat difficult diseases.

What trends in Integrative Health Care do you see here in the Valley?

Coachella Valley residents seem to have a strong interest in more natural, non-pharmaceutic approaches to wellness and optimum health. The lifestyles in the Valley show a commitment to health and longevity with an emphasis on quality of life.

What do you consider the biggest concern with our health care system today?

Patients are treated from a 'disease' perspective, instead of a 'whole body' approach—the synergy of mind, body and spirit. This includes addressing stress, nutrition, exercise and overall lifestyle.

What do you enjoy in your spare time?

Flying, reading and exercising.

Your best health advice?

Reduce as much stress in your life as possible.

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Hyperbaric Oxygen Therapy: An Effective (And Underused) Modality for Diabetic Wound Healing

By Lauren Del Sarto

Hyperbaric Oxygen Therapy (HBOT) is now a widely accepted, FDA approved - and often life saving - modality. There are currently up to 18 conditions covered by insurance and diabetic wound healing is one of the most common.

Diabetic patients are at a greater risk for getting infections and have a more difficult time fighting off infection due to poor circulation, vascular disease (damaged blood vessels) and neuropathy which can affect both peripheral (motor and sensory) and autonomic (internal organ) nerve function. Infection may cause a dramatic rise in blood sugar levels, even for carefully controlled diabetics. This "spike" can be an effective marker for undiagnosed infection.

Diabetic foot wounds are a major complication of diabetes and the number one reason for hospital admission of the diabetic patient. Untreated or undertreated foot infections can lead to bone infection. When tissue death, gangrene, and bone infection overwhelm a body's ability to heal, amputation is often seen as the only alternative. The annual health care cost for diabetes in America exceeds \$20 billion with more than \$1.5 billion of that towards lower extremity amputations as a result of diabetic foot infections. Diabetic patients account for approximately 50% of all lower extremity amputations performed for non-traumatic reasons.¹

Dr. Bachir Younes is a board-certified physician specializing in infectious diseases and internal medicine. He is also certified in hyperbaric therapy and wound care and is the Medical Director for Desert Hyperbaric Medicine in Palm Desert.



Before and after photos of diabetic foot wound healing from Hyperbaric Oxygen Therapy

Even though HBOT has proven to be one of the most effective methods available for healing wounds other therapies cannot, not enough physicians are recommending the therapy according to Dr. Younes. "Unfortunately, I don't think that HBOT is as recognized as it should be. When patients with diabetic wounds or chronic bone infections have not responded to treatment for over three months, HBOT should be

considered." Many major medical facilities throughout the world have in-house services and medical facilities like Desert Hyperbaric Medicine are becoming more mainstream.

How does HBOT aid diabetic wound healing?

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. The elevation in tissue oxygen that occurs in the hyperbaric chamber promotes faster healing.²

Diabetics are prone to vascular disease which damages blood vessels and keeps the blood from delivering much needed nutrients, including oxygen, to the body tissues. "We live at 1 atmospheric pressure and our bodies can take 21% oxygen standardly," adds Dr. Younes, "With chronic wound care we standardly prescribe 2 hour sessions at atmospheric pressure of 2.2 and 100% oxygen." This encourages the development of new (bypass) blood vessels aimed at improving circulation.

In addition, if diabetes is poorly controlled, white blood cells and macrophages that normally scavenge infection cannot reach the tissues where needed. Antibiotics are prescribed but are sometimes ineffective. HBOT delivers oxygen into tissues beyond where it can usually be reached by normal circulation. This makes the body more efficient in fighting infection and can even increase the efficiency of some antibiotic drugs.

Dr. Younes indicates that 90-minute sessions, five days a week is commonly prescribed for diabetic wounds as a concentrated healing therapy (sometimes more or less). It is important to note that only certain types of hyperbaric chambers are approved and medically covered for wound healing.

"Hyperbaric Oxygen Therapy is a scientifically proven modality, a relatively safe procedure, and underused. I feel that in the future, we will see more use. HBOT has been used more commonly in large medical centers. It is my hope that we will begin to see more use of this scientifically proven modality here in the desert."

For more information on HBOT for diabetic wound healing and other conditions, visit www.DesertHyperbaricMedicine.com or call 760.773.3899.

References: 1) "Textbook of Hyperbaric Medicine" K.K. Jain 5th revised and updated edition; 2) "Hyperbaric Oxygen Therapy" Richard A. Neubauer, MD, Morton Walker, DPM

"When patients with diabetic wounds or chronic bone infections have not responded to treatment for over three months, hyperbaric oxygen therapy should be considered."

- Dr. Bachir Younes

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Hyperlipidemia: Some Questions to Ask Your Doctor



By Thomas F. Reynolds, MD

Statins are the most widely prescribed class of drugs in the United States, with over 255 million prescriptions per year. Lipitor (atorvastatin) is the best-selling drug in the category, with sales of \$7.2 billion annually. Crestor (rosuvastatin) has \$3.8 billion in annual sales and is the 8th best-selling drug in the category. Zocor (simvastatin) has been sold as a generic since 2006, and over 2 million Americans take it. Statins were developed to decrease the body's production of cholesterol. This article is an overview of some of the questions patients should ask their doctor.

What is the correct dose of a statin?

In June 2011, the FDA said that high dose Zocor (80 mg/day) should no longer be prescribed because of an increased risk of severe muscle disease within the first year. In January 2010, the VA reported that giving standard, fixed doses of a statin (Zocor 40 mg daily for low risk patients, and Lipitor 40 mg daily for high risk patients) was as effective as higher doses in achieving the lowest possible LDL ("bad" cholesterol) level. Lower dosage has fewer side effects and lower cost for patients. However, there is evidence in the medical literature that high dose therapy soon after a heart attack does decrease mortality.

Which is the correct statin?

In December 2011, researchers at The Cleveland Clinic reported that both high dose Lipitor (80 mg/day) and high dose Crestor (40 mg/day) had the same 1% decrease in the amount of plaque (obstruction) in coronary arteries even though Crestor lowered the LDL ("bad" cholesterol) more than Lipitor. Also, there was no difference between them in the frequency of cardiovascular events such as death (0.3%), heart attack (1.6%), or stroke (0.3%).

How many people have significant side effects with statins?

In this country, only 50% of those who would theoretically benefit from taking statins do so. In addition, up to 60% of patients who start taking statins stop within 2 years. Key reasons for stopping are muscular symptoms, fatigue, and shortness of breath. Since there is no consensus on the definition of these symptoms, statin intolerance is much lower in research trials (1-2%) than in clinical practice (20% or more). In clinical practice, complaints such as heaviness, stiffness, cramps are common, though blood tests (such as CK levels and liver function tests) are rarely positive.

When can I stop taking statins?

There is no consensus on this issue in the medical community. Almost none of the research studies include patients over the age of 75. A relative risk reduction in mortality at 5 years was 12%. This means that one death per year was avoided for every 417 patients taking a statin. The best approach to controlling high cholesterol is through diet and exercise as discussed by Dr. Sinsheimer, but in some cases statins are indicated. It is important to educate yourself on these medications and to have open dialogue with your physician when starting a program to manage your condition.

Dr. Thomas Reynolds is a board-certified internist and oncologist. His practice focuses on integrative and comprehensive medical care, particularly for older adults. Dr. Reynolds can be reached at 760.773.3200

Alternative Options for High Cholesterol



By Shannon Sinsheimer, ND

Approximately 1 in 6 adult Americans has high cholesterol—a major risk factor for heart disease. High cholesterol levels can result from poor diet choices, limited exercise, high stress, or genetic predisposition.

Heart disease, including heart attacks and clogged arteries, also results from inflammation in the cardiovascular system stemming from the same lifestyle choices. Therefore treating high cholesterol and reducing heart disease is not just a matter of lowering cholesterol, but also reducing inflammation. There are several key lifestyle changes that can effectively reduce cholesterol and inflammation.

When considering a nutritional protocol to reduce cholesterol, most people turn to a low saturated fat and high vegetable diet. While this can be effective, the dietary regimen should also focus on eliminating unnatural and excessive sugar intake. Sugar is a major player in the role of inflammation and it also contributes to high cholesterol. Reduction of sugar and simple carbohydrate intake can drastically reduce inflammation and positively affect total cholesterol levels. In addition, consuming more dark green vegetables, reducing processed foods, and eating organic, free-range meat that is naturally lower in saturated fat and calories, can reduce cholesterol.

Exercise is a major factor in heart disease prevention, cholesterol levels, and decreasing cardiovascular inflammation. The main reason that exercise reduces cardiovascular inflammation is the decrease in stress (following physical activity), and the inflammatory agents stress creates. Exercise also tones the heart

muscle, and increases circulation and oxygen perfusion. A minimum of 30 minutes of exercise per day can significantly reduce risk of heart disease, and help optimize cholesterol levels.

As an alternative to statin (cholesterol reducing) drugs, a number of nutrients can be used as cholesterol and inflammatory reducing agents. The list of nutrients includes: magnesium, vitamin c, fish oil, niacin, plant sterols, psyllium fiber, CoQ 10, and vitamin e. These nutrients must be paired with the necessary lifestyle changes and taken in adequate doses in order to effectively decrease cholesterol levels. For example, fish oil may be prescribed in doses as high as 5,000 mg, and niacin as high as 1500 mg doses at bedtime, to be effective.

These nutrients may not show any additional benefit to lowering cholesterol when used with a statin drug; however, they still may prevent progression to heart disease. It is necessary to create a nutrient plan designed to your specific heart and health needs, as each individual has different considerations. A tailored nutrient regimen will yield the most optimal results in lowering your cholesterol.

Alternative options to reducing cholesterol assist in the underlying issue of heart disease, inflammation, and can prevent progression to heart disease. However, there are circumstances in which a natural approach is limited. In these cases, it is vitally important to seek intervention from a qualified practitioner such as an internist or cardiologist.

Dr. Shannon Sinsheimer is a licensed naturopathic doctor at Optimal Health Center and can be reached at (760) 568-2598.



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'Diabetesity,' Insulin resistance and Leptin



By John R. Dixon, DC, CCN, Dipl.Ac

Many health experts are using a new term to describe the combination of diabetes and obesity called 'Diabetesity'. It is now believed that Diabetesity may be the largest epidemic the world has ever faced. Some estimates predict the total number of individuals with "obesity induced diabetes" will reach 366 million worldwide by 2030, with an average of 8-10 years reduction in their life expectancy.

Sadly, the entire spectrum of diabetesity with all its complications including diabetes, high blood pressure, high cholesterol, and heart disease are often symptoms related to poor diet and life style choices. These poor diet and lifestyle choices lead to a condition called insulin resistance. Insulin resistance (or type 2 diabetes) is actually a condition of too much insulin, not too little. Too much insulin is what fans the flames of diabetesity and systemic inflammation.

Aging individuals are often told to simply monitor their blood sugar levels without an understanding of the connection between obesity, diabetes and inflammation. Fat cells generate inflammatory molecules known as cytokines. Excess body fat can release these harmful signaling molecules triggering a cascade of inflammatory reactions in the brain and blood vascular tissues. Diabetics undergo an acceleration of inflammatory changes to blood vessel walls that produce dysfunction and ultimately atherosclerosis. Brain cells in diabetics are also very vulnerable to oxidative stress related to inflammation due to their lipid rich membranes.

A diet consisting of an overabundance of processed carbohydrates like bread, pasta, rice, and potatoes, as well as sugary drinks, can slow your body's response to insulin. This results in your body requiring more and more insulin to do the same job of regulating your blood sugar level. A high level of insulin in your blood is a sign you are becoming insulin resistant. As insulin levels rise you can expect excess weight gain around your waist line, more inflammation, higher blood pressure, elevated cholesterol and triglycerides, increased risk of cancer, and of course higher blood sugar levels.

