



# Desert Health<sup>®</sup>

News from the Valley's Integrated Health Community

September/October 2016

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Get Ready for An  
Eventful Season!



Did you get away this summer? Travel to new places and meet new people? Maybe you are one who packs up each May and leaves the desert for cooler climates. If so, I admire you. Packing up your life and setting up camp in a different location takes a lot of motivation. It also takes a certain mindset which, as we age, is often harder to come by.

I grew up in a family that traveled quite a bit. We also moved every few years, so preparing for the next journey was second nature. I am grateful to my parents – especially my mom who made each trip an adventure. I took the love of travel with me and married a man with the same sense of exploration.

However, when we moved to the desert eight years ago, we stopped traveling as much. “Every day is a vacation” we often say about our beautiful new surroundings. Season is full of festivities, and summer is the time to chill.

This year, we decided to pack up home, office, and pup and head north for the month of July. And for the first time in my life, I found the preparation and transition *challenging*. It was strange. This wasn’t me. Was it my age? Had I become that set in my ways? What happened to my sense of wonder?

**“We travel  
not to  
escape life,  
but for life  
not to  
escape us.”**  
– Anonymous

Turns out scientists have been studying this phenomenon for years, and yes, it’s true for people all over the world and from all different cultures: our openness to new experiences starts to decline in our 20s and continues to do so until our 60s.<sup>1</sup> The jury is still out as to whether this is something in our genes or just simply the shared responsibilities that come and go with age.

In his 2007 book *Personality, Decision, and Behavior* brain researcher Gerhard Roth of the University of Bremen, Germany writes, “The brain is always trying to automate things and to create habits, which it imbues with feelings of pleasure. Holding to the tried and true gives us a feeling of security, safety, and competence while at the same time reducing our fear of the future and of failure.”<sup>2</sup>

So over time, we become “creatures of habit” finding pleasure in the same old routine, and comfort in the familiar.

In the world of psychology, openness to new experiences is one of the “Big Five” personality traits (along with extroversion, agreeableness, conscientiousness and neuroticism) and changes with age are observable.

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**When it comes to health, there is strength** in numbers. Whether it’s a workout buddy, Zumba class, or a Spartan team, working towards wellness alongside others creates a sense of accountability, motivation and fun.

So why is it that the place many spend most of their day with the largest group of people—the workplace—is often the *least* healthy? From hours at the computer and stressful projects to cupcake celebrations and 3pm Starbucks runs, there are many office activities that promote unhealthy behavior over workplace wellness. And while numerous large companies have incorporated wellness programs and incentives for their employees, it is often

more challenging for smaller organizations.

The Clinton Health Matters Initiative (CHMI), an initiative of the Clinton Foundation, is now making it easier for small- to mid-size businesses to incorporate a healthy culture. From their ongoing work here in the Coachella Valley, CHMI has identified that, while larger companies can bring in healthy chefs to change menus and provide workout rooms for employees, resources are lacking for smaller organizations.

“We hope to provide a framework on how to create a continual and self-sustaining program,” says Alex Chan, Director of National Health for CHMI. The workplace wellness program, which is designed to be no or low cost, will have four key



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“Early Breast Screening  
Saved My Life.”

Surviving. Thriving. Karen Brobeck, Artist, CANCER SURVIVOR

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For more about Karen's story, turn to page 3.



## The Desert through the Eyes of a Child

Summer is a time for vacation, families, barbecues and friends. But our toasty temps often keep friends and family – and even many of us – far away from June through August.

This summer we were thrilled to have our 7-year-old granddaughter come stay with us for a week. It was the first time she had been away from either parent for that long, and therefore was quite the big adventure. She talked about the upcoming journey for weeks and started packing six days in advance. The only thing heat meant to her was shorts, dresses, and three different bathing suits.

For a full week in August, we got to rediscover our Desert home through the eyes of a child. We had a crazy fun time at Wet 'n' Wild and cherished our local treasure that is The Living Desert. We took fishing poles to the pond on Hole 12 of the course and relived the sheer joy of learning how to drive the golf cart. We took an early morning golf lesson with Papa T and escaped to a movie in the middle of the day. And certainly a highlight for me was falling in love with ponies all over again at our very first riding lesson.

Lounging in the pool planning our next adventure, the last thing we thought about was the heat. It was just another day for sunscreen, water, and wonder.

We enjoyed seeing our little Bella try (and like) so many new foods. From cashews to green smoothies, our healthy routine wasn't a stretch for the child who asks for fruit and vegetables at every meal. (Very proud of Mom Erin!).

Bella cannot wait to come back to spend next summer with Lolo and Papa T. She had an incredible time and so did we. It shouldn't take the energy of a 7-year-old to get us out to enjoy all this incredible Desert has to offer.

Next time you wake up and say, 'It's too hot to do anything,' listen to that inner child and plan your own adventure. You may just view our hot Desert days in a whole different light.

Here's to your health – and your next adventure!

*Lauren*

Lauren Del Sarto  
Publisher



The Living Desert with granddaughter, Bella, Tuli, and baby giraffe, Ayo, whose name means happiness



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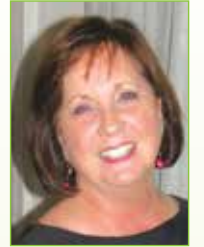
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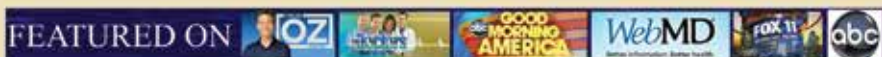
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"High praise to all who made last evening possible! The dedication of the nominees and awards to each recipient were inspiring for everyone."

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"Last evening was absolutely incredible! The people were extraordinary, the food was delicious... an overall first class event."

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## Failure of Surgical Gowns

By Brian Fiani, MD

Just as every patient trusts his or her surgeon, surgeons must be able to trust their equipment. What happens, though, when the surgeon's equipment fails?

We are not discussing robotic devices or mechanical issues, but rather something significantly more dangerous: the timeless routine of gowning and gloving surgeons before surgery. While this is important to keep the surgeon sterile for the patient, it is also to protect the surgeon. A recent CBS 60 Minutes investigation, however, shows that many doctors may be at a greater risk.

This investigation concerns Halyard Health, a medical manufacturing company that, until 2014, had operated under Kimberly-Clark Corporation. When the Ebola virus outbreak in 2014 killed numerous health care workers properly protected by gowns, a deeper look into this company's products was initiated. Most notably examined was a surgical gown called MICROCOOL with a rating of AAMI Level 4, which signifies that it does not allow body fluids like blood contaminated with HIV, Ebola, or hepatitis to penetrate its material. These gowns are used daily by a significant number of hospitals. These gowns, however, are vastly underperforming to a dangerous degree.




Independent testing has found that many surgical gowns don't prevent penetration of fluids.

Bernard Vezeau, the global strategic marketing director for MICROCOOL and other products from 2012-2015, states that neither the FDA nor doctors or consumers were notified that their gowns were failing regulatory tests. In one major test of the gowns, a jaw-dropping 77% of the gowns failed the testing. Concerns were raised about "strike-through" which means blood and/or body fluid penetrates the gown. When these body fluids contain dangerous viruses, they can be transmitted to the surgeon. Other complaints include sleeves and ties becoming detached. Alternatively, Chris Lowery, the COO of Halyard Health, denies that their gowns are sub-standard despite testing that documents such failures.

At this time, Halyard Health has been served a subpoena by the United States Department of Justice investigation and a class-action suit was filed on June 28, 2016.

As a doctor in the surgical specialties, I always want to ensure that my patients, my associates, and I are protected to the highest level. I am eager to see how this case and investigation moves forward and will certainly take a second look before selecting the type of surgical gown to wear in the operating room on a daily basis.

Dr. Fiani is a neurosurgery resident with Desert Regional Medical Center's Graduate Medical Education Program. He is a graduate of Michigan State University's medical school.



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### Summer Internships Focus on Mental Health Careers

Twenty-five Coachella Valley undergraduate health science students helped advance critical need projects for local health care businesses this summer through the Health Career Connection (HCC) internship program.

Hosted for the seventh year in collaboration with the Coachella Valley Economic Partnership (CVEP), the HCC program offers ten-week, paid summer internships for local college students to introduce them to health care employers and career opportunities across the region with the goal that one day they return to the desert as our next-generation health care leaders.

This summer, several students explored opportunities in the mental and behavioral health sector, as part of a targeted regional pipeline effort to address the critical shortage of mental health professionals. The Regional Access Project Foundation funded five mental health internships at the following organizations: Riverside University Health System – Behavioral Health (RUHS – BH), Jewish Family Services, Operation SafeHouse of the Desert and Coachella Valley Volunteers in Medicine.

Cecilia Lemus and Ana Karen Ortiz are both interning with RUHS - BH. Cecilia graduated from College of the Desert and will be transferring to UC Riverside this upcoming fall as a psychology major. Cecilia has been working on a resource guidebook to direct mental health patients to health services, shelter and food pantries throughout the valley. Ana Karen Ortiz is a recent college graduate from UC Santa Cruz with a double major in sociology and political science. Ana Karen is working on an employee needs assessment to develop a staff training recommendation plan for the various major job classifications at RUHS – BH.

Karla Ochoa attended College of the Desert and transferred to UC San Diego to pursue a major in public health. This summer she is interning with Jewish Family Services working closely with the Mental Health Workforce Alignment Team to address the need for unified language around mental health jobs in the Coachella Valley. She is working on creating a mental health employment guidebook that will form the development of a mental health career pathway that links degrees to employment options in our community.

