



March/April 2016

## what's inside

### Medical News

11

"Doc, I Need a Cortisone Shot"

### Natural Options

17

Time to Detox

### Integrated Practices

23

Is Rejuvenation Biology the Future of Wellness?

### Through the Generations

24

Treating Earaches with Natural Remedies

### Through the Generations

26

When Roles Reverse: Parenting Your Parents

### Financial Health

27

Are You Prepared For Future Health Care Costs?

### Health & Beauty

29

The Year of the Rear

### Fitness

32

School Soars to Change Their Community

### Fresh Cuisine

33

Granting Fresh Produce to Valley Seniors

### Desert Events

34

Wheat Belly Author to Speak at Wellness Awards

## PARENTS

Listen TO YOUR (ADULT) CHILDREN

Before you go saying, "Why would I ever listen to my good-for-nothing son?" let me start by clarifying that this title and the article to follow only apply to food and health. News and discoveries on the food/health connection are progressing so profoundly that even medicine is starting to consider the cause and effect. Yes, "you are what you eat" is now backed by science, and those of us who have kept up just may know a thing or two about getting rid of the aches and pains that we - and our maturing parents - are experiencing.

Think about the way food in America has changed over the past 100 years. There was a time when many ate from the family farm, or fresh ingredients from the market were a daily occurrence. Many of you probably remember that well.

Then industry began to boom, work was abundant for both men and women, and convenience became the golden ticket. Canned and packaged foods flourished and manufactured ingredients to preserve and enrich found their way onto our plates. It wasn't long before disease statistics increased, confusion set in, and the government was telling us what to eat.

Needless to say, the results have not been pretty. Obesity rates rose, heart attacks became the number one killer, new autoimmune diseases appeared, and the health of Americans deteriorated.

Fortunately, today's generation has started questioning those guidelines, additives and preservatives - so has science with the Human Microbiome Project - and society is slowly returning to backyard gardens and more natural, wholesome foods.

Unfortunately, many of us are paying the price for going along with the status quo for all these years and share the epidemic suffering of heart disease, arthritic conditions, obesity, diabetes and cancer. We adult children still in good health are driven to make more informed choices because of the suffering we see our parents going through. Your once active dad may suddenly be sidelined by overwhelming joint pain, or your vibrant mom may suffer a stroke, and you vow to avoid the same fate.

This is what happened to me recently. My forever young father, who at 77 is working part-time as the engineer and still an avid golfer with a single-digit handicap, started waking up with overwhelming joint pain in his hips, hands and legs. The initial diagnosis was polymyalgia rheumatica (PMR), which we learned is the most common inflammatory rheumatic disease in elderly white people.<sup>1</sup> There is no test to confirm the diagnosis, no cure, and the condition can last 6 months to two years - even longer for some. Not good for someone my father's age, and the worst part is that the medical treatment protocol is prednisone, which

Continued on page 7



## Health is a Choice

### Green smoothies are addictive especially

when you make them at home where you can tweak the flavors and health benefits to your liking. Adding pineapple provides bromelain for achy muscles, cinnamon cuts the taste of heavy greens and helps stabilize blood sugars, avocado creates a smooth texture while providing healthy fats, nuts add the chew factor that activate digestive enzymes, and blueberries help power your brain for a busy work day.

Those who share this established habit most likely agree, while others may look at the process as just a whole lot of work. The reality is that you can make a smoothie with all the

ingredients mentioned above in less than 5 minutes. It all comes down to the convenience of the ingredients.

This isn't simply a suggestion; it's the scientific research conducted by the acclaimed Cornell University Food and Brand Lab, an interdisciplinary group of faculty and graduate and undergraduate students from psychology, food science, marketing, agricultural economics, human nutrition, journalism and more. Their research focuses on better understanding consumers and how they relate to foods.

According to Food Lab director and recognized author Brian Wansink, Ph.D., when it comes to food, don't rely on your willpower; change your environment.

Continued on page 4



The modern day cookie jar

The ART of  
WOMEN'S  
HEALTH

THURSDAY, MARCH 10

The ART of  
MEN'S  
HEALTH

THURSDAY, APRIL 7

For details, see page 3.

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# Forever Young

Science has always chased the answer to that lifelong question, "How can we live longer?" and we may never be closer than we are today. But is it actually living longer, or living additional years with good health and prosperity?

This issue features much of the science from forward thinking doctors on telomeres, rejuvenation biology, and stem cell therapy, but also a lot on 'food as medicine' from recipes to remedies for dry skin, earaches, hormones, and more. After all, even the science is now pointing to the basic truth that a leading factor to good health is what you put in your body.

Hopefully we are all practicing smarter nutrition these days and helping each other to realize how important – and easy – it can be. No need to wait until you or someone you love is suffering from a condition that could have been prevented with better choices.

As you'll also read in this issue, I am having the "change your diet" discussions with my (Italian) father, and it is not always easy. But he is starting to listen, so hopefully his body will support his actions. In my eyes, he will always be forever young.



Dad

We will celebrate good health and more at the second annual Desert Health® Wellness Awards on May 18th and hope you will join us. We are thrilled to have international health crusader, William Davis, M.D., as our guest speaker, and many more festivities are planned.

So save the date and come have some fun with us!

*Lauren*  
Lauren Del Sarto  
Publisher



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**Nominations Open Through March 31<sup>st</sup>!**

**Nominees to date include:**

## Individual



### Duanne Besso

Duanne was born with an immune disorder and overcame his struggles through healthy choices and what he calls PHIT (Psychological High Intensity Training). This sparked his passion to help others and friends and family call his inspirational efforts 'life changing.' Duanne gives presentations to school children on eating well and being PHIT and has personally helped 20 people lose an average of 40lbs each.

*"The world deserves to know that we are what we eat and food is our medicine."*



### Kae Hammond

#### Dementia Help Center

Personal experience led Kae towards a life of answers and hope for caregivers of those with Alzheimer's and dementia-related disease. Through her support groups, book, radio show, speaking engagements and legislative efforts, Kae has shed light and wellbeing on those following in her footsteps.

*"I want to save others the time, money, energy and pain it cost me to navigate my mother's Alzheimer's. I am dedicated to showing families the pathway to thriving."*

### Previously recognized in this category:

Laura Laffranchini • Jenna Le-Comte-Hinley, Ph.D.

Continued on page 9



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## We are Proud to Support These Desert Events

**March 5 • Trilogy Health Fair presented by Desert Health®** Trilogy Resort announces their 8th annual Health & Wellness Fair on Saturday, March 5, from 9am - 12pm in La Quinta. The event is free and open to the public and will feature over 25 Coachella Valley health and wellness professionals. Festivities include music, food and raffle prize drawings benefitting Coachella Valley Volunteers in Medicine. Trilogy is located at 60-750 Trilogy Parkway in La Quinta. For more information call (760) 777.6046.

**March 9 • Eisenhower Wellness Matters Speakers Series** presents Dr. Tom O'Bryan who will speak on the complications of non-celiac gluten sensitivity and celiac disease, and how they connect to diseases and disorders. Annenberg Center for Health Sciences on the Eisenhower campus in Rancho Mirage. 7pm - 8pm. For tickets visit [www.emc.org/wellness](http://www.emc.org/wellness) (760) 610.7360. (See page 34 for more information.)

**March 12 • Get Fit Indio Health Fair & Fitness Challenge.** This free event is open to all and offers exhibitors, health screenings, cooking demonstrations, zumba, yoga and brick smashing demonstrations, along with a children's activity center with face painting, crazy hair contest and more. Fun for the entire family! Indio Community Center Park, 45-871 Clinton Street. 9am - 1pm. Indio Chamber of Commerce (760) 347.0676.

**March 26 • Shadow Hills Spring Into Health Fair.** Enjoy community organizations and businesses providing health-related services along with interactive demonstrations and activities. Free and open to all. 9am - 12pm. Shadow Hills Montecito Clubhouse. (760) 772.0430.

**April 14 • WLF Lunch & Learn: Natural Medicine.** Women Leaders Forum presents this educational luncheon featuring a panel discussion of top professionals from both medical and natural health care fields discussing how and why you should practice both for optimum health, wellness, and longevity. Agua Caliente Resort. 11:30am - 1:00pm. [www.WLFDesert.org](http://www.WLFDesert.org). (760) 837.7222 (See page 34 for more information.)

**April 28 • Dining Out for Life.** Treat yourself, your family and friends to dinner on the town and help fight AIDS. On this one special day, over 35 participating restaurants, coffee shops, and bars throughout the Coachella Valley commit to donating a portion of their proceeds to client services at Desert AIDS Project. For a list of participating establishments, visit [www.diningoutforlife.com/palmsprings](http://www.diningoutforlife.com/palmsprings) or call (760) 992.0442.

**May 18 • Desert Health® Wellness Awards.** Tickets are on sale now for this second annual event which will once again honor those in our community moving health and wellness forward. The indoor/outdoor celebration will include festive dining stations, Align Your Future Putting for Prizes, a silent auction benefiting Coachella Valley Volunteers in Medicine, Wheat Belly author William Davis, M.D., and announcement of the award winners. All welcome to attend! Nominations are open through March 31st so send yours in today! The Pavilion at Indian Wells Golf Resort. 6:30pm - 9:30pm. Visit [www.DesertHealthNews.com](http://www.DesertHealthNews.com). (760) 238.0245. (See page 34 for more information.)





## Street Medicine Comes to the Valley

*Program pioneers share their lessons*

*By Lauren Del Sarto*

When caring physicians, nurses and health care professionals place medical supplies in a back pack and hit the streets to serve the homeless population, it is referred to as “street medicine,” and communities throughout the world are experiencing the benefits.

There has been much talk about starting a street medicine program in the Coachella Valley and now, thanks to the UCR School of Medicine Residency Program, that effort is taking shape.

On Christmas Eve last year, physicians from the teaching school and Desert Regional Medical Center launched the program with care package distribution in Palm Springs Sunrise Park. Totes filled with hooded sweatshirts, socks, refillable water bottles, lip balm, and toothbrushes with toothpaste were distributed with medical kits on hand to provide care to those who wanted it.



UCR Medical School residents hit the streets to help the homeless.

Every two weeks, a team of five – one attending physician, one resident physician, a nurse, a social worker and a security person/guide – will visit various areas in the Coachella Valley seeking out homeless persons who may need onsite medical care. The guides are volunteers from the community who have interacted with the homeless and can help identify those who may need medical help. The residency program is working with local social service agencies and charitable organizations to grow the program and reach vulnerable populations in need.

Many resident physicians at Desert Regional were attracted to the program because of its stated commitment to outreach programs such as street medicine, said program director Gemma Kim, M.D.

Four of this year's residents, who are helping to coordinate the street medicine program, have prior experience with either street medicine or medical and social service outreach programs in underserved communities and overseas.

According to advice from innovators in the field, they are off to a great start. But what does it take for such a program to succeed?

This January, *Desert Health*® sat down with two of the industry's pioneers, Jim Withers, M.D., of the Street Medicine Institute, and Jim O'Connell, M.D., of Boston Health Care for the Homeless Program, who came to the desert to speak on the value of these programs in helping this population get back into working society. With the help of Noemi (Mimi) Doohan, M.D., Ph.D., who consulted with UCR on their program before relocating, the presentation was organized by Rosa Lucas, N.P., and Greg Wagoner, M.D., of the newly formed Coachella Valley Street Medicine.

Dr. Withers, a CNN Hero recipient, founded Operation Safety Net in Pittsburgh, one of the first full-time, comprehensive medical services of its kind for the unsheltered homeless which has been recognized internationally and is being replicated or studied by cities throughout the world. In 2005, he established the annual International Street Medicine Symposium and in 2009 created the Street Medicine Institute to focus on helping communities establish street medicine programs, improve existing practice, and create a student fellowship in Street Medicine. Their network includes 100 communities throughout the world (50 in the states) with partners on all six continents. Dr. Withers also holds the position of assistant clinical professor at the School of Medicine at the University of Pittsburgh.



Medical staff, residents and families came out to support the UCR street medicine program launch.

Dr. O'Connell founded the Boston Health Care for the Homeless Program in 1985 with a 25-bed facility. Today, he still runs the now 104-bed operation and has been the leader

of the street medicine program in Boston for 30 years with teams on the street both day and night. He is also an assistant professor of medicine at Harvard Medical School, and his numerous recognitions include the 2012 Albert Schweitzer Humanitarian Award.

In speaking with these acclaimed physicians, we wanted to know why the community should care about and support these programs, and what it takes to be successful.

**DH: Tell us how street medicine benefits the entire community.**

**Withers:** Street medicine is a very vivid example of how to engage numerous populations, and when it is combined with medical education, it becomes really very powerful to help us reinvent and rediscover how health care should be delivered. This is still a grass root effort that is championed by individuals, but it falls largely outside of organized health care although it greatly benefits health systems. The people we help get to a better place are currently costing the health care system an enormous amount of money.



Backpacks contain medical supplies for onsite care.

One of the challenges is that the people we work with are stigmatized as a problem versus being people, and it is often a hard cause for people to support. Funding tends to go to people who are doing “good” versus those considered “the bad pool.” Many think you are contributing to the problem by working with them, but we have gotten 1,300 people off the street through our program in Pittsburgh.

*Continued on page 10*

LECTURE

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# JFK Introduces Self-Assessment Health Profilers

**Online tool is easy, informative and backed by science**  
By Lauren Del Sarto

Ever wonder if that achy knee is something to worry about? Or how your numbers add up for heart health? Now you can get free advice without a trip to the doctors through science-backed questionnaires available on the JFK Memorial Hospital website.

When I first heard about these new self-service health profilers, I thought they might simply be a ‘call to come see us.’ But after completing both the joint and heart assessments, I was impressed to receive two reports (6-8 pages) including a personalized summary of the results. Neither told me I needed to go see a doctor, and the option for a referral is merely a small link in the right hand corner. You can also opt in or out for additional emails from JFK.

Each profiler walks you through a series of questions related to lifestyle, family history and current health and takes less than five minutes to complete. Your personalized report includes how you are doing, how your lifestyle factors and personal history affect your risks, tips to reduce risks, and actionable next steps to make more informed health decisions.

These free and interactive profilers cover general heart health, stroke risk, peripheral artery disease (PAD), and knee and hip joint functioning. The joint assessments are based on the Oxford Hip & Knee Scores which are proven to be reliable, valid and sensitive to clinically important changes. The heart health assessment uses scoring systems developed from the Framingham Heart Study, an on-going study that began in 1948 and is considered to be one of the most important public health studies in American medical history.

The profiles are a good resource for those newly curious about symptoms, before you go to the doctor (there are recommended questions to ask your doctor), or maybe as a second opinion for personal satisfaction. Of course, the programs do not claim to be a substitute for medical service or a means of diagnosing a condition. They are simply another tool to help you be your own advocate on your journey of health and wellness.

All health profilers are free and found on the JFK Memorial Hospital website. Visit [www.jfkmemorialhosp.com](http://www.jfkmemorialhosp.com) then the related service (i.e. orthopedics hip care) or for more information, call (866) 894.3627.

Joint Functioning	Rating
Joint pain	None
Pain at night	Only one or two nights
Interfering with work	Not at all
Standing up after a meal	Slightly painful
Limping when walking	Rarely or never
Shopping	Yes, easily
Limits on walking	60 minutes or more (no pain)
Transferring from car/bus	Very little trouble
Personal hygiene	No trouble at all
Joint instability when walking	Sometimes or just at first
Kneeling	Yes, easily
Walk down stairs	With moderate difficulty
2 of 12 answers indicate at least moderate joint problems.	

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**Health is a Choice**

Continued from page 1

New research by the group published in *Psychology and Marketing* analyzed 112 studies on healthy eating behaviors and found that most healthy eaters did so because a restaurant, grocery store, school cafeteria, or spouse made foods like fruits and vegetables visible and easy to reach (convenient), enticingly displayed (attractive), and appear like an obvious choice (normal). A healthy diet “C.A.N.” be as easy as making the healthiest choice the most **Convenient, Attractive, and Normal**, says Wansink.

The study shows that when fruit is put in a nice bowl next to your car keys it becomes more convenient, attractive, and normal to grab a banana than a chocolate chip cookie from the cookie jar. When restaurants give the high-profit shrimp salad appetizer an enticing name, highlight it on the menu, and have the waitress point it out as a special, it becomes more convenient, attractive, and normal to order than the deep-fried onion rings on the back of the menu.

“With these three principles, there are endless changes that can be made to lead people – including ourselves – to eat healthier,” said Wansink whose books *Mindless Eating* and *Slim by Design* are great resources for those wanting to learn more.

Other applicable statistics from Cornell University Food and Brand Lab include:

- If you sit near a window in a restaurant you are 80% more likely to order a salad than if you sit in a dark corner booth where you are more likely to order dessert.
- If you keep a messy kitchen and or cluttered desk, you are likely to eat 44% more snacks than those with a clean kitchen and desk.
- Women who leave boxed cereals out on the counter are 21 pounds heavier than those who tuck the breakfast staple away in a cupboard (based on a study of 230 homes in Syracuse, New York).
- When grocery shopping, chew gum (mint flavor noted) and you are more likely to buy healthier foods.
- When you shop hungry, you don’t buy more foods, you buy worse foods.
- At buffets, skinny people tend to circle the buffet and survey its content before diving in. They then sit further away and not facing the buffet. Heavier people start with serving themselves and tend to sit facing the buffet.

These simple gestures are easy to implement and start in the kitchen where 70% of food choices begin.

Continued on page 22





# Treatment Options for BPH

By Lance Patrick Walsh, MD, Ph.D

Benign prostatic hyperplasia, or BPH, is a very common condition in which the prostate enlarges as men get older. Over 70% of men in their 60s have symptoms of BPH which affect more than 500 million men worldwide! While BPH is a benign (non-cancerous) condition, it can cause loss of productivity and sleep, depression and decreased quality of life.

It is common for men with BPH to experience symptoms such as:

- A frequent need to urinate both day and night
- Weak or slow urinary stream
- A sense that you cannot completely empty your bladder
- Difficulty or delay in starting urination
- Urgent feeling of needing to urinate
- A urinary stream that stops and starts

Many men who experience mild symptoms may choose to do nothing, or “watchfully wait.” However, the prostate gland does continue to grow over time, so seeking treatment with a urologist is a likely event.

Treatment options for BPH range from medications to surgery, with minimally invasive options in between. It is important to consult with your physician to know which option is best for you.

## Medications

Your doctor may prescribe medications to manage your symptoms. These medications include alpha blockers which relax the muscles around the neck of your bladder, making it easier to urinate, and alpha reductase inhibitors which act to shrink the prostate. While medications can be helpful in relieving symptoms for some men, patients must continue taking them long-term to maintain the effects.

Some patients may suffer side-effects including dizziness, headaches, or sexual dysfunction. Some may not get adequate relief of their symptoms. Over 17% of men on medication for BPH discontinue treatment early for reasons such as being dissatisfied with side-effects or not getting adequate symptom relief.<sup>2</sup>

## Thermotherapies

Thermotherapies are minimally invasive treatments where heat energy such as microwave or radiofrequency is applied to destroy prostate tissue. Less invasive than TURP (the surgery described below), these treatments are generally safe, can be performed under local anesthesia and provide moderate symptom relief for some patients.