Treating diabetesity and insulin resistance requires a multifaceted approach, and you must be ready and willing change some of your habits. Elimination of processed carbohydrates is crucial. Switching to whole foods including lean protein such as

fish or chicken, green leafy vegetables, nuts, beans, whole grains, and free range organic eggs. In addition to changing the way you eat, exercise is the single best prescription for diabetesity. This means 30-60 minutes at least 3 days a week. If you have trouble motivating yourself to exercise, seek out a certified trainer at a local health club or fitness center. It is worth the investment to regain your health.

There are several encouraging new studies relative to consumption of curcumin and stabilization of blood sugar levels. These studies demonstrate curcumin's ability to increase the number of insulin receptors on the cell membranes and improve insulin binding capacity. This results in increased sugar uptake from the blood and decreased formation of new glucose. Other sugar balancing and insulin sensitizing nutrients include: alpha lipoic acid; cinnamon; chromium picolinate; green tea extract; gymnema leaf extract; and vanadium. Ask your health care provider or nutritionist about which nutrients might be the best choice for you.

Leptin is a protein hormone produced primarily by our bodies fat cells. Checking leptin levels has become an important blood marker for systemic inflammation, obesity and insulin resistance. In healthy people, baseline leptin levels are between 1-5 ng/dl in men and 7-13 ng/dl in women. An increased blood level of leptin is a marker of a condition known as leptin resistance. Leptin resistance is independently associated with insulin resistance and cardiovascular disease. Evidence suggests that central leptin resistance causes obesity and that obesity induced leptin resistance can cause injury to numerous other tissues including the heart, liver and blood vessels.

If you feel you are at risk for insulin resistance, type 2 diabetes, systemic inflammation, cardiovascular disease or you are significantly overweight it is important to receive the proper blood tests to evaluate you for these conditions. Ask your doctor or health care provider about testing your total and fasting insulin levels, leptin level, glycohemoglobin and C-reactive protein.

Remember, proactive health care is the key to vitality and wellness.

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

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NUTRITION AND DIABETES: An Interview with Elizabeth Quigley, Registered Dietician



Diabetes can be managed and prevented with food choices. It sounds simple, but old habits are hard to change and people often don't know the right choices for their specific requirements. Fortunately, diabetes is one of two conditions for which nutritional counseling is covered by Medicare and most major medical insurance.

Desert Health® sat down with Libby Quigley to understand how nutritional counseling can help those with diabetes.

First of all, Libby, please clarify what is covered by Medicare and insurance.

If you have Medicare and your blood sugar is 126 or over, you qualify to see a registered dietitian for 3 hours the first year and 2 hours every year after. The practitioner has to be an RD and registered with Medicare (possessing an NPI, national provider identification number). Most major insurance providers offer similar programs.

Three hours isn't much. How do you work within that timeframe?

No, it's not, but it's a good place to start. I usually recommend a 1 hour initial visit and four 30-minute follow up visits. It requires motivation, but can be very educational and beneficial.

Tell us what someone could expect from nutritional counseling.

How people eat is cultural, medical, and social. When someone first comes to me, I sit down and ask them what role food plays in their life. Do they go out to eat 3 times a week? Do they enjoy a glass of wine each night or only once in awhile? What other medical conditions need to be taken into consideration? We figure out how many calories need to be consumed based on ideal weight goals (not all diabetics need to lose weight). After analyzing all this, I try to prioritize what changes will make the biggest impact on blood sugar levels. You can't change it all. It's too hard to do that.

Are your recommendations individualized?

Absolutely. Type II diabetes can occur for a multitude of reasons. The pancreas might not make enough insulin. Or a client may have a magnitude of fat cells, which does not allow their body to make enough insulin to handle the fat cells, and they become insulin resistant. It may be that your liver is overproducing glucose. Each diabetic is treated differently based on these factors.



I have clients track their blood sugar levels which can give us an idea as to where the broken part is. If it's high in the morning, it means that their liver is producing more glucose overnight. If it's high after a meal, it means that they have insu-

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lin resistance and the type of foods eaten needs to be considered. If someone is 50 lbs overweight and their blood sugar levels are high, chances are that if we can get them to lose weight, they won't have to go on medication, so that would be a priority.

It's like a jigsaw puzzle, so we put all the pieces together and then prioritize what we need to do, tackling one thing at a time and setting goals based on what is important to them. If they only eat one meal a day, it's getting them to eat 3. If it's having 3 cocktails a night, it's asking them to consider only having 1.

What are the biggest challenges people face?

Most people know what good food is and what a balanced diet looks like, they just don't know how much. I help them determine what a portion size is. We discuss how to read labels. I don't do meal plans because I think they are too restrictive. The idea is to understand that you can have 4 oz of a protein and a cup of starch and the difference between good starch and bad starch such as whole grains versus white bread.

A lot of time, I have to 'unwind' education because people have been told by their neighbor that they can no longer eat carbs and other information that is not correct. My goal is to educate patients so they no longer need me.

What do you consider to be the most important?

To establish realistic goals and life changes. We do not have to be perfect; we only have to be good.

Elizabeth Quigley is a Registered Dietician and was formerly Eisenhower Medical Center's Chief Dietician for 23 years. She is now a nutritional consultant with EQ Consulting and can be reached at 760.773.1796 or www.ElizabethQuigleyRD.com



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New Technology Assists Acupuncturists with Diagnosis and Treatment

By Kimberly Shipman, L.Ac.

The art and science of health diagnosis is performed by health care professionals who consider two main bodies of information. First, the health care professional is told the subjective symptoms by the patient. This includes the patient's medical history, and the nature of the symptoms, such as discomfort, pain, and how well various body functions are (or are not) performing. The second source of information is objective testing when the health care professional examines the body directly or looks at the results of tests using technology like an MRI or blood chemistry analysis.

When the symptoms are not perfectly specific to a particular disease, or when the results of objective tests do not exactly match a particular health problem, it may be difficult for the patient to get a diagnosis that leads to effective and successful treatment. In these cases, patients seek diagnosis and treatment from many different health professionals and each expert may "hear" the body asking for something different. Patients seek treatment from different sources hoping the next remedy will be the one their body needs.

"Bio-communication" is a term that refers to a method of objective testing that can be used in conjunction with professional acupuncture practice. Your body is already designed for intercellular communication that takes place all the time without you knowing it is happening. The acupuncture diagnosis and treatment process relies on

developing an understanding of intercellular communication throughout the body.¹ ZYTO™ bio-communication is a new technology that is used in professional acupuncture practice to provide additional objective information to assist with diagnosis and treatment.

Your body usually communicates with you by reacting to stressors like viruses, allergens, or pollution, with adverse symptoms like fatigue, discomfort or pain. This new technology introduces subtle, undetectable energetic impulses called virtual stimulus items (VSIs) through the skin of the hand while it is placed on a hand cradle device. The patient does not feel the application of the digital VSIs, but the body responds through intercellular communication, and these responses are measured by very subtle changes in electrical properties of the skin.² The body's response to the virtual stressors is processed by a computer system, which provides an objective test result to the acupuncture professional.²

The acupuncture professional can utilize this additional information about the body's reaction to virtual stressors and the flow of intracellular communication to assist in the patient's diagnosis and treatment.

Kimberly Shipman, L.Ac. is the owner of Oasis Acupuncture in Palm Desert and offers ZYTO™ bio-communication. Kimberly graduated from the internationally renowned Samra University in Los Angeles with a Masters Degree in Oriental Medicine and is a California State Licensed Acupuncturist and Chinese Herbalist. Kimberly's health care philosophy is to combine the best attributes of Eastern medicine with Western technology to provide a healthier, higher quality of life. Call 760.668.3174 or visit www.Palm-DesertHealth.com

References: (1) American Journal of Chinese Medicine (AJCM) 1989; 17(3-4) :119-22; (2) ZYTO™ biotechnology technical bulletin 2011

"Wherever the art of medicine is loved, there is also a love of humanity." — Hippocrates



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Kimberly Shipman, M.S., L.Ac.

Kimberly graduated from the internationally renowned Samra University in Los Angeles with a Masters Degree in Oriental Medicine. Samra is the oldest school of Oriental medicine in the U.S. and was the first school to receive full institutional approval by the California State Department of Education. She is a Licensed Acupuncturist and Chinese Herbalist by the State of California and has been in private practice since 2003.

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Inflammation or 'Diabetic Syndrome': The Precursor to Type II Diabetes and Other Disease



The average American consumes 160 pounds of sugar each year and the inflammation that this produces can be a killer. In my book, *The Family Guide to Naturopathic Medicine*, Diabetic Syndrome (DS) is the term I use to describe this inflammatory disease that may affect up to two thirds of the U.S. population.

People with DS are subject to: weight gain that is unresponsive to standard dietary measures; type 2 diabetes; hypertension; heart disease; and other inflammation-related ailments including cancer. Following is a profile of those at risk for Diabetic Syndrome. You'll notice many traits related to blood sugar imbalance.

Personal Profile Traits:

- Sugar cravings and carbohydrate 'addiction'
- Sleepiness after a meal; insomnia relieved by snacking
- Increased appetite, usually after a carbohydrate meal
- Pattern of nighttime eating
- High stress
- Dietary history of high-refined carbohydrate intake
- Weight loss resistance

Medical Profile Traits:

- Triglyceride levels above 150 mg/dl
- Low HDL blood levels: less than 40 mg/dl for men and 50 mg/dl for women
- Fasting glucose greater than 110 mg/dl
- Blood pressure in excess of 130/85
- Elevated insulin levels. Elevated fasting insulin may show up years before adult onset diabetes manifests

Treatment Considerations

The key to effective treatment is controlling the fire/inflammation that sets the DS in motion – namely, the inflammation that disrupts insulin receptor integrity. By ensuring the integrity of cell membranes, you can assure healthy receptor status. What can you do to help yourself?

Lifestyle

Don't Smoke! Laugh often. Maintain a positive mental attitude. Get adequate rest. Exercise regularly. Adopt moderation with alcohol. Manage stress.

Diet

Avoid: Trans fatty acids, hydrogenated oils, deep fried foods, oil that smokes during cooking, margarine, sugar, white flour products and processed foods, frequent non-organic meat consumption, additional salt added to your meals and any product with a longer shelf life than you.

Consume: A "rainbow" assortment of fruits and vegetables. Nuts, legumes, whole grains, wild salmon, and herbs such as turmeric, ginger, garlic, onion, dill and rosemary.

Drink adequate water (filtered or bottled) intake: about one half your weight in ounces daily. Drink green tea (1-3 cups a day). The catechins in green tea help restore and maintain cell receptor status for insulin. If you are sensitive to green tea (keeps you awake when you need to sleep, or aggravates your acid reflux) consider encapsulated green tea extracts to get the benefit without side effects.

By engaging in healthy lifestyle habits and following the nutrient suggestions above, the silent inflammatory condition of Diabetic Syndrome can be prevented or corrected.

If you're not getting the response you'd like with the above suggestions, consult a qualified health care provider to help you identify if there are any other issues (hormone imbalance, food allergy, stress management) or the need for additional tests.

Dr. Jon Dunn is a licensed Naturopathic Doctor with over 20 years of experience and a can be reached at jon@drjondunn.com www.DrJonDunn.com 760-341-6502



Nourish Your Skin the Healthier Way

By Jessica Clarisse Blaisdell, CMT

Winter is the time when our skin gets the most dry and dull, and suffers a condition called "winter itch." We moisturize as much as possible to keep our skin from cracking due to cold temperature. Understanding how your skin functions and what natural ingredients are most beneficial will help you choose the proper skin care product and regime.

Stratum Corneum: The key to healthy and attractive skin.