Sadie Baez is a student at Grand Canyon University majoring in health administration and interning at Coachella Valley Volunteers in Medicine this summer. She is coordinating a Mental Health First Aid Training Session to better equip non-mental health professionals with skills to assist in mental health crisis situations. She has also developed a patient needs assessment form used to determine the type of referral best suited for each patient.

Diana Ramirez is a pre-medical student at UC Berkeley majoring in applied mathematics. Her summer internship is at Operation SafeHouse of the Desert where she is working on the What's Up SafeHouse mobile app. The app is intended to provide anonymous 24-7 texting with a certified therapist for people experiencing depression, stress or suicidal thoughts. Diana's primary objective is to improve the features of the app by including additional resources for foster youth and substance abuse services throughout the Riverside County.

For more information on the summer internship program, contact Anayeli Zavala at [Anayeli@cvep.com](mailto:Anayeli@cvep.com) or (760) 660.5697.



Surviving.  
Thriving.

“Early Breast Screening  
Saved My Life.”

I didn't have cancer in my family. But I still knew how important annual mammograms are, and I made it a priority to get mine every year. My lump was so tiny, I would never have felt it or known it was there. If I had put off my mammogram even six months, I would have had full-blown cancer.

Thankfully, it was caught early by the Comprehensive Cancer Center. From the moment I received the news until my last treatment, the Comprehensive Cancer Center's care could not have been more incredible.

They didn't just help me survive – now I thrive. I am back to doing the things I love most... like painting. We even started a program where we knit caps for cancer patients called CAPPS – Caring About People Palm Springs. I wanted to give back because I'm so grateful for the compassionate care that was given to me by the entire team of staff and physicians at the Comprehensive Cancer Center.

*Karen Brobeck, Artist, CANCER SURVIVOR*



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### The Known and the Unknowns of the Journey

*This column is a continuation of last issue's feature story on Shay Moraga who at 39 years old was diagnosed with triple negative breast cancer. We are honored to have Shay sharing her journey with Desert Health® readers in an ongoing column. When we left Shay, she was close to finishing 20 weeks of chemo...*

It's been over a month since my last chemo. I will never forget that day. Eight of my girlfriends and my family would soon be by my side. I remember getting up super early (not really sleeping through the night) to reflect and pray. As I sat in my living room in silence, I watched the sunrise and drank my tea. With tears streaming down my face, I realized how far I had come and in that same moment I realized my own mortality. Even though today was my last day of chemo, it was the first day of unknowns all over again. Just like the day I found out I had cancer, I would not know what to expect next, not knowing if after 20 weeks of treatment the chemo did what it was supposed to do. You see, the one thing I knew for sure was that being in that chemo room each Thursday I felt safe. I was close to my doctor and nurses in case anything should happen. I was in a room with others like me who understood what I was going through. These simple things kept me feeling safe and brought me comfort through this ordeal. Today it would be hard for me to share that it was my last day since I knew I was leaving my Thursday chemo days behind. I realized I had grown dependent on my Thursdays, that room, and those people... seeing their smiles each week and looking forward to hearing their stories. The chemo room had become the only place where no one talked about cancer, yet we were all fighting it. It oddly had become a place of serenity.



The sunrise on Shay's final day of chemo

As the last few drops of chemo went into my body, my emotions soared. The tears rolled down my face uncontrollably. I closed my eyes and thanked God for getting me to this point, then began to pray for peace on what was to come next. This was the moment I had been waiting for that seemed so long ago yet came so fast. I was done. No more drugs to take. No more needles. No more chemo.

Continued on page 6



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Emotional Aspects of Chronic Pain

By Amy Austin RN, Psy.D., LMFT

Individuals suffering from chronic pain assume that the pain symptoms are purely physical. There are many times though that clinicians scratch their heads to identify painful symptoms when nothing structural presents itself in an effort to prove a mechanical problem as the pain culprit.

Dr. John Sarno, author of *Mind Over Back Pain* and *Healing Back Pain-The Mind Body Connection*, posits that “neck, shoulder, and back pain syndromes are not mechanical problems to be cured by mechanical means. They have to do with people’s feelings, their personalities, and the vicissitudes of life.” Dr. Sarno has described the symptoms causing painful episodes as “tension myositis syndrome.” If his viewpoint is relevant, then conventional treatment protocols such as medication and physical therapy may not be solely appropriate for many people who suffer from chronic pain issues.

If a person suffers from chronic pain syndrome, all aspects of a life are affected and need awareness and attention. If a structural problem cannot be identified, then one might address emotional and stress-related issues, as well as the effects of trauma on the body as pain initiators. Trauma-related occurrences may be those experienced in childhood such as sexual and/or physical abuse or neglect and abandonment; from a “painful” marriage and divorce; or from being a caregiver to a challenging loved one. They may also stem from the death of a loved one, or can be work related.

If we conceptualize ourselves as ‘human beings’ and not just ‘human doings,’ there is a greater capacity to explore that some physical complaints may originate from something

other than the physical self.

This is not to say that physical symptoms are not experienced. They are. Pain usually is a detection device that signals a person to seek help for the associated symptoms. And, when pain ensues, one may exacerbate symptoms by not exercising, when exercise might be the order of the day.

If you are suffering from chronic pain, the following might be helpful:

- If nothing structural or physiological is found to be wrong, check with your doctor first, but begin some type of exercise protocol. If not for the body’s benefits, your mind will thank you.
- Remember, you are not your pain. People forget that chronic pain can change a person. Identify when thoughts are obsessive and gently redirect your thoughts to a more positive place. It can be done!
- Try alternative forms of healing such as yoga, Tai Chi, Pilates, massage, reflexology, acupuncture, seeing a naturopathic clinician, etc. All alternative methods of healing should be checked out by your internist and/or pain management doctor for approval. They usually say, “Go for it!”

Finally, have a heart to health talk with the pain. You are so much more than the pain you are experiencing and life can be full regardless. Also, know that you don’t have to figure this out on your own. Stuffing “painful” feelings can generate painful physical symptoms so give yourself permission to share your truth and begin living a life of true and deserved authenticity.

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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Has Lower Back Pain Got You Off Course?

By Kurtis Baller PTA, TPI Level 2 Medical Specialist

Most amateur players spend a lifetime trying to attain the perfect golf swing. Today, professional golf has evolved into a game that demands a team approach bringing together the most elite specialists including coaches, nutritionists, and medical professionals to provide tour players with every possible advantage over the competition.

Without that luxury, many of the valley’s amateur golfers unfortunately stay off the fairway because they are unable to swing the golf club without debilitating pain.



Simple golf stance alterations can often alleviate back pain.

**Reasons for Pain**

The rhythmic movement of kinetic energy created during the modern golf swing leaves our low back vulnerable to injuries. Starting from your toes and traveling all the way to your fingertips gripping the golf club, every major joint in the human body is put through a high velocity, quick rotational movement. This unnatural movement for the human body will quickly expose any defect in the chain of movement. In terms of rotation, especially in the low back, it is a combination of forward or backward spine bending, plus bending laterally to the left or right. Any change or deviation to this delicate rhythm of body movement creates low back pain in varying degrees.

The areas that cause low back pain in the golf swing are mobility limitations found in either the thoracic spine or pelvis. As we blow out more birthday candles each year, our pelvis and thoracic mobility decreases. Posture plays a critical role in the loss of joint mobility. As

we age, we develop sway back, lumbar lordosis, thoracic kyphosis or forward head posture. Improving posture for the golfer is a starting point to decrease back pain and create stability. For the spine to correctly rotate through the golf swing, the golfer must have stability and mobility throughout the body; otherwise, chronic overuse injuries will quickly appear.

Additionally, those who want to spend less time on the table and more time on the driving range can benefit greatly from a few changes in your setup position to increase pelvic mobility.

**Golf Swing Modifications**

The simple modification of changing the position of your feet in your setup can quickly reduce your low back pain. To improve your trail hip mobility, which is the most common cause of low back pain, simply rotate your toes away from the ball by a few inches. This motion externally rotates your leg bone inside the hip socket, allowing your trail hip to rotate more during the backswing resulting in a decrease in excessive lumbar rotation.

Pain does not have to be the reason you stay off the golf course. For a complete body assessment to address and reduce pain during your swing, seek the assistance of a qualified professional. See you on the course!

Kurtis Baller is a licensed physical therapy assistant and can be reached at [kurtis.baller@avidphysicaltherapy.com](mailto:kurtis.baller@avidphysicaltherapy.com) or at (760) 202.0368.

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Lasers: Not just Science Fiction

By Nicholas S. Baumann, DDS

James Bond, Star Trek, Star Wars. We've grown up seeing lasers as technology of the future or science fiction, but they are real and their use is changing many areas of our lives as we know it. One of these areas is the health field, specifically dentistry, where their use has led to great advancements in treatment outcomes and comfort.

One of the main uses of lasers is in the treatment of gum disease. A very specific wavelength can be used that is powerful enough to remove diseased tissue while leaving healthy tissue intact. This is done in conjunction with traditional treatment methods to improve periodontal health. One of the biggest benefits to the patient is that, in many cases, painful gum surgery can be eliminated. With the zap of a laser, bacteria and diseased tissue are removed, and the patient feels virtually nothing. Removing bacteria and diseased tissue improves both the quality as well as speed of healing.

It is not just useful in periodontal deep cleaning though. A laser can also be used before regular routine cleanings so that bacteria below the gum line are killed. Doing so leads to a healthier mouth as these bacteria contribute to conditions such as gingivitis.