Applying high heat to the prostate can cause tissue swelling and uncomfortable urinary symptoms during the healing period. Symptom relief does not occur immediately, and patients often need to have a catheter that is attached to a urine bag inserted into their bladder during the recovery period.

## Transurethral Resection of the Prostate (TURP)

TURP is the most common surgery to treat BPH. During this procedure, patients undergo general anesthesia, and prostate tissue is removed. TURP is often considered the “gold standard” for long-term results.

After prostate tissue has been removed, the body needs time to heal. The remaining prostate tissue may actually swell and become inflamed before the desired shrinking

effect occurs. Patients may suffer an uncomfortable recovery period that includes short-term problems such as bleeding, infection, erectile dysfunction, and urinary incontinence. Patients have to have a catheter that is attached to a urine bag inserted into their bladder for several days after the procedure. Symptom relief may not occur immediately, but lasts for a long time in many patients once it does occur. There can be long-term side effects after TURP such as dry orgasm (retrograde ejaculation), erectile dysfunction or incontinence (leaking of urine).

## Laser Resection of the Prostate

TURP may be performed with a laser in procedures called photoselective vaporization of the prostate (PVP) or holmium laser enucleation (HoLEP). Laser therapy lessens the bleeding risks of traditional TURP. However, since prostate tissue is still removed, there can be tissue swelling and an uncomfortable healing time. Typically, a catheter has to be inserted into the bladder after the procedure.

## New Technology for BPH

In 2013, the FDA cleared the UroLift® System, a new and minimally invasive procedure to treat an enlarged prostate. It is a simple procedure that does not require any cutting, heating or removal of prostate tissue.

The UroLift procedure is performed by a urologist and can be done in an office setting or in the hospital. The urologist uses the UroLift device to lift and move the enlarged prostate tissue out of the way so it no longer blocks the urethra (the passageway that urine flows through). Tiny implants are placed to hold the tissue in place, like tiebacks on a window curtain. The UroLift device is removed, leaving an unobstructed urethra for urine to flow normally again.

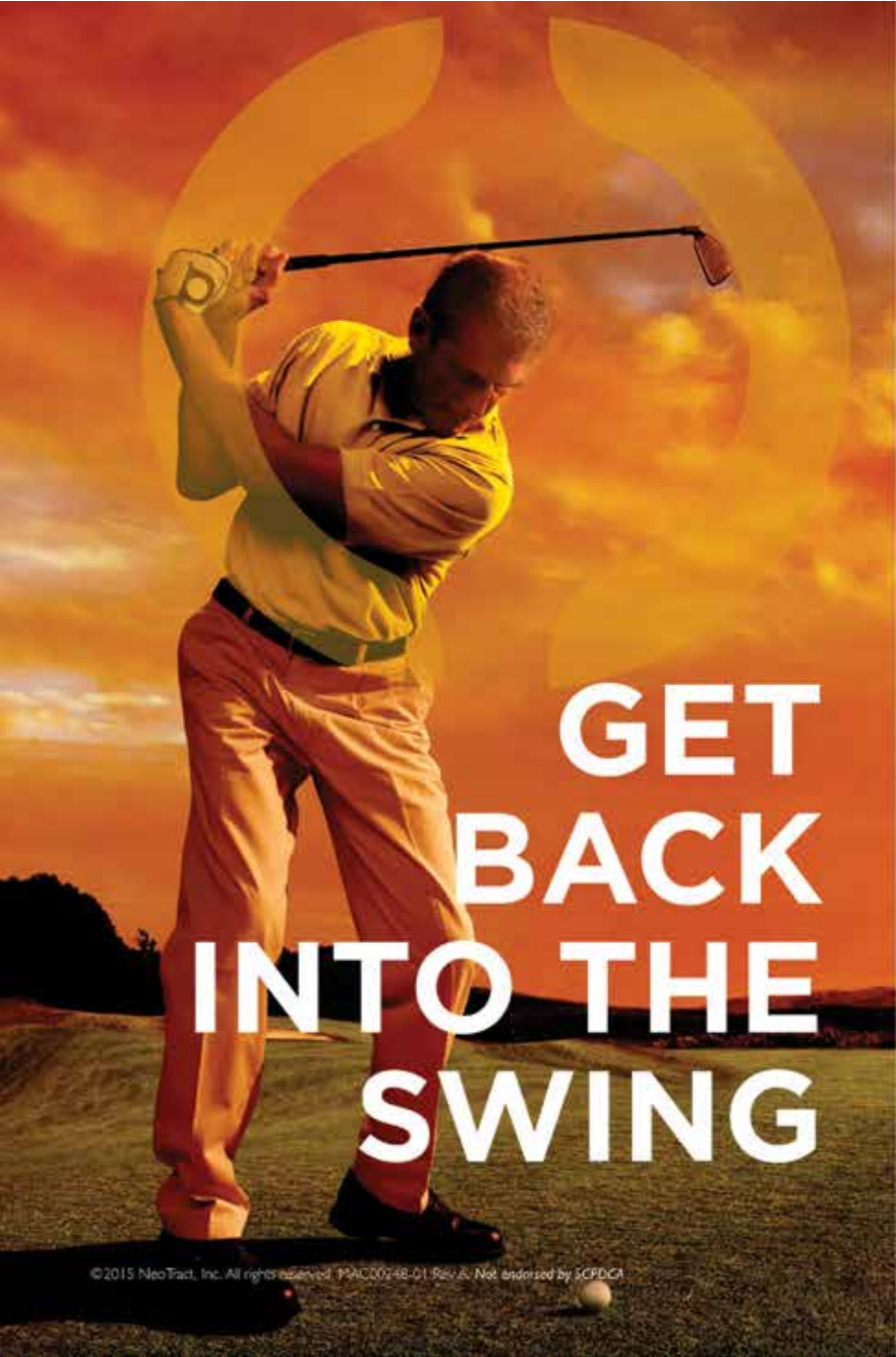
In my practice, I have found the UroLift System procedure to be a safe and simple treatment option that offers rapid symptom relief for men suffering from BPH. Unique benefits of this treatment option as documented in the *Journal of Urology* are that it can be done in the office setting; typically does not require an overnight stay or catheter use post-procedure; requires no cutting, heating or removal of prostate tissue and preserves sexual function.<sup>3</sup>

Numerous clinical studies involving hundreds of patients worldwide have demonstrated that the UroLift procedure provides a similar level of symptom relief (compared with other BPH procedures), with fewer side effects.<sup>4</sup> Most common adverse events reported include blood in the urine, painful or difficult urination, the urge to urinate, pelvic pain, and urge incontinence. Most symptoms were mild to moderate in severity and resolved within two to four weeks after the procedure.

The goal of any BPH treatment is to relieve symptoms so you can get back to your life and resume your daily activities. Patients who do not want to start or continue their BPH medication, or patients who do not want to undergo major surgery, may consider the UroLift procedure as an alternative. Your doctor will need to do a few simple examinations to determine if you are a candidate for the procedure based on your specific symptoms and anatomy.

Dr. Walsh is a specialist in urology, treating a variety of conditions ranging from cancer of the genitourinary tract (kidney, prostate, bladder) to benign conditions including kidney stone, BPH, incontinence, bladder prolapse, and hematuria. He specializes in minimally invasive and robotic assisted laparoscopic surgery using the latest techniques to help his patients. For more information call (760) 346.7191 or visit [walshurology.com](http://walshurology.com)

References: 1) Berry, et al., J Urol 1984 and 2013 U.S. Census worldwide population estimates; 2) NeoTract US market model estimates for 2013 based on IMS Health and Drug Procedure Data; 3) Roehrborn, et al., Journal of Urology, L.I.F.T. Study, 2013; 4) Publications <http://urolift.com/physicians/results/publications/>



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## Drug-Free Therapy for Depression

### New technology providing hope for many

By Suzanne Jessee, MA

According to the National Institute of Mental Health, major depressive disorder remains one of the most common mental disorders in the United States affecting 25 million Americans. The average age of onset is 32 and women are 70 percent more likely than men to experience this troubling condition during their lifetime. The costs associated with major depression are reported to be \$210 billion annually.<sup>1</sup>

Common treatments include anti-depressants and a wide range of therapies like mindfulness, cognitive behavioral therapy and talk therapy. Electro-convulsive shock therapy (ECT) is a more invasive treatment approach yet has shown to have positive results for some patients with more advanced cases. ECT requires hospitalization and general anesthesia and has known long-term side effects.

Antidepressants are a primary treatment protocol. In fact, the CDC reports that antidepressants were the third most common prescription drug taken by Americans in 2005. Challenges include medication compliance, potential negative side effects, and often times multiple trials to find what works best for that patient. Importantly, real benefit is seen in less than 50 percent of those treated.

A new therapy called Deep Transcranial Magnetic Stimulation (dTMS) was introduced in 2008 and approved by the FDA in 2013 for use in major depressive disorder. Results have been impressive.

dTMS involves a non-invasive procedure that stimulates nerve cells in the brain with short magnetic pulses. The pulses are not radiation, nor are they electric, and are similar to the magnetic waves used in an MRI. The treatment uses a helmet lined with electromagnetic coils to generate these magnetic pulses to the top left area of the skull to stimulate a targeted area of the cerebral cortex, the region that regulates mood and emotions. It is a painless treatment that does not involve drugs, IVs, or any kind of sedation.

According to Dr. Manish Sheth, medical director for Achieve TMS in Rancho Mirage, depression treatment is measured by 'response' and 'remission.' Response means a patient feels different; remission is when a patient feels like their symptoms are decreased by more than 50 percent for a long period of time. With dTMS, he says, close to 70% of patients are reporting significant response - almost double what is seen with anti-depressants. About 35 percent of patients get remission which is still significantly higher than most on prolonged use of medication.

Importantly, there are no known side effects of the dTMS treatment other than reports of discomfort from the noise and mild headache.

According to Dr. Sheth, sessions are typically prescribed for 20 minutes a day for 30 to 40 consecutive days, although patients report improvement after just 2-4 visits. Patients are invited to watch television or enjoy soothing images for optimal comfort during the treatment sessions.

Dr. Sheth is very encouraged by the results he is seeing with dTMS. "The optimal treatment for depression does not necessarily begin or end with medication," he says. "The challenge for most people in getting the proper treatment for any condition is having the knowledge and accessibility to all resources available."

For more information on Deep Transcranial Magnetic Stimulation, contact Achieve TMS at (844) 467.3867.

Reference: 1) Scientific American. *The Growing Economic Burden of Depression in the U.S.* Paul E. Greenberg. February 25, 2015



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Parents listen to your adult children

Continued from page 1

comes with a long list of troubling side effects.

So, this is where tradition, habits and the parent-child relationship meet food as medicine and 'It's really important that you listen to me.' Quite the conundrum.

It's an uphill battle for several reasons. My father listened to his doctors, took the prednisone and starting feeling amazingly better. He didn't see why he had to change anything else until his doctor took him off the prednisone and his symptoms immediately returned. Fortunately, his doctors are adamant about the need to get him off the drug as soon as possible, which reinforces the recommendation that we try to see if diet can alleviate symptoms.

Many leading docs today like Andrew Weil, M.D., and Wheat Belly's William Davis, M.D., share the science and impressive results of an anti-inflammatory diet. Weil even created the Anti-inflammatory Food Pyramid which is available online. Most of today's health crusaders agree that gluten (wheat), dairy, sugar and corn are primary factors for inflammation. Try telling my Italian father to give up his pasta and ice cream for quinoa and coconut milk! His parents ate these things and lived into their 90s, so why can't he? These are not the same products your mother served you! What we've been living on are genetically modified dwarf wheat, perfectly plumped cows (from hormones and antibiotics) and high fructose corn syrup cookies!

I sent my father's blood work to my naturopathic doctor and was surprised to hear her say, "Ironically, my mom was diagnosed with PMR as well, and she wouldn't listen to me either." She was happy to provide her recommendation for diet and supplementation that included Inflammation, an effective supplement with digestive

enzymes, healing herbs and antioxidant properties. The enzymes help break down problem-causing proteins and damaged tissue, the natural herbs turmeric, boswellia (Indian Frankincense), ginger and rosemary provide anti-inflammatory properties, and flavonoids quercetin and rutin (found in fruits and vegetables) provide additional antioxidant properties. Sounds a lot better to me than prednisone.

In one of Dr. Steven Gundry's lectures, he told the captivated audience the story about his mother who was diagnosed with stomach cancer. She wouldn't listen to her internationally-acclaimed son until the oncology surgeons sewed her back up and said they could no longer help her. She finally reached out to him and his nutritional treatment protocol got rid of her cancer.

I am happy to report that my dad is starting to listen. With support and leg work from his informed and health conscious wife, he has switched to coconut milk (she changed the contents of the carafe and he didn't even notice) and is starting to warm up to quinoa pasta. He is eating a lot more medicinal herbs on his food (again, thanks to her!), and is settling for wheat-free seed bread. He recently got out to play 9 holes and was able to finish 18 - shooting below his age (a 76)! This is big. His doctors are working to get him off the prednisone which will hopefully be an easier transition now that he has changed the food that is fueling his body.

I'm sure that parents not listening to their adult children is as old as time. In writing this article, I reached out to our graphic design student daughter to create the beautiful title graphic. I told her 'in 20 years, remind me of this article' because chances are, we may not be listening to her either.

Editorial by Lauren Del Sarto, publisher Desert Health®.

References: 1) National Institutes of Health: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2287267/>



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# Allograft: Safe and Remarkable Applications for the Eye

By Greg Evans, OD

An allograft is a bone or tissue surgically transplanted from one human donor to another, which may sound frightening, but is actually safe and has been in use for quite some time. The most common tissues are amniotic tissues which are attained only during childbirth. The tissues are processed and preserved to maintain viability from the placenta of elective cesarean section after full-term pregnancy in medically cleared donors.

The amniotic membrane (or amnion) is the innermost layer of the placenta that lines the amniotic cavity. The membrane itself consists of a special combination of tissue layers, making amnion a unique membrane in the human body. These tissues are an abundant source of collagen, as well as other proteins and growth factors that are essential to support the body's natural regenerative healing process as they promote epithelialization (the wound healing process). Amniotic tissues also facilitate epithelial cell migration, reinforce adhesion of basal epithelial cells, and prevent epithelial apoptosis (cell death). They are often described as "immune-privileged" because they rarely evoke an immune response in the human body.

Amniotic tissues are used for many eye conditions to reduce scarring and inflammation and to speed up healing. Below is a list of common ocular uses for amniotic allografts:

- Persistent corneal defects
- Corneal ulcers
- Pterygium surgeries
- Conjunctival surface reconstruction
- Advanced dry eye and exposure keratitis
- Cicatricial entropion
- Chemical and thermal burns
- Neurotrophic corneal epithelial defects
- Stem cell deficient corneas
- Recurrent corneal erosion



A corneal transplant (allograft)

Amniotic membrane works well as a bandage contact lens, allowing corneal epithelialization or healing beneath it. The specific proteins in the membrane also reduce scarring (a sight-saving benefit) in clear structures like the cornea.

Corneal allografts have been used for years to restore sight in patients with corneal disease such as keratoconus, herpetic eye disease or Fuchs' dystrophy. New techniques allow more precise and controlled cell allograft so that only the unhealthy part of the cornea needs to be removed and replaced with a healthy allograft. Corneal allografts are obtained through deceased donors and tissue banks. Because of the importance of tissue matching (and supply and demand), the distribution is tightly controlled to ensure a fair and proper match.

Amniotic allografts are used for rapid recovery with minimal scarring; corneal allografts are used to replace damaged, scarred or diseased corneas. Thanks to modern laser technology, the host (patient) and allograft (corneal tissue to be transplanted) can be cut exactly to match, minimizing or eliminating the need for aggressive suturing. This provides for improved optics and faster recovery following transplantation.

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



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Well Woman Visits in the U.S.  
Prevention benefits women and health care costs

By S. Ava Mahapatra, MD

Health care in United States is very costly. According to the Organization for Economic Cooperation and Development (OECD), the U.S. spent 17.1% of its Gross Domestic Products (GDP) on health care in 2013. A report published by Common Wealth Fund last year states that the U.S. spends most of its money on medical technology, procedures and prescription drugs. The high health care cost is causing wage stagnation, personal bankruptcy and budget deficit.

The U.S. has the highest infant mortality rate and lowest life expectancy among developed nations and, according to The Institute of Medicine, our poor health is across the board including those in upper economic groups, non-smokers and non-obese. Americans visit their physicians less often and take fewer steps to prevent chronic illnesses compared to other developed countries.

Now is the time to pay attention to population health and preventive care. Prevention saves lives, increases productivity and reduces health care costs. A well woman visit is a perfect example of preventive care. The United States Preventive Services Task Force (USPSTF), Center for Disease Control (CDC), National Institutes of Health (NIH), and American College of Obstetrics and Gynecology (ACOG) all have specific recommendations because certain diseases are unique to women and other

diseases affect them differently. According to the NIH, women are more likely to die of heart attack and are more prone to depression, anxiety, osteoarthritis and urinary tract infections.

The well woman visit is an annual visit to the health care provider for a woman to address all pertinent issues. According to ACOG, the visit includes contraception counseling, cancer screening, vaccination, health screening for chronic illnesses (hypertension, diabetes, osteoporosis and more), depression screening, STI (sexually transmitted infections) screening, sex concerns, weight control, issues with menstrual periods, preconception counseling and other issues (menopause, urinary incontinence, relationship problems including domestic violence). ACOG also recommends that girls start their gynecological visits at age 13 to 15.

Screening protocol is different for the periods of adolescence, child bearing years, and peri- and post-menopause.

**Adolescence**

For the 13 to 18 age group a pelvic examination is optional, but testing for Chlamydia is recommended for sexually active girls. Physical examination emphasizes evaluating proper development of sexual features. Vaccination includes tetanus, diphtheria and whooping cough and the booster every 10 years. Human papilloma virus (HPV) vaccination is recommended from age 9 to 26 and new Gardasil 9 prevents 90% of all cancers caused by HPV. Chicken pox vaccine is recommended for those who never had it or with no evidence of immunity found at the visit. Vaccination for measles, mumps and rubella (MMR) is recommended if the patient has not received it in past.

Continued on page 30

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Desert Health Wellness Awards Nominees

Continued from page 2

Business

Matrix Fitness

For 20 years, the team at Matrix Fit has helped valley residents achieve optimal health and balance through mobility, strength and endurance. They make getting fit “fun and accessible,” say clients, while giving back to the community through fundraisers and the Sweat Angels referral program.



“Help make wellness and being healthy a positive habit from the inside out. Movement is fun and something we should all engage in!” – Owner Sal Valencia

Sun City Community

Over 2,800 of the 7,000 residents in Sun City are active volunteers benefitting numerous organizations throughout the Coachella Valley. Collectively, they have raised hundreds of thousands of dollars and have given an endless number of hours to providing food, raising scholarships for nurses, providing funds for veterans, and helping one another through support groups and their helping hand Neighbors-4-Neighbors program.



“Many Sun Citizens learned that good health, teamed with education and hard work, contributes to a long and happy life. It is emotionally rewarding to help others attain those goals.” – Resident James Bie

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Harvest Health • Desert Medical Fitness Academy  
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Non-Profit

Braille Institute Rancho Mirage

For over 30 years, the Braille Institute RM has been empowering visually impaired persons to live independent and fulfilling lives. Through free programs and services providing rehabilitation training and access to adaptive devices and technology, they serve thousands each year in Riverside, San Bernardino and Imperial Counties.