The stratum corneum is the outermost of the 5 layers of the skin and is largely responsible for the vital barrier function that prevents moisture loss. This layer is mainly composed of keratin which holds water and gives skin its strength, along with another compound called natural moisturizing factor or NMF, a collection of water-soluble compounds only found in the stratum corneum. These compounds compose 20-30% of the dry weight of these layers.

NMF components absorb water in the atmosphere and combine it with their own water allowing the outer skin layer to stay hydrated despite exposure to the elements. The skin also produces sweat to form a thin acid mantle that kills bacteria and prevents toxins from invading the body – but this is only possible when the skin is properly hydrated.

Normal, healthy skin is 20-35% water. Each day it loses approximately a pint of water through transepidermal water loss (TEWL), the natural process of evaporation and diffusion of water from our body to the atmosphere.¹

When humidity drops, as it does in winter, there is a dramatic increase in TEWL. Dry weather can impair the natural function of the skin which may crack and become infected - a condition we should all be avoiding, especially diabetics.

Our skin also serves as a big nerve sensory function, and helps us heal.

Massage your skin with healthy moisturizers.

Touching in a nurturing way reduces levels of the stress chemical cortisol and increases levels of the feel-good chemical oxytocin. It also stimulates the vagus nerve which runs up to the brain to improve the health of our whole body.²

The power of touch (massage) combined with a healthy moisturizer helps restore the barrier function of the skin without disturbing the acid mantle or clogging your pores. It also enhances the circulation of your skin thereby speeding the healing process of the body.

Cocoa butter has been called the ultimate moisturizer. It is one of the most stable, and melts at body temperature so that it is readily absorbed into the skin. Cocoa butter is often recommended for treatment of skin conditions such as eczema and dermatitis. It creates a barrier between sensitive skin and the environment and also helps retain moisture. In addition, cocoa butter contains cocoa mass polyphenol, a substance that inhibits the production of the immuno globulin IgE which is known to aggravate symptoms of both dermatitis and asthma.³

Joboba Oil. Jojoba seeds contain alpha, delta, and gamma tocopherols, all forms of vitamin E. The extractable liquid content of matured jojoba seeds ranges from 50% to 54%.⁴ Vitamin E is an anti-oxidant that helps fight free radicals in our cells.

Aloe Vera. Scientific research shows that several components in aloe are used to regenerate skin cells. These include gibberellin, a growth hormone-like substance that increases protein synthesis, and lectin, a protein that increases collagen activity and improves the collagen matrix. Thus, aloe may be utilized to heal acne or eczema, while improving the overall health of the skin.⁵

Nutritious food equals better skin.

In a recent study to be published in the Journal of Skin Pharmacology and Physiology researchers found that ingestion of a fruit- and vegetable-based concentrate increases microcirculation of the skin and positively affects hydration, density and thickness. The monocentric, randomized, double-blind, placebo-controlled study followed two groups of 26 healthy, middle-age women for 12 weeks. At the end of the study, the active group showed a 39% increase in the microcirculation; a 9% increase in skin hydration; a 6% increase in skin thickness; and a 16% increase in skin density. In the placebo group, microcirculation decreased and "a slight increase in density was observed."⁶

The key to healthy skin is a combination of proper diet, fresh water intake, and a healthier lifestyle that includes rest, relaxation, ample sleep and exercise. Massaging your skin with healthy moisturizers will help you maintain that glow through the dry winter months.

Jessica C. Blaisdell is a California State Certified Massage therapist with 8 years of experience and extended learning in holistic health care. Jessica can reach her at 760-401-1077 or email InstrumentsOfInspiration@gmail.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’s all the Buzz about B’s?

By Nicole Ortiz, ND

Most people know that B vitamins are “good” for your health, but why? If you don’t know, B ready to B informed.

B vitamins are one of the most commonly deficient nutrients in Americans. Very common medications, such as cholesterol lowering medication (statins), oral contraceptives, hormone replacement therapy, anti-biotics, and antacids, rob our body of B vitamins. When we think of side-effects of a medication, it is often nutrient depletion that is the issue.

B vitamins (there are 8) assist in almost every reaction that occurs in the human body. They are required for blood to form and tissues to grow. B12 is a great energy booster. It works through the red blood cells, by enabling them to carry oxygen more efficiently, leaving you with more energy. B vitamins are also essential to the nervous system to combat depression and protect our neural tissue.

B vitamins are protective of our cardiovascular system. A key function of vitamin B12 is to reduce homocysteine levels in the body. Homocysteine is an amino acid that, at high levels in the body, increases your chances for the development of cancer, cardiovascular disease, stroke, Parkinson’s, and Alzheimer’s disease.

Many people do not receive enough B vitamins in their diet. Additionally, if you regularly take two or more pharmaceutical medications and/or deal with daily stress, you are perfectly positioned for a B vitamin deficiency. Symptoms of B vitamin depletion can manifest as:

- low energy
 - poor memory
 - insomnia or poor sleep quality
 - early fatigue while exercising
 - hair loss
 - infertility
 - weight gain/poor metabolism
- numbness and tingling in the hands and feet
 - musculoskeletal issues: sciatica, carpal tunnel syndrome, thoracic outlet syndrome
 - depression
 - anxiety

Some individuals have a condition called pernicious anemia wherein the body cannot absorb the B12 vitamin from foods. Vegans, who do not consume dairy or meat products, are also at a risk for B12 deficiency because vitamin B12 is not highly available from plant products. In these cases, patients may get regular B vitamin injections.

How to get your B’s:

There are several ways to boost your B vitamin levels. Consume a diet that includes vitamin B rich foods such as meats, turkey, tuna, and liver. Oral B vitamins are best taken via liquid or capsule. B vitamin intramuscular injections are also available at some doctor’s offices throughout the country.

B vitamins are relatively safe to take because if you supplement more than you need, you usually urinate out any excess. It is possible however to take toxic doses of B vitamins, so it is best to consult with a doctor who can monitor your supplementation regimen. Of note, the methyl form B vitamins are the most effective form to supplement. So be sure to check with your health care professional about a methylated form of B vitamin.

Dr. Nicole Ortiz is a primary care naturopathic doctor at Live Well Clinic at Point Happy Plaza in La Quinta. Visit www.livewellclinic.org or call 760-771-5970 for more information on B vitamin injections and specialized nutrient testing.

The Ancient Art of Cupping

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

Recently there has been a renewed interest in one of the most ancient of medical practices: cupping, or the application of suction cups to the body. Although we don’t know where cupping originated, as far back as 2,500 B.C. in China and Egypt cupping was highly respected as a treatment, and ancient Greek physicians practiced it extensively. In the early days, cups were made of animal horns or bamboo. Later, they began to be made out of pottery and today glass or plastic. Typically, they are round, 1” to 3” in diameter, and as they are applied to the body a vacuum is created either by means of heating the inside air or by a mechanical pump. The vacuum makes

the cup stick to the body, draws up the skin, opens the pores and causes blood to gather under the cup.

From a western scientific perspective, by drawing blood from areas underneath, fresh blood moves into the surface. The result is an immediate improvement of circulation in the affected area. It has been found that cupping affects the circulation 4 inches below the surface of the skin where the cups are applied. Consequently, cupping can directly influence the health of the underlying tissues and internal organs.

In China, extensive research has been carried out on cupping, and the practice

is a mainstay of government-sponsored hospitals of Traditional Chinese Medicine (TCM). Nothing helps to unblock stuck energy more effectively. In TCM, the therapy is used to relieve what is called “stagnation” of qi (or blood.)

If a patient is suffering from respiratory diseases such as the common cold, lung congestion, asthma and bronchitis, cupping the back will often reduce the congestion substantially. It is believed that cupping improves the function of the internal organs and is indicated for a whole array of digestive, respiratory or gynecological problems where stagnation of “qi” energy or blood is indicated. Cupping can reduce



Cupping

pain and swelling, and speed up the natural healing process. It is also often effective in the treatment of painful joints and muscles, and high blood pressure.

The mild pulling helps myofascial release and calms the sympathetic nervous system, thus allowing the whole body to relax. Among other benefits cupping opens the pores, draws pathogenic factors and toxins out of the body and stimulates lymphatic drainage to aid detoxification.

A common concern about cupping is the marks that sometimes result. Where there is dead, static blood, lymph, cellular debris, pathogenic factors, and toxins present in the body, dark marks may appear. This indicates that they have been moved from the deeper tissue layers to the surface allowing fresh oxygenated blood to nourish and heal the underlying areas. If there is no stagnation present, there will be only a light pink mark which disappears in a few minutes, while darker marks generally disappear in a few hours or days.

Cupping therapy should be performed only by a trained health care practitioner.

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

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Natural Agents Help Manage Diabetic Neuropathy

By Julia Meadows

Diabetic neuropathy is defined as damage to the nerves that occurs due to long-term, unregulated high blood sugar levels from diabetes. Peripheral neuropathy, the most common form of diabetic neuropathy, is experienced as a loss of sensation, numbness, tingling or burning in the arms and legs. Toes and feet are the most affected areas, and loss of sensation may also be accompanied by deep or stabbing pains in the calves and feet. Neuropathy reduces the flow of blood and sweat, resulting in dry skin that cracks easily. The diabetic patient may not notice small wounds caused by stepping on a sharp object, or an unattended blister, that may become infected. Worse case scenario, the infection may require surgical amputation of the affected body part.

Fortunately, there are many steps you can take to help prevent nerve damage and eliminate existing symptoms of diabetic neuropathy. Daily care of the calves, feet and toes in the form of footbaths, foot reflexology, and gentle massage have been found to be positive aids. The application of topical products containing biologically active aloe vera gel (aloe barbadensis) and essential oils of eucalyptus (eucalyptus globulus or eucalyptus radiata) and rosemary (rosmarinus officinalis) have also been proven beneficial.

Why aloe vera? New scientific research, stated below, reveals that substances known as gibberellins (or gib-

berellic acids) found in aloe vera gel have profound pain relieving, wound healing and nerve calming effects. Gibberellins are plant hormones that regulate the growth and development of healthy plant cells. They are used commercially in horticulture to activate seeds from dormancy, to stimulate the production of fruit and to speed up fruiting and flowering through their anti-oxidant mechanisms. Biologically active, organic aloe vera has become the latest new ingredient to be included in topical pain products and therapeutic skin care creams, lotions and gels.

A study published in the Journal of the American Podiatric Medical Association confirmed that aloe vera inhibits inflammation and accelerates wound healing. Gibberellin was identified as the active anti-inflammatory compound in aloe vera.

Another study conducted at the University Medical Center in Freiburg, Germany followed 40 volunteers in a randomized, double-blind, placebo-controlled experiment comparing aloe vera gel with a cream containing 1% hydrocortisone. The authors concluded that the aloe vera gel displayed anti-inflammatory effects far superior to the 1% hydrocortisone cream.

An important study undertaken at the Universidad Nacional Autonoma de Mexico proved that aloe vera inhibited prostaglandin production and transmission of pain (substance P) down the arachidonic pathway via cy-





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cloxygenase (COX-2), the enzyme responsible for pain and inflammation. In short, aloe vera reduces transmission of pain signals down the body's nerve pathways and acts as a highly effective natural pain reliever.

Aloe vera in its gel form also shows a great affinity for skin and is rapidly absorbed through the skin when applied and gently massaged. Aloe contains vitamins, minerals, enzymes and polysaccharides that act synergistically to moisturize and nourish skin and regenerate damaged skin cells quickly. Eucalyptus and rosemary essential oils are also very helpful in improving diabetic neuropathy symptoms when combined with aloe vera gel. Both eucalyptus and rosemary essential oils contain 1, 8-cineole, a plant terpe-

noid with widely documented analgesic, anti-inflammatory and anti-bacterial benefits. Like aloe, eucalyptus and rosemary act by reducing pain transmission signals in the body.