Another promising use of lasers is in the treatment of



Laser technology is advancing care for dentists and comfort for patients.

aggressive and advanced periodontal disease around teeth and implants. Advanced periodontal disease is an inflammation and severe bone loss around the teeth. Traditionally, once the bone is lost, there is no way to get it back and, if the bone loss has progressed enough, the teeth have to be extracted. With the use of specific lasers, a new procedure termed LANAP or LAPIP has shown promise in stimulating the re-growth of bone around teeth and implants. It is now possible to save teeth that previously would have had to be extracted.

Maybe the most exciting news to most dental patients is the increased use of hard tissue lasers. These can be used as an alternative to a drill in some types of dental procedures. Because the laser vaporizes the tissue rather than cutting it, often times a filling can be done with no anesthesia and no pain. Often the patient's biggest fear of the dentist is the numbing injection. With the use of a hard tissue laser, this can be avoided.

Overall, technology has allowed the health field to advance at an amazing pace, and dentistry is no different. Patient comfort, minimal invasiveness, and ideal treatment outcomes are our ultimate goals and lasers help us to achieve these, in many cases better than traditional options. Many people are just unaware of these treatment options, so it's best to talk to your health care provider to see if lasers can be used to help you have a comfortable, quick, and successful experience on your next trip to the dentist.

Dr. Baumann is with Palm Desert Smiles and can be reached at (760) 568.3602.



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Shay's Story

I remembered all of the incredible support that helped get me to this very day. My first Shay's Warriors workout with my friends at Pedal Spin Studio. A dinner with girlfriends the night before my first chemo to give encouragement and support. My desert yoga community embracing me with so much love. Billy, Mindy and Bliss Chakra Spa for their daily check-ins and weekly Tibetan bowl healing sessions. Janet Parks and my Palm Springs Power Yoga community dedicating a full month of healing to me. Jay Nixon and my Thrive Fit family for continuing to push me to be my best self. Father Lincoln and my Sacred Heart community, and for friends and family all over the world praying for the same thing, my healing.

The greatest "known" was that I would have never made it this far without keeping a strong mind and body. Nourishing my soul with prayer and my body with organic and clean foods. Working out through this process keeping my energy, faith and prayers strong when I had doubts.

But, what was to happen after today? Would all of this love and support come to an abrupt halt?

As the last needle was removed from my body and I started the process of packing my things up for the last time, I wondered how would my life be now?

Continued from page 4

I still had such a long way to go. Would my friends and family still be by my side? Would we still have lunch at Sherman's and dinner at Koutouki's on Thursday nights in the future? What was life going

to be like after chemo? I knew a few things for sure...my life had changed for the better. I knew I still needed to go through surgery. I knew I still needed a final MRI to tell me what was to yet happen. I knew I had incredible friends and a loving family through this whole journey. I also knew I had to stick to my faith and let go of any fears of not being able to control what was to happen next. I had to have faith in the unknown - that the chemo, the prayers, the positivity and all the love did its job for me.

As I walked out of the offices, I looked up and saw the beautiful sky. I thanked God for my life. I did it, and that was the only thing I knew for sure at this point. I finished the first marathon of this journey. I knew the MRI and then surgery would come next. What I didn't know was that I was going to be tested once again...

Shay's Story will be a continuing column in Desert Health®. To

leave messages for Shay, please leave a comment online at DesertHealthNews.com (search 'Shay'). For more information on triple negative breast cancer, visit [www.tnbcfoundation.org](http://www.tnbcfoundation.org).



Hiking with friends helped keep Shay strong through the journey.



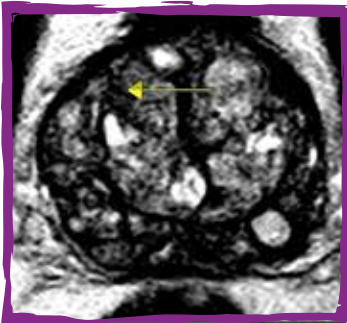
Shay practiced the healing therapy of Tibetan bowls.



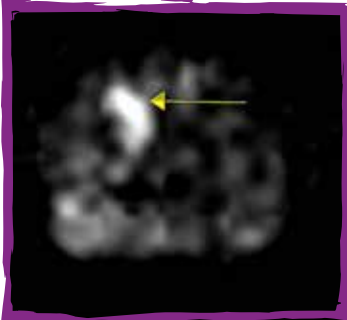


## The Advancement of MRI for Detection, Localization and Treatment

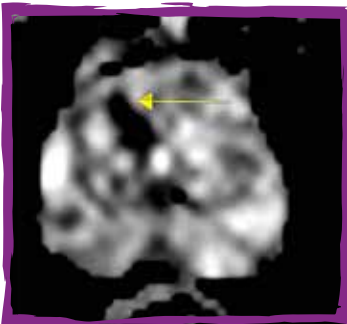
By John F. Feller, MD; Stuart T. May, MD; Bernadette M. Greenwood, BSRS, RT(R) (MR)



Anatomic MRI image of the prostate with arrow indicating abnormality



Functional MRI image demonstrating abnormality (arrow)



Functional MRI image demonstrating abnormality (arrow)



MRI-guided biopsy image of abnormality confirming cancer

This literature review is an important update on the role of magnetic resonance imaging (MRI) in prostate cancer diagnosis and treatment.

Over the past ten years, physicians and researchers all over the world - and right here in the desert - have been exploring new ways to detect, diagnose and treat prostate cancer using MRI. A group of investigators in the UK conducted a clinical trial using MRI before biopsy and presented their preliminary results at the American Society of Clinical Oncology meeting this year (ASCO 2016).

The study is called the PROMIS study, Prostate MR Imaging Study: a paired validating cohort study evaluating the role of multi-parametric MRI in men with clinical suspicion of prostate cancer. It is very promising indeed! It demonstrated the strengths of doing MRI to exclude, or to rule out clinically, significant prostate cancer. This translated to the improved detection of disease that really mattered and needed to be treated. It also led to the avoidance of biopsy in men who had no suspicious imaging findings. This has great potential to reduce cost of procedures and risks such as infection or other undesirable side effects.

Currently, the most widely used screening tools for prostate cancer are the digital rectal exam (DRE) and prostate-specific antigen (PSA) blood test. The PSA blood test was approved by the FDA in 1986 for monitoring confirmed cases of prostate cancer and was approved in 1992 for screening for prostate cancer. Studies have shown that the introduction of screening serum PSA for detecting prostate cancer reduced the number of deaths from prostate cancer by 20%; however, it also has led to an increase in over diagnosis and overtreatment of prostate cancer. Overtreatment of low risk prostate cancer can include unnecessary whole gland therapies such as radical prostatectomy and radiation therapy which have potential long-term side effects, mainly erectile dysfunction and urinary incontinence.

MRI is helpful because it can demonstrate the anatomy of the prostate gland and any possible areas of functional abnormality. Areas of infection, inflammation or malignancy have imaging hallmarks that a radiologist can identify. They can see how big the prostate is and what it looks like inside as well as how the tissue behaves. Any regions deemed suspicious can then be biopsied. In this way MRI can help to distinguish clinically significant prostate cancer from prostate cancer that is clinically insignificant, i.e., those cancers not warranting any treatment.

Radiologists and urologists working together can put a man on the best path to treatment or surveillance when armed with information and good communication tools.

These images of prostate glands show large tumor-suspicious regions. This area can be seen a number of ways depending on the settings programmed into the scanner. These parameters are adjusted to exploit tissue characteristics or highlight areas of abnormality so the radiologist can sort out the anatomy and function of the gland.

Just as phones, computers and cars have evolved over the past few decades, prostate cancer detection has improved through judicious use of a combination of screening techniques, imaging strategies and multidisciplinary collaboration.

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Life is a Journey

Continued from page 1

“People tend to become more reliable and agreeable with age, but their openness to novelty drops at the same time,” says psychologist Peter Borkenau of Martin Luther University of Halle-Wittenberg, Germany.<sup>2</sup>

Although people typically lose their true desire for newness and change as they age, many (including me) continue to claim a passion for it.

Nikolas Westerhoff wrote in his *Scientific American Mind* article *Set in Our Ways: Why Change is So Hard*, “As the years wear on, novelty becomes less and less stimulating, and the world outside someone’s own private and professional sanctums becomes increasingly less attractive. New experiences may bring innovation and awakening but also chaos and insecurity. And so most people dream of novelty but hold fast to the familiar.”

The good news is that 60 seems to be the turning point. “Only after we have fulfilled our life obligations (retired, raised children) are we able to once again become more open to new experiences.”

Problem is, I don’t know many 60-year-olds without life obligations, and I certainly won’t be one of them, which brings us back to mindset.

I am not happy with this current mindset and the unsettled feelings that now accompany the thought of an extensive journey. *I like to travel.* I always have and don’t want my “declining openness” to stop me. None of us should give up on the opportunity and sheer joy of seeing new places and meeting new people.

So how do we get out of our comfort zone?

According to Oprah Winfrey and Deepak Chopra, a little quiet time and “conversation with self” is a good place to start.

In their meditation series *Getting Unstuck: Creating a Limitless Life*, they remind us that we are in charge of our

minds, not the other way around, and the secret to changing your mindset is to be aware and to listen to your true self.

“Our minds want to hold on to the familiar and the belief that change will happen to us. You will have a richer and more powerful path to the life that you want if you allow yourself to be open to all that is in you - far deeper and truer than that which your thoughts can reveal. You become freedom and positive momentum itself when you shift away from your thoughts and feel your own essence.”