“The current number of people with vision loss will double due to aging baby boomers, so the need for rehabilitative services will continue to grow.”  
– Lisa Jimenez, Executive Director

Continued on page 27

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**Street Medicine Comes to the Valley**

Continued from page 3

**DH: Is there one specific model you have found that is most successful?**

**Withers:** There are different stakeholders and different champions in every community, but we are all invested in this vision that everyone matters and that we have to try and respond to those who are suffering the most. Street care programs may start from very different places, but when programs reach a higher level of development, you can then look at the similar components: a multi-disciplinary team that goes out on a regular basis to serve the homeless, advocates who can help people navigate the health system and insurance, severe weather shelters, and respite care for those who leave the hospital.

**DH: How important is it that the community comes together around this effort?**

**Withers:** My experience is that it is good to have the partnerships to recognize and connect, but you really need a small core group that is going to continue to walk – and to keep walking. Once you have that element, then the streets will teach you what you need and then you can make connections with all the entities.

**O'Connell:** You have to be integrated into the community and connected to all the services. Having the hospital(s) and medical students involved is really an important part as well; the trick is blending those two.

**DH: What are some of the biggest challenges?**

**Withers:** The biggest challenge in working with this population is that when you look inside, you realize that while the services are there [within a community], they are not always accessible to this population due to regulations and structure. And then there is the hopelessness, and these people simply need someone to be with them to help them reclaim their own lives. It doesn't sound like much, but it's simply knowing that someone has your back, even if you are not particularly likeable right now. If you care about these people, you are truly motivated to see this work.

**DH: Who is best suited for this type of work?**

**Withers:** Whoever it is that cares. It's good to start with someone who knows the street and has already earned the trust of those people. It is also important to have someone who is culturally competent. You can gain cultural competence over time, but it is really important to have the ethos as part of the outreach program. Then it takes a village. You need a social worker, a mental health professional, and a peer that can say 'don't give up.'

Usually you need a physician champion, someone that, even if they don't go out into the streets, can champion the cause and represent it to the medical community. They become an influence person to the medical community and the people you are serving. This happened to me when the street folks learned that I was an attending physician at the teaching hospital and I was also the guy that spent time with them. That really meant a lot. And then when they see us in the hospital, they see that we are there with them and it changes their whole demeanor. They want to give you a hug and are so thankful you are there. You become the one who can humanize that person to the medical staff – and to humanize the medical staff to that person.



Drs. Jim O'Connell (left) and Jim Withers (right) with Rosa Lucas, N.P., of Coachella Valley Street Medicine

You also are able to inform the medical staff of the condition to which that person is returning, so they can recommend realistic discharge instructions which I am convinced decreases the length of hospital stay as well as the re-hospitalization, so it's a win-win.

**O'Connell:** I don't know the answer to that, but I do know that you definitely get bitten by the bug once you do it. It is not for everyone. I think one of the reasons I was bitten was because it is a complicated puzzle to figure out in putting all of the elements and people together. But then, as you get to know the people you are caring for, if you are going to change, that is when you change. You begin to realize that these are people who are going through a very difficult time, but you learn that they are acting much more courageously than meets the eye and you become involved in "how can I do better in caring for someone in that situation."

**Withers:** Standardly, we [doctors] are part of a large organization that patients are privileged to visit through insurance or good behavior, and so there is this buffer and those are the rules. You change the rules when you go out and just bring yourself to the table. You have to figure out how to become humble and to connect, to be accepted. Then you also have to figure out how to become a part of this community. I feel it is like a mirror image with those we care for, because for them to connect with us requires them to relinquish some of the survival thinking that has kept them alive, and that is not trivial.

**DH: What are the most important lessons you can pass on to our local street medicine teams?**

**Withers:** The lesson that we continually learn is usually local. The first day I went out dressed down and a homeless man said to me, 'Do you want to go to a doctor that dresses like you?' So we decided we needed to dress just as we would in the hospital, but without the white coat.

**O'Connell:** Of course, you want all the volunteers you can get, medical or non-medical, so when we started the program, I rallied all my friends. In Boston, when the homeless found out about a grant from the mayor, they actually got together with a law firm and created a document that said if they were going to go along with this, it would have to be based on social justice and not on charity, and thus we couldn't use volunteers (because volunteers reeked of charity) - only medical staff to treat, just like the rest of us would expect.

**Withers:** There is a lot of dignity that has been lost in the dichotomy between the us and the them. There are a lot of practical things you can do to help someone's frostbite, but the deeper thing is how do we become brothers and sisters that are invested in each other? We bring skills, but they bring street knowledge and resiliency, and together we can solve problems.

**O'Connell:** The streets will tell you what you need to know. First and foremost, we need to listen.

The UCR street medicine program is seeking volunteers and partners who wish to help in the effort, especially physicians, nurses and social workers who can bring their expertise to people in need. For more information, call the UCR Health Family Medicine Clinic at (760) 561.7327. For more information on Coachella Valley Street Medicine, contact Rosa Lucas at [cvstreetmedicine@yahoo.com](mailto:cvstreetmedicine@yahoo.com).

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## "Doc, I Need a Cortisone Shot"

By Stuart T. May, MD

Dr. Jones, a busy local surgeon, presented with a six-week history of knee pain, which was not improved with aspirin and non-steroidal anti-inflammatory medication. A knee MRI showed moderate to severe osteoarthritis without a definitive surgical indication. Dr. Jones was offered an image-guided cortisone injection directly into the knee joint, and 48 hours after the procedure his pain had totally resolved and he was able to return to his normal routine. Dr. Jones remained pain-free for 1 year, at which time he returned for a repeat injection. He is now 4 months out from his second injection, operating 6 to 8 hours per day without knee pain.

While Dr. Jones' case is an example of an optimal outcome, it illustrates the anti-inflammatory potential of a corticosteroid injected directly into a joint. An average patient can expect about 3 to 6 months of pain relief depending on the severity of the underlying disease. Many conditions where inflammation is an underlying problem are amenable to cortisone shots: bursitis, arthritis, tendonitis, tennis elbow, back pain. Cortisone is a medication similar to the hormone cortisol, produced normally by our adrenal gland. Cortisone decreases the swelling in a muscle or joint by limiting capillary dilatation and permeability and reducing the release of destructive enzymes.

### So, how many injections can I have?

There is no hard and fast rule regarding the number of cortisone injections to one area of the body. However, if one or two cortisone injections to one region do not improve a problem for a sustained period of time, then it is unlikely that more cortisone injections will be of any benefit. Repeated cortisone injections are not for healthy tissues and can cause damage over time if performed too frequently. Sometimes, this is of little concern. For example, if a patient has severe knee arthritis and

a cortisone injection every 6 months offers significant relief, then the number of injections probably does not matter too much. On the other hand, if a patient has tendonitis in the shoulder, which is otherwise healthy, the number of injections should probably be limited to prevent further tendon damage.



Conditions where inflammation is an underlying problem are amenable to cortisone shots.

Lisa, age 50, a local MRI technologist, had excruciating hip pain causing a severe limp while performing her patient care duties. An MRI showed advanced osteoarthritis of her hip joint. 48 hours after a CT-guided cortisone injection, she was pain free, walking normally. She was immediately able to return to work performing all of her usual duties.

### What can I expect?

The doctor will localize the best site for the cortisone injection using a CT scanner, ultrasound unit or x-ray machine. This allows the physician to "see" the tissues beneath the skin in order to accurately deliver the medication where it will have maximal effect. The skin is cleansed with an iodine solution. It is anesthetized with a numbing spray or xylocaine injection. A needle is then placed into the joint, bursa, peri-tendon soft tissues or epidural space. The injection is performed with a mixture of cortisone and Marcaine which "numbs" the site for about 3-4 hours. A bandage is placed at the injection site and the patient is discharged. After 3-4 hours, the patient's usual pain will return for about 1 to 2 days, at which time the cortisone will start to exert its maximal anti-inflammatory effect. In a typical case, pain relief should continue for the next several months at which time the patient may contemplate a repeat injection.

Dr. May is a Board Certified Interventional Radiologist at Desert Medical Imaging in Indian Wells, Palm Springs, and Indio and a member of Desert Doctors. For more information please call (760) 694.9559 or visit [DesertMedicalImaging.com](http://DesertMedicalImaging.com).

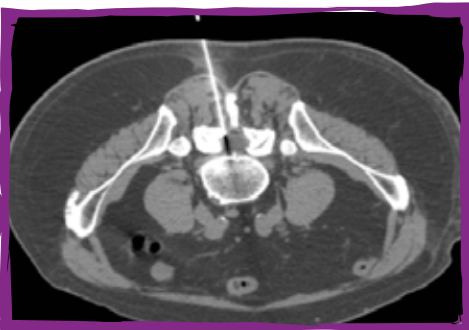


Image-guided injection goes directly into the joint as in this spinal injection.

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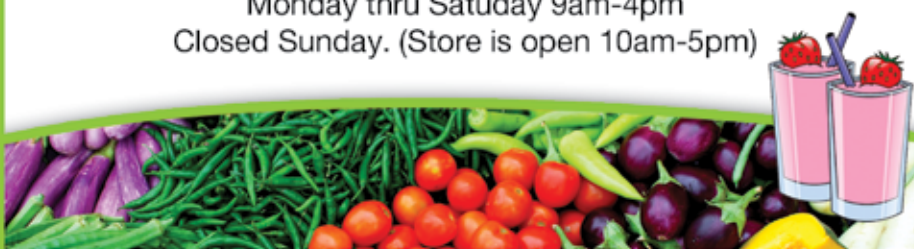
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## Smart Fat

### A Desert Health Review

By Pam Salvadore

What do you get when you bring together a medical doctor and a Ph.D. in nutrition? You get a breakthrough diet based on the consumption of smart fats. That's right, a diet based on eating fats that are actually good for you.

Originally, Steven Masley, M.D., and Jonny Bowden, Ph.D. disagreed on the most beneficial diet for the human body. However, after years of research and practice, often times using themselves as the guinea pigs, doctors Masley and Bowden have come to the same conclusion that eating a clean diet, based on the consistent inclusion of smart fats, is the most beneficial nutritional approach to overall health and longevity.

Let's put this in perspective. Since the 1970s the standard American diet has recommended that we eliminate fat and rely primarily on protein and carbohydrates for the bulk of our nutritional intake. Unfortunately, this prescription is riddled with misinformation. Masley and Bowden propose that it is this government recommended "SAD" diet that has led Americans to forego clean, natural meats, fruits, and vegetables for the highly processed foods many of us grew up on. The doctors further posit that this is how the American public became increasingly subject to a myriad of health problems, such as heart disease, diabetes, and obesity. These problems all have one thing in common: they begin with high levels of inflammation in the body. Masley and Bowden propose that to eliminate this detrimental inflammation, we return to the clean, smart eating of earlier generations... a plan that includes a good portion of "smart fats."

Smart fats are the good fats that occur naturally in foods like avocados, nuts, and fatty fish. The authors believe that increasing these fats in the diet results in an increase in the intake of Omega 3 fatty acids. Research shows that Omega 3 fatty acids alter our hormonal balance (the key players in our metabolism) and lower inflammation, thus making our bodies better able to draw nutrients from our food and handle - or avoid - disease. *Smart Fat* explains this topic in depth with both scientific research and common sense analogies.

Determining the difference between smart and "dumb" fats is a key factor, and the authors go to great lengths to discern the differences and identify smart and dumb foods. Of particular importance, dumb fats are the trans fats found in processed foods, the fats from factory-farmed animal meat, poultry and fish, and the fats found

in highly processed cooking oils, such as vegetable oil. Subsequently, while Masley and Bowden's *Smart Fat* diet requires including an impressive amount of smart fat in your diet, they strictly prohibit any form of dumb fat and/or dumb food.

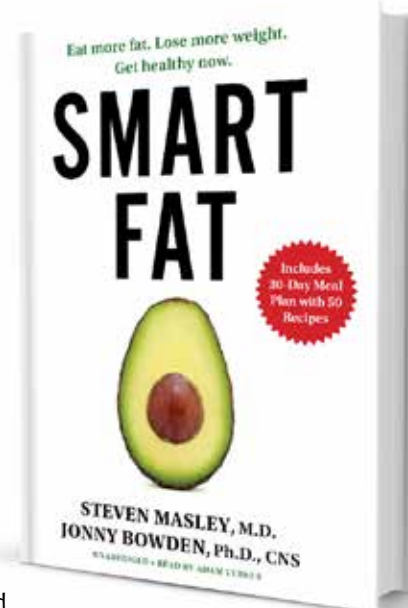
So what should you eat? *Smart Fat* recommends that you include four components in your daily intake: smart fat, clean protein, fiber, and flavor. Since this "diet" is actually a new approach to eating in general, they want to be sure that it is nutritious, enjoyable, and maintainable. After all, there's no joy if there's no flavor. The doctors set the goal of 5 servings of smart fat, 5 servings of clean protein, and 10 servings of fiber per day. It sounds like a lot, but they give you the tools to convert to this way of eating via meal plans and quite a few recipes.

*Smart Fat* also includes a section discussing supplementation. The doctors do not outright say that you should be taking any one specific supplement, rather they outline the supplements that they take and the reasons why. Most importantly, they urge the reader to pursue only the highest quality supplements and point us to resources and screening tools to be sure we are getting the best. While the doctors do sell their own products, they do not push them on the reader in any way.

Finally, Masley and Bowden further agree that no diet or way of eating stands alone as the picture of perfect health. In order to attain optimal health, the pair recommends completing the picture by including reasonable amounts of exercise, sleep, stress reduction, and close relationships with key people in your life. Addressing the big picture, not just short-term weight loss, is their key to success and maintaining a healthy body, mind and soul for life.

In the end, we are what we eat. Like any performance automobile we need to put the best fuel in the tank in order to get the best performance on the track. Masley and Bowden have written an informed, approachable, and sustainable plan that will benefit most people. *Smart Fat* is a good resource for anyone looking to clean up, get healthy, and live their best life.

Contributing writer Pam Salvadore of La Quinta is a nutrition journalist. For more from Pam visit her blog [pamsalvadore.wordpress.com](http://pamsalvadore.wordpress.com).



Mixed nuts are a perfect smart fat snack



Other smart fat foods include avocados, salmon, and olive oil





# Helping Your Hormones

By Amanda Beckner CN, HHP, PhD

Have you noticed that many products are now promoting “Hormone Free” on their packaging? How do these added hormones affect our body and what can we do to help our hormones stay balanced?

Injecting hormones into cattle, chickens, and other animals that provide meat, dairy and eggs we consume has been common practice, but studies now show that ingesting these products can be disruptive to our own hormonal balance and may lead to cancer and other chronic diseases.<sup>1,2</sup>

In addition, there are many products known as xenoestrogens (pronounced zeno-estrogens) found in pesticides, preservatives, and beauty products (such as paraben) which are estrogen mimickers and can contribute to estrogen-dominant conditions such as breast and uterine cancer, fibroids, endometriosis, heavy periods and infertility.<sup>3</sup>

Going organic can help combat these environmental factors and following are the top categories to consider:

**Food.** Purchase hormone-free meats and avoid dairy by switching to almond, oat, low-fat coconut or rice milks which do not contain these types of chemicals and can offer just as much nutrition and calcium.

**Skincare Products.** Preservatives used in skin lotions, suntan lotions, body lotions, shaving creams, make up, shampoo, conditioners, deodorants – including parabens – are all estrogenic, so choose organic and paraben free.

**Plastics and Canned Foods.** Bisphenol – A and Phthalates which are used to make plastics are now linked to increased breast cancer. Look for BPA-free products and never leave plastic water bottles in your car or heat food in plastic containers in a microwave.

**Hormone Replacement Therapy (HRT).** Xenoestrogens are also found in spermicides, birth control pills and synthetic estrogens used in HRT for menopause. Bio-identical hormones from a compounding pharmacy which uses material that is identical in chemical structure to the hormones produced by the body (organic fermented soy or wild yam) are an easy answer and are just as effective.

**Medications.** Breast enlargement in men is a side effect from Tagament (used to control heartburn) and is due to increased estrogen in the body. If you take medication for heartburn or other food-related conditions, consider a change in diet to manage symptoms and get to the root of the problem.

There are also many herbs and foods that can help balance hormones naturally. **Black cohosh, dong quai** and **sage** are good for hot flashes. **Turmeric** that contains 95% curcuminoids helps to eliminate cancer-causing estrogens and environmental estrogens via the liver. **Sulforaphane** (found in broccoli sprouts) is a powerful antioxidant and cancer-fighting nutrient and **chaste tree berry** is known as a progesterone-enhancing herb. It contains flavonoids that help regulate the menstrual cycle yet contains no hormones.

In closing, there are foods that balance estrogens and foods that inhibit bad estrogens such as fruits, veggies, seeds, beans, certain oils and grains. There are also herbs that enhance the action of progesterone (estrogen and progesterone act together in the body to create harmony).

Lastly, there are foods to avoid called “ugly estrogenic foods” such as caffeine, certain soy products, hydrogenated fat, dairy products, alcohol, and GMO foods to name a few.

Amanda Beckner is owner of Your Body Code™ which offers personalized nutrition and wellness programs and is located in Palm Desert. For more information visit yourbodycode.com or call (760) 341.BODY (2639).

References: 1) Block G, et al. Fruit, vegetables, and cancer prevention: a review of the epidemiological evidence. Nutr Caner. 1992;12:1-29; 2) Musgrove EA, et al. Cell cycle control by steroid hormones. Seminars in Cancer Biology. 1994;5:381-389; 3) Bolton JL1, Pisha E, Zhang F, Qiu S. Role of quinoids in estrogen carcinogenesis. Chem Res Toxicol. 1998 Oct 11 (10):1113-27.

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# Health, Longevity and Telomeres

By Devin Wilson, ND

As we age our cells age, and although we cannot slow, stop or turn back time, it may be possible to slow cellular aging by slowing the shortening of our telomeres.

Telomeres are protective proteins located at the ends of chromosomes which serve to promote general chromosomal stability and aid in DNA replication. They are further protected by the enzyme, Telomerase, which acts to minimize their shortening, which is a normal process during cell division.

For over two decades, researchers have known that telomeres shorten with age,<sup>5</sup> but emerging studies are demonstrating association with lifestyle choices including smoking cigarettes, physical inactivity, poor diet and stress management.

Here are the findings: Smoking one pack per day for 40 years is equivalent to losing 7.4 years of life due to impact on telomeres;<sup>4</sup> high body mass index and obesity significantly correlates with oxidative stress and shortened telomere length. In fact, the loss of telomeres in obese individuals was calculated to be roughly 8.8 years.<sup>4</sup> In 2004, biochemist and Nobel Prize winner Dr. Elizabeth Blackburn became the first to demonstrate that psychological stress can shorten telomeres. Since then many studies have suggested that experiences of traumatic and chronic stress are related to telomere shortening.<sup>2</sup>

Why is this important? Shortening of telomeres has also been linked with numerous diseases including metabolic syndrome, type 2 diabetes, and coronary artery disease. In fact, individuals with shortened telomeres have a three-fold higher risk of developing heart attack.<sup>3</sup> Telomere shortening has also been associated with chronic kidney disease, psychological stress, high blood pressure and the development of various types of cancer including bladder, head and neck, lung and colon cancers. Furthermore, degraded telomerase has been documented to exhibit pathophysiological states related to cancer and aging.<sup>3</sup>

As poor lifestyle decisions can shorten telomeres, healthy life style decisions can protect telomeres and decrease cellular aging.