A natural protocol for diabetic neuropathy includes specific daily supplementation and ongoing care of affected areas with topical products containing aloe vera and eucalyptus and rosemary essential oils. A comprehensive foot exam every 6-12 months is recommended by most medical professionals. By paying attention to symptoms and treating them promptly, diabetic neuropathy can be well managed allowing for a better quality of life and health.

Julia Meadows is a European-trained phytotherapist and natural product formulator. She is the founder of Aromax Health, lives in La Quinta and can be reached at 1-800-608-1330.





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Join the 2012 Healthy Lifestyle Challenge!

The Coachella Valley Health Collaborative will kick off its 2012 Healthy Lifestyle Challenge on January 11. Almost 1,000 Coachella Valley residents have participated in the collaborative's previous challenges. It is expected that more than 1,500 people will participate in the 2012 challenge.

Geared toward local organizations, businesses and residents, the Challenge is a community call-to-action around living a healthier lifestyle. The Challenge was developed to help improve the health of Coachella Valley residents by promoting physical fitness and exercise.

The collaborative's interactive website, which for 2012 is sponsored by Desert Oasis Healthcare, is designed to motivate people to improve their health by becoming more active. The website records an individual's activity and converts it to steps on interactive maps. Individuals can see their progress and see up against others various challenges.

All Coachella Valley residents are encouraged to participate at no cost.

People can challenge colleagues by walking, hiking, biking. It all counts towards challenges. Participants can track online, communicate with other participants online, motivating reminders.

The mission of the Collaborative is to provide a forum for individuals and organizations to work together for the well-being of the community.

Serving diverse communities of the Coachella Valley through education and public advocacy, the Coachella Valley Health Collaborative is a catalyst to improve the health status of all residents and their accessibility to quality, state-of-the-art health care. A major goal is to improve health by increasing community collaboration and decreasing duplication and fragmentation of services.

The collaborative is supported by grants from the Desert Healthcare District, Desert Oasis Healthcare, Regional Access Project Foundation and Kaiser Permanente. The Cal State San Bernardino Palm Desert Campus provides professional oversight, financial services, office space and other services.

To register for the challenge visit www.mywellsite.com/cvhw. For more information about the Coachella Valley Health Collaborative, contact Gary Jeandron, Project Director, at (760) 341-2883, ext. 78163, e-mail gjeandron@csusb.edu or visit <http://cvhc.csusb.edu>.

Challenge friends and colleagues by walking, running, hiking, even shopping!

Many residents are participating in a challenge.

Challenge friends and family by walking, running, swimming, and even shopping. The final goal is to challenge their progress with others and receive weekly reminders and health tips.

Coachella Valley residents are encouraged to provide a meaningful experience, agencies, improve the health of residents of eastern Riverside County.



No Gym? No Problem! A 20 - minute Fat Scorching Workout You Can Do at Home

By Casey Washack, CPT, PNC

Happy New Year! With the holidays behind us, now is the time to get back on your fitness track. So I am providing a workout that can be done at home to get you started and help shed those holiday pounds. All you need is a pair of dumbbells and 20 minutes to burn some serious fat. If visuals work better for you, you can see the warm-ups and exercises on our website at nextlevelfitness.org.

So let's start 2012 off with a bang!

Warm Up: Before you start any physical activity, do a proper warm up by moving each part of your body joint-by-joint. Remember we want to prepare the whole body for the workout.

After your warm up is completed, you are ready to begin exercising. This workout was designed for all major muscle groups and to elevate your heart rate in a very short period of time. Each exercise will be done 10 times per arm or leg. After each exercise is completed, you will do 30 seconds of either Jump Rope or Mountain Climbers. You will go through this circuit 4 times. Below are the exercises and their descriptions included in the workout.

Reverse Lunge Curl Press: Stand tall with your feet together, holding your dumbbells down by your sides. Step back with your left foot and lower your left knee towards the floor. Your right leg

should be in a 90 degree angle. Step back up and bring your left foot back next to your right foot. As you do this, begin a curling motion by bringing your fists towards your shoulders. Once your fists are shoulder height, press the dumbbells towards the sky. Lower the dumbbells back down into the starting position. Alternate the leg you step back with.

Renegade Row: Begin in push-up position holding your dumbbells.

In a controlled manner, pull your left elbow to your ribs WITHOUT moving your hips. Then bring your dumbbell back to the floor. Alternate repetitions between each of your arms. Keep your hips straight throughout the exercise.

Plank Push-Up Pull-Through: Start in a plank position with one dumbbell right outside your right elbows. Using your left arm, push yourself up into a push up-position. With the left arm, pull the dumbbell to the other side of your body. Then lower

yourself back into a plank position. Now use the right arm to push up and pull the dumbbell across.

Mountain Climbers: Begin in a push-up position. Bring one knee towards your chest. Tap your toe to the ground and place it back next to your other foot. Repeat this with your other leg. Do not round your back while you are doing this exercise.

You now have your dumbbells, an understanding of the proper form needed for your exercises, and your workout format. So stop reading here – and start your New Year's exercise routine today!

Casey Washack is certified in diet and nutrition, strength and condition training, water aerobics and kick boxing. He has trained a broad array of clients from US Marines, to PGA golfers, to those with physical limitations and medical conditions. Casey is co-owner of Next Level Fitness and co-creator of the highly successful FitIn42 Program. He can be reached at 760.341.8200.

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Diabetes Prevention and Treatment: Are You Active Enough?

By Luke Gentry, PT, DPT, OCS



Diabetes Mellitus (or Diabetes) currently affects 25.8 million people or 8.3% of the American population.¹ Of those Americans 65 and over, diabetes affects 10.9 million or 26% of the population and increases the risk of death by twice as much as those individuals without diabetes.¹ Diabetes has been shown to be the leading cause of several major medical disorders such as kidney failure, peripheral neuropathy, heart attack and stroke.¹ Understanding how physical activity and exercise can significantly decrease your likelihood of acquiring diabetes may save your life.

Exercise is good for controlling their diabetes, but what many people do not know is how good physical activity is for their diabetes. Aerobic exercise (walking, cycling, jogging) for 40 minutes per week has been the primary focus for both reducing and controlling blood sugar/glucose levels.² New research indicates that combining aerobic and resistance exercise will have an even greater and more lasting effect on blood sugar levels than aerobic exercise alone because of the lean muscle mass that is gained from resistance exercise.^{2,3} 20-30 minutes of resistance and aerobic activity 3 times per week is recommended. All the literature supports the need for continual monitoring from a health care professional to avoid complications such as hypoglycemia, especially if just starting an exercise program.²⁻⁴

As good as physical activity is for the treatment of diabetes, it is just as good for the prevention of diabetes. For individuals who are at high risk, research shows that modest weight loss through diet and exercise can reduce the chance of acquiring diabetes by 40-60%.⁵ The research also supports that increasing

energy expenditure of just 500 Calories (walking 1 mile a day at an 18 minute pace) per week through exercise alone can decrease risk by 6%.⁵

The greatest challenge that is identified when starting an exercise program is an individual's ability to stick with a program (adherence).³ If the training program is physical therapy-directed then it can significantly improve muscle strength and exercise capacity in diabetic individuals.⁴

Diabetes is a life-altering disease that can lead to major health problems and even death. By taking the appropriate steps, talking with a health care professional, such your physical therapist, and performing appropriate physical activity and exercise, you can have the power to prevent and control diabetes.

Luke Gentry received his Bachelor of Human Kinetics with emphasis in Kinesiology at Trinity Western University and his Doctorate of Physical Therapy from Azusa Pacific University. Luke has continued his education completing an Orthopaedic Residency and becoming a Board Certified Orthopaedic Specialist. Luke can be contacted at: Avid Physical Therapy (760)202-0368, luke@avidphysicaltherapy.com

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Understanding Your Child's Gluten-Sensitive Diagnosis

By Bronwyn Ison, Yoga Instructor and Mom

Is adopting a gluten-free lifestyle a necessity or choice? Some people may have a gluten intolerance, some may show sensitivity symptoms, and others are opting to be gluten-free.

Once we learned my daughter was gluten sensitive, I knew our diets had to change. I had so many questions and I began researching. What is gluten? Which foods contain gluten? Where can I find gluten-free products? What are the alternatives?

Gluten is a mixture of proteins found in wheat, rye and barley. The protein is found in foods with flour (white or wheat). Unfortunately, some of our favorite "feel good" foods contain gluten, like bread, pizza, cookies, pastries (and most other baked goods), pasta, crackers, bagels and pretzels.

A person who is gluten intolerant likely has the autoimmune disease, celiac disease. According to celiac.com, the disease is one the most chronic health disorders in the western countries, and affects nearly 3 million Americans. Celiac disease is specific in focusing on the gastrointestinal tract. Research shows us that consuming gluten goes beyond the stomach and affects our brains (at all ages).

This made me think, what am I feeding my family and should we consider going gluten-free? Dr. Nicole Ortiz with the Live Well Clinic in La Quinta has adopted a gluten-free lifestyle and says, "We now know that gluten intolerance and allergies can affect more than the digestive tract. In fact, gluten has the potential to break down the communication filter in our brain (the blood brain barrier) just as it breaks down the intestinal lining. Be-

cause of this effect, we see people with bi-polar, schizophrenia, ADD, depression, etc. are potentially made ill by the very food they are consuming on a regular basis."

"Intolerance to gluten is a spectrum disease. It can cause minimal symptoms such as irregular bowels and stomach aches, to severe osteoporosis and psychotic conditions," Ortiz adds. "Because of the potential implications of this disease, appropriate genetic and immune testing through serum and/or stool is imperative in our children and adult populations alike to truly get to the root cause of ill health."

If you or your child has such symptoms, get tested and learn if gluten is the cause. You can still enjoy your favorite foods because most of them are now available gluten-free. Harvest Health Foods in Palm Desert offers an extensive selection of gluten-free products. Clark's Nutrition dedicates an entire aisle to gluten-free products, and many conventional grocery stores are starting to stock their shelves with gluten-free.

As a mother, it was my mission to understand what was irritating my daughter's intestines. We learned gluten was the culprit and now our entire family lives a gluten-free lifestyle. We feel healthy, energetic, and we have found yummy replacements for all the foods we love to enjoy!

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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Promoting Career Exploration

In recent years, there has been a focus on 2 intervention points in the educational lives of America's children: early childhood and high school. Lost is the importance of the upper elementary grades and middle school, and the role they must play in the preparation of students for life after high school.

ACT (American College Testing Program) presented a report in 2010 entitled, "The Forgotten Middle", which points to a critical defining point for students in the college and career readiness process - a juncture so important that, if students are not on target for college and career readiness by this point, the impact may be irreversible. As suggested by the title, ACT is suggesting that this point is in the middle school years, or more specifically by the end of 8th Grade.

Palm Springs Unified School District understood this early and for the last five years has sustained funding for this program partnering with CVEP to institute a formal Career Explorations Program targeted at 8th and 9th grade students. Data from this local program confirms the ACT report findings. The student goals of this program are clearly defined:

1. Enroll in a health care career academy at the high school level
2. Sign up to volunteer or job shadow at a local hospital
3. Consider pursuing a healthcare and life sciences career
4. Investigate local opportunities for post-secondary education/training

Students are given a pre-visit workshop in their classrooms before touring the hospital. On-site, the students visit 6-8 hospital departments and are exposed to the daily responsibilities and duties of professionals within each department. Professionals are asked to respond to the following basic questions:

1. Describe your job. What do you do?
2. What was your very first job?
3. How did you hear/learn about your job?
4. How important is Math/Science and Writing in your job?
5. What kind of education is required to do what you do?
6. What do you like most/least about your job?
7. How do your employees work together as a team?