In other words, sit quietly, clear your mind, and see how you feel when you think about going to that exotic destination on your bucket list. When I think of that trip to Cesenatico, Italy (which is eight years overdue), my true self feels butterflies. That is the person I want to listen to; not the one who can’t imagine all that goes into planning such a trip and taking time off work.

Oprah and Chopra refer to this as rising above your old conditioning. “What releases the energy of positive change? A sustained sense of calm that comes from your truest core self; assurance that allows you to be open to new possibilities fueled by a connection to what really matters in life.”

Take a few minutes each day to sit quietly and listen to your true self. Don’t let the conditioning that comes with age keep you from traveling the world both near and far. There is so much to see and so many interesting people just waiting to meet you.

Remember life is a journey, and it begins at the end of your comfort zone.<sup>3</sup>

Editorial by Lauren Del Sarto, Publisher, *Desert Health*®

References: 1) Costa, P. T. & McCrae, R. R. (1992). *NEO personality inventory professional manual*. Odessa, FL: Psychological Assessment Resources; 2) Westerhoff, Nicholas, *Set in Our Ways: Why Change is So Hard*, *Scientific American Mind*, Dec. 2008. 3) “Life begins at the end of your comfort zone.” Quote by Neale Donald Walsch, author *Conversations with God*.

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## The Cupping Craze

### Healthy marks are not bruises

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

The use of cupping therapy by athletes has grown over the last decade as evidenced by the marks on Olympian Michael Phelps's shoulders and back.

Cupping has been used historically, not only in China and Asia, but also in Greece, Russia, Italy and South America. The technique has been in use for literally thousands of years. A modern term often used now is myofascial release with negative pressure. Yes, that's cupping!

Contrary to what you may have heard in the news, cupping does not create bruises. Bruising is the result of an injury, and appears as an area of discolored, usually purplish skin. It is caused by a blow or impact which does not break the skin but does rupture the underlying blood vessels causing bleeding in soft issue. The blood leaks into tissues under the skin and causes the black-and-blue color. As bruises heal, which usually takes 2 to 4 weeks, they turn colors, often to yellowish green or brown as the hemoglobin is broken down and reabsorbed.



The different colors of cupping marks, which are not painful, help determine TCM diagnosis.

Cupping marks, on the other hand, can be anything from pink to purple, to red, to pale with red dots. With cupping, a mark will not always be a round circle of one color. According to TCM, the cupping marks indicate different diagnoses. Black or dark blue may indicate cold; red: heat and inflammation; red dots or spots: heat toxins; and no color change may indicate lack of blood flow to the area.

Sometimes the area of a bruise spreads down the body in the direction of gravity. Cupping marks do not drip, grow or expand and have clearly defined edges. A bruise causes pain and is often tender, whereas if cupping is done correctly, there is no pain; it should feel good and will not be tender to the touch. There is no trauma caused by the solid rim of the cup.

Thinking of cupping marks as bruises may also conjure up the notion that they must be the result of a painful procedure. On the contrary, cupping performed correctly, with the appropriate choice of method and the correct level of suction is always a comfortable and satisfying experience.

There are many styles of cupping — flash cupping, fire cupping, vacuum cupping, water cupping, needle/fire cupping, and facial massage cupping. They all attempt to achieve the same result.

The main benefits are encouraging the inflammatory response of the body and speeding up muscular and soft tissue recovery after injury and strain. Cupping therapy has widened significantly though in the last few years, newer techniques are being used for conditions and diseases other than sports therapy, such as migraines and eczema.

Given the longevity of cupping and the trust that many people have in its efficacy, it is a living heritage that is rare in this ever-changing world.

Diane Sheppard is the founding owner of AcQpoint Wellness Center. She is a licensed acupuncturist with a Ph.D. in oriental medicine and can be reached at (760) 345.2200. [www.AcQPoint.com](http://www.AcQPoint.com).

## Ear Acupuncture for Addiction, Pain and Anxiety

By Gayle McGuire, RN, L.Ac.

As a registered nurse, I have been with Eisenhower Medical Center and the Betty Ford Center for 29 years. I became an acupuncturist 15 years ago and have had impressive results treating patients with auricular (ear) acupuncture for chemical dependency, alcohol withdrawal, anxiety and pain.

The ear is innervated (has nerve supply) from three major sources: the vagus nerve, the 3rd branch of the trigeminal nerve and the superior cervical plexus. All nerves have fibers that are either sympathetic or parasympathetic, or mixed. The ear is the only surface area of the body fed by parasympathetic nerve fibers. The outer ear acts like a switchboard to the brain and each point triggers electrical impulses, going from the ear to the brain to address both generic and specific cravings.

Since 1972, when Hong Kong neurosurgeon H.L. Wen, M.D., discovered that auricular acupuncture could alleviate the symptoms of opiate withdrawal, this method been used for detoxification and relapse prevention.

In the United States, acupuncture detoxification was first introduced in 1974 on an outpatient basis at Lincoln Hospital, a city facility in New York's South Bronx. By the mid-1980s, the success of this unique procedure had become so evident that treatment facilities across the United States began incorporating acupuncture, and especially auricular acupuncture, into their substance abuse treatment programs.

In 1985, the National Acupuncture Detoxification Association (NADA) was established to promote education and training of clinicians in the NADA ear acupuncture protocol. These protocols for acupuncture detox call for five needles to be gently placed in each ear. Some practitioners will then add intradermal needles, magnets or ear seeds, which are small metal beads attached to a piece of adhesive tape that can provide sustained pressure on the acupuncture points, to prolong the effects.

In 1987, the first of many research reports now available on the effectiveness of acupuncture in treating addiction was published. Since then acupuncture detoxification has grown rapidly, evolved, and is now widely and effectively used for acute and prolonged withdrawal as well as relapse prevention.

Auricular acupuncture is also called battlefield acupuncture, a term first used in 2001 by Col. Richard Niemtzow MD, PhD, who serves as a consultant for complementary and alternative medicine to the Surgeon General of the Air Force. The Air Force is now routinely training physicians being deployed to Iraq and Afghanistan to treat trauma and pain with auricular acupuncture. The treatment uses small needles in the skin of the ear to block pain in as few as five minutes. The analgesic effects can last for several days or longer. The procedure was initially introduced in 2008 at Landstuhl Regional Medical Center (LRMC) in Germany, where it was applied to wounded service members and local patients with significant results. Many injured service members report significant relief from pain, along with a greatly reduced need for dangerous, often habit-forming drugs, such as morphine and other opioids.

Increasingly, auricular acupuncture is becoming an important part of the TCM practitioner's toolbox.

Gayle McGuire is a registered nurse and licensed acupuncturist certified in NADA protocol. She practiced auricular and full body acupuncture at the Betty Ford Center for 10 years and now sees patients at AcQPoint Wellness Center in Palm Desert. For more information contact AcQpoint at (760) 345.2200.



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## Understanding Nutrigenomics and Your Gene Expression

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

Methylation and the MTHFR gene have been making news as emerging topics in a branch of medicine called nutrigenomics, or the study of how the food and nutrients we consume influence our gene expression and play a vital role in our health.

Methylation is a key biochemical process that is essential for the proper function of almost all of the systems in the human body. It occurs billions of times every second. It is the process of adding a methyl group (composed of one carbon and three hydrogen atoms) and applying it to countless critical functions in the body. Methylation is crucial for making and maintaining DNA and influencing gene expression by switching on or off certain genes.

One of methylation's major functions is its role in the synthesis and utilization of a host of important neurotransmitters including serotonin, epinephrine, norepinephrine, and dopamine. Methylation is also one of the primary methods of removing toxins from the body in what is called phase II liver detoxification.

A disruption in your body's methylation cycle has been linked to the following:

- Elevated homocysteine, which is associated with heart disease and stroke;
- ADD, autism, bipolar and other mood disorders including depression;
- Dementia and Alzheimer's;
- Osteoporosis, diabetes, cervical dysplasia and cancer, colon cancer and autoimmune conditions;
- Chronic fatigue and fibromyalgia; decreased ability for detoxification;
- Addictions to drugs and alcohol;
- Frequent miscarriages, male and female infertility and frequent blood clots;
- Birth defects, including spina bifida and cleft palate;
- Migraines, seizure disorders, panic disorders, and insomnia; and
- Decrease in the production and recycling of glutathione, the body's master antioxidant.

All human beings have the same set of genes. Our differences come from the tiny variations (also called mutations) of those genes. This can influence how your body reacts to the food you eat and the environment around you. The MTHFR gene provides instructions to your body for making an enzyme called methyl-tetrahydrofolate reductase. In essence, the gene and the enzyme have the same name, MTHFR. This is the enzyme that is responsible for the process of methylation. Roughly 30-50% of us carry a mutation in the MTHFR gene which is passed down from one or both of our parents. Mutations can result in a 30-70% drop in the efficiency of the enzyme to perform its function. This can contribute to a wide range of medical problems. Although there are over fifty known MTHFR gene variants (also known as SNPs or snips), the two primary ones are called C677T and A1298.

A simple and easily performed test using your saliva can determine if you have either of these genetic variants. The 677T variant is most commonly associated with early heart disease and stroke. The 1298C variant is linked to a wide range of chronic illnesses, but either anomaly can result in health problems, especially when coupled with poor diet and lifestyle choices.

MTHFR gene mutations can severely impact how well your body metabolizes folate and folic acid. Both of these are forms of vitamin B9 which is required for numerous critical body functions.