In 2008, Dean Ornish, et al., published a pilot study to assess the effect of a 3-month intensive lifestyle change on telomerase activity in patients with low risk prostate cancer. Their findings suggest that lifestyle changes including nutrition, natural supplements and stress management were significantly associated with increased telomerase activity and decreased psychological stress.<sup>1</sup>

Proper nutrition is imperative for general health as well as for protecting telomeres. A diet containing antioxidants including omega 3 fatty acids, vitamin E, vitamin C and beta-carotene has been associated with longer telomeres due to their protective effects on telomerase.<sup>3</sup> Exercise has also been shown to increase telomerase activity and reduce telomere shortening, presumably by reducing oxidative stress.<sup>3</sup>

Although we cannot slow, stop or turn back time, it may be possible to slow cellular aging by making healthy lifestyle changes such as consuming a well-balanced Mediterranean diet, engaging in frequent exercise, reducing stress, stopping smoking, and losing weight.

Now that you know what shortens your telomeres, what is your plan to slow cellular aging?

Dr. Devin Wilson is a naturopathic primary care doctor with a focus on cardiometabolic and digestive health at Live Well Clinic in La Quinta. He is also a trained and certified Ozone Therapist. For more information on improving eye health and Ozone Therapy visit us at livewellclinic.org or call (760) 771.5970.

References: 1) Ornish, Dean, et al. (2008). Increased telomerase activity and comprehensive lifestyle changes: a pilot study. Lancet Oncol, 9: 1048-57; 2) Peres, Judy. (2001). Telomere Research Offers Insight on Stress-Disease Link. Journal of the National Cancer Institute, Vol. 103, Issue; 3) Shamas MA. Telomeres, lifestyle, cancer, and aging. Current Opinion in Clinical Nutrition and Metabolic Care. 2011;14(1):28-34. doi:10.1097/MCO.0b013e32834121b1; 4) Valdes AM, Andrew T, Gardner JP, Kimura M, Oelsner E, Cherkas LF, Aviv A, Spector TD. Obesity, cigarette smoking, and telomere length in women. Lancet. 2005 Aug 20-26; 366(9486):662-4; 5) http://learn.genetics.utah.edu/content/chromosomes/telomeres/

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## Is Mold Making You Sick?

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

There is a growing body of scientific evidence indicating that exposure to toxin-producing molds is a significant health risk to persons who have lived or worked in water damaged buildings. Often times, many of these people are unaware that they have been exposed to mold and mold toxins (mycotoxins). Chronic illness, especially chronic fatigue syndrome (CFS), has been highly associated with exposure to water-damaged buildings and mold. It has been estimated that as many as 25% of the buildings in the U.S. have incurred some degree of water damage.

The symptoms of toxic mold exposure depend on the types of mold and mycotoxins, the duration of the exposure, and the overall health of the person affected. Ongoing exposures can be a very serious health issue, resulting in chronic illness. Genetically susceptible individuals, especially persons with gene variants of the HLA genes, are at higher risk. Mycotoxins damage the immune system which may render mold patients more sensitive to other infections, such as *Candida albicans* and previously contracted viral infections such as Epstein Barr. This results in a further exacerbation of their overall symptoms. Unfortunately, the importance of evaluating for the potential of mold illness and beginning appropriate treatment is often overlooked.

The nose and sinus cavities appear to be the major internal reservoirs where mold is harbored in what are called biofilm communities. Mycotoxins can also be stored in body fat, tissues, and the organs. Common symptoms associated with mycotoxins include coughing, wheezing, asthma, shortness of breath, sneezing, various skin rashes, burning in the throat and lungs, and sinusitis. Cognitive impairment symptoms are also common including memory loss, confusion, and brain fog. Vision problems, eye irritation, ringing in the ears, headaches, dizziness, muscle weakness, multiple chemical sensitivities, joint pain, muscle pain, seizures, depression, anxiety, irritability, fever, chills, sleep disorders, coagulation abnormalities, kidney toxicity, aplastic anemia, and numerous other symptoms have all been associated with mycotoxin exposures.

According to Dr. Joseph Brewer, a published mold researcher, mycotoxins bind to DNA and RNA, alter protein synthesis, increase oxidative stress (free radical formation), deplete antioxidants, alter cell membrane function, alter apoptosis (programmed cell death) and disrupt mitochondrial function resulting in an impaired ability of the body to meet its energy requirements. Interestingly, Lyme disease, CFS and mold toxicity can all result in immune dysregulation, mitochondrial dysfunction, abnormal cytokine profiles (high amount of inflammation), autoimmunity, and immune deficiency. The similarities between these conditions are notable.

Testing for mold/mycotoxins is a simple and usually noninvasive procedure. In most cases, only a urine sample is required.

Treatment options vary widely depending on the severity of symptoms and each patient's metabolic uniqueness. In some cases antifungal drugs are recommended. These drugs work by destroying the cell membranes of the fungal organisms (mold). However, they can also damage human cell membranes. They are also known to have other side effects including liver toxicity. Metabolically weakened and chemically sensitive individuals may not tolerate antifungal drug therapies well. Antibiotics (the kind that target bacteria) will not kill molds and fungi, so these are generally not helpful. Steroids are generally not recommended as these drugs can suppress an already weakened immune system.

**How to treat mold and mycotoxin exposure:**

- You must remove yourself from the source of contamination before attempting any other treatments.
- Use a nutritional supplement containing bentonite clay or charcoal that will help trap and bind internal mold and mycotoxins and eliminate them. Normal bowel function is critical, so consider adding magnesium malate.
- Enhance detoxification of the liver with milk thistle, n-acetylcysteine, glutamine, alpha lipoic acid, or a specialized powered medical food designed for detoxification.
- Add methyl B12, methylfolate, and vitamin B6 to support a detox system in the body called methylation.
- Choose a high quality probiotic to help re-establish normal gut flora.
- Optimize your vitamin D3 levels.
- Add colostrum to help booster immunoglobulin status

**Foods to avoid when you have a mold-related illness:**

- Alcohol, as it contains *saccharomyces* yeast (beer in particular) and other mycotoxins
- Wheat and all wheat products
- Rye, corn, and barley in all forms
- Peanuts, these are known to be contaminated with dozens of molds
- Sorghum, this is used in a variety of grain products and alcohol beverages
- Sugar (from sugar cane and sugar beets)
- Hard cheeses, dried fruits, black pepper

Dr. John Dixon can be reached at the Natural Medicine Group (760) 345-7300.

Sources: 1) Brewer, et. al., Global Journal of Medical Research, 2015; 2) <http://www.mdpi.com/journal/toxins>



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## Living Wellness

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### Step Outside (Or Throw Away!) the Box

Life is a delicate balance between routine experiences and new, unusual ones that provide unexpected surprise and “out of the box” change and growth. When traveling, one realizes how much of life is so predictable and mundane. Traveling away from our environment immediately exposes us to new adventures, often with unexpected outcomes. Then, as soon as we return home, we resume the monotony of daily life. After an extended period, there is an urgency to step “outside of the box,” as this is the place where one ultimately experiences true growth.

Some of us vacillate between the comfort of routine and the unsettled sense that nothing new is happening. Both of these life experiences must be honored. Nevertheless, one must realize and expose one's self to new experiences that may feel slightly uncomfortable, but which ultimately lead to our personal growth and learning.

When you think about it, our lives are built among boxes. We step out of a box-spring mattress after a night's sleep into our kitchen opening a boxed-shaped refrigerator. The morning ritual proceeds as we place food into a boxy microwave. We turn on a box-shaped T.V. and progress with our day by stepping into a box-shaped car to then sit at a desk and type and gaze into a box called the computer, tablet or phone. These tactile and sensory experiences have the potential to upset our lives emotionally while never allowing for venturing “outside the box.” Doing so doesn't always have to involve something as life-changing as a career change, ending a relationship or traveling the world (but it could); it simply means that there is a willingness to do, say or act in a way that is new or different, which may render us vulnerable.

When we push past our perceived limits and “go for it,” we always grow and learn. One might need to break free from the ritual of life in small ways by leaving one's comfort zone occasionally. This may in turn shift one's day-to-day routine to lead to something new and exciting.

There are a number of new activities to choose from while making a list of the possible experiences to enjoy. Some of these options are: taking art or cooking classes; enrolling in a dance class; joining a writing or book club; volunteering; playing a musical instrument; learning a new language; or stepping into a public-speaking role. The first step is to create a list of what comes to mind and then to get to work on the opportunities. Have compassion and be gentle with yourself in the process.

The goal each and every day is to feel challenged, bold, courageous – and maybe slightly uncomfortable – yet, unencumbered from the boxes that define our lives.

Legendary author Ray Bradbury said, “First you jump off the cliff, and then you build your wings on the way down.”

## Being Your Authentic Self

By Amy Austin, RN, PSY.D., LMFT

Do you ever wonder why it's so much work to just be you? Do you even know who you are? Some complex questions can perhaps take a lifetime to explore, yet be simple at the same time.

Because of genetics and our environment, some of us have more trouble being comfortable in our own skin and listen far too often to that busy little voice in our heads that can be so condescending, judgmental, shaming, and downright nasty. Just for a moment, step outside of yourself to observe your life as if you were watching yourself on the big screen. Eckhart Tolle calls this “watching the watcher.” What do you see? How do you interact with others? How does watching your own life feel? If you're not totally satisfied, here are a few concepts to consider to be more in tune with your authentic self.

- When I speak about your authentic self, I'm talking about the real you, the genuine you, the you that is comfortable in your own skin and doesn't have to work so hard with regards to emotional, family, marital, mental, occupational, relational, and any other aspect of functioning. Your authentic self is your core self, the person who is truly you, without struggle, chaos, question, or judgment.
- If you have a relationship that doesn't take much effort to maintain, then it's probably easier for you to be your authentic self. This type of relationship has a genuine rapport, give and take, and there's little conflict involved. These relationships are like diamonds. Why? Because when you're with that person, your core self is reflected back to you. You can sigh with relief that someone understands you, hears you, and accepts you for who you are, as is, with no need to change to make them happy or fulfill their expectations.
- If you are in a relationship where you find yourself being defensive or reactive, you're probably having difficulty being you. It's not a “take me as is or leave me” concept. If you are rationalizing, justifying, over-generalizing, minimizing, shaming, blaming, raging, using silence or sarcastic humor, (called “thinking errors” or “cognitive distortions”), it's almost impossible to be authentically you. You're so busy defending yourself, it becomes a game of who's right or wrong and not about being in a healthy, reciprocal, adult relationship.
- If your inner child is running the show, chances are you are not being genuinely you. It's then time for your adult self to learn how to re-parent your inner child to help him or her feel safe, accepted, and valued. If you can learn how to be more in your adult self, authenticity will follow.

Being your authentic self is being your best self, your happiest self, and the person who is most in charge and at peace. It's where being a human being is so much more important than being a human doing, fulfilling others' expectations, and sacrificing your thoughts and feelings for those of another.

Dr. Amy Austin is a licensed marriage and family therapist (MFC # 41252) and doctor of clinical psychology in Rancho Mirage. Dr. Amy can be reached at (760) 774.0047.

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## Treating Plantar Fasciitis

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

Sometimes, when you've been on your feet all day your "dogs" are barking. And sometimes they are barking so loudly you want to call animal control. You may have plantar fasciitis.

Plantar fasciitis is an inflammation and irritation of the plantar fascia, the connective tissue that supports the arch and is the most common cause of pain in the heel and the sole of the foot. Though often seen in athletes, especially runners, simply walking and standing on a hard surface may also cause symptoms. Nearly half of patients also have a calcaneal heel spur. Being overweight is also a contributing factor, often encountered in 40 percent of male and 90 percent of female patients. It is painful, debilitating and difficult to treat.

It is most commonly diagnosed as a repetitive stress disorder, like carpal tunnel syndrome, due to the accumulation of micro-trauma and inflammation of the tendons, ligaments and bone. However, occasionally it may occur as an acute strain. Conventional treatment involves rest, NSAIDs, ice and physical therapy, and a boot for support. The prognosis is usually for improvement after about two months of therapy.

It is impossible for most to stay off their feet for two months. Relief can be obtained more quickly and with better long-term resolution adding a combination of cupping, acupuncture and kinetic acupuncture. Herbal treatments especially in transdermal patches, along with kinesio taping to provide support, are also helpful. Often patients notice pain relief after the first treatment, although it may be temporary. A course of three to ten treatments, preferably two times a week, will likely provide good carry-over of relief and help put the patient "back on their feet."

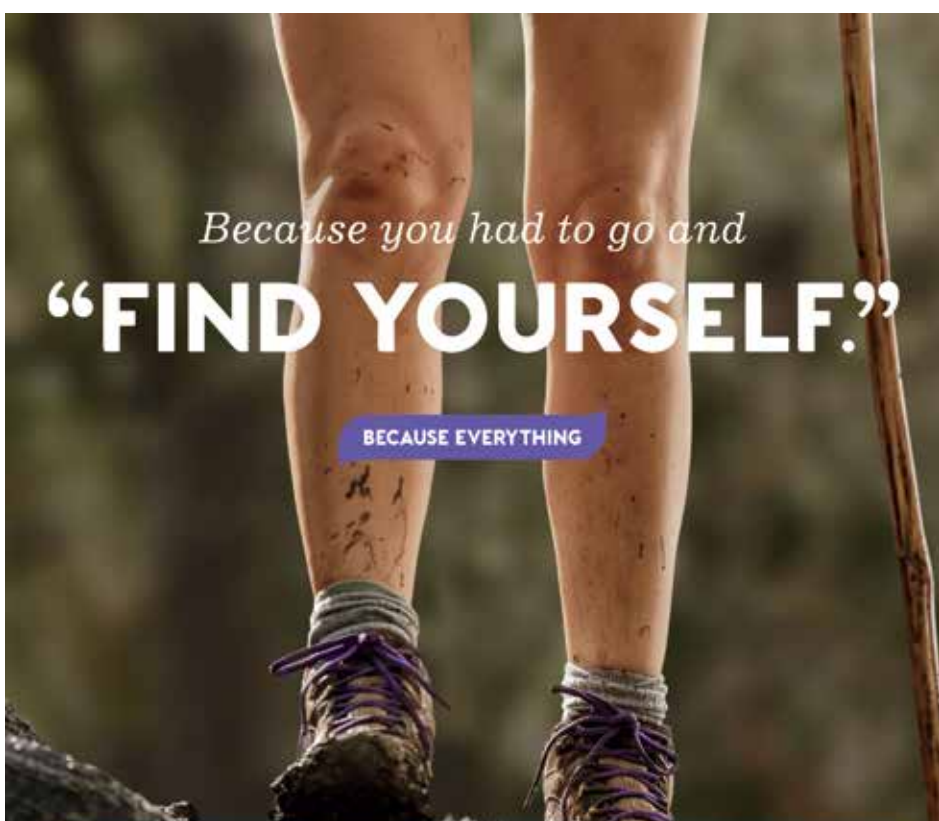
The experienced practitioner also recognizes that this, like so many disorders, is not just a localized problem. It is proper to think of plantar fasciitis as a lower body condition, not just a foot condition. When the qi is coursing freely through the legs, it is unlikely this condition would develop.

Certain exercises may also be beneficial. Lean forward against a wall with one knee straight and heel on the ground and the other knee bent. The heel cord and foot arch stretch while leaning. Hold for 10 seconds, relax and straighten up. Repeat for each sore heel. You can also lean forward onto a countertop, spreading the feet apart with one foot in front of the other. Flex your knees and squat down, keeping the heels on the ground as long as possible. The heel cords and foot arches will stretch. Hold for 10 seconds, relax and straighten up. Repeat up to 20 times.

Plantar fasciitis can be at its worst when you first step out of bed. Try keeping a belt, stretch band or robe tie at hand to stretch the calf by pulling back on the balls of the feet before getting out of bed, and then roll a tennis or golf ball under the sole of the foot.

Resolving plantar fasciitis requires patience and commitment to medium term therapy and, as always, willingness to do your part in your own healing. Combining acupuncture and herbs to relieve pain and strengthen the body's own defenses is a valuable complementary modality.

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



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### Studies Link Monsanto's Roundup® to Gluten-Related Disorders

The significant rise of worldwide gluten intolerance has created a demand for further research over the last decade. In recent years, concerned researchers provided us with insightful findings, to some no surprise, linking the effects of Monsanto's deadly herbicide, Roundup® to modern diseases, particularly gluten intolerance.

A compelling article published in the *Journal of Entropy* in 2013, by Dr. Seneff and Dr. Samsel, proposed that "glyphosate, the active ingredient in the herbicide, Roundup®, is the most important causal factor in this epidemic." This study was instigated by an alarming rise not only of celiac disease and gluten intolerance, but also of irritable bowel disease, autism, reproductive issues, kidney disease, obesity, depression, and many more concerning conditions we are confronted with in today's society.

The trendy use of Roundup® on crops began in the early 1990s. Farmers found they could increase profits by dousing their crops with the glyphosate 7-10 days sooner, allowing an earlier harvest and crop uniformity. In addition, farmers began to use Roundup® regularly during the growing season to assist in weed control. In total, more than 130 million tons a year are used around the world. Unfortunately, the implications of this drastic increase of over 50% chemical usage on the food supply was never fully considered, and certainly not researched, until now.

In the study, Drs. Seneff and Samsel showed how the steep rise in celiac disease, gluten intolerance, and irritable bowel syndrome paralleled the increased use of glyphosate in our crops, especially in non-organic wheat. Their research suggests that one in twenty people in North America and Western Europe currently suffer from gluten intolerance-related

diseases. Over 10 countries have taken action against glyphosate, including the Netherlands, France, Brazil, and Germany. Just announced, the Portuguese Medical Association has called for a global ban on the known carcinogen.

The awareness of the deleterious effects of glyphosate has inarguably made a case that the herbicide certainly plays a significant role in today's disease epidemic. To paraphrase the peer-reviewed study, the root issue of glyphosate lies in the effects of glyphosate on the human microbiome, disrupting our gut bacteria and detoxification pathways. The study exposed the already documented effects of glyphosate on the body, linking clearly how this toxin is able to induce modern diseases. The evidence also suggests that glyphosate may interfere with the breakdown of wheat's complex proteins in the stomach. This leaves large fragments in the digestive system that then trigger an autoimmune response, leading to the defects in the lining of the small intestine, the identical characteristic of celiac disease.

For those who have discovered they react to gluten-containing grains, it may have been easy to conclude that a gluten-free diet would alleviate their symptoms such as diarrhea, chronic fatigue, anemia, and even depression. However, those who contend with various health concerns and diseases not traditionally or instinctively related to gluten, such as neurological and autoimmune disease, are finding that eliminating wheat and grains from their diet, dramatically improves symptoms and overall health.

Tiffany is a Certified Nutrition Consultant and Functional Diagnostic Nutrition Practitioner and can be reached at (760)285.1221 [www.GlutenFreeWithTiffany.com](http://www.GlutenFreeWithTiffany.com)





Time to Detox

By Jessica Needle, ND

In the cycle of traditional Chinese medicine, springtime is associated with the organ of the liver. And just as you might undertake spring cleaning in your home, this is a good time of year to consider a liver cleanse to remove stagnation that has built up from winter inactivity and holiday overindulgence.