Recently, a group of 30 students from James Workman Middle School visited Eisenhower Medical Center on a Career Explorations Tour. They were greeted by a team of healthcare professionals ranging from an ultrasound technician, a registered nurse, a nursing student, an emergency room physician, a phlebotomist, and an emergency medical technician who was presented on a hospital gurney. The students witnessed an assessment intake by the team of professionals who explained each step in the process. The students then toured the hospital departments and were able to conclude their tour with a Q and A, coordinated by the hospital's Center for Professional Development, Michele Greer.

Growing our own next generation workforce requires an 'all hands on deck' approach—and one that must begin in the middle school years.

For more information on CVEP's Health Industry Council and Career Exploration Tours, visit www.smartstudentsgreatjobs.org or www.cvep.com or contact Donna Sturgeon at Donna@cvep.com

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Non-Surgical Eyelid and Facial Rejuvenation: Botulinum Toxin and Facial Fillers

By Jennifer I. Hui, MD

The eyes are the natural focus point of a person's face and convey a wide range of expressions. Naturally, we want our faces to communicate the same enthusiasm and energy that we are conveying verbally. Additionally, we all want to look and feel our best every day. Non-surgical procedures offer a less invasive method of eyelid and facial rejuvenation and are among the most popular cosmetic procedures worldwide. For diabetic patients who may be hesitant to undergo surgery, non-surgical options may be a great alternative.

Eyelid and facial skin is among the thinnest and most delicate on our body. With time, this skin can become less smooth as a result of age, heredity and sun damage. Traditionally, surgery has been a mainstay of treatment to improve eyelid and facial appearance. However, surgery is invasive and requires longer recovery time.

A variety of non-surgical options are now available which provide pleasing results with minimal down time. Two excellent non-surgical options include botulinum toxin and dermal fillers. These products can be administered in an outpatient setting in the privacy of your physician's office. They are often used in conjunction with each other to achieve the optimal outcome for the patient.

Botulinum toxins are used to reduce and soften the dynamic lines around the eyes or forehead. The procedure is performed easily and safely with a few injections of Botox® or Dysport® to relax the muscles that cause the lines to form. The injection is a purified, diluted form of botulinum toxin type A, which is a protein produced by the Clostridium botulinum bacterium. Normally, the brain sends electrochemical messages to the body's muscles to make them move. Botulinum toxin works by blocking neurochemical transmission to the facial muscles responsible for the development of dynamic lines (wrinkles). Following an injection, the muscles gradually relax and contract less, allowing the overlying skin to appear smoother and less wrinkled. The results of the injection are usually apparent within 3 to 5 days, with a maxi-

mum effect around 7 days, and generally last an average of four months.

Fine lines and wrinkles of the face may be further reduced through the use of dermal fillers. These treatments reduce and soften the static lines and are performed easily and safely with a few injections of various fillers, such as Restylane®. Results of the treatment generally last four to twelve months. With time and repeated treatment, some patients are able to achieve longer lasting results.

Many options, both surgical and non-surgical, are available to patients interested in eyelid and facial rejuvenation. When deciding on a cosmetic procedure, it is important to know the facts

so you are better able to make an informed decision. Your cosmetic surgeon should take the time to meet with you personally to discuss your goals, review your medical history and answer all of your questions.

If you are a candidate for non-surgical treatment, he or she will help you to determine which products to use and where to administer the injections to achieve the best results. No sedation or anesthesia is required, and there is no special recovery period. The entire procedure is usually completed by the doctor in a normal office visit. Discomfort is minimal and brief and mild bruising and swelling may occur at

injection sites, but this may be covered with makeup.

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. Call 760.610.2677 or visit www.TheEyeLidInstitute.com



Before and after photos of Botox injections for crow's feet

"When deciding on a cosmetic procedure, it is important to know the facts so you are able to make an informed decision."

—Dr. Jennifer Hui



Before and after photos of Botox injections for crow's feet



Why *Not* Natural... When It's Effective & Affordable?

A Desert Health Review

A healthy diet shows in your skin... fruits and vegetables literally nourish your body inside and out. So why don't we pay more attention to the products we use on our skin?

I've long wondered if natural skin care products are as effective as the much-hyped "miracle brands." So when I heard that The LiveWell Clinic was offering skin care treatments featuring an all natural product line, I had to give it a try. The treatment was invigorating, and I walked away with a complete product kit for \$29!

LiveWell's certified esthetician, Jadranka, has eleven years of luxury resort experience and extensive skin care knowledge. The clinic chose the Juice Beauty Certified Organic product line to ensure they are offering clients and employees the safest products and services.

"Your skin is the largest organ of your body. What you apply to it should be safe enough to eat since you will absorb it into your system, just like food. If you are using chemical based (non-organic) make-up, peels, lotions, and sunscreens you are adding chemicals to your body on a consistent basis. In some individuals this can lead to rashes, chemical stress on your liver states LiveWell's

Jadranka used aging products on like apple, lemon, with "age-defying" Q10 and vitamin feel the active enzymes in the apple which create when heated. The watering.

My hour treatment included exfoliation, extraction, hydration, massage and misting. And with Jadranka's guidance, I was sold on the idea of using natural skin care products. When finished, my smiling face truly felt like a shiny green apple.

I took home the Juice Beauty 'Organics to Go' package which included a 30 day supply of cleansing milk, green apple peel, antioxidant serum, nutrient moisturizer and hydrating mist spray...all for \$29. I couldn't believe the prices for FDA certified organic products... and I love them!

If you are looking for a natural skin care option, I strongly recommend a facial with Jadranka to try the Juice Beauty products. There are several lines for different skin types that range in price from \$29 to \$65. (www.JuiceBeauty.com) Jadranka offers a variety of facials starting at \$60.

For more information or to book your appointment, call the LiveWell Clinic at 760.771.5970.



cal sensitivity and/or and detox system," Dr. Nicole Ortiz.

Juice Beauty's anti-me with ingredients and grapes along peptides, coenzyme antioxidants. I could ingredients (natural pumpkin and green ed a tingling feeling smells were mouth-

Breast Augmentation: Decisions for Surgeon and Patient

By Mo Zakhireh, MD

It's an honor to take part in educating the residents of the Desert by contributing to Desert Health®. My name is Mo Zakhireh (zak-a-RI-ah) and I am a local board certified plastic surgeon in Palm Desert. I have been in the desert for seven years and was formerly on staff at the University of Utah in Salt Lake City.

Today I'd like to discuss breast augmentation. My friends joke that I have an easy job - putting in a pair of implants and the patients go away happy! That's not quite the scenario. As the surgeon, I have five to seven layers of decisions to make correctly. Furthermore, the combination of the decisions will have a cumulative effect on the surgery.

During the consultation, patients first get sized with sizers in a special bra. Then I educate them on the concept of body flow and symmetry. Our job is to balance the shoulders into the hips, using the breasts. If I do my job well then the patients look slender with an accentuated waistline due to symmetry. So size IS important!

The next question is 'saline versus silicone.' The shells on saline implants get dried out. The salt water leeches the moisture out of the shell and this leads to rippling and a harder feeling implant. The newer silicone gel implants are designed for the Silicone Jello to release 1 to 2 drops of oil into the shell each day so the shell is lubricated. This leads to a much softer shell which is stretchable and that does not ripple. The newer silicone Gel implants no longer leak because the silicone is in Jello form, in contrast to the older implants where the silicone was oil based and would ooze into the body. However, I'd like to clarify that the information about silicone causing cancer was false. Unfortunately, the media promoted that rumor. Think of it this way... our beautiful desert environment is made of silicone (sand), so according to this misinformation, we should all be suffering from cancer due to silicone exposure.

The surgical approach is also very important. Surgery is very traumatic to the body so the surgeon has to pick the shortest route to achieve the task at hand. The breast crease approach avoids all the vital structures of the breast (milk ducts, nerves, and blood vessels) and does not affect breast feeding. Also it is the place where a surgeon can anatomically get under the pectoral muscle without cutting, tearing, or irritating the muscle. In my opinion, it's important to put the implant under the muscle for better breast cancer detection (radiologist can read the mammogram better). Also, the muscle will keep the implant softer and give natural, long term results.

If you're considering breast augmentation, please educate yourself and choose your surgeon carefully. Cheers to your health!

Dr. Mo Zakhireh is a board certified Plastic Surgeon based at The Cosmetic Surgery Institute of Palm Desert. His practice focus is cosmetic and reconstructive surgery of the face, breasts and abdominal region. 760-837-0364 www.csipd.com



Dr. Mo Zakhireh

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Know the Warning Signs of a Stroke



By Barrett Betschart & Stacy Hennis, PT, CNDT

If you have ever known someone who had a stroke, you know how devastating the experience can be. There are many side effects of varying degrees that can limit one's abilities to do the things they love. Strokes can significantly alter one's lifestyle. And a stroke doesn't just happen to the person - it happens to the entire family as roles are often changed if the patient is left impaired.

According to the American Heart Association, there are three types of strokes: Ischemic (or clots) which are obstruction within a blood vessel and the most common type of stroke; Hemorrhagic (or bleeds) which is a weakened blood vessel (an aneurysm) that ruptures and bleeds into surrounding brain compressing surrounding brain tissue; and the third type, a TIA (or mini stroke) caused by a temporary blood clot, and the symptoms resolve within 24 hours. TIA's are a warning sign that something is not right and should be taken seriously.

It is important to know the warning signs of a stroke. If someone is experiencing any of these signs, please seek immediate medical attention:



Sudden numbness or weakness of the face, arm or leg, especially on one side of the body



Sudden trouble walking, dizziness, loss of balance or coordination



Sudden confusion, trouble speaking or understanding



Sudden, severe headache with no known cause



Sudden trouble seeing in one or both eyes

A stroke is a "brain attack" which often leaves patients with some brain damage. Like the heart, if oxygen and blood flow to the brain are interrupted, damage occurs. Right brain strokes usually affect the left side of the body and right side of the face. Paralysis, vision problems, behavioral changes and memory loss may occur. Left brain strokes usually affect the right side of the body with paralysis, speech problems, behavioral changes and memory loss. (Please note these are only generalizations).

There is hope after a stroke for continued gains. A common misperception is that the only improvements to be made are in the first year after the stroke. Recent research shows the brain can improve through neuroplasticity. This is the brain's ability to reorganize itself and build new neuronal pathways. This is accomplished by repetition of tasks, especially ones that the person enjoyed previously like golf.

Stroke patients can become despondent and introverted due to loss of independence. Depression is one of the top three complaints after a stroke (as is fatigue). This is another reason to practice enjoyable activities, even if modifications have to be made.

If you are a caretaker of someone who has suffered from a stroke, continuing as normal a routine as possible like introducing daily exercise, stretching and therapy can help to minimize the onset of depression and improve quality of life.

Barrett Betschart is owner of ElderCaring non-medical in home care & BOUNCE YOU BACK injury & post-surgical recovery care and can be reached at 760.333.0427.

Sources: American Heart Association and National Center for Disease Control and Prevention

Create a Healthier Lifestyle By Getting Involved – Today!

By Betsy Rosen, OTR/L

Many of us get into daily routines which do not include activities that give us an improved sense of life satisfaction. Occupational Therapy professors at the University of Southern California (USC) have found that small, healthy lifestyle changes, coupled with involvement in meaningful activities, are critical to healthy aging. It is important that we identify and pursue our individual passions and interests – and build our daily lives around those activities to create fuller, richer lives.

Visiting a museum, volunteering to read to children in an elementary school, taking a nature walk with a friend, going to a free lecture at a senior center or uni-

versity, volunteering at a soup kitchen, taking a painting class, and many other enriching activities can lower rates of depression and improve one's satisfaction with life. Here in the desert, we are blessed with beautiful year-round weather that is ideal for all forms of outdoor activity. Our community is also rich with educational and volunteer opportunities that enable everyone to get involved.