To maximize your methylation cycle, consider the following:

- Supplement with methylated B vitamins including L-5-MTHF 1000 mcg daily; Methylcobalamine (vitamin B12) 500 mcg up to 1 or 2 mg daily; B6 (pyridoxyl-5-phosphate) 500 mg daily; Betaine 500 to 3000 mg daily; Glutathione support with NAC 300-600 mg daily.
- Eat plenty of dark green leafy vegetables like raw spinach, kale, Swiss chard, asparagus, broccoli, collard, beet greens.
- Consume oily fish (salmon, sardines), organic eggs, grass fed beef (main dietary sources of B12).
- Avoid processed food as these are depleted of vitamins.
- Limit caffeine and alcohol intake, which can also deplete B vitamin status and don't smoke.
- Minimize sugar, which can lower vitamin status.
- Be aware that certain medications can interfere with methylation including antacids, acid blockers, proton pump inhibitors, oral contraceptives, methotrexate and corticosteroids.
- Improve the digestion and absorption of the nutrients from your food with digestive enzymes, herbal bitters and probiotics.

For more information on MTHFR and methylation visit the National Institutes of Health website or consult your health care provider.

*Dr. John Dixon can be reached at the Natural Medicine Group (760) 345.7300.*

Sources: 1) U.S. National Library of Medicine; <https://ghr.nlm.nih.gov/gene/MTHFR>; 2) PubMed, MTHFR search; 3) seekinghealth.com

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## The Many Benefits of Oxytocin

### Love hormone shows promise in treating a variety of conditions

By Brian J. Myers, ND

Oxytocin is commonly known as the “snuggle hormone” or the “love hormone.” Various types of positive sensory stimulations such as warmth, touch, or even eating food release it. Nature wired men and women to experience surges of oxytocin when bonding. It helps create the feeling of falling in love and naturally enhances a sense of trust, optimism, mastery, and self-esteem while also playing an important role in birth, lactation, bonding, and orgasm.

During pregnancy, both the fetus and mother release oxytocin. It stimulates uterine contractions and helps build a stronger connection between mother and child.

We know that autism spectrum disorder, a neurodevelopmental disorder, is characterized by dysfunction in three core behavioral domains: repetitive behaviors, social deficits, and language abnormalities. In some cases of autism spectrum disorder, oxytocin receptor sites are not available and in other cases, oxytocin production is not adequate. Repetitive behavior in autism spectrum disorders may be related to these abnormalities in the oxytocin system. There is evidence that supplemental oxytocin improves these social interactions – emotional recognition and communication in young people with the disorder.

It is possible for a person's oxytocin levels to dip too low and possibly never return to a sufficient level, such as in cases of trauma. The stress of traumatic events in childhood or adulthood may result in persistent or intermittent feelings of anxiety or fear. Intranasal administration of oxytocin reportedly decreases anxious feelings in humans and may therefore have therapeutic value for anxiety disorders, such as post-traumatic stress disorder (PTSD). Oxytocin can induce anti-stress-like effects such as reduction of blood pressure and cortisol levels while also increasing pain thresholds, thus reducing anxiety and anxiety-like symptoms.

The connection between our brain and gut continues to become clearer – each influencing the other. We know that 90-95% of our body's serotonin is produced in our intestines. Like serotonin, oxytocin also holds sway over our digestive system. Oxytocin can positively influence gastrointestinal inflammation by reducing pro-inflammatory cytokines that may be a contributing factor to irritable bowel disease (IBD), autoimmune disorders, and food sensitivities. Further, addressing any gastrointestinal dysbiosis or pathology will, by extension, have a positive impact of overall brain health and vice versa.

For those seeking a novel approach to addressing autism spectrum disorders, PTSD, social or other types of anxiety, stress management, or gastrointestinal inflammation leading to food sensitivities and autoimmune conditions, then intranasal oxytocin might be a place to start.

Dr. Brian Myers is a naturopathic primary care doctor with a focus on pediatric and family medicine at Live Well Clinic in La Quinta. For more information, go to [www.livewellclinic.org](http://www.livewellclinic.org) or call (760) 771.5970.

Sources: 1) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3055566>; 2) <http://www.ncbi.nlm.nih.gov/pubmed/19897177>; 3) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3068601>

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## Gluten-Free

with *Tiffany*

The most common struggle for those with digestive trouble is accurately identifying foods that could be causing symptoms such as bloating or diarrhea. At some point, we are likely to opt for traditional food sensitivity testing via blood sample. This form of testing produces results in one to three weeks and identifies the degree to which the lab's list of tested foods provoked a reaction. While lab testing can be very helpful, it also comes with a few limitations - including expense and reliability.

Fortunately, we now have access to advanced technology stemming from research science in the field of biocybernetics that can take us beyond traditional lab testing, offering accurate results while saving time and money in the process.

Dr. Oz said it best when he claimed, “The next big frontier in medicine is energy medicine.” Utilizing state-of-the-art technology based upon the patents and innovations of the experimental physicist Nikola Tesla, the Germans have created a device that can detect and transmit an extensive amount of one's biologically unique health information. Known as CyberScan, the FDA-approved device measures the energetic communications in our immune system and can pinpoint any disturbances or imbalances present, including the body's response to hundreds of different foods.

Advanced biofeedback testing from devices such as CyberScan can be very helpful in uncovering potential underlying issues (not only in response to foods, but functionally as well) by scanning the body as a whole and analyzing how our biological processes affect one another.

Food sensitivities can be triggered by a number of issues such as leaky gut, parasites, fungus, or bacteria overgrowth to name a few. It is also important to calculate the effects of stress and medications on digestive enzyme production. With this advanced biofeedback technology, we can scan for these key related issues and much more - with just one scan instead of numerous labs and office visits.

The most important concept to remember when dealing with any health-related concern is identifying all possible root causes of symptoms. Symptoms are always the result of an imbalance somewhere in the body. The goal of identifying foods through testing is to identify and remove the assumed cause (the offending food) so the gut can heal and repair. However, if your food reactions are caused by perhaps a hidden infection, then how likely are you going to heal the gut if you don't eliminate the infection? By truly “peeling the next layer,” CyberScan can help you and your health care practitioner hone in on red flags and imbalances. The technology not only looks for imbalance, but also identifies natural modalities that could aid in healing such as acupuncture points, various stress relief techniques, homeopathy, and even specific supplements.

While this incredible technology is new to many U.S. health care practitioners, European countries have been enjoying the benefits for decades as a standard approach to wellness and preventative care.

Tiffany is a certified nutrition consultant and functional diagnostic nutrition practitioner and can be reached at (760) 285.1221. For more information on CyberScan, visit [TiffanyDalton.net](http://TiffanyDalton.net). Please note that CyberScan is not intended to diagnose, treat, or cure disease or illness, nor is it to be presented or construed in any way as a substitute for professional medical advice or treatment.

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# Tips to Help Keep Healthy as We Age

By Amanda Beckner, CN, HHP, Ph.D

Forgetful lately? Did you know that doing 35 to 60 minutes of aerobic exercise (as little as 4 days a week), cutting out high protein intake from animal sources, and staying hydrated will improve your mental and cognitive health within a few weeks? In addition, adding turmeric and a quality B vitamin can diminish symptoms of Alzheimer's disease.

Did you know that lack of water, as well as sleep - and even too much sleep, has been associated with risk of stroke? Four hours of sleep or less and 10 hours of sleep or more have been linked to early death. Additionally, a person who is trying to lose fat or has hypo-thyroid issues may not enter a deep REM sleep or may have high stress levels, which can cause the body to create more cortisol fat and further inhibit thyroid function. This, in turn, creates more "fat" around the tummy area. When we store this type of cortisol fat, it also puts us in line for heart attack and or stroke.

Did you know that when you smoke, you create large amounts of free radicals in the body? When you eat adequate amounts of dark green leafy vegetables, the antioxidant-boosting effects soar, removing environmental free radicals that damage our cells. However, the antioxidant effects you would get from eating 800 cups of dark greens would be erased simply by smoking. So why would we do this?

Did you know that a single serving of Brazil nuts can help bring down your

cholesterol levels faster than any statin drug? Up to 20 points in nine hours... and the beauty of this type of natural food – "no side effects." Brazil nuts are amazing for prostate cancer, lung cancer and colon cancers in particular.

Did you know that nutrition alone can often reverse heart disease? Berries that are high in antioxidants can suppress cancer cell growth, help reverse rectal polyps, help remove free radicals and prevent plaque buildup in the arteries.

Excess iron found in red meat in particular and supplements that are not chelated can cause a toxic build-up within the system and corrode the artery wall. Red meat contains casein as does dairy which turns the cancer gene on. You can consume enough iron in vegetables, legumes, beans and nuts to sustain correct hemoglobin in the blood.

In conclusion, if you suffer from medical conditions and take medications, those conditions can often be eliminated by feeding your body what it needs to help the healing process begin. Does this mean you can never splurge, or never eat certain foods you love again? No, this means remove the culprits for the time the body needs to heal, and then eat those foods in moderation.

Here's to your health!

Dr. Beckner is owner of Your Body Code personalized nutrition and wellness programs in Palm Desert and can be reached at (760) 341.BODY(2639). For more information visit [www.yourbodycode.com](http://www.yourbodycode.com)

Sources: 1) How Not To Die by Michael Greger, MD founder of [nutritionalfacts.org](http://nutritionalfacts.org) with Gene Stone, copyright 2015; 2) Your Body Code by Dr. Amanda Beckner, copyright 2009.