The liver is involved in over 500 chemical reactions in the body, many of which have to do with digestion. It is also responsible for the detoxification of the pollutants, medications, and food additives that we come into contact with every day. If our toxic burden is too high, liver cells will be damaged and unable to perform their critical functions of metabolizing nutrients, regulating blood sugar, producing blood proteins, and storing vitamins and minerals.

To reduce damage to the liver, follow the guidelines below for a gentle detoxification protocol using easily attainable foods and supplements. It does not require buying a kit with laxative powders, refraining from eating, or consuming unusual combinations or quantities of food the way some popular cleanses do.

Avoid smoking cigarettes, drinking alcohol, and eating animal protein for the duration of your cleanse, all of which increase the amount of ammonia the liver has to process and the kidneys have to excrete. Avoid processed food as well, since some preservatives added to convenience foods are linked to increased cancer risk.

Eat a plant-based whole foods diet, which is the basis of any healthy eating regimen. Especially helpful are vegetables from the cruciferous group including broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale, kohlrabi, mustard greens, horseradish and turnips. Amino acids in these foods provide the liver with raw material for conjugation, a process of adding molecules to harmful chemicals to make them less toxic and more easily excretable.


Drink several glasses of green juice daily. Juicing concentrates nutrients, provides easily absorbed vegetable servings, and alkalizes the body. Many disease-causing microbes thrive in an acidic environment and are kept in check if the pH is high. Good choices for juicing are spinach and beet greens. Both are high in potassium, which balances the overabundance of sodium consumed in the standard American diet. Also recommended is cilantro, an herb that can bind and eliminate heavy metals in a process called chelation. Add the juice of ½ green apple if plain green juice is unpalatable.

Protect your liver by taking milk thistle supplements. Milk thistle rejuvenates liver cells, acts as an antioxidant, and protects against poisoning by acetaminophen, the drug most responsible for liver failure in the United States. Milk thistle also prevents fibrosis—changes in liver architecture due to hepatitis or alcohol abuse.

Relax with a castor oil pack an hour each day. Saturate a cloth with oil, apply it to your abdomen, and place a heating pad or hot water bottle on top. Heat increases circulation to the area, bringing fresh oxygen and nutrients to the liver and carrying away waste products. Castor oil augments T cells in the immune system, giving your body extra disease-fighting power.

Follow these steps for a week any time you experience fatigue, abdominal complaints or anger for better flow of physical and emotional energy.



Jessica Needle is a naturopathic doctor who has guided hundreds of patients through the process of nutrition-based detoxification. She practices at Optimal Health Center in Palm Desert and can be reached at (760) 568.2598.



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## Coachella Valley's Health Care Industry

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La Quinta High School Medical Health Academy (MHA) students took part in the Clinton Foundation's Day of Action in partnership with the Alliance for a Healthier Generation.

Students joined civic leaders and others from the community in planting a community garden to be used by the Culinary Institute at LQHS, pulling weeds, landscaping the front of the school, and building a greenhouse. The Culinary Institute also worked with Stephen Lee, Master Chef finalist, in preparing and providing 150 meals for the Joslyn Center's Meals on Wheels program.

The speaker of the day, Chelsea Clinton, was unable to attend due to the eastern snow storm; however, Clinton Foundation president, Dr. Donna Shalala, stepped in and spoke to students about their careers, their community, volunteerism, and the passion to give back. It was an honor for the volunteers - adults and students - to hear from and work beside such a passionate and acclaimed professional who reinforced that "healthy foods produce healthy bodies - and healthy futures."

On January 25, three MHA seniors, Christiani Aquino, Kalyssia Huerta, and Anessa Padron, along with DSUSD superintendent

Dr. Gary Rutherford and MHA coordinator Kathy Pedersen were invited to the Clinton Foundation Health Matters Activation Summit luncheon at the Renaissance Esmeralda.

President Clinton, the keynote speaker, spoke on the importance of community collaboration to improve community health, employee health, and our nation's current drug abuse epidemic. President Clinton acknowledged our three Medical Health Academy students with a "shout out" during his talk.

The Health Matters Activation Summit has provided our MHA students with strategies on how to become more involved in their community as they continue with their senior year internships in the local medical community.

For information on the LQHS Medical Health Academy program including student internships and speakers, please contact coordinator Kathy Pedersen (760) 772.4150 ext 25181 or [kathryn.pedersen@desertsands.us](mailto:kathryn.pedersen@desertsands.us)



MHA students worked alongside Clinton Foundation president Donna Shalala and met Senator Raul Ruiz.



President Clinton addresses the audience at the Health Matters Activation Summit.

## Our Sustainable Future

By Joshua Bennett

One thing we all have in common is the way we buy our electricity and how that electricity is delivered. Thank you, SoCal Edison, PG&E, SDG&E, ConEd, etc., for helping us to sleep a little better at night knowing that you are there. The utilities have built the energy foundation on which our country runs. When you step back and think about what we call "the grid," it is truly an amazing achievement. The grid is comprised of hundreds of thousands of miles of wires, poles, transmission towers, and sub-stations connecting users to giant power plants across the states. This system, which has been developed by the utility companies to deliver energy, is called a centralized energy model. This means power is generated in central locations, primarily by burning finite fossil fuels, and is transmitted hundreds of miles to users throughout the country. However, in the future this tried and true energy delivery will be outdated due to our changing energy and environmental needs.

New technologies that rely on renewable energy sources and provide more efficient methods of generating, delivering and storing energy are the future. Many of these technologies have not yet become mainstream due to high costs and need for continued R&D, much like new drug therapy trials overseen by the Federal Drug Administration (FDA). The good news is that the technology for capturing and converting the sun's energy into electricity (solar photovoltaic) has finally become cost effective enough for everyone to use, and can work congruently with the existing utility infrastructure. This phenomenon is called 'grid parity.' The costs associated with electricity from solar energy are now the same as, or less than, the electricity supplied by traditional utilities.

Unlike fossil fuel-generated electricity, solar power uses a distributed energy model. Power is generated right where it is needed for a home or business, using a renewable energy source, the sun. Not only is solar power more efficient because of its simplicity, but also it is as predictable as the sun rising and setting every day. And there's a minimal carbon footprint. These aspects make it an important alternative energy source for the future.

As we move into the future, sustainability will become increasingly important. This applies to all aspects of our lives. Sustainable farming practices give us higher quality food and are better for the environment. Eating foods that are locally grown is more efficient than having food delivered from half way across the country by fossil fuel-burning trucks and retains more nutritional value. The costs associated with producing food this way are actually less. Solar energy is similar. People can choose to generate their energy at home from a sustainable source. The costs are the same or less than utility company costs and are stabilized due to the efficiency and predictability of rooftop solar.

Josh Bennett is a NABCEP trained solar consultant with Solar City. He has a passion for sharing environmental sustainability education and can be reached at (760) 534.3978.



As we move into the future, sustainability will become increasingly important.

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Ali Bennett





The What and Why of Support Groups

By Litsa Mitchell, LMFT

Support groups are made up of people with common interests and experiences. People who have been or are going through a similar circumstance can do more than sympathize with you—they can truly understand your thoughts, feelings and questions. Often, people who have been through what you're going through have fewer judgments about what you "should" or "shouldn't" be feeling or doing than someone who hasn't. Their understanding and sharing reassures you that you're not alone. It helps you to affirm that your thoughts and feelings are normal and provides a community that can help you hold your burdens and benefit in meaningful ways from your strengths.

Support groups are at the heart of what is often referred to as "psychosocial" care. People with health conditions, as well as their friends and families, find that support groups improve their sense of well-being. This is why support groups are so universally accepted as an important adjunct to medical care. In fact, in 2007, the Institute of Medicine reported: "Today, it is not possible to deliver good-quality cancer care without addressing patients' psychosocial health needs."

And in 2012, the *Journal of Clinical Oncology* reported: "In addition to improving emotional wellbeing and mental health, provision of psychosocial care has been shown to yield better management of common disease-related symptoms and adverse effects of treatment, such as pain and fatigue."

Support groups are also a great place to find practical tips and resources; for example, information about medical and non-medical treatments, research, legal resources, clinical trials, medical specialists and financial assistance.


The size of support groups varies depending on the purpose of the group and the needs of the members. Some, such as hospital or organizational groups, may have 20 or more and focus on education or planning. Psychosocial support groups for example, those around cancer or caregiving—typically are small, with 10 or fewer. The small group enables participants to feel safe expressing their feelings and really getting to know one another. Cancer support groups at Gilda's Desert Cities follow the smaller, more intimate model, as this has been shown to have the most significant personal benefit for the members.

Some people prefer groups that are facilitated by professionals, while others may prefer a more social, get-together type of peer-led environment. While social gatherings keep things more casual, a professional facilitator helps deepen the discussion, ensures everyone is comfortable with their level of sharing, and keeps discussion moving forward.

The important thing to remember is that support groups are not all alike. There are many models, so don't assume that a particular group will be one way or another. Check it out for yourself. It's a good idea to attend a group several times to get a broader feel for the people involved and the range of issues addressed before deciding whether it's right for you. A good support group can become a transformative part of your life, so if there's one around that pertains to you, take the plunge and check it out!

Litsa Mitchell is a licensed marriage and family therapist and program director at Gilda's Desert Cities Cancer Support Community. For more information visit [www.gildasclubdesertcities.org](http://www.gildasclubdesertcities.org) or call (760) 770.5678.

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## Peyronie's Disease and Modern Stem Cell Therapy

By Elliot B. Lander, MD, FACS

Peyronie's disease (PD) is a curvature of the penis that is sometimes painful and can interfere with sexual function. It is an acquired condition of abnormal fibrous tissue overgrowth of one of the inner layers enveloping of the body of the penis. In other words, the covering of the elastic dual chambers that make up the structural integrity of the penile shaft is scarred.

PD is associated with trauma, and occasionally, from unknown causes. PD scars are associated with over-secretion of collagen due to excessive conversions associated with tissue repair. The signals to limit these scar-forming cells are lost in PD. The resulting abnormal scar affects the elasticity of part of the skin, which fails to expand normally resulting in deviation and curvature. The results can be disfiguring, and have profound adverse effects on sexual functioning, leading to anxiety and depression. Although not often discussed, this condition affects millions of American men.

There is a variety of treatments including pills, creams and penile injections, but very few remedies have been shown to be statistically effective. Double blind studies on intralesional verapamil and interferon have failed to demonstrate any significant differences/improvements in penile deformity, pain, plaque softening or sexual function, and intralesional steroids have not shown objective therapeutic benefit.

Intralesional collagenase clostridium histolyticum (Xiaflex®) injections are the first

FDA-approved treatment for PD, and studies demonstrate efficacy, but there have been documented cases of corporal rupture and penile hematoma, and significant penile pain.

Surgical repair has been around for decades, but is associated with penile scarring, shortening of the penis, and erectile dysfunction (ED). There has been recent anecdotal interest in biologic therapies including the use of anti-inflammatory platelet rich plasma (PRP) to treat Peyronie's disease, but there is still insufficient outcome data.

The case is different for stem cell-based research therapy, which may offer a glimpse of hope. The Cell Surgical Network® has been pursuing a cell-based repair for PD as part of an approved investigational program. We are finding that a stem cell-based therapy may mitigate the abnormal cell signals that create excessive scar tissue. The procedure involves isolating autologous (from your own body) stromal vascular fraction (SVF) from 50 cc of adipose tissue aspirated in a sterile, closed system during a two-hour process. Stromal vascular fraction (SVF) is isolated from connective tissues, is associated with subcutaneous fat and blood vessels, and is known to contain adult mesenchymal stem cells and numerous cytokine growth factors.

A Cell Surgical Network® manuscript demonstrating greater than 90% efficacy in treating PD with SVF combined with shock wave therapy has just been accepted for publication by the *Plastic and Reconstructive Surgery Global*. Some patients required additional treatments to achieve best results. This is the first publication in history showing effectiveness of using stem cells for Peyronie's disease, and hopefully the beginning of a modern solution to this problem.

Elliot B. Lander, MD, FACS, is co-founder and medical director of The Cell Surgical Network® and medical director of the California Stem Cell Treatment Center in Rancho Mirage and Beverly Hills. He can be reached at (800) 231.0407.

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## Sometimes, Life Gives You a Second Chance

Robert hadn't even celebrated his 30th birthday when he was told he had months to live... or a few years at best... and that he should get his affairs in order.

Just as he'd barely begun a promising career and had been settling into a life he loved, everything was suddenly turned upside down. Robert's doctors still weren't completely clear on what was wrong with him, as his symptoms seemed to go from bad to worse with each new day. He went on disability, sold his life insurance policy as a viatical settlement, and cashed in his small retirement savings. After all, what was the point of saving money when you'd been handed a death sentence?

"Robert" is a prototype of many of the patients and clients that Desert AIDS Project (D.A.P.) serves today. Many Roberts – and a few "Robertas" as well – are still alive today, after living 20 to 30 years or more with a condition they were told would almost certainly kill them well before their time. Some of those D.A.P. clients and patients were even featured in *Desert Migration*, a 2015 documentary film by a local man, also living with HIV, who wanted to tell the stories of the challenges and triumphs of those who are proudly proclaiming, "I'm still here!"

**Back to work... back to school... back to life**

"HIV/AIDS" is a term that has been uncoupled over the past 35 years because HIV can now be treated as a chronic illness that may never advance to AIDS. Faced with this incredible shift in the health of many of their patients – even those who carry the badge of "long-time survivor" proudly – D.A.P. created its Career Building Program.

In 2015, the program helped find jobs for 104 of those D.A.P. serves. In addition, three clients now have internships, another 30 are volunteering, and three more have returned to school. The program is headed by Valerio Iovino, Career Building Coordinator at Desert AIDS Project.

Although now a D.A.P. employee, Iovino himself began with the Palm Springs nonprofit organization in 2014 as an HIV testing volunteer – before his greater skill set was recognized. Iovino has a master's degree in business psychology from the University of Turin in Italy and a second master's from Keller Graduate School of Management in human resources with a specialization in employment counseling, and D.A.P. knew they had clients who could benefit from his knowledge.

"D.A.P. has always believed in taking care of the 'total person' because we know that any of our patients are so much more than their HIV diagnosis. Some of them want very much to have fuller, richer lives that come with employment, going back to school, or volunteering for a cause they believe in," said Dr. David Hersh, Chief Clinical Office at Desert AIDS Project. "We feel like we're just getting started with our Career Building Program, to help our clients get back to more active lives."

For more information visit [www.DesertAIDSProject.org](http://www.DesertAIDSProject.org) or call (760) 323.2118.



D.A.P.'s Career Building Program helps put clients back to work





**Return to work**.....>

**Return to school**.....>

.....> **Return to a more vibrant life!**

**HIV shouldn't stop  
anyone from living their  
most complete life!**

In 2015, we found jobs for **104** of our clients  
– **3** have internships – **30** are volunteering  
and **3** more have returned to school.

**Big thanks to our business partners  
who are helping our Career Building Program  
help our clients achieve their goals!**



**Desert AIDS Project**  
care :: prevention :: advocacy





Gut Instincts

Probiotic, micro-biome, gut-brain axis, leaky gut, food intolerance... these words have become more common in the past few years, and yet there is a lot of confusion about what is going on with our gut.

We used to think of the gut or gastrointestinal tract as a somewhat indestructible channel through the body that had no impact on our health. Increasing evidence supports understanding the gut not only as an interface between the outside and inside environments, but also a significant source of brain hormones and immune factors impacting overall health.

The normal intestinal wall is made up of thousands of villi or finger-like projections that create a surface area of between 200 and 300 square meters. This tennis court-sized area provides a mechanism for maximal absorption of nutrients from the food we eat. A human will consume between three and seven tons of food in a lifetime. This food will carry with it potentially harmful material along with nutrients that need to be absorbed. So there are three protective mechanisms within the intestinal tract to prevent the intrusion of the “outside world” that could be harmful as food passes through our intestines.

First, there is the micro-biome, or rich variety of species of bacteria that live in our gut. The population of each type of bacteria is meant to be in a crucial balance with the other populations. When functioning properly, these bacteria promote normal digestion and in turn normal absorption of our food. When out of proportion with each other, some of these populations can produce by-products called endotoxins that induce an immune response as antibodies form to protect us from these poisons. Taking probiotics is sometimes advised to attempt to increase the populations of healthy needed bacteria in the gut. Fermented foods, soluble starches, and foods such as onions and garlic support a healthy bacterial community in the gut.

Second, there is the blockade of the actual cells that form the intestinal walls. These cells are made of a lipid bi-layer that does not allow food to pass through, but have passages into the cell allowing for selective transport of micronutrients into the cell for processing.

Third, there are tight junctions that are the protein connections between the cells. Like mortar between stones in a wall, these structures bind the cells together into a cohesive wall.

Many conditions that create gut inflammation cause the cell barrier to become more permeable, so that enlarged spaces in the cells of the gut wall and breakage of tight junction proteins can induce the loss of the protective barrier. When micro-particles of food cross through this damaged intestinal wall, they serve as triggers or antigens and induce an immune response of antibodies in our blood stream. This mechanism is the source of what are often called food allergies but are more appropriately called food intolerances.

Healing the gut through a protocol of removing the toxic triggers including the foods that have created an immune response, providing nutrients to rebuild the cell walls and

allowing time for the tight junctions to re-develop, takes time and intention. However, the impact of such healing is widespread and includes resolution of issues such as irritable bowel syndrome, depression, psoriasis, migraines, and many other neurologic and auto-immune disorders.

If you are curious about your gut health, ask your doctor about blood tests for intestinal permeability and protocols for intestinal healing that provide a foundation for overall health.

Dr. Brossfield is the medical director at the Eisenhower Wellness Institute and can be reached at (760) 610.7360.

Health is a Choice

Continued from page 4

From Can't to CAN: Convenient, Attractive, and Normal

	1. Make It More Convenient	2. Make It More Attractive	3. Make It More Normal
A mother who wants her kids to eat better at home . . .	Puts pre-cut vegetables on the middle shelf of the fridge and the cookies out of sight	Offers more tempting salad dressings with cool names and less tempting bread	Sets salad bowls on the dinner table every day
A restaurant owner who wants to sell more high-margin shrimp salad . . .	Makes it easy to find on the menu by putting it on the first page and in a bold font	Gives it a catchier or more appealing name	Describes it as a Special or a Manager's Favorite
A grocery store manager who wants to sell more fish at full price . . .	Places fish in a center cooler at the end of the vegetable section	Offers easy fish recipe ideas on note cards next to the fish	Puts floor decals near it or a green dashed line pointing toward the fish
An office manager who wants her workers to leave their desk and eat in the new healthy cafeteria . . .	Adds a \$5 Grab & Go line filled with healthier foods, and maybe an honor system cash box	Has a more attractive cafeteria or break room, or an appealing brown bag series	Posts notices and news on bulletin boards in the cafeteria, break room, or fitness room, and not in the work area
A school lunch manager who wants to get more kids to take and eat fruit . . .	Puts it within easy reach in two different parts of the line--beginning and end	Puts it in a colorful bowl and/or promotes it with a colorful sign	Puts it in front of the cash register with a sign saying, "Take an extra one for a snack"

© Brian Wansink, 2015 Food and Brand Lab Cornell University

Take the green smoothie regime. You don't need a fancy blender; the \$25 glass Oster at Costco works well and looks great on the counter. Buy bulk fruits and greens and place them in the freezer door; they are convenient, last longer, and make smoothies creamier. Leave a cinnamon shaker next to your jug of protein powder, and avocados at eye level in the fridge. There is no recipe; you simply mix and match ingredients to your preferred taste. The only part to remember is ¾ greens and ¼ fruit (not the other way around).