A blend of leisure activities and hobbies, coupled with physical, social and mentally stimulating activities enhances a person's sense of well being. This balance is what we should all strive for in the name of prevention and wellness.

Florence Clark, PhD, OTR/L, FAOTA,

professor and associate dean of the Division of Occupational Science at USC and president of the American Occupational Therapy Association, states that "making positive changes in how we live each day, and sustaining those changes over the long term, is critical for maintaining independence and healthy aging."

Older Americans also bring a lifetime of skills and experience that can be tapped to meet community challenges. Senior Corps, a National Volunteer organization, offers a powerful way to link seniors to meaningful opportunities to make a difference. Dr. Erwin Tan, director of Seniors Corps at the Corporation for National and Community Service states, "As the 78 million-strong Baby Boomer generation looks for ways to give back to their communities, our Senior Corps program engages older Americans in solving problems and serving those most in need, making senior service a vital investment for our nation

now and into the future."

"Along with delivering enormous social and economic benefit to communities nationwide, volunteer service also allows older Americans to remain active and healthy, an outcome that is critical as our nation strives to lower health care costs in times of budget constraints," adds Tan.

You have so much to give! Try adding one healthy and positive change to your routine each week. You'll be surprised at the joy it adds to your life and the healthier lifestyle it creates!

Betsy Rosen is a licensed and registered Occupational Therapist with over 25 years of industry experience. She also has a certification in Accessibility Consultation, Home Modifications and Assistive Technology, and Strategies to Advance Gerontology Excellence. She can be reached at betsyhrosen@gmail.com or 760-913-7233. Secureagingathome.com



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An Inspiration to All

By Lauren Del Sarto

Bill Bell has competed in 32 Ironman triathlons and 33 half Ironman races. He has completed 158 marathons and ultra runs (between 26.2 and 52.4 miles); and two Ultraman 3 day triathlons (6 mile swim, 250 mile bike, and 52.4 miles run – yes, all in one day). He has ridden his bike across the country as part of the four-man Iron Gents relay team. Twice.

And he started when he was 54. Bill is now 89 years old and celebrated his recent birthday with 16 biking buddies, adding a few more miles to his resume. He is truly an inspiration to us all.

Bill was not an athlete in his younger years. His current routine sprouted at the age of 15 when he woke at 4:30 every morning to ride his two paper routes. He also used to swim the piers with his friends, but it wasn't until 50 years later that he “got his letterman's jacket,” as he is fond of saying.



Bill's 89th birthday t-shirt and cake designed by his daughter, Barbie Labadie.

have excluded from my vocabulary my entire life - 'can't'. You can do anything you put your mind to and it's never too late to start.”

Where does Bill recommend we begin? “Just get out and walk - not at the mall - but in our beautiful desert environment. You will feel good. Listen to your body and do what you can. There is always tomorrow to do a little more.”

Bill and his wife, Margie, live in Palm Desert and have been married for 65 years. When is he slowing down? “In life, if you finish, you win. God gave me this body and he's the one who will tell me when it's time to stop.” Bill, however, just submitted his application to extend his PowerBar sponsorship for two more years.

You can meet Bill and hear his inspiring story on January 23rd from 2:00p.m. to 3:00p.m. at Eisenhower's Argyros Health Center in La Quinta. Call 760-610-7205 for more information or to make a reservation.



Heading to the finish line at the Solana Beach Triathlon

In 1976, a stress test showed a slight murmur in Bill's heart. His doctor prescribed medication and 40 minutes of jogging three times a week. After his third week, he was hooked. His doctor blessed his request to run every day and the rest is history.

He finished his first marathon at 59 and one year later participated in his first Ironman. His accomplishments include: five World Champion honors at Kona Ironman Triathlon in the 70 – 79 age group; eight first place finishes in his age group in San Francisco's Escape from Alcatraz swim; and three age group wins at the world's toughest triathlon in Lake Tahoe.

He is the oldest man to have finished the California Triathlon in the 17 hour time limit at 78 years old in 2001. He has been featured on Conan O'Brien, the Bill O'Reilly Show and the Rosie O'Donnell Show. He was one of the first to be sponsored by PowerBar and still is today. When asked what sets him apart, Bell says, “There is one word that I

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Indian Wells Chamber Announces 2012 Health & Wellness Series Prostate Cancer: Focus of Inaugural Event

February 18, 2012 will mark the first annual Health & Wellness Series presented by the Indian Wells Chamber of Commerce and the local chapter of Gilda's Club. The event is designed to create awareness for prostate cancer care in the Coachella Valley and beyond. It will promote general health and wellness and support regional businesses, as well as highlight Indian Wells as a desirable destination for both locals and visitors alike. All proceeds benefit both the Indian Wells Chamber and Gilda's Club Desert Cities.

"While this is a huge undertaking for the Chamber, it is an incredible opportunity to highlight the importance of health and wellness for our residents and visitors," states Ruth Finholt, CEO of the Chamber. "We look forward to this event being the first of many to come."

All activities will be held at the beautiful Renaissance Resort & Spa and will feature a myriad of activities, including:

- A physician symposium lecture series to address the latest in detection and treatment of prostate cancer, featuring speakers Dr. John F. Feller, Radiologist, Owner Desert Medical Imaging; Dr. Amy Law, Desert Hematology Oncology; Dr. Theodor Masek, Radiation Oncology, 21st Century Oncology; Dr. Fabio Almeida, Indian Wells PET/CT Center; and Dr. Elliot Lander, Lander Comprehensive Urology
- Public lectures on advancements and resources related to prostate cancer, given by Dr. Murthy Andavolu, medical director of the prostate cancer program at Desert Regional Medical Center's Comprehensive Cancer Center, and Litsa Mitchell of Gilda's Club Desert Cities. Television personality Kris Long of KPSP-TV Local 2 will emcee.
- Health fair expo with more than 40 local health and wellness practitioners, products and resources
- Dinner with special guest Coach Tom Flores and premier entertainment with Television personality Kris Long of KPSP-TV Local 2 who will emcee.

Ticket options vary and allow participants to pick and choose their activities or purchase a package for all the events of the weekend. Admission to the public lectures and health fair expo is \$15. The medical symposium is \$275 and includes the health fair and dinner. The dinner is open to the public at \$100/ticket. Local non-profit organizations will be given opportunities for fund raising by partnering with the Chamber on public ticket sales.

The Indian Wells Chamber of Commerce is currently seeking sponsorships and donations to support this important and exciting new series.

For more information please visit the Indian Wells Chamber of Commerce website at www.IndianWellsChamber.com or call (760) 346-7095.

12th Annual Palm Desert International Sports Festival and Senior Games

Now in its 12th year, the Palm Desert International Sports Festival and Senior Games is ready for YOU to join the fun!

The Desert Recreation District and the city of Palm Desert are partnering once again on the California State Games Association to bring our community another year of athletic competition for all ages. Whether you are an athlete or a spectator, the 2012 Palm Desert International Sports Festival promises exciting entertainment for all. The Games offer a wide array of challenging and fun sports designed to promote active and healthy lifestyles. The festival provides venues for athletes of all ages who seek a competitive environment, all while meeting other athletes and having fun.

Every year the staff at Desert Recreation District is humbled and energized by a particular athlete or sequence of events. Last year was no exception as 82 year young track competitor Orville Bingley III raced around the competition in the Mile, 800m and 400m events during the Track and Field competition. In addition to his personal accomplishments, Orville cheers fellow competitors on and is a regular at the Palm Desert Games. He is always a crowd pleaser with his upbeat demeanor and desire to compete. For us, Orville is a reminder of what these games are all about -- personal achievement, seeing old friends and building new relationships.

The Palm Desert Games offer a platform for athletes to stay young and healthy, and the opportunity to chase dreams. Every sport features individuals like Orville, and offers you the chance to be a part of our community's annual event. Who knows, this might be the year that you achieve a personal best!

The games are open to all athletes at least 35 years or older by December 31, 2012.

There are two age divisions: Masters ages 35 – 49 and Seniors ages 50+. Athletes compete in four year age brackets (50 – 54, 55 – 59, etc.). Male and Female brackets, along with coed events, offer something for everyone.

The Games include Pickleball, Golf, Tennis, Track & Field, Swimming, Volleyball, Lawn Bowling, Table Tennis, Soccer, Basketball and Racquetball, with an Opening Dinner and Celebration of athletes.

The 12th Annual Games encourages you to "Be Active Your Way Everyday" in 2012!

For a complete list of events and additional information call the Sports Department at 760-347-3484 and ask for Candice or visit www.DesertSeniorGames.org.

JOIN THE FUN!



Orville Bingley is one of the many champions participating in the International Sports Festival & Senior Games

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Jim Cook Day of Hope for Diabetes® Free Event Celebrates 17 Years of Educating the Coachella Valley



The Desert Diabetes Club is proud to announce the 17th annual Jim Cook Day of Hope for Diabetes® taking place Saturday, March 17, at the Annenberg Center for Health Sciences at Eisenhower Medical Center in Rancho Mirage.

The event will take place from 8 a.m. to 3 p.m. and is free to the public. Day of Hope is one of the largest educational and inspirational events of its kind in the western United States. It was established to help Type 1 and Type 2 diabetics, along with “Type 3,” their families and friends, better understand and manage the disease.

This year’s event will feature celebrity keynote speaker, Alan Thicke, who played the father on Growing Pains tv series. Thicke is also a writer, game show host and founder of the Thicke Center for Diabetes Research.

The medical keynote speaker will be Steven R. Gundry, M.D., Director of the Center for Restorative Medicine and author of Dr. Gundry’s Diet Evolution. Dr. Gundry was once an obese heart surgeon with pre-diabetes, hypertension and high cholesterol. Through years of research, he discovered how to reverse these medical conditions by implementing diet and lifestyle changes.

Melinda Read, popular television personality and spokesperson for A Day of Hope for Diabetes®, will emcee the day’s events. A former Mrs. California International, Read has lived with Type 1 diabetes for 50 years. She is the host and executive producer of Talk of the Desert on Time Warner Cable channel 111. “Knowledge is power,” says Ms. Read, “And A Day of Hope® will provide all attendees with important information about diabetes.”

The Day of Hope will also offer 25 educational sessions by physicians, researchers, nutritionists and other experts covering diabetes treatment, pre-diabetes, new findings, diet, exercise, and long-term implications. Attendees will be able to participate in an “Ask the Doctor” session where they can query physicians about their particular areas of concern.

In addition, attendees will enjoy an exhibitor fair where equipment, products and services of some 40 vendors will be presented and/or demonstrated. Testing will be offered for glucose levels, eye pressure, stroke risk assessment, hearing acuity, foot circulation, blood pressure and others.

For the first time, Spanish speaking lectures and exhibitors will be offered.

“More than 1,000 diabetics and their family members are expected to attend to learn the latest information, valuable new tips on controlling the disease, and resources available here in the desert,” stated Chuck Fasilis, President of the Desert Diabetes Club.

The Desert Diabetes Club meets the third Wednesday of each month (October through May) at the Annenberg Center for Health Sciences at Eisenhower. With a tax-deductible membership of \$25, members receive vital information about diabetes and improving their quality of life through lectures by diabetes professionals. Social and support events are held throughout the season, including a new weekly exercise class on Tuesdays.