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## Living Wellness

with Jennifer Di Francesco

### Politics and Our Health

Everywhere we look nowadays there is political antipathy. Two parties approach the finish line on November 8th holding steadfast to their ideals and platforms, as well as their assumptions about the opposite party. We get very wrapped up in the drama and constant barrage of media influence related to the campaigns. As individuals we hold tight to our own belief systems.

It is apparent that much of the negative and cynical polarity that exists in this current election has an effect upon our wellbeing. To what degree are we affected, and how can we control some of the current hyperbole that politics has on our everyday life?

There is constant discussion related to the current political environment and the sentiment by many is that there is more division and volatility than ever before. Americans expressing political views has doubled over the past decade from 10% to 21%. As a result of this increase in participation, views displaying shared perspectives have diminished. "Ideological silos" are now common among groups with less common ground. There is a myriad of opinions covering topics such as immigration, gun control and health care, each of which inspires passion in each of us. This passion can be used positively or conversely, and this same passion can have detrimental effects both for us and others.

Each of us can look within our own circle of friends and family to find stories of division, resulting in separation and sadness. Another byproduct of the current political picture is a tendency for many to feel helpless. This apathy can sometimes be more debilitating then the escalation of passion and emotion. Helplessness leads to inaction and a depressed approach to helping others or oneself.

Lack of choice and voice for each American is a sentiment that seems to be growing, and this sentiment can only perpetuate as we focus on deficits around us. We must find small ways to cultivate daily benevolence and the ability to remain calmly active and actively calm. The constant nature of our environment places individuals in deficit consciousness, and we end up being on the defense related to so many issues. We must avoid this fragmentation by meditating and focusing on acts that bring higher vibrations of love, peace and compassion. These mindsets, even in the midst of disagreement with others, lead to a subtle activism that is extremely empowering.

The political charge in this country escalated with the Republican and Democratic conventions and daily media coverage around the clock. We were then able to break from this media barrage with media coverage of the Olympics, thereby focusing on the pride of countries through athleticism. Soon this will fade into memory and history, and we will next be exposed to the debates as we watch candidates go head to head. During this time, try creating a heightened sense of self and observation of stress levels instead of being enveloped by negative emotions. Observe actions and reactions of others. Use this as a tool for introspection. Swing the pendulum in the direction of love. Good thoughts, good words and good deeds in this current time are what we need most for our own health and for that of our country.

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## IV Therapy for Treatment and Wellness

By Jessica Needle, ND

Intravenous therapy, commonly known as I.V. therapy, is often thought of in conjunction with cancer chemotherapy or as a necessity for hospitalized patients. However, it has a wide variety of applications from eliminating migraines to helping the body get over a cold or flu to assisting in athletic training.



Many IV's simply provide vitamins and minerals.

I.V. therapy is the procedure of introducing fluids directly into a vein. Nutrients or medications can be diluted in the fluid, which allows the constituents to circulate quickly through the body and to build up higher doses than are achievable by taking pills or receiving injections.

Attempts at I.V. therapy were undertaken as far back as the 17th century, but not until the 20th century did the procedure become viable with the advent of modern infection control. Use of intravenous vitamin C to treat shingles and herpes outbreaks was reported in a dermatology journal in 1936. Vitamin C shortened the duration of blisters to 2-3 days and prevented neuropathy (nerve pain).<sup>1</sup> In

1948, I.V. vitamin C was used to treat a polio epidemic in North Carolina and resulted in all 60 patients feeling well after 72 hours and having normal spinal taps.<sup>2</sup>

Many current I.V. formulas contain a variety of vitamins and minerals rather than a single component. This is often called a Myers' Cocktail after Baltimore physician John Myers, who is credited with pioneering the use of multiple nutrients in the treatment of illness. Calcium, magnesium, B vitamins and vitamin C are included, and the physician can vary the dose, the rate of infusion and the constituents as needed. Dr. Myers found that fatigue, depression, chest pain and heart palpitations were well controlled by the treatments but would recur if the patient went too long without an infusion.

Dr. Alan Gaby continued Dr. Myers' work and reports that many relatively healthy patients chose to receive infusions because it enhances their overall wellbeing for periods of a week to several months. Dr. Gaby has successfully treated asthma attacks, hay fever and muscle spasms using a modified Myers' Cocktail. He also found that fatigue improved in many patients who did not benefit from vitamin B12 injections.<sup>3</sup>

Another category of I.V. therapy uses oxidizing agents, which increase the amount of oxygen in the body and neutralize the damage of free radical waste products. These agents include hydrogen peroxide, hydrochloric acid and high dose vitamin C. Tumors, yeast and fungi prefer an anaerobic environment—one without oxygen—so adding oxygen makes the body's terrain less hospitable to these microorganisms.

While it may sound a bit frightening to receive one of these chemicals, your body already produces hydrogen peroxide and hydrochloric acid as part of its disease-fighting arsenal. The amount infused is minute and is diluted with saline so as not to irritate the vein at the injection site.

Vitamin C also works by producing hydrogen peroxide, which is further metabolized into water and extra oxygen. Its anti-viral effect is dependent on the concentration



A variety of oxidizing agents, minerals and/or vitamins are combined for different treatment or wellness protocols.

An intravenous infusion can take anywhere from 15 minutes to 3 hours, depending on the nutrients and the volume of fluid used. Patients are usually seated in a reclining chair in the doctor's office and are free to read, rest or use electronic devices during the procedure.

It is necessary to consult with a physician before commencing I.V. therapy, and laboratory testing may be required to make sure that you can safely receive all the benefits from this powerful healing modality.

Dr. Jessica Needle is a naturopathic doctor practicing at Optimal Health Center in Palm Desert and can be reached at (760) 568.2598.

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Intravenous infusions can take from 15 minutes up to three hours.



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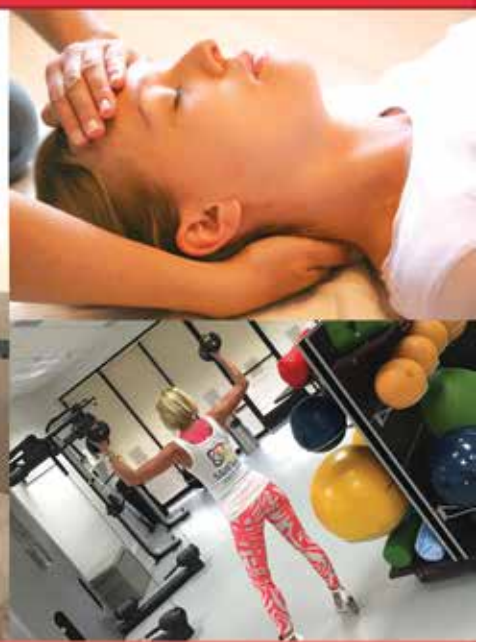
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## Medicine: In Need of Change

Have any of you wondered about this column's title, *The Paradigm Shift in Medicine Today*? What is the paradigm shift it references? Why does this matter? And, why would this be important to me?

A paradigm shift is an expansion of perspective to include more information. The revelation that the world was round and not flat was a paradigm shift that changed science forever. Medicine is due for a similar seismic shift today.

The field of western medicine grew in the space between bold experimentation and meticulous adherence to protocol. Currently the forces within the field of medicine are focused on evidence-based interventions, predictable results and cost containment by efficiency. These goals are lofty and would seem helpful; however, what is missing in this approach? Is it adequate to create health in our country?

Many of us have experienced the deficits of our current system. The utilization of complementary medicine by one out of three of us at a cost of more than \$30 billion each year attests to the inadequacy of the western medical model. Exploring a mash-up of new perspectives, eastern medicine, functional medicine, and integrative medicine along with western medicine is the purpose of this column.

Many of the amazing advances in arresting diseases have resulted from carefully studying the disease process and tailoring a protocol to halt the disease at specific steps in its progression. In order to have the same success as the originator of the protocol, subsequent doctors and patients must follow the same steps in the same way if they expect the same results. While this seems logical, and is accepted as the norm, there are inherent dangers in this structure:

**1) The protocol may not fit.** There may be differences in the situation that we should notice, and there may need to be new protocols or ways of addressing the problem.

**2) There may be errors or dangers in the original protocol.** Science is an evolution not an end game. New information and better methods make our previous interventions obsolete. If we hang on to a "tried and true" method without seeking new information, we can propagate harm.

**3) Greed and corruption come into play.** There is no doubt that illness is major business. The motivation of those who profit from illness must always be questioned. When pressure to follow the majority drowns out the room for transparency and questioning, there is something wrong.

My purpose in writing this column is to open the discussion, create a dialogue, and expand what we believe is possible for our health.

I was fascinated recently by an interview with Ole Scheeren, a German architect whose apartment building, The Interlace, won World Building of the Year for 2015.

*Continued on page 25*

## Health Care Professionals Learning to Manage Stress

By Lauren Del Sarto

Health care stress is rampant— affecting its providers (employees and the organizations) and customers (patients and their families) alike. "Most stress in life is unnecessary, though some of it is inevitable," says Kiran Dintyala, MD, MPH, a board certified internal medicine physician with Eisenhower Medical Center. "There are simple things that one can learn to prevent stress and handle life's challenges gracefully."

As a physician, Dr. Kiran (as he is commonly called) not only provides compassionate care for his patients, but also strives to promote wellness of fellow health professionals. Through Dr. Kiran's *Stress Free Revolution*, he offers blogs, books, and seminars such as the one he recently conducted with nurse leaders at Eisenhower. The initiative came from within the nursing division with the goal of teaching nurse leaders stress reduction principles, exercises and techniques they can utilize and share with their teams.