You C.A.N. adopt healthier habits (think convenient, attractive and normal), and smoothies are one of the easiest and most enjoyable ways to get your greens. Once your daily smoothie becomes an addictive habit, you will even be proud of what my friend calls the Garbage Can Smoothie - any and all vegetables left in the fridge. No one can judge you for that.

Editorial by Lauren Del Sarto, publisher Desert Health®.

Source: Wansink, Brian (2015). Change Their Choice! Changing Behavior Using the CAN Approach and Activism Research. Psychology & Marketing, 32(5), 486-500. DOI: 10.1002/mar.20794

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The microbiome, the internal bacterial ecosystem that controls gut health, is one of medicine's most promising new frontiers. A growing body of research is shedding light on how the microbiome affects your digestive health, metabolism, and even your immune system. In fact, bacterial imbalances in the gut may be behind a variety of whole-system concerns, from weight gain and gastrointestinal distress, to auto-immune disorders and even neurological issues such as depression. Over time, exposure to toxins can disrupt the bacterial balance in the gut and cause breakage of the tight junctions of the intestinal lining. This makes it easier for toxins to enter your blood stream and impact your health. Fortunately, many problems that begin in the gut can also end in the gut. Below is just a sampling of what Eisenhower Wellness Institute offers to help you balance your diet, heal gut issues, control your weight, and enjoy better health:

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Is Rejuvenation Biology the Future of Wellness?

By Joseph E. Scherger, MD, MPH

Human biology is changing rapidly. Just as Moore’s law was applied to the exponential growth of computer technology 50 years ago, experts now believe that human biology has started a period of exponential change following the mapping of the human genome and new technologies to understand how life works.

Rejuvenation biology is a growing medical discipline that reverses damage to organs and has the potential of reversing the aging process. The biology of aging is becoming well understood, and it is clear that aging can be manipulated. Many medical schools and academic research centers have opened departments of rejuvenation biology and some of the early results are phenomenal.

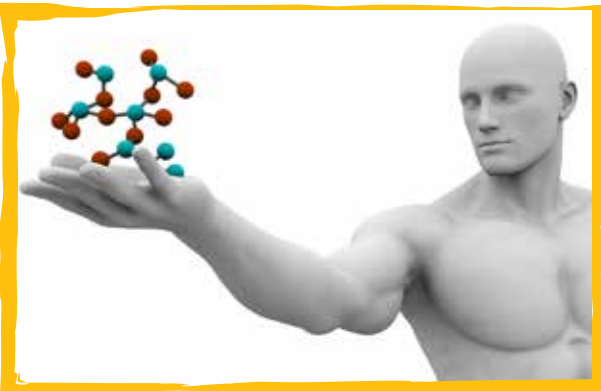
Telomeres are genetic material at the end of our chromosomes that protect the chromosomes and their tissues from damage. During aging these telomeres become shortened. Bad health practices such as smoking, eating unhealthy foods that oxidize our cells, and even chronic stress increase the shortening of telomeres and accelerate aging. Good health practices such as healthy natural foods, exercise and practices such as meditation have been shown to maintain telomere health. The race is on to fully understand the biology of telomeres and the potential to re-grow them to prolong human lifespan.

Stem cells are a cornerstone of rejuvenation biology. Thanks to two Japanese researchers in the previous decade, we are now able to take cells from a person’s tissue, such as fat cells or bone marrow cells, and turn them into the person’s stem cells to regenerate tissue. This is being done to regenerate the cartilage in the knee and may help someone with “bone on bone” loss of cartilage avoid knee replacement surgery. Futurists such as Ray Kurzweil and Peter Diamandis believe that in a coming decade we will be able to re-grow most organs such as the heart, kidney or liver. Organ transplantation and the problem of rejection of someone else’s tissue will become something of the past.

CRISPR technology allows us to edit, or change, our genetics. While this is health giving for someone with a genetic defect, this technology can actually be used to change our species from human to someone superhuman. Gene editing for other than genetic diseases has complex ethical issues, but who is to say that the technology will not be used. Even if the United States decides against such use, or even the United Nations, rogue scientists are likely to use it to create another species of man. We all know movies filled with this science fiction, but some day in the future fiction often becomes reality.

3D printing is also an emerging technology that allows us to take the ingredients of any tissue, organ or machine and recreate it. Just think of the medical applications.

In 1990 Ray Kurzweil published *The Age of Intelligent Machines*. There he predicted that computers would soon pass man in intelligent activities, including when a machine would defeat the world chess master, which happened a year before he predicted. In fact, over 80% of his predictions have come true. In 1999 Kurzweil published *The Age of Spiritual Machines*, predicting how in the first three decades of this century the machines would take on human-like qualities. Just think of IBM’s Watson and Apple’s Siri whom we now talk to on our iPhone. Kurzweil completed his trilogy of books predicting the future with *The Singularity is Near* in 2005. He sees a future where human and machine merge into one and are no longer distinguished from each other. With the complete mapping of the human brain, our intelligence can be recreated and surpassed.



With the complete mapping of the human brain, our intelligence can be recreated and surpassed.


All this is far out and too much for most of us to conceive. However, the means of rejuvenating our bodies is coming at us quickly. Cutting edge cancer centers like UCSD are now using stem cells to wipe out some cancers and replace the normal tissue. The new immunotherapy allows a person to completely reject cancerous tissue. Toxic chemotherapy and radiation may become something of the past.

The future is incredibly interesting and exciting. Hopefully, we will save the planet long enough to realize Wellness in whole new ways.

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



The Human Genome Project is changing medicine

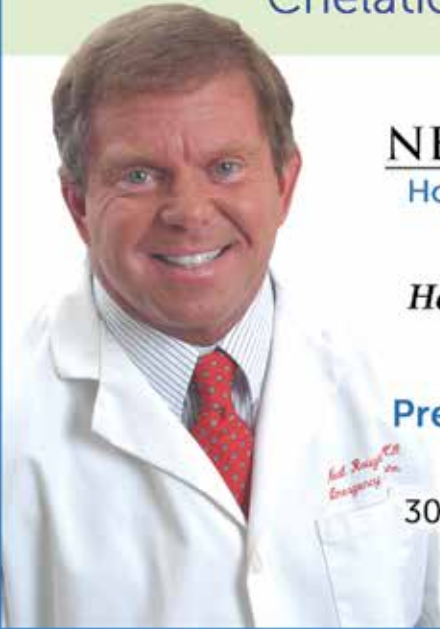


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## NATUROPATHIC FAMILY MEDICINE

with Dr. Shannon

### Treating Earaches with Natural Remedies

Until recently, childhood earaches and infections were primarily treated with a routine course of antibiotics. However, research now shows that childhood earaches can resolve within 10 days time with or without antibiotic use.<sup>1</sup> In fact, the American Academy of Pediatrics has taken a more conservative stance on how often and when antibiotics are actually necessary to treat a common ear infection.<sup>2</sup>

Ear infections or earaches in children can be quite painful and disruptive to the whole family. While anti-inflammatory medications and numbing ear drops can help symptom relief and increase comfort, there are natural remedies and techniques that can increase healing time, decrease pain, and fight the issue with speed and efficiency.

Repeated occurrence of earaches often stems from a food or environmental allergy. The most common food allergy or food sensitivity associated with earaches is cow's dairy. By eliminating cow's dairy products such as milk, cheese, yogurt, and ice cream during and prior to an ear infection or ear inflammation, tendency towards ear issues and length of an acute earache are minimized. Of course, excess sugar in the diet, including undiluted fruit juice, can increase risk of infection as well. Adhering to a diet with plenty of liquids, soups, and low sugar smoothies, as well as eliminating dairy, gluten, and overall sugar intake, will decrease inflammation and aid the immune system.

There may also be underlying environmental allergies to grasses, pollens, household cleaning products, pillows and bedding, dust mites, and molds that increase earaches. Testing for and eliminating common allergens such as cow's dairy, grass, pollens, mold and dust mites can reduce risk, frequency, and length of the issue.

For acute infections and ear pain, herbal remedies (combined with dietary restrictions) work very well to increase healing time and decrease inflammation. A common herbal remedy for ear pain from infection is a topical ear oil combination made of mullein leaf and garlic, applied by drops into the ear several times per day. For general immune system boost, children can safely take elderberry in liquid form as well as vitamin C, zinc, and probiotics. Hot compresses to the ear using a hot, wet washcloth or heating pad can minimize discomfort, and diluted essential oils applied to a wet washcloth such as eucalyptus or oregano can be added. An old, folkloric remedy that actually works well to reduce ear pain and aid healing is to heat a thick slice of onion on the stove in light oil, add 3-5 drops oregano essential oil, wrap in cheesecloth and place next to the ear for 10-30 mins. There are chemicals released from the onion and oregano oil that can eliminate bacteria and soothe inflammation.

In addition to these remedies, seeing a chiropractor to adjust the neck and back (even in children); light massage to the neck area below the ear; minimizing stress and hectic school and activity schedules; and for babies, repositioning bottle and breast feeding to a more upright position can all aid in reduction of earaches.

If earaches become problematic, it is always wise to get further advice and possible lab tests to determine the origin of the issue.

*Dr. Shannon Sinsheimer is state licensed naturopathic doctor with a focus on fertility, family wellness, and pre-conception health. She can be reached at Optimal Health Center (760) 568.2598.*

References: 1) <https://www.healthychildren.org/English/health-issues/conditions/ear-nose-throat/Pages/Ear-Infection-Information.aspx>  
2) <http://pediatrics.aappublications.org/content/131/3/e964>

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## When Children Feel Entitled

By Barbara Pedalino, PsyD

Often parents begin noticing unanticipated changes in their children, especially after holidays and special occasions. Consider how endowed children were during these exceptional times, not only in terms of presents but also yummy treats, late bedtimes, entertainment, no homework, less chores, and vacations.

Other parents may overcompensate when their children have challenges such as illness, handicaps, disabilities, and psychological disorders or problems related to divorce, remarriage, adoption, and bullying. The list goes on... and indeed they begin to feel like royalty!

It is no wonder that children love being treated with kid leather gloves, but sometimes this behavior develops feelings of entitlement for special treatment. Even our most altruistic intentions can backfire.

How do we transition our children back to the realities of daily living, responsibilities at home and school, and general respect for the adults who showed them so much love?

Rather than blow your trumpets, it is time to recognize a hard part of parenting - learning to say "no" without using negative words like "no, shouldn't, can't, won't, etc." How do you encourage your children without getting angry? How do you allow them to experience the consequences of their choices? Try engaging your children by asking questions rather than telling them what to do:

- When your children say "...but I want..." rather than argue and say "no," simply agree: "Sure you would like..." and "How do we respond to demands in our home?"
- When your children want to stay up late on a school night, you can

simply agree: "I'll bet you would like to stay up late. What bedtime do you think would be best so you can have energy for school in the morning?"

- When your children refuse to do their homework, you could empathize: "I'll bet it is hard to do school work. How do you think it will work out for you at school if you don't turn in your work?"
- When your children complain: "We're bored. There's nothing to do," simply agree: "It can be hard to find something to do." Then ask your children if they have looked through their toys and games to spark an interest or if they might like to select some items to donate to children who would enjoy them.

Another important element of parenting that can minimize entitlement is to instill a work ethic. This can be accomplished by assigning your children's chores that are paid with your gratitude rather than money. Chores inspire a sense of belonging and accomplishment, and children learn the value of their contribution to the home and family, a cause greater than themselves. They also get a perspective of your efforts at home, which can foster greater respect for you.

If your children behave as entitled royalty, they will benefit from your loving guidance. As a parent, you can turn over the baton to your children so they can think harder about their behavior, and in the process learn some very important life lessons.

*Dr. Barbara Pedalino is a licensed clinical psychologist in Palm Desert whose interest in self-esteem spans all ages. For more information visit [www.drbarbpsychologist.com](http://www.drbarbpsychologist.com) or contact her at (760) 702.0878.*





# The Need for Athletic Developments in Schools and Sports Teams

By Michael K Butler BA; PTA; CSCS\*D; RSCC\*D; NMT

Every summer for the past 15 years I have worked with girls and boys of all ages, from different ethnic backgrounds and locales, with varying physical builds. The one thing that stands out among a large portion of our youth is their inability to perform simple movement patterns, such as skipping, hopping, bounding, running and balancing.

In today's fast paced world, youth athletes have access to many fitness regimens and can play their chosen sport(s) year round leaving little recovery time and putting them at greater risk for injury. Not being taught the basics and jumping from sport to sport are primary reasons that youth athletes need structure. Similar to the analogy "you can't run before you learn to walk," there are developmental steps that need to be taken in order to ensure some key components in physical development are not missed.

To date, little has been done to provide youth coaches and physical education teachers with knowledge of how to teach and develop proper movement skills. School health and physical education programs, from kindergarten through high school, as well as, local youth sports programs, should implement a long-term athletic development program model. It's a unique concept in the United States, yet similar models are being implemented in Canada, the UK, Australia, and Asia.

The successful model created by athletic development expert Istvan Balyi, Ph.D., is built around proper athletic positioning in relation to vertical, linear, diagonal and rotational components of movement. He recommends that the focus by coaches and teachers should be on the foundations of movement in this order: base of support, center of mass, line of force, control of body, and finally, alignment of posture.

Balyi defines movement categories that expand physical literacy as follows: balance and stability, fundamental/dynamic movement, object control, jumping, speed and agility, fun drills, and strength/endurance/power. The list is not intended to be all-inclusive, but to provide a series of categories in which fundamental movements and other areas of athleticism are taught in sequential order.

To correspond with the sports program's age-related organization, Balyi recommends the following movements be introduced:

- Ages 3 and 4: Teach balance/stability, fundamental/dynamic movement, object control
- Ages 5 and 6: Teach and review the above skills; add jumping, speed and agility
- Ages 7 and 8: Teach and review the above skills; add strength, endurance and power
- Ages 9 through 14: Teach and review above skills.

The bottom line is that our kids need proper guidance and instruction when performing exercises. Using Balyi's model, or a similar one that follows the developmental process, will ensure proper progression through managed skill development.

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

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# Hospital Sitters: Critical Care for Older Patients

By Nikhil Mehta

A critical place to have a caregiver with you is during a hospital stay. People find this a surprising concept. You would think that having nurses, doctors and medical staff close by would make hospitals one of the safest places to be. Sadly, this isn't the case. With one or two busy nurses, working 12-hour shifts and handling many patients, it can be a long wait between when you push a call button until someone comes to check on you. Plus, it only takes an instant for a dangerous fall to occur. Ten percent of fatal falls for older adults occur in hospitals. Dementia, disorientation and medication are the leading factors that contribute to falls in hospitals.

The best safety precaution is a caregiver known as a hospital sitter. Hospital sitters provide round-the-clock companionship and make observations of any problems the patient may be having. Sitters monitor and keep the patient company, converse and read to or even run errands for the patient. However, sitters cannot aid or participate in any patient care or physical contact and must stay out of the way of hospital staff. Hospital sitters work under the direction of the patient registered nurse. In the event of an urgent patient need, a fall or a medical emergency, the sitter will be there to immediately summon the nurse in charge. Hospital administrators are so concerned about safety risks that they even hire hospital sitters to watch over their high-profile patients, especially those who have made major donations to the hospital. A physician may prescribe a continuous, one-to-one sitter for patients who have an impaired ability to understand or follow directions or who are unable to realize that they could potentially harm themselves.

While safety is critically important, hospital sitters do more than help prevent falls and alert nurses to medical emergencies. "Raw companionship is great medicine," says Dr. Myrna Lee, a physician at Mt. Zion Medical Center. "Despite so many busy people running around, hospitals are lonely places." Knowing another person is in the room watching over them—especially if it's someone familiar like a regular caregiver—makes patients feel more secure and makes a hospital room more human.

One of the most helpful tasks that sitters can do is to keep a journal. Sitters can record doctor visits/outcomes that occur during their shift, describe any procedures done and the expected and actual outcomes, as well as observations of the patient. Sitters can also maintain emergency contact information for the patient's family, as well as essential legal documents—including a copy of the patient's Advanced Directives, in case a relative is unable to be contacted for a critical decision. Hospital sitters provide peace of mind for the patient's family. They supply vigilance that ensures safety and companionship that reduce a patient's boredom and depression. They also enable the patient's family to go home and rest, knowing their loved one will never be alone.

Nikhil Mehta is Owner/CEO of Home Care Assistance Palm Desert, a revolutionary in-home care group which offers clients The Balanced Care Method™ which emphasizes mental, physical and social activity along with healthy nutrition, calmness and purpose. For more information visit www.HomeCareAssistancePalmDesert.com or call (760) 345.0001.

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## When Roles Reverse

### A guide to parenting your parents

By Kae Hammond

Life throws curve balls. How we handle those curve balls will determine if we come out on top or badly bruised; planning and preparing for potential curve balls of life will make a world of difference.

One probability in the lives of adult children is their parents will age, become frail, have a significant health issue and/or need assistance, at some level. How prepared are you to aid them with their short- or long-term care needs? Successfully navigating this particular life curve will depend on how well you know your parent's real wishes and circumstances. And success is measured by what works well for them *and* you.

Jim Comer's book, *When Roles Reverse—A Guide to Parenting your Parents*, offers 50 questions that will save you time, money and tears—IF you take the time to get the answers. You'll know many answers, but there are some matters that may have been 'off the table' at your house—and those are usually the critical ones.

Here are some of the key questions:

1. When did you last talk with your parents about their plans for the future?
2. What decisions have they made?
3. What specific plans has your family made for a sudden parental illness or emergency?
4. How frankly—and how recently—have you talked with your siblings and other family members about the realities of caring for your parents?
5. If you will be the primary caregiver/manager, how do you feel about that responsibility?
6. If you are married, how does your spouse feel about your commitment to your parents?
7. Do you know your parent's monthly income?
8. How would you describe your relationship with your parent?

Very powerful questions indeed!! There are 42 additional and equally valuable questions to which you should know the answers. It may take weeks or months to get all these answered, though like the author, I can guarantee your knowing the answers to these 50 questions will place you in very good shape to deal with your parent's care.

It takes time for us to adjust the vision of our parent's reality. We tend to place people, in our mind's eye, as though they were frozen in time. The sooner you can reach acceptance of their reality, the better—for you all.

Through both personal and professional experience, I appreciate that knowing what your loved one's wishes are will not guarantee them. It is possible that what they have asked for isn't feasible for a range of reasons. However, knowing the kind of living environment that they prefer does provide you guidance for finding a professional care property that comes darn close.

Every one of us will face a unique set of circumstances. There is no one way to "do it right." You have to work out your own way, given the history and the dynamics of your own family. You can't heal ancient wounds overnight or rewrite the past; however, you can choose how you live the end of the story.

Kae Hammond is founder and President of Dementia Help Center; author of *Pathways: A Guidebook for Dementia & Alzheimer's Family Caregivers* and host of "Care for the Family Caregiver" on 95.9FM The Oasis every Sunday at 7AM. For more information call: (877) 699.3456 or visit [www.dementiahelpcenter.com](http://www.dementiahelpcenter.com).