For more information about the Jim Cook Day of Hope for Diabetes® or the Desert Diabetes Club, please call 760-773-1578

Desert Diabetes Club
Presents the 17th Annual

Day of Hope
for Diabetes®

Keynote Celebrity
Speaker

Alan Thicke
Actor (*Growing Pains*),
writer, game show host
and founder of the
Thicke Center for
Diabetes Research

Keynote Medical
Speaker

Steven R. Gundry, M.D.
Director of the Center for
Restorative Medicine and
author of *Dr. Gundry's
Diet Evolution*

Saturday, March 17, 2012
8 a.m. to 3 p.m.
Annenberg Center for Health
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Medical Center

A full-day FREE event.
40 exhibitors & products.
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Plus over 25 educational
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researchers, nutritionists
and other health experts.

Spanish speaking lectures and
exhibitors offered this year.

Also featuring interactive
“Ask Your Doctor” panel.

For more information,
please call 760-773-1578
or visit emc.org/ddc

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Saturday, February 11:
\$53,000 HITS Grand Prix / CSI-W

Saturday, February 25:
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Saturday, March 3:
\$53,000 Chartis Grand Prix / CSI-W

Sunday, March 11:
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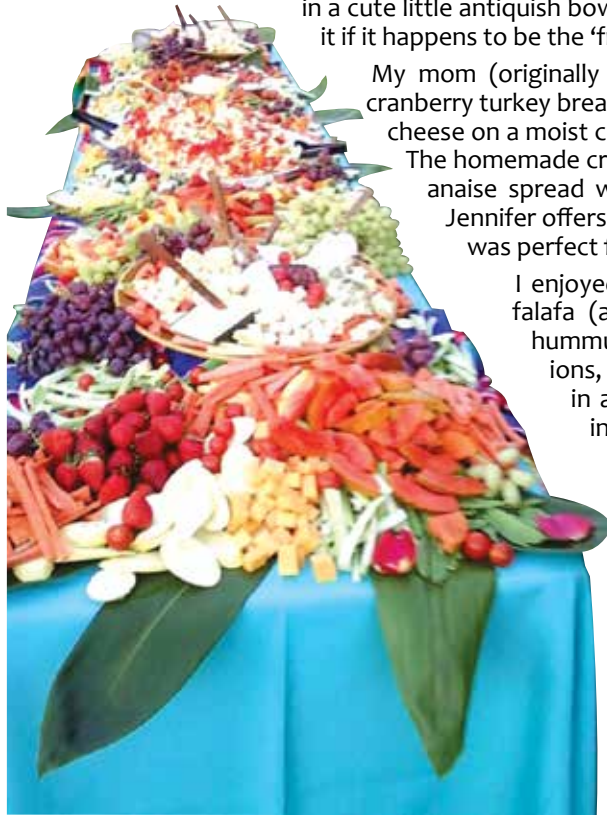
"The Queen of Clean Cuisine™" Offers Organic Cooking at *Jennifer's Kitchen*

A Desert Health Review

When you walk into *Jennifer's Kitchen*, you are reminded of a Napa Valley café, quaint with both bistro and family style tables and wine décor adorning the walls. My mother and I stopped by to enjoy lunch one day after meeting Jennifer and sampling her cuisine at the Desert Woman's Show. I was pleasantly surprised to learn about Jennifer's philosophy on clean cuisine and to review her menu full of fresh, organic options.

Jennifer's Kitchen is open for lunch and offers an array of dishes that seem to cover a world of taste from the Greek falafel wrap to the tuna nicoise, from the Mediterranean tuna salad to the Chinese chicken salad. Favorites from the states include a cranberry turkey breast and New England clam chowder and the citrus chicken wrap and albacore tuna melt with sharp cheddar cheese.

My mom and I both tried a cup of the clam chowder which was not a thick cream, but a light clam-base broth with a touch of cream, chunks of potatoes and a generous helping of tender clams. It had exceptional flavor and was served in a cute little antiquish bowl. I highly recommend you try it if it happens to be the "fresh soup of the day."



My mom (originally from Boston) opted for the cranberry turkey breast sandwich served with Swiss cheese on a moist cranberry pumpkin seed bread. The homemade cranberry, goat cheese and veganaise spread was unique and full of flavor. Jennifer offers half sandwiches as well which was perfect for mom.

I enjoyed the Greek wrap with baked falafa (also very moist) served with hummus, grilled red peppers and onions, and shredded romaine rolled in a garlic herb wrap. The secret ingredient was a homemade tzatziki sauce made with yogurt, sour cream, mustard seeds, mint, garlic, lemon juice and cucumbers.

Cooking has been a lifelong passion for Jennifer. As a child, she would often prepare meals for her family and always knew what she wanted to be when she grew up. Her journey

led from Culinary School to serving as a private chef (for a well-known local celebrity) to catering. Along the way, she noticed that the quality of food that people had become accustomed to in the standard American diet had decreased and that taste had been compromised as well. The source of these items and the farming practices used contributing greatly to these changes.

"The more I researched food and the food industry, the more I was drawn to sustainability and farm to table options. While it may be more expensive to choose organic, sustainable, farm to table and locally grown options, I knew it was the right thing to do," states Jennifer.

In 2006, she opened *Jennifer's Kitchen* as a place to showcase her favorite foods, gourmet food items, and a variety of select wines. The restaurant has grown to reflect her personal choices and now, "Our commitment is to always be at least 80% organic, green and clean."

All chicken is free range and organic and turkey is nitrate and preservative free. All other ingredients and vegetables are organic and/or sustainable whenever and wherever possible. Jennifer offers an array of organic and 'biodynamic' wines which use a method of organic farming that "emphasizes the holistic development and interrelationships of the soil, plants and animals as a self-sustaining system."

But beyond all that, the food at Jennifer's Kitchen is just plain yummy! They are open for lunch Mondays through Fridays from 11am – 3pm. Entrees are affordably priced ranging from \$5.95 to \$11.95. If you are looking for a small, friendly atmosphere or a new place to try for vegetarian and vegan options, *Jennifer's Kitchen* is the place to go.

Jennifer also offers full service catering with specialties including exclusively organic and vegan arrangements. You will see her at the Humana Challenge in Bob Hope Square serving up healthy sandwiches and vegan soups along with her biodynamic wines.

Jennifer's Kitchen & Catering is located in Rancho Mirage at 70-225 Hwy. 111 off of Peterson Road. They are open for lunches only Monday through Friday from 11a – 3p. Reservations are not required, just stop in or call 760-324-3904. For catering, contact Jennifer at 760-202-9171.



Jennifer Johnson at a biodynamic winery



Greek wrap with baked falafa

MINESTRONE SOUP

A healthy & hearty winter meal suggestion from the Growers Market family

1 lb mixed fresh vegetables, such as celery, zucchini, carrots, young cabbage, spinach

4 tomatoes

1 onion

2 cloves of garlic

3 tablespoons olive oil

6 cups vegetable or meat stock

2 cups dried pasta (short type)

1-14 oz can cooked white beans, such as cannellini, navy, great northern salt and freshly ground pepper

4 tablespoons grated Parmesan or Pecorino cheese

Serves 4

1. Rinse all vegetables. Peel carrots. Dice celery, zucchini, carrots and tomatoes. Cut the cabbage or spinach into strips. Peel onion and garlic, chop both finely.
2. In a large pot, heat 1 tablespoon oil. Stir in onion and garlic and sauté for a minute or so. Add the vegetable or beef stock, mix in veggies and heat to a low boil.
3. Simmer the veggies for about 15 minutes over medium-low heat with the lid halfway off. You can block with a wooden spoon if you like.
4. Rinse beans in a colander under cold water; discard the liquid in the can. Add the pasta and beans to soup. Simmer for about 10 minutes more or until the pasta is al dente.
5. Adjust salt and pepper. Ladle soup into wide bowls, drizzle with remaining oil, and sprinkle with cheese.

Serve with freshly sliced bread and enjoy as a hearty winter meal!



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Health is a Choice

Continued from page 9

"Golf is an unusual sport in that the fans actually get exercise while the players do," states Mike McCallister, Chairman and CEO of Humana. "With most other sports you sit, eat a hot dog and have something to drink. Combine golf with the beautiful settings and outdoor climates and you have a winning platform in which to promote healthier lifestyles."

Valerie Alexander of the Clinton Foundation adds, "The Humana Challenge builds upon President Clinton's personal love of golf and his commitment to health and wellness both in his own life and in the work done through his foundation. We are honored to be a part of Bob Hope's legacy by promoting active lifestyles and by reminding us of the importance of giving back, something Hope did his entire life." Linda Hope is thrilled with the partnership as she stated that Clinton was 'one of her father's favorites.'

Healthier Schools

The Healthy Schools Program provides tools for schools to help them create a wellness council, start staff wellness programs, and to offer healthier foods and more physical activities.



President Clinton launched the Alliance for a Healthier Generation's Healthy Schools Program at P.S. 197 in New York City in 2006

To support the efforts happening on the ground, the California legislature has passed new laws to regulate what food and beverage can be sold in schools. They voted to support a pilot program to provide more fruits and vegetables to students and have become one of only two states to adopt a menu labeling law. California State Education Superintendent Tom Torlakson is preparing to initiate a Campaign for Healthy Kids to promote positive physical activities and good eating habits.

Currently there are more than 620 California Schools participating. Valley schools can learn about and join the Healthy Schools Program by visiting www.HealthierGeneration.org

Multi-Generational Playground Built in Thermal

Teaming with KaBOOM! And the Desert Alliance for Community Empowerment, Humana is building a multi-generational playground near the San Felipe housing complex in Thermal. It will have common playground equipment and senior fitness stations with walking paths for a comprehensive, family activity experience.

Humana Healthy Fun Fair & Well-being Walk

On January 14, the City of La Quinta in partnership with Desert Classic Charities and Humana will host a wellness walk and health fair. The 5 mile (roundtrip) walk along Bear Creek Path is designed for all levels and ages with four rest stops, healthy

snacks, and prizes along the way. The walk will conclude at the La Quinta Fitness Center & Park with a healthy fun fair featuring 40 local health-based agencies, fitness and dance demonstrations, music, healthy foods, and a Kids Fun Zone with games and rock climbing.

Humana Day at the La Quinta Certified Farmer's Market

On Sunday, January 15, Humana will host a special Farmer's Market with plenty of fresh, locally grown produce breads, flowers, and more. Humana will have a pavilion where attendees can register for a free Walkit™ pedometer, receive their own personalized biometric reading, and earn a healthy treat by participating on the Humana blender bikes. There will be special slow food cooking demonstrations by Chef Michael Vaughn Chef de Cuisine of Twenty6 Restaurant at La Quinta Resort. The La Quinta High School Culinary Arts students will also go head-to-head in a "Chopped Challenge" cooking contest.

Humana Challenge 'Pedometers for Prizes'

The main event will take place January 19 – 22 in La Quinta and 'spectator participation' will be a key component. Attendees can pick up and register a pedometer at the Humana Well-Being Tour in Bob Hope Square to measure the number of steps taken throughout the tournament and compete for prizes. In addition, participants can earn extra points by eating healthy foods throughout the week or pledging to kick harmful habits like smoking.

Healthier cuisine will also be offered at this year's event. Jennifer Johnson, 'Queen of Clean,' and owner of Jennifer's Kitchen (see Fresh Cuisine pg. 28) will be featuring organic, vegetarian and vegan options for spectators along with a variety of organic wines.

President Clinton is an international leader who is using his notoriety and power to make the world a better place. His personal experiences have inspired his passion for this country's childhood obesity and health issues, and through his foundation Clinton is making a difference.

"My Foundation's partnership with Humana and the PGA Tour on the Humana Challenge showcases the importance of personal health," said President Clinton. "Part of what the Clinton Foundation does, through the Alliance for a Healthier Generation, is work to end childhood obesity and promote healthy living. The Humana Challenge will energize more people to help build a healthier future for all."

As a participating sponsor of the Humana Challenge, Desert Health® is honored to support the local efforts of the Clinton Foundation, Humana and the PGA. We hope you will join us in the many activities offered and that you too will take the first steps to making health a priority in your life.