With approximately 35 people in attendance, the two-day seminar covered topics such as "creating an unshakable foundation for stress-free living" and "making peace of mind your default setting." When it comes to stress in the workplace, Dr. Kiran has a common phrase he shares with fellow health professionals: "Every day, you save so many lives. Don't forget to save your own!"

"You are such an inspiration and our patients need to hear you present about how to manage their stress," said attendee Marielena Cid, RN, CDE, BSN, PHN, Program Manager, Eisenhower's Diabetes Program. "I took so many key points that I will be able to use with my staff and our patients."

One attendee had a lightbulb moment when he heard Dr. Kiran's message on 'how to overcome insecurity and fear.' He expressed that he was able to overcome his limiting perspective on a specific challenge with which he had struggled for years, to successfully leave the fear behind, and to take a new direction in his life.

A non-participant who walked into the room casually felt the "positive vibration" so palpable that instantaneously he felt calm and relaxed; it was quite different from any other conference he had attended.

"Success stories like these are pretty awesome and inspire me to do more of this work," says Dr. Kiran. All but two attendees gave the program a 10 out of 10 (the others gave 9s).

"My mission is to help organizations and communities to become stress-free," he adds. "We can create them; it's just a matter of following the right principles and the right systems. The more individuals, organizations and communities that embrace this concept, the better it is for our collective humanity, for all of us. Together we can elevate the emotional well-being and alleviate much of the suffering on the surface of this globe."

Desert Health® commends Eisenhower Medical Center for offering this program to their nurse leaders and for practicing wellness in the workplace.

For more information and resources on workplace wellness programs, see our front page *Health is a Choice* feature. For more information on Dr. Kiran, visit [www.StressFreeRevolution.com](http://www.StressFreeRevolution.com).

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Support Groups and Therapy Groups:  
What Is the Difference?

By Gail C. Bardin, MA, LMFT

As a licensed marriage and family therapist, I have worked with many people on a one-on-one basis. I have also led many group therapy sessions and facilitated numerous support groups. Quite often I am asked: What is the difference between group therapy and support groups? Aren't they pretty much the same? But if not, which would be right for me?

Although the two types of groups have many similarities, there are several distinct differences.

The Type of Assessment

The first step in joining either type of group is the interview/assessment. For a support group, the assessment is more about determining the appropriateness of the individual for a particular support group. For a therapy group, there's a much more comprehensive assessment, as it's important to know whether or not the individual is both wanting and able to handle more in-depth, psychotherapeutic issues and techniques.

How Open the Group Is

Typically, new members can enter or leave a support group quite readily, and the group simply continues with the members who are present (an "open group"). This is not so with a therapy group, which is much more focused and structured, and thus requires a more fixed membership (a "closed group").

Group Size

Typically a therapy group has approximately six to ten participants, although this may vary. This is also typical for a support group, although these groups may be smaller or as large as 11 to 12 if they are very cohesive, and both space and time can be accommodated.

The Role of the Facilitator

In therapy groups, the facilitator functions as a therapist, directly leading the group, educating, and, just as in individual therapy, utilizing different psychotherapeutic interventions. In contrast, a support group facilitator is what I refer to as a "guide from the side." He or she looks for underlying themes, and then may highlight some of those themes. This can facilitate further discussions, encouraging member-to-member interaction. The support group facilitator also ensures that everyone gets a chance to speak, and that members are sharing, not advising one another, thus ensuring a "safe" environment for all.

The Purpose of Each Type of Group

The general purpose of support groups is to help identify healthy, effective coping techniques, skills often geared to mitigating feelings of angst, fear, pain, and loss. The groups also provide a great support network—members in similar circumstances with similar feelings with whom they can share in an open and unedited fashion. For some



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people, this may be their only support network. The group allows people to be where they are and validates and normalizes what they're feeling. It's a place for encouragement, not only from the facilitator, but from other members.

A therapy group also helps with developing coping skills, but in a somewhat different manner. Its focus is more educational, therapeutic, and process-oriented. It provides a forum for change and growth, and there is often a theme presented for the entire group, with specific outcomes anticipated.

In general, I would characterize therapy groups as being more structured and didactic in nature, addressing issues on a deeper level, and having a specific goal or outcome in mind. On the other hand, support groups are less structured, with no curriculum per se—instead, many themes may enter a discussion by a fluid group of members, with the facilitator guiding from the side.

Not everyone will wish to participate in the more intense, focused, therapy-based experience of group therapy; however, nearly everyone can benefit from a support group. Each type of group offers a unique dynamic and the key is finding a group that meets your specific needs and association. For example, at Gilda's Desert Cities there are groups for those recently diagnosed and currently in treatment for cancer, their caregivers, those in bereavement, and those no longer in treatment but dealing with post-treatment issues.

Both types of groups have a lot to offer, and I would encourage everyone faced with a new challenge to consider them both.

Gail Bardin is Clinical Director at Gilda's Desert Cities. For more information contact Gilda's Club at (760) 770.5678 or visit www.gildasclubdesertcities.org.

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SVF for Neurological Conditions

By Elliot B. Lander, MD, FACS

This is the latest story in our series about the uses of fat-derived stem cells for the treatment of degenerative diseases.

Stem cells can be derived from your own fat as part of a minor outpatient procedure performed as a type of “mini liposuction” under local anesthesia. The product obtained known as Stromal Vascular Fraction (SVF) contains several types of stem cells along with signaling molecules that decrease inflammation and signal the damaged cells to help them heal. SVF can be used to treat many different conditions, but our worldwide research group (Cell Surgical Network) has had special interest in its use in treatment for a number of neurologic degenerative conditions.

SVF has been proven to have immune-modulation properties. In other words, it seems to “re-boot” your immune system and can mitigate autoimmune conditions. There is growing evidence that many of the neurologic conditions that were poorly understood in the past appear to have auto-immune features and the nerve damage is a result of the body’s immune system attacking its own tissues. Parkinson’s disease falls into this category. Some autoimmune conditions like multiple sclerosis (MS) have been long known to be autoimmune. It is still unclear if ALS (Lou Gehrig’s disease) has autoimmune disease features, but there is significant inflammation associated with the ALS nerve damage and SVF is highly anti-inflammatory. Therefore, because of the autoimmune and degenerative nature of so many neurologic diseases, we expect cell therapy to play a role in even the most severe conditions.

Not all neurologic diseases being studied for response to cell therapy affect the central nervous system. Some of the conditions associated with peripheral nerves such as neuropathy and certain chronic pain syndromes including painful bladder syndrome and complex regional pain syndrome (also known as reflex sympathetic dystrophy) are showing evidence that they respond to cell therapy.

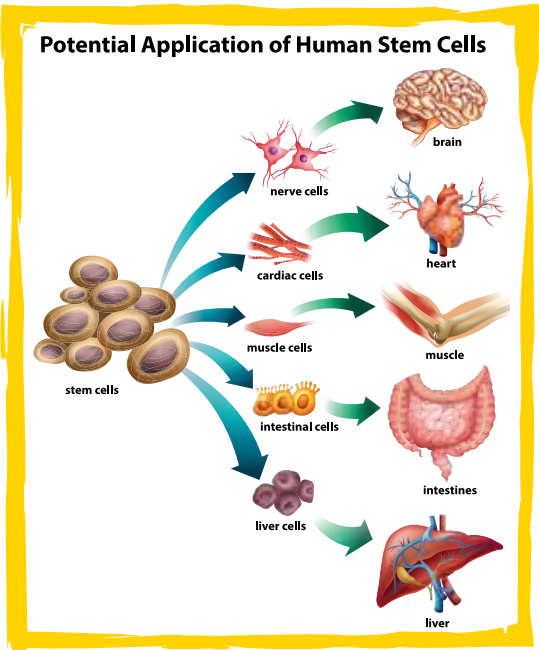
One of the most interesting conditions currently being scrutinized by our research group is Alzheimer’s dementia. The project is being led by Dr. Chris Duma, a neurosurgeon at Hoag Hospital in Orange County. Dr. Duma has been working with the team at California Stem Cell Treatment Center using SVF on an investigational basis for advanced neurologic diseases with a special emphasis on MS and dementia. One of the hurdles encountered was finding a way to get high numbers of stem cells into the central nervous system. We all have a bio-barrier separating our blood streams from our central nervous systems known as the “blood-brain-barrier.” This is not a fixed membrane with pores as was originally postulated over 100 years ago but instead a complex and dynamic protective bio-filter that may, in some cases, diminish access of healing stem cells to damaged nerve tissue. One way to bypass the barrier is to inject cells into the spinal fluid which we have done for years, but the most effective and efficient way is to go directly into the ventricles (fluid bathing and surrounding the brain). Dr. Duma and his team have devised a safe way of doing that based on a mechanical device known as the Ommaya reservoir, a system used for many years to introduce chemotherapy into the brain.

Dr. Duma is presenting his SVF data showing safety and clinical improvement in patients with Alzheimer’s and MS at two national neurosurgical congress meetings later this year. Some of the clinical improvement also correlated with positive physical changes as seen in MRIs of the brain.

Stem cells are not effective for all neurologic disease, but we continue to find new uses and strategies for mitigating these diseases using cell therapy. Using your own stem cells that have been freed up from the collagen matrix in belly fat gives us access to very large numbers of healthy stem cells that when deployed in areas of tissue damage, can mitigate that damage and accelerate healing. This is the essence of “cell surgery.”