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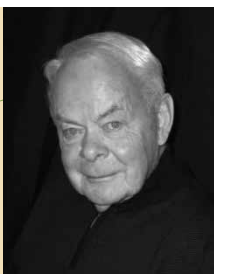
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After tragically losing Kayla, our beloved Irish terrier, I initially resisted any adoption. But Carol insisted that we needed the pitter-patter of dog feet in our home, as well as the energy and love. Then she selected Baxter and Jasper at an adoption event – and she was right.

As best we can tell, Baxter is a small and cute terrier mix. Jasper appears to have Australian shepherd and cattle herder in his breeding, and both are around one year young. No one will ever know where they came from, how they were treated, or why they were abandoned.

After many decades of breeding, training, judging and hunting bird dogs, I learned to value their genetic instincts and evolutionary bond with humans honed over hundreds of years. Dogs were essential for human survival as trackers, hunters, herders and guardians.

Over thousands of years, evolution has developed hundreds of breeds and varieties in size, confirmation and temperament. As societies changed, so did the use of dogs for a variety of purposes as valuable companions, loyal family members and protectors.

Approximately 3.9 million dogs enter

animal shelters each year, and 1.2 million dogs are euthanized annually. About twice as many animals enter shelters as strays compared to the numbers relinquished by owners.

These are cold numbers. Only by visiting a shelter can the depressing truth of these numbers be realized. The sometimes cruel abuse of pets must not be ignored for positive change of awareness and action to take place.

Many laudable organizations and dedicated individuals have made it their mission to find homes for these neglected creatures through adoption services which include veterinary needs, food, shelter and efforts to find and carefully select homes – at their own expense. Compassion - and their love for animals - is their motive.

The reality is that adopting a pet without any knowledge of the breeding, background, personality, exact age and habits can be a challenge. It requires compassion and patience, but the rewards are gratifying with a deep sense of giving and receiving love.



New family members, Jasper & Baxter

Jasper and Baxter are buddies now. They play,

wrestle and enjoy their companionship. Every day they become closer to us with tails wagging and endless joy when we come home to be with them. The gratitude we sense – and see in their eyes – for having a loving, caring home is an immeasurable reward.

George can be reached at [ugadolph@live.com](mailto:ugadolph@live.com)





# Are You Prepared For Future Health Care Costs?

By Reesa Manning, Senior Vice President

The usual method for estimating spending needs in retirement is to take your post-retirement household budget and tack on an inflation rate, such as 3%. Some expenses may increase at a faster rate than the inflation rate you use, others at a slower rate, but overall, expenses such as housing, utilities, food, and so on, should rise with the general rate of inflation.

**Inflation.** Since 1960 the annual inflation rate for health care expenditures has averaged 9.9%. This rate of growth is unsustainable. If the current trend were to be extrapolated out, it would produce an implausible result, with almost the entire GDP going to health care.

So how much will health care spending rise in the future? Medicare trustees project that health care expenditures will increase at an average annual rate of 6% during 2012-2020. Although no one knows for sure how fast health care costs will rise, it seems reasonable to build a higher inflation rate into this portion of your budget and assume that your health care expenses might go up by 5% to 6% per year.

**How much will you need?** The most widely cited source of the amount needed to fund health care costs in retirement is Fidelity's annual survey. In March 2012 Fidelity announced that the average couple would spend \$240,000 to pay for medical expenses throughout retirement, not including long-term care or annual out-of-pocket expenses such as dental care. But there is danger in basing your individual financial plan on statistical averages. In the report *Funding Savings Needed for Health Expenses for Persons Eligible for Medicare*, the Employee Benefit Research Institute (EBRI) says that determining how much money an individual or couple needs in retirement to cover health care expenses is a complicated process. The amount will depend on, among other factors:

- The age at which he or she retires;
- Length of life after retirement;
- The availability of health insurance coverage after retirement to supplement Medicare and the source of that coverage;
- Health status and out-of-pocket expenses;
- The rate at which health care costs will increase; and
- Interest rates and other rates of return on investments.

The EBRI ran 65,000 simulations to allow for the various uncertainties and computed the present value of the savings needed at age 65 to cover health insurance premiums and out-of-pocket expenses in retirement. It found that in order to have 90% certainty of being able to cover health care expenses in retirement, a man would need \$124,000, a woman would need \$152,000, and a couple would need \$271,000. Like the Fidelity study, this one did not include long-term care.

Reesa Manning is Senior Vice President and Financial Advisor at Integrated Wealth Management, with an expertise in investment, retirement income, and financial planning. For a complimentary review, call Reesa at (760) 834.7200 or [reesa@IWMgmt.com](mailto:reesa@IWMgmt.com).

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Desert Health Wellness Awards Nominees

Continued from page 9

## Non-Profit

### Gilda's Club Desert Cities

Gilda's Club offers social and emotional support to anyone going through cancer along with their entire family. In addition to support groups, they offer healthy lifestyle classes, art therapy, educational lectures and social activities. They serve 3,000 people annually and have been of service to our community since 2004.

"Things can be less scary when talked about with others. Cancer robbed me of my power; Gilda's Club helped me get it back."  
- Thea North, Office Coordinator



### Well in the Desert

Operating from a base of love, respect and acceptance, the "Well Family" provides daily hot nutritious meals to those homeless, on the edge of poverty, or struggling to make ends meet. They also provide clean clothes, showers, and socks, in addition to a wide variety of social services, helping thousands with mental health and physical wellbeing.

"Knowing that one belongs somewhere where they are loved keeps health abundant."  
- Arlene Rosenthal, President

Previously recognized in this category:  
Susan G. Komen Inland Empire • HARC, Inc.

## Integrative Health Care Practitioner



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

As an oriental medical practitioner, Dr. Sheppard has helped thousands of patients return to health with acupuncture, Chinese herbs, infrared therapy, and physical manipulation often working together with medical doctors and other medical disciplines. Her clients say she has "a special gift" which she also shares with those less fortunate at reduced or no cost through her AcQWell program.

"There is nothing like the feeling of helping someone who is suffering and has been unable to find relief. This is my gift, for which I am very grateful."

Previously recognized in this category:  
Nicolas Baumann, DDS • Jill Gover, Ph.D • Joseph E. Scherger, MD, MPH

## Next Generation Youth Award

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# Eyelid Lumps and Bumps

By Jennifer Hui, MD, FACS

The eyelids are delicate structures meant to protect the eyes. Like all skin, they are prone to various lumps and bumps that leave us wondering, "Is this something to worry about?"

Areas of concern may appear gradually or seemingly suddenly. They may be quite obvious or very subtle. An exam by a physician is the optimal way to determine the best course of action. Lumps and bumps may range from benign things such as cysts and chalazia (internal styes) to malignant lesions such as basal cell carcinoma or sebaceous cell carcinoma. Each has characteristic findings that help to form a diagnosis on examination.

Key factors the physician will consider are:

- 1) How long has it been present?
- 2) Is it painful?
- 3) Has it caused any bleeding or crusting?
- 4) Has it caused distortion of the eyelid or loss of lashes?

**A chalazion or stye** occurs when the oil glands in the eyelid become blocked. The oily secretions build up, causing redness, swelling, tenderness and a palpable lump. It is best to begin warm water compresses to try to alleviate the blockage. The lump may resolve with this conservative therapy. If it persists, a short office visit to drain it may be needed. Occasionally, oral antibiotics may be needed as well.



Sebaceous cell carcinoma. This subtle lesion was present for two months prior to presentation. It gave the appearance of "thickening" of the inner side of the left lower eyelid margin.

**A cyst** forms when an infolding of the outermost layer of skin develops. The cyst becomes a self-contained "balloon" and expands as the skin cells shed debris or even fluid. These usually enlarge gradually over time. They may resolve spontaneously, but often will require an office visit for removal if bothersome to

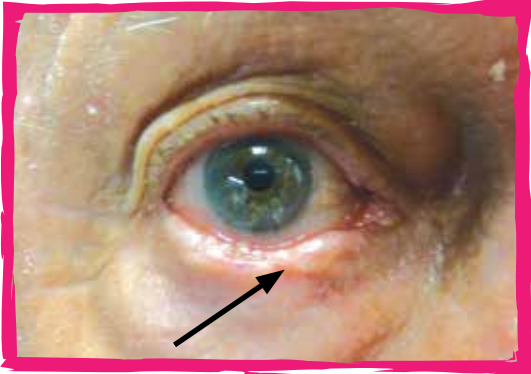
the patient.

**Solid lesions** may be benign or malignant. Benign entities include nevi (moles), sebaceous (oily) cysts or inflamed growths. These are benign and are generally characterized by gradual enlargement, chronicity (sometimes present for many years), with little or no eyelid distortion (no loss of lashes,

no bleeding or crusting).

**Benign lesions** may be difficult to discern from malignant entities. More concerning findings include madarosis (loss of eyelashes), destruction or erosion of the eyelid skin or margin (where the lashes emerge), bleeding, crusting, or non-healing areas. Early malignant lesions may even have a number of characteristics typically found in benign conditions.

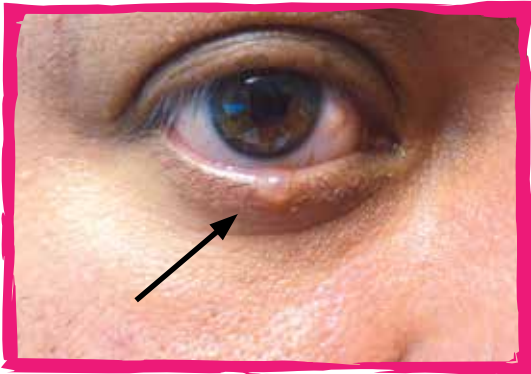
If the diagnosis is uncertain, removal and biopsy are often indicated. The lesion will be sent to the pathologist for analysis to



A large nodular basal cell carcinoma of the right lower eyelid margin (region of eyelash growth). Note the irregularity of the margin surface, diffuse loss of eyelashes and roughened contours.

determine the cause. Biopsy is the procedure of choice to determine the exact nature of a lesion.

If a skin cancer is discovered, surgical removal is needed. The eyelids are very delicate and lack any "extra" skin, so removal of cancer must be weighed against leaving enough tissue for reconstruction. The removal may be undertaken with either a dermatologist specializing in the Mohs technique or by an eyelid surgeon. Reconstruction focuses on restoring proper anatomy and function to the eyelids, as well as a cosmetically



Eyelid cyst in the central portion of the right lower lid margin. The lesion has a bubble-like appearance and is fluid filled. It causes some distortion of the lash margin, but reassuring signs include the presence of eyelashes and lack of surface erosion.

desirable outcome. It is difficult to create a "new" eyelid but with the array of surgical techniques available, patients enjoy a satisfying outcome.

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

## DO YOUR EYES NEED A LIFT?

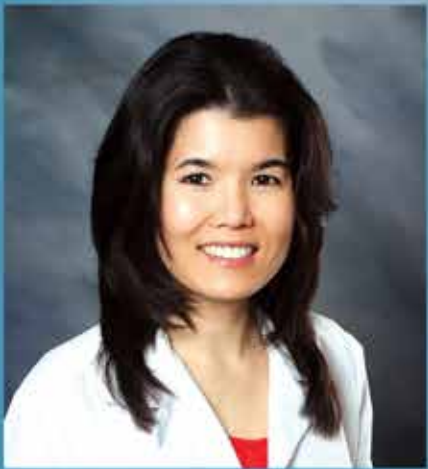
Dr. Jennifer Hui is a fellowship trained Ophthalmic Plastic Surgeon, specializing in all aspects of eyelid surgery. At The Eyelid Institute, your eyes are our focus.

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# BEAUTY

## Inside & Out

Ritu Chopra, MS, MD

### The Year of the Rear

In my practice, 2015 could be called "The Year of the Rear" because buttock procedures have exploded in popularity. Both men and women are having procedures done in higher numbers than ever before.

The most commonly requested procedure is known as the Brazilian butt lift. There are a handful of high profile celebrities that deny having it done, while clear photographic evidence shows that they have. Luckily for them and the rest of us, the butt lift operation has undergone a transformation in recent years resulting in a much improved, more reliable end result (pun intended). A desired booty is now within reach for everyone - literally.

A little history of the buttock lift is helpful. Buttock enhancements have been done in a number of ways for many years. Many of these methods included an implant of some sort. It is important to understand that buttock implants can be troublesome, especially because, by necessity, they come in pairs. It always comes down to whether the pair is even. Symmetry is a beautiful thing, and never more so than with the buttocks. And that's where the Brazilian technique comes in.

The reason symmetry issues rarely occur with the Brazilian butt lift is the fact that the buttocks are sculpted with no implants. As with all plastic surgery procedures, this is where the artistic intuition of the surgeon comes into play. Sculpting is the ultimate expression of art. This is especially true with buttocks. Many patients I see in consultation demonstrate the butt they want by holding their hands in a certain shape. My technique of buttocks shaping moves the fat around, much like what my patients do with their own hands. I take fat from some areas and move it elsewhere in the buttocks. This is sculpting at its best.

The major change or innovation in this area has to do with the way the fat is extracted. The fat taken out is called a graft. It is living tissue that is removed from the body (like a kidney transplant) and replaced (transplanted) into another spot. The problem we used to encounter was due to the heartiness of fat cells. Fat is very fragile and the easily broken cells did not survive the removal and refinement process very well. Some experts say that nearly 50% of the fat we used to take out died before we got it back in. This made buttocks sculpting a little 'hit or miss.'



Brazilian butt lifts were a popular procedure in 2015.



New technology provides more options and better outcomes.

Medical advances have now created a new way to remove and refine the fat that ensures that almost all the fat survives the short trip back into the body. First, the fat is removed through teflon coated instruments. This way, the fragile cells slide smoothly through a polished pathway. Second, the fat is concentrated with a low speed centrifuge, which spins the fat and increases the force of gravity to have the heaviest clumps settle into a concentrated area. Third, the fluids, oils and fat cells that didn't

make it are skimmed away, leaving only concentrated, dense, healthy fat cells for insertion. Finally, the fat is injected through a teflon coated instrument, just like the one with which it was extracted. All this is done without exposing the fat to the air, which would ruin many of the cells in the process. The good news is there is also less bruising and swelling with the newer technique.

What about implants? I do them regularly and there is a place for them in creating butt lifts. When a very thin person wants more butt, implants are the only option (other than working out, of course). Also, if a person has literally no butt and desires substantial buttocks, a radical change cannot be done with fat alone. But with implants the incision is bigger, risks are higher and we lose that fine tuning ability of the Brazilian procedure. Nine out of ten patients would do better by moving the fat around.

So now you can better understand how newer techniques for modern buttocks lifting can produce bigger, better, rounder and more reliable results. In the end, you get a fantastic looking backside that both men and women love.

Dr. Chopra is medical director of The Plastic Surgery Institute in Rancho Mirage and can be reached at (760) 568.2211. Please send your ideas and recommended topics for his column via email to [csmith@roxurgery.com](mailto:csmith@roxurgery.com).



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## Want to Lose the Double Chin?

*By B. Maya Kato, MD*

A double chin can make you look older and heavier, no matter what your age and weight. Often, genetics play a big role, as the fat in this area (known as submental fat) may persist, despite efforts to diet and exercise.

In the past, the only option to treat this often undesirable feature was surgical, or to wear a scarf or turtleneck. Fortunately, in April 2015 a non-surgical, office procedure was approved by the FDA. Kybella™ is an injectable drug used to dissolve submental fat and reduce the double chin. Many in the industry are hailing it to be the biggest innovation since Botox.

**How does it work?** Kybella is comprised of deoxycholic acid which breaks down and absorbs fat. When Kybella is injected into the fat underneath the chin, the cells are destroyed and cannot rejuvenate. Results are gradual, occurring over weeks. Most patients receive a series of 2-3 injections (performed at 4-6 week intervals) for optimal results.

**How is it administered?** Kybella is administered in the office setting, using topical anesthesia for patient comfort. Using a tiny needle, small injections of the enzyme are placed into the submental fat. The treatment takes approximately 15 minutes, and patients can return to work immediately. There is some localized pain associated with the procedure, which lasts about 10 minutes.

**How long do the results last?** Once the fat cells are destroyed, results can be permanent.

**What is the cost?** The cost of treatment depends on the size of the area to be treated. Larger double chins require more product to fully dissolve the fat cells. An average cost of Kybella is \$600-\$800 per vial, and most patients require a minimum of two vials per treatment session.

**Is it safe?** When performed by a trained injector, Kybella injections are a safe procedure with few risks. It is recommended that the injections be done by a board-certified physician.

**Who is Kybella right for?** Kybella is used to treat adults who have moderate to severe submental fat, and whose double chin is not primarily due to a laxity of the skin. It is a welcome addition to the array of tools which can be used in non-surgical facial rejuvenation to achieve a youthful, well-defined jaw line.

Together with neurotoxins and dermal fillers, Kybella can help to achieve an uplifted, healthy appearance in a quick office procedure with long-lasting results.

Dr. Maya Kato is the founder of Aesthetic Art and can be reached at (760) 610.5558. For more information visit [www.drmayakato.com](http://www.drmayakato.com).

Sources: 1) Reduction of unwanted submental fat with ATX-101 (deoxycholic acid), an adipocytolytic injectable treatment: results from a phase III, randomized, placebo-controlled study. Ryzany B, Griffiths T, et. al. Br J Dermatol, 2014 Feb;170 (2):445-53; 2) REFIN-1, a Multicenter, Randomized, Double-Blind, Placebo-Controlled Phase 3 Trial with ATX-101, an Injectable Drug for Submental Fat reduction. Jones DH, Carruthers J, et. al. Dermatol Surg. 2016 Jan;42(1):38-49.



*Demonstrated results of the Kybella injection procedure*

### Well Woman Visits in the U.S.

*Continued from page 9*

#### Child-bearing Years

Wellness exams for ages 19 to 39 include general history and more discussion on sexual practices. Physical exam specific for this group is to start breast examination in 1- to 3-year intervals after age 20. Pelvic examination is optional. Pap smears start at age 21 and every three years for low risk population. HPV screen is not recommended until age 30; gonorrhea and Chlamydia testing is recommended for sexually active women up to age 25.

#### Perimenopause

For ages 40 to 64, the wellness exam includes general history with examination of prolapsed pelvic organs, annual breast examination including examination of auxiliary lymph nodes, and annual pelvic examination. Pap smear screening is recommended every three years; however, if HPV co-testing is done with pap, the screening can be done every five years. Colon cancer screening is recommended at age 50, but screening for colon cancer for the African-American population should begin at age 45. Diabetes screening is recommended every three years. Annual mammograms are recommended after age 40, although this recommendation differs with different institutions. It is very important to discuss with your health care provider how often to have it done based on your risk factors and breast structure.

#### Menopause

For ages 65 and over, additional screening of bone mineral density should be done every other year. Discontinue Pap after age 65 if three Pap smears or two Pap and HPV co-testing are negative in the last ten years. Colorectal cancer screening every ten years, diabetic screening every three years, lipid profile every five years, thyroid screening every five years, and annual mammogram are recommended. Vaccination includes annual flu shot, shingles shot at age 60, and one-time pneumococcal vaccination for low risk population.