President Clinton greets students of Florida's Miami Edison Middle School in 2010. (Photo Courtesy of the Clinton Foundation)

Desert Diabetes Club Launches Exercise Program

The Desert Diabetes Club has launched a weekly exercise program designed specifically for those with diabetes. The classes are held each Tuesday from 11am – 12pm at the Annenberg Center for Health Sciences on the Eisenhower Medical Center campus in Rancho Mirage.

Classes will be led by certified fitness instructor, Lisa Manning, C.E.T., a desert native and local health educator. "We are excited about this program and invite people of all ages to join us!" says Manning. "The classes are designed to be as fun as they are beneficial."

Attendees will work at their own pace with individual and group activities that focus on cardio exercise. Workouts will range from chair exercises to step to full cardio with light weights and exercise bands. "The objective is to lose weight, stabilize blood sugars, lower blood pressure and increase overall well being, but in order to work, it also has to be fun!"

Chuck Fasilis, President of the Desert Diabetes Club states, "There is a comfort level of being in a group where everyone has the same concerns and the same goal of improving their health. We are delighted to now offer this program to members and non-members to bring our community together for improving health."

Manning is a cardiovascular technician and certified fitness instructor through the American College of Sports Medicine. She specializes in Parkinson's, diabetes

and arthritis and is a health educator teaching life support and first aid throughout the community. She runs a similar program for Parkinson's and notes that the activity becomes more than an exercise class.

"As guests get to know each other, additional events and activities will transpire for those who desire. There will be shared lunches, helpful hints and new friendships formed."

Designed to educate all Coachella Valley residents about diabetes, the Desert Diabetes Club meets each month (October through May) at the Annenberg Center for Health Sciences at Eisenhower. With a tax-deductible membership of \$25, members receive vital

information about diabetes and improving their quality of life through lectures by diabetes professionals. Other social and support events are planned throughout the season.

Those who want to simply observe the class before participating are welcome as well.

Classes take place weekly on Tuesdays from 11a – 12p (right after breakfast and before lunch) and cost \$5 for Desert Diabetes Club members and \$10 for non-members. Attendees will need a doctor's release form to participate. Bring walking or tennis shoes and a water bottle.

For more information contact the Desert Diabetes Club at 760-773-1578 or visit EMC.org/DDC.



Desert Diabetes Club fitness instructor, Lisa Manning

DESERT DIABETES CLUB

**You Can Control Your Diabetes
Don't Let it CONTROL YOU**

**Desert Diabetes Club is now offering
a weekly diabetes exercise class on
Tuesdays from 11am to 12pm
at Annenberg Center for Health Sciences
at Eisenhower Medical Center**

*The New 3M
Program for Diabetes
Created by
Dr. Rodolfo Batarse*

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- Portion food control

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Free Golf Clinic for Stroke and Parkinson's Patients



A team of valley health care professionals have come together to offer a free monthly golf clinic for stroke and Parkinson's patients at Country Villas Rancho Mirage Healthcare Center. Patty Curtiss, golf professional, certified athletic trainer, and founder of Bounce You Back and Golf Rehab; Stacy Hennis, a physical therapist specializing in neurological issues and owner of New Beginning PT; and the cheerful rehab staff at Country Villas provide "golf therapy" in a fun and safe environment where attendees meet new friends, get exercise and enjoy the game they love.

"Golf is a great equalizer for everyone. It doesn't matter what age you are or how skilled you are, the game of golf "levels the playing field." It also offers a way for each of us to challenge ourselves based on our individual skills and abilities," states Curtiss, "And nothing is more rewarding than helping a golfer who is in the process of recovery." Golfers putt for fun and friendly competition at each session. "The process of recovery is slow and is really about helping someone find their balance -- emotionally, mentally, physically, and spiritually. Sometimes the recovery takes the patient all the way back to full functioning, and sometimes the recovery involves helping the participant adjust to a new level of function."



Patty Curtiss and a member of the Country Villas team work with a guest at the golf clinic

The golf clinic started in October and is receiving tremendous response. "The turnout has been terrific," observes Lisa Graff, Community Development Specialist at Country Villas. "We are delighted to see smiles and friendly rivalry on the course. Fresh air, new friendships and loving volunteers help participants re-discover their passion for the game."

Hennis adds, "When someone is recovering from neurological issues, it is critical that they participate in things they enjoy. It's important that their therapy include real life, functional activities that they have enjoyed in the past. This helps build the pathways in the brain, aiding their recovery."

The clinic is sponsored by Country Villas, Golf Rehab and New Beginning PT. All Valley residents who are challenged by a stroke or Parkinson's are encouraged to attend the monthly golf clinic to meet others, socialize, and have fun.

This event is held the first Tuesday of each month from 1:30-2:30 through May at Country Villas Rancho Mirage Healthcare Center, 39950 Vista del Sol (two blocks west of Monterey). For more information: Stacy@NewBeginningPT.com or call 760-340-0053

Living Wellness

with Jennifer DiFrancesco

Warm up Winter with Ginger Oil

Many of us know ginger from the dollop of pinkish shaved root plant on our sushi tray sitting next to the wasabi. This root plant has a hint of lemon and a hint of pepper taste with an aroma that heightens the senses. The stem of the ginger plant has been used for centuries. Ginger oil was distilled from the thick stem of the plant and digested as a liquid spice by sailors traveling the high seas who discovered it can help prevent nausea.

Nowadays, ginger is commonly recommended for queasiness during pregnancy, cancer treatment and other treatments that create nausea. Other uses of ginger oil include sub topical application to warm muscles and inhalation to relieve headaches and break up congestion from the common cold.

During the winter months it is important for us to have a few essential oils on hand to help warm the body and joints, stimulate circulation and help with respiratory clearing. There are many ways to use ginger oil as a remedy. Added to your vaporizer, it can help relieve chest congestion, or better yet take a little to your next spa visit and place a small amount on your chest before entering the steam room. Blend the oil with carrier oil such as jojoba for a massage, or dilute ginger oil in a warm bathtub. It can also be blended into a non-scented base cream for muscle strains or to assist with circulation.

Liquid gold ginger oil has a woody- spicy smell and, because of its many health benefits, is the perfect wintertime gift.

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.

DESERT HEALTHCARE DISTRICT: Funding Programs that Improve Local Health Care Services

The Stroke Recovery Center, Palm Springs

Since 1999, the Board of Directors of the Desert Healthcare District (DHD) has invested over \$1 million in the Stroke Recovery Center to support the development and implementation of patient programs, and promote rehabilitation services for stroke survivors.

The Stroke Recovery Center offers a unique program model for stroke rehabilitation. It addresses the physical and psychosocial health of stroke survivors by structuring exercise, speech, and recreational therapies that target the long-term reduction of specific symptoms and the development of functional skills. The Center is helping patients – and families - recover at least part of their pre-stroke lifestyle.

"We are pleased to continue to grant funds to the Stroke Recovery Center as the rehabilitation therapy is so necessary for stroke victims," said District Board member and Program Committee Chair Sidney Rubenstein, DDS.

"Long term, chronic care for stroke survivors is one of the least-funded afflictions," said Beverly Greer, the organization's Chief Executive Officer. "Once the course of treatment is completed, usually a 30-90 day process for physical and/or speech therapies, there is no further reimbursement available to continue therapies. Ongoing support from the District allows for continued rehabilitation and continuity in the continuum of care, giving hope and help to this abandoned and sometimes ignored group of stroke survivors and their families, whose needs do not end when the benefits run out."

The Stroke Recovery Center is a free comprehensive rehabilitation program that addresses the physical, cognitive and socialization needs of impaired stroke survivors and their families. It is their mission to ensure maximum feasible functionality to all survivors of stroke, regardless of ability to pay. The Stroke Recovery Center is the only comprehensive, free, long term rehabilitation services organization for stroke survivors and their caregivers in the District area, and in the country.

For information more information on the Stroke Recovery Center call 760-323-7676 or visit www.strokerecoverycenter.org. For information on the Desert Healthcare District call 760-323-6273 or visit www.dhcd.org



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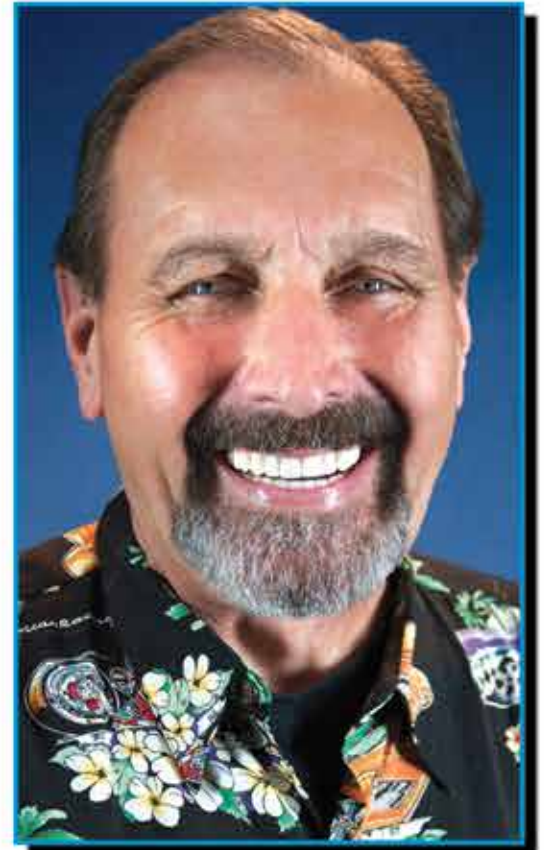


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HUMANA & LA QUINTA

PROMOTING HEALTH AND WELLNESS

Humana and the City of La Quinta are proud to promote healthy living throughout the Coachella Valley. Join their co-sponsored events in La Quinta during the Humana Challenge, including a variety of healthy and fun-filled activities for the whole family.



► Humana Well-Being Walk

Saturday, January 14

La Quinta Community Park (77-865 Avenida Montezuma)
8-10am • FREE

Sign up for this 5-mile walk along the Bear Creek Trail and get a free pedometer. Re-energize at four rest stops, each with snacks, drinks, and a special prize. Same day registration at La Quinta Community Park, 7am.

► Humana Healthy Fun Fair

Saturday, January 14

La Quinta Community Park (77-865 Avenida Montezuma)
9am-1pm • FREE

Enjoy live musical entertainment, local fitness and dance program demonstrations, healthy foods, and an interactive kids zone. Plus, 40 local non-profit and health-based agencies will provide information and fun giveaways. The La Quinta Community Fitness Center will be open with FREE admission and equipment demonstrations. Register at gate for free pedometer linked to HumanaWalkit™ program!

► Humana Day at the Certified Farmers Market

Sunday, January 15 • Old Town La Quinta

8am-12:30pm • FREE

Join the Certified Farmers Market for Humana Day! The farmers will be on site offering their fresh produce, flowers, and much more. Check out special slow food demonstrations by Chef Michael Vaughn, Chef de Cuisine of Twenty6 Restaurant. La Quinta High School Culinary Arts students go head-to-head in a "Chopped Challenge" cooking contest.

► Humana Challenge

January 16-22, 2012

Humana, the Clinton Foundation, and the PGA TOUR are taking on today's health and wellness challenges by raising awareness and charitable dollars through the new Humana Challenge PGA TOUR event.

The tournament will include healthy concession options, pedometers for measuring steps taken and calories burned, and on-course wellness activities.

Courses

Host Course, Palmer Private at PGA WEST
Nicklaus Private at PGA WEST
La Quinta Country Club

Ticket Information

Tournament Headquarters, 39000 Bob Hope Drive, Rancho Mirage
1-888-672-4673 or online at www.HumanaChallenge.com

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