This is a different model than using someone else’s stem cells patented in a lab and then grown and bottled for use as a medication. It may be many years before such laboratory products are commercially available and patients need access to safe cell therapy today. Our cell surgical research group has just submitted for publication the largest series in the world on autologous (your own) stem cell safety and efficacy for neurologic as well as non-neurologic conditions. It is no longer science fiction. Our patients help fund and participate as part of our investigative work. This is happening today.

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. For more information on stem cells visit [www.stemcellrevolution.com](http://www.stemcellrevolution.com)



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## Autumn “Jewels in the Fruit” Pomegranate

By Dipika Patel

Yes, pomegranates are back in season from September to November. This light and colorful dark pink fruit can be used in multiple ways from juicy fresh pods and dry seeds to freeze-dried powder or juice form.

In India, we do not let any part of this yummy deliciousness go to waste, as there are nutrients and enzymes in every part of the fruit. Pomegranates boast high levels of phytonutrients including vitamin C, antioxidants, potassium and folate, a natural form of folic acid or B9 which is essential for DNA synthesis and repair.

I will be sharing one of my favorite family recipes, but first, of course, I have to give you a briefing of its history.

The title pomegranate comes from Medieval Latin “pomum” which usually means “apple” and “granatum” which indicates “seeded.” Pomegranate is native to a region from Iran to northern India and has been cultivated throughout the Middle East, South Asia and Mediterranean regions for several millennia. This fruitful tree was introduced to California by the Spanish settlers in 1769. Today, with the mild winters in this state, California is the main area for commercial production in the U.S.

This fruit is said to have approximately 613 seeds symbolizing fruitfulness, which is why Armenians use the fruit to represent fertility, abundance and marriage or union. The fruit plays an integral role in wedding customs within Armenian culture. For example, an Armenian bride was given a pomegranate fruit, which she threw against a wall, breaking it into pieces. This same custom was also practiced within a number of the Mediterranean and Asian regions.

The fruit is considered the most well-known, nutritionally abundant fruit with its distinctive taste, flavor and health-endorsing qualities which makes it a “superfood.” Pomegranate juice is the foremost cancer battling antioxidant. Keep in mind you can find pomegranates in most forms; however, this does not mean that it is always good for nutritious consumption as most pre-made items have a lot of sugars in them. My suggestion is to enjoy this raw fruit during season to reap all the nutritional value.

In my own upbringing, this time of the year (autumn) would be the time to clear the system of summer toxins, and prepare oneself for the cooler climate ahead. My mum would do 1 to 7 days of fasting. To open the fast, she would make a lemon sherbet drink to help balance the pH levels within the body that have been released during the fast, then eat a sprouted moong bean salad. The live enzymes within the pomegranates and sprouted moong beans were a big hit - even with us hard-to-please kids - so I am thrilled to share my family recipe with you.

### Sprouted Moong Bean and Pomegranate Salad

#### Ingredients:

- 2 cup sprouted moong beans
- 1-cup pomegranate seeds removed and ready to use
- 4tbsp extra-virgin olive oil or avocado oil
- Juice of 1 Lemon and zest of ½ lemon
- 2 medium garlic cloves, crushed
- ½ tsp crushed red chili pepper
- Sea salt to taste
- 8 scallions, thinly sliced
- 1 red bell pepper, finely diced
- 1-cup flat leaf parsley or cilantro
- Freshly ground black pepper
- ¼ tsp turmeric powder

#### Instructions:

##### Dressing:

Add the turmeric, black pepper, crushed red chili pepper, sea salt, lemon juice, and oil of choice to a small bottle. Mix well and set aside.

##### Salad:

In a medium sized bowl add all of the other ingredients to the bowl.

At this point you can also add to the recipe (if desired) a little finely diced red onion, cherry tomatoes and spinach (personally I can't get enough of my greens). For me, I will change out ingredients if I do not have any pomegranates, as it is only seasonal.

Stir in the dressing and it is ready to serve and enjoy!



*This family recipe is packed with nutrition and flavor.*

Chef Dipika, holistic health and lifestyle coach, holds monthly Healthy Eating & Exotic Food Cooking classes. For more information, visit [www.dipikapatel.life](http://www.dipikapatel.life) or contact her at [Dipika@dipikapatel.life](mailto:Dipika@dipikapatel.life).

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Couples preparing for a new pregnancy can optimize the health, viability, and probability of a pregnancy by enhancing fertility with herbal remedies.

Herbal remedies have a long history of optimizing women’s and men’s hormonal health safely and effectively. When used in conjunction with a clean healthy diet, exercise, and proper stress management, herbs can tonify the uterus, support uterine health, and balance hormones. Herbs can also balance men’s hormones and heighten sperm viability.

Herbal formulas for optimizing women’s fertility should include these basic herbs for hormonal wellness: chaste tree berry, red raspberry, dong quai, and rhodiola.

Chaste tree berry seems to indirectly stimulate the ovaries to produce and balance progesterone production. Progesterone is vital to embryo implantation and retention. By enhancing progesterone, the uterus creates a healthier, fuller lining for a fertilized embryo to implant and enhances embryo development during the first seven weeks of embryo growth.

Red raspberry is known for tonifying the uterine walls and muscles. Red raspberry contains a constituent called fragrine, which is responsible for enhancing the tone of the pelvic floor, in general, and specifically the uterine wall muscles which can assist in embryo implantation and retention.

Dong quai stimulates blood flow to the uterus by dilating peripheral blood vessels. Improving blood flow promotes healthy circulation and assists in bringing vital nutrients to the area. Dong quai is also known for having estrogen-like effects, which helps balance healthy levels of estrogen hormones.

Rhodiola is associated with improved adrenal gland function. Adrenal glands produce cortisol and androgens which can be negatively affected by chronic, daily stress. When adrenal gland production is compromised, it can have an effect on other reproductive hormones as well as create low levels of inflammation. Rhodiola tonifies adrenal glands, which, in turn, balances reproductive hormones, inflammation, and the immune system.

There are herbal remedies that assist in men’s reproductive health as well. The herbal remedies, American ginseng, tribulus, maca root, and saw palmetto assist in male hormonal health and viability and efficacy of sperm. American ginseng is known to balance hormones and enhance male vitality. Tribulus is known to enhance sperm count, sperm motility and sperm morphology. Maca root enhances libido, sperm health, and balances reproductive hormones. Saw palmetto manages high stress levels and supports overall reproductive function.

Beginning the appropriate herbal formulas in advance of conception can enhance the health and success of a pregnancy. It can take three or more months to balance female hormones, and it takes three months to build sperm. Making time and planning for conception should begin a minimum of three months ahead of conception, or as soon as possible if a couple has yet to conceive. There are many excellent herbal formulas for fertility available which may contain additional herbs to those mentioned. Additional herbal remedies can be safe and effective additives; however, also be aware of any herbal remedies that need to be discontinued upon conception as well as those that are beneficial to continue to retain a pregnancy in the first trimester.

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.

The Right to Choose Your Final Act  
The California End of Life Option Act

By Doris Steadman, MEd, MSW

New legislation became effective in June of this year allowing an individual to choose, when terminally ill, to receive medical aid in dying. It is known as the End of Life Option Act.

This summer, the Cathedral City Senior Center hosted a workshop led by Paul Zak, a retired social worker trained by Compassion and Choices, to help provide understanding.

The law enables a terminally ill, mentally capable adult (18 or older and a California resident) diagnosed with six months to live to request, through a doctor, a self-ingested medication that brings about a peaceful death. The Act is based on the Oregon Death with Dignity Act which has been in place for approximately 19 years with documented success.

People should have a full range and knowledge of options in order to make an informed decision about how they want their life to end, stated Zak, who reviewed six options currently available: do everything medically possible; avoid unwanted medical treatment; receive hospice, palliative care and/or palliative sedation; stop eating and drinking voluntarily; and now, invoke the California End of Life Option Act.

To ensure your rights to any of these options, Zak strongly recommends that all individuals establish a medical Power of Attorney. “If you think you should put it in writing, put it in writing. You may have told your wife, your husband, your significant other, your kids, but if you don’t have a document signed and witnessed, the doctor is going to do what the doctor is going to do.”

According to Zak, a patient wishing to exercise rights under this law has several steps to go through to complete the process.

Once the person has received the diagnosis of six months to live, he/she needs to consult with their attending doctor (which does not have to be their primary care physician) to determine whether he/she is willing to prescribe the medication involved. Three voluntary requests must be made by the patient: two orally at least 15 days apart, and one written using a statutory form signed by two witnesses. Two state-licensed physicians must agree on eligibility, and if either one feels there is an emotional or mental condition that interferes with the person’s ability to make an informed decision, the patient is then referred to a psychiatrist or qualified psychologist. The entire process may take anywhere from six weeks to three months to complete.

Once the medication is prescribed, the law is very specific about how it must be administered. The patient must be able to hold the straw and drink it themselves, or if they have a feeding tube, they must be able to put the medication into the tube themselves. The law states this cannot be considered suicide, homicide or elder abuse,

Continued on page 25



Terminally ill adults in California now have more end of life options.

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# Funding Your Child's Future: Education Savings Options

Courtesy of Deborah Tryon, Financial Advisor

For today's parents, planning for your child's college years often begins long before your student starts filling out college applications. Rising college costs require most families to save for their children's post-secondary education, and the earlier you begin the better.

Depending on a variety of factors, including the quality of your local schools and your child's interest and aspirations for higher education, your child's college prep may also include attending private elementary and