The annual visit should be individualized based on your needs and health risk factors. To get the most out of your visit and achieve the best health, be an active member of your health care team. Prepare and actively participate in your visit with your health care provider. Be open and provide correct information to your health care provider. Choosing the right provider who understands you well and with whom you feel most comfortable discussing your personal health needs will help you achieve the best health.

S. Ava Mahapatra, M.D., is board-certified in obstetrics and gynecology and can be reached at Fleur Women's Health (760) 779.5511 or at [www.fleurhealth.com](http://www.fleurhealth.com). She is also a member of Desert Doctors. For more information visit [DesertDoctors.org](http://DesertDoctors.org) or call (760) 232.4646.



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## Natural Remedies for Dry Skin

By Pam Salvadore

Skin is the largest organ in our bodies. It's what holds our muscles, bones, and tissue intact and also provides a barrier, keeping the bad organisms out and absorbing the good. Skin helps regulate our body temperature by absorbing and releasing heat and helps flush out toxins. Amazingly, skin also regenerates and heals itself. So, it's no surprise that the first signs of difficulty within the body appear on the skin in the form of dry skin, rashes, hives, and eczema.

Perhaps the most common skin problem is the tight, itchy feeling of dry skin. It sounds innocuous, but dry skin can drive you to distraction and, in some cases, become a serious problem. From chapped lips to cracks on your heels, here are a few things you can do to heal skin irritations of all kinds.

Every climate has an impact on our skin and our dry, hot environment contributes significantly to skin irritation. First, there is little moisture in the air for the skin to absorb. Secondly, as a cooling mechanism, hot weather causes us to sweat out any moisture we do have. Lastly, the moisture we imbibe gets distributed internally to our organs, intestines, and muscles first, leaving little left over to nourish our skin. Dry skin can be a sign of dehydration. Drinking more water, staying cool, and perhaps adding a humidifier to your indoor environment are all good ways to combat the environmental impact the desert has on your skin.

Hormones can also cause dry skin. Estrogen stimulates the formation of skin-smoothing collagen and oils. As we age and estrogen levels decline, dry, itchy skin becomes quite common. Unfortunately, skin changes caused by hormone depletion are permanent. It is up to us to treat this form of dry skin if we want to keep it healthy. Lotions and body oils are a great place to start. There are many formulas available, but those that contain only a small number of ingredients that are all natural are best.

Skin is a great medium for discovery when something doesn't agree with you. If you're allergic/intolerant to something, it often manifests on your skin in the form of an itchy, red rash or hives. Pay attention to these reactions and try to pinpoint their causes. If you can't find the source, consult an allergist to have a skin test. If allergy skin tests appear negative, you may consider consulting a naturopathic doctor or nutritionist for food intolerance testing. Once you know the cause, avoidance can control

or eliminate the breakouts.

Last but not least, our skin helps flush our system of toxins. This is most evident with acne, but can also manifest as little hives or bumps. According to Dr. Diane Sheppard of AcQpoint Wellness in La Quinta, such outbreaks are deemed "weeping" in traditional Chinese medicine, meaning that the skin is purging toxins from your system. These outbreaks are of little concern, but are a good sign that you're on the right track to eliminating internal stressors.

Of course, there are more serious skin problems, such as psoriasis and eczema. The jury is still out, but more and more researchers are looking to see if there's a connection between these more pronounced skin reactions and allergies/intolerances. Then there's the most concerning skin problem of all in the form of cancer. Most skin cancers are treatable with early intervention, so make sure you get in to see your doctor as soon as possible if you see something abnormal.

It's important that you take steps to heal irritated skin. Otherwise, your protective layer will only become more inflamed and fail to protect you when you need it most. The most simple cures often work the best. Apply moisturizing lotions or natural soothing oils (I found a good one with chamomile and lavender by Indie Lee), dial down the hot water when you bathe, use a gentle soap, and moisturize immediately after showering or washing your hands to help trap and retain any water on your skin. Limit your exposure to chlorine and use a humidifier to increase the moisture in your home. You can even

try the traditional Chinese medicine cure of eating pears poached in water, with ginger and honey. Dr. Sheppard recommended this fix for me which works like a charm! Finally, if none of these home remedies is working, see your doctor to rule out any internal or autoimmune causes and inquire about prescription remedies.

In the end, your skin is your friend. It will defend you when needed and can tell you if you have a more serious problem lurking beneath it. Take care of your skin and it will take care of you.

Contributing writer Pam Salvadore of La Quinta is a nutrition journalist. For more from Pam visit her blog [pamsalvadore.wordpress.com](http://pamsalvadore.wordpress.com).



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# Keeping Students, Faculty and Families Fit Cielo Vista Charter School opens community gym

Palm Springs' Cielo Vista Charter School has opened a new community fitness center, thanks to a well-deserved \$70,000 grant from the Desert Healthcare District (DHCD).

In 2010, the school created a wellness program that went beyond traditional PE classes to teach students about healthy eating and lifestyles. The goal of the three-year grant-funded program called 'Soaring to Change' was to reduce the childhood obesity rate in the tuition-free school comprised of 79 percent socio-economically disadvantaged students. Within the first year, the student obesity rate dropped by 20 percent. By the end of the third year, it was down 70 percent.

So the school took it a step further to include faculty and student family members with their new 'Soaring to Change the Community' program. The DHCD grant provided for a fitness center which features a variety of premium fitness equipment and is free to Cielo Vista Charter staff and student family members. It will be open during regular school hours with designated blocks of time established for middle school students in the TK-8 school. The only requirement to use the fitness center is that participants must have an updated annual physical authorized by their physician. "The prerequisite also encourages this segment of our community to get regular checkups to maintain a healthy lifestyle," said Kathy Greco, Chief Executive Officer of Desert Healthcare District.



Faculty and staff work out in the new center



Students write in their health journals after fitness class

to be close behind. "Parents will say, 'I've been telling my kids not to eat fast food for years, but now that it is coming from their teachers - with education to support - they are finally listening,'" adds Niwa.

Students Katy Bonilla and Mariah Guillermo say the program has changed them. "I used to eat a lot more chips," says Bonilla, "but now I eat smaller portions and make healthier choices." Guillermo says she even gave up ice cream. Both would like to see the fitness center accessible to students (versus teachers) for additional hours - another great sign that this program is working.

For more information about Cielo Vista Charter School visit [www.cielovistacharter.com](http://www.cielovistacharter.com) or call (760) 416.8250.

# Golfers: Doing Crunches Might Get You Off Course

By Michael K Butler BA; PTA; CSCS\*D; RSCC\*D; NMT

Developing a six-pack for abdominals seems to be the fitness craze for the New Year. A large percentage of infomercials focus on having a ripped mid-section, and while this might be aesthetically pleasing to the eyes, it may not be very functional.

Even though this article is primarily for golfers, the average fitness buff might also find this of interest. What actually happens during crunches is that the origin of that muscle and the insertion move closer to one another causing a contraction, and what goes on during that time is very crucial to the success of your movement.

A large percentage of the population does not perform sit-ups correctly. What I see in many gyms are over utilized cervical and hip flexors, arching backs, and a rhythm that would give the Road Runner a run for his money. It often appears obvious that those attempting the six pack were not educated on which abdominal muscles they were working.

The most underutilized and neglected abdominal muscle in the human body is the transverses abdominis, the main stabilizer of the lower back, which serves to increase intra-abdominal pressure and in turn stabilizes the spine during load. Yet most people do not

know how to activate it. The rectus abdominis which serves to flex the trunk is over utilized in comparison to the lower abdominals and contributes to the gorilla like forward flexed position that you see working out in the gym.



Crunches only add to the upper versus lower abdominal muscle imbalance.

This becomes very important for the golfer, since the game is played in a forward flexed position. Doing crunches only adds to the upper versus lower abdominal muscle imbalances. The emphasis needs to be placed on recruitment of the lower abdominals to increase spinal stability, and this is performed by doing lower abdominal coordination exercises.

Golfers getting - or staying - in shape for the game should learn how to develop a functioning abdominal unit (more so than a flatter abdominal unit) which in turn will help performance and reduce the chances for back injury.

Michael Butler is co-owner of Kinetix Health and Performance Center, a licensed physical therapist assistant, a certified strength and conditioning coach with the highest distinction honors, a full body active release therapist, and a writer and publisher for over 100 articles, books and magazines. He can be reached at (760) 200.1719; [michael@kinetixcenter.com](mailto:michael@kinetixcenter.com). [www.kinetixcenter.com](http://www.kinetixcenter.com)

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Spinach Burger

From the kitchen of FARA’S FOOD

Sometimes we crave a good burger, so with health in mind, here is one for you! Mainly vegetarian, totally satisfying with no guilt trip, and a lot of nutrition with only 482 calories. Try this healthy option and you will be convinced that vegetarian food can also be very delicious and enjoyable.



- 1 hour and 15 minutes; serves four

  - 4 SOURDOUGH BUNS (or your choice of buns), cut in half
  - 1 lb. FRESH SPINACH, packaged/ cleaned and chopped small
  - 1 bunch FRESH PARSLEY, stems removed, washed, dried, and chopped (about 1 cup)
  - 1 bunch FRESH CILANTRO, stems removed, washed, dried, and chopped (about 1 cup)
  - 1 cup SHREDDED CARROTS ready packaged
- ½ cup DRIED QUINOA
  - 1 cup WATER
  - ½ cup BREAD CRUMBS
  - 4 medium EGGS
  - 1 large or 2 medium TOMATOES, cut into 8 thin round slices
  - 2 cups FRESH BASIL or ARUGULA
  - 4 tsp. MAYONNAISE
  - 5 tbsp. OLIVE OIL, divided
  - 1 tbsp. GARLIC POWDER
  - ½ tsp. SALT
  - ½ tsp. BLACK PEPPER
1. In medium nonstick pan over low-to-medium heat, combine one tablespoon olive oil and spinach. Cook uncovered for about fifteen minutes, stirring occasionally, until most of the water from the spinach has evaporated. Remove from heat and let cool for about ten minutes.

2. While cooking spinach, start cooking the quinoa. In a small pot over low heat, combine one cup water and quinoa; cover and cook for twelve to fifteen minutes, stirring occasionally. When water has evaporated, remove from heat, and let cool for ten minutes.

3. In a large mixing bowl, combine cooked spinach and cooked quinoa. Add parsley, cilantro, carrots, bread crumbs, garlic powder, salt, and pepper and mix. Add eggs and mix well.

4. In a large nonstick pan over low-to-medium heat, place two tablespoons olive oil. With a very large spoon, put four (equally divided) spoonfuls of spinach mixture into pan. Using the spoon, form five-inch patties about half an inch thick. Cover and sauté for six to eight minutes or until patties are golden underneath. Flip, add remaining two tablespoons olive oil, cover, and continue sautéing for six to eight additional minutes. (During the sautéing process, it is important to keep the pan covered to allow patties to sauté and cook without excess use of oil.) Remove from heat and set aside.

5. During the last ten minutes of sautéing, preheat oven to 375°F. Place all buns face up on a baking tray, heat for one minute, and remove from oven (don’t let buns dry out). Place each spinach burger on the bottom bun, spread one teaspoon mayonnaise on each patty, and add two slices of tomato and half a cup basil or arugula. Close the burger and serve.

Nutrition Facts per Serving, Total calories: 482, Calories from carbohydrates: 94, Calories from fat: 280, Calories from protein: 108

Granting Produce to Valley Seniors

With nutritious meals essential to a healthy life, the Auen Foundation is providing a \$50,000 grant to FIND Food Bank in support of its signature program, Project Produce. The program provides fresh fruits and vegetables to local residents in need of food assistance.

“This generous gift will help deliver healthy, nutritious fruits and vegetables to our area’s seniors and others in need,” said Lisa Houston, President and CEO of FIND (Food in Need of Distribution). “Food security is essential to a person’s physical and mental health.”

The Auen Foundation gift will provide approximately 416,000 pounds of fresh produce throughout 2016. Through Project Produce, FIND supports partners that serve our senior residents via free farmers’ markets that encourage participants to make their own healthy selections. “Not worrying about where a next meal will come from allows people to focus on other important aspects of life, and means they will not have to choose between buying medication or healthy food,” said Sherrie Auen, Program Director of the Auen Foundation.

Project Produce also ensures that at least half of the food distributed through FIND is in the form of fresh fruits and vegetables. “Healthy food, including fresh produce, comes at a significant cost,” said Houston. “That’s why community support, like that of the Auen Foundation, is so important.”

Seniors in need of assistance in obtaining fresh fruits and vegetables should call FIND Food Bank at (760) 775-3663 for more information on distributions or events near them. The following organizations are examples of distributions that serve seniors across the Coachella Valley:

**Food Now**  
14-080 Palm Drive, Suite E, DHS  
Distributions: Tues, Wed + Thurs:  
9 am – 12 pm  
Mike Russell; Pre-registration Required  
(760) 329-4100

**St. Elizabeth’s Pantry**  
66-700 Pierson Blvd, DHS  
Distributions: 1st, 2nd & 3rd Tues./month:  
8:30 – 10:30 am  
(AND) 4th Mon./month: 4 – 7 pm  
Teresa Sanchez (760) 329-8794

**The Center in Palm Springs**  
610 S. Belardo, Palm Springs  
Distributions: Every Thurs: 6 – 8 pm  
Bill Woods; Pre-registration Required  
(760) 416-7790

**Iglesia Tercer Cielo**  
82-025 Bliss Ave, Indio  
Distributions: 2nd & 4th Fri./month: 5–7pm  
(760) 775-3663 for more information,  
including other distributions in Indio.

**Palm Desert Oasis Church**  
74-200 Country Club Drive, Palm Desert  
Distributions: Every Sat: 7:30 – 8:30 am  
Mary Go; Pre-registration Required  
(760) 568-0809

**Temple Sinai**  
Distributions to homebound clients  
within service area.  
(760) 775-3663 for more information.

For more information about FIND Food Bank and Project Produce, visit FINDFoodBank.org or call (760) 775-3663.



Seniors enjoy fresh (and free) produce as part of Project Produce

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# City of La Quinta Working for Wellness

## La Quinta is Alive with Events!

March and April are the perfect months to be outdoors and enjoy our beautiful desert weather. The City of La Quinta welcomes you with hiking, biking, swimming and some of the best events in the valley!

**La Quinta Arts Festival • March 3-6**

The 34th Annual La Quinta Arts Festival returns to the visually stunning setting of the La Quinta Civic Center campus. Produced by La Quinta Arts Foundation in partnership with its premier sponsor, the City of La Quinta, the Arts Festival raises funds for the foundation's non-profit mission of promoting and cultivating the arts. This award-winning event attracts art patrons and tourists from across the nation as one of the premier attractions in the Coachella Valley.



La Quinta Arts Festival

**Desert Youth Olympics • March 19**

Spotlight will shine on our valley's youngest athletes at the Desert Youth Olympics taking place at Colonel Mitchell Paige Middle School. Children ages 3 years to 8 years will have the opportunity to compete in the 20-yard dash, long jump, hurdles, and more. Medals will be given for 1st, 2nd, and 3rd place finishes in age groups 3-4, 5-6, 7-8 (Boys & Girls Divisions). Registration is \$10 (plus transaction fees) and available online at [www.tiny.cc/DesertYouthOlympics](http://www.tiny.cc/DesertYouthOlympics). Event begins at 8am.



Desert Youth Olympics

**Youth Egg Hunt • March 26**

Grab your friends and a basket for the City of La Quinta annual egg hunt! The event is free and children (up to age 10) are welcome to participate. Look for candy- and toy-filled eggs scattered around La Quinta Park located across from LQ High School at 78-468 Westward Ho Drive. Event begins at 9am and a chalk drawing contest begins at 9:15 am with special guest judge Janet Zappala from KMIR News. A special visit from the Easter Bunny is planned, too! Don't forget to bring your basket – and to check those eggs for a special golden ticket you can turn in for a special prize!

**City Picnic & Birthday Bash • April 30**

Join us on the La Quinta Civic Center campus as we celebrate our 35th birthday with live entertainment, a kids zone, food, games and a great time at the City of La Quinta City Picnic & Birthday Bash. Bring the family to this free event and enjoy the day meeting other residents while learning about different services offered to members of the community. Event takes place from 9am – 12pm.

For more information visit [www.playinlaquinta.com](http://www.playinlaquinta.com)

## Wheat Belly Author to Speak at Wellness Awards

Those attending the second annual Desert Health® Wellness Awards on May 18 will get a special treat with internationally acclaimed cardiologist, author and health crusader William Davis, MD, as the guest speaker.

Davis will share his journey to uncover the truth and why so many have overcome diabetes, joint discomfort, skin conditions, obesity, acid reflux and more simply by giving up grains. Davis will also touch on how this new science on gut health is changing medicine (Q&A will follow).



William Davis, MD



Dining stations offer nutritious choices



Outdoor setting makes for a magical evening



Working Women's Hiking Club at the 2015 Wellies

The event has moved to a larger venue at the beautiful Pavilion at Indian Wells Golf Resort. The indoor/outdoor celebration will once again feature dining stations for Mediterranean, vegetarian, and Paleo fans along with a few tempting treats at American Classics. Integrated Wealth Management will also present the Align Your Future Putt for Prizes (on an actual putting green), and the silent auction will help raise funds for Coachella Valley Volunteers in Medicine.

Of course, the evening will culminate with the announcement of the 2016 Welly Award winners (finalists in each category will be announced on or before April 15).

Tickets are on sale now at the early bird price of \$85. This year we have ample tables for 10 to serve for both the dinner and presentation (\$850) and all guests will go home with a Desert Health® fitness tote full of wellness offerings.

If you want to take part of an inspiring, festive, fun event celebrating health and wellness in the Coachella Valley, please join us at the second annual Desert Health® Wellness Awards!

For more information and to purchase tickets, please visit [DesertHealthNews.com](http://DesertHealthNews.com).



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(Nominations open until March 31, 2016)

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- Next Generation Youth Award  
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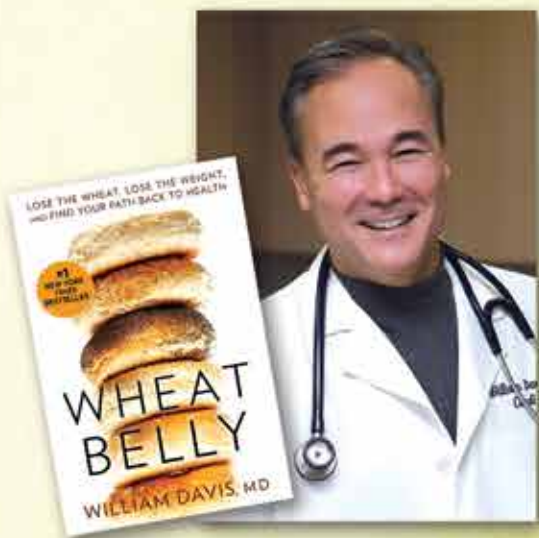
**Join us! Tickets on sale now.**

The indoor/outdoor celebration will feature festive Dining Stations, Align Your Future Putting for Prizes, a Silent Auction, Guest Speaker William Davis, MD, and Announcement of the Award Winners.

**Early bird tickets: \$85 • Table of 10: \$850**

All guests receive a *Desert Health®* fitness tote.

**For tickets and nomination information visit [DesertHealthNews.com](http://DesertHealthNews.com) or call (760) 238.0245**



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William Davis, MD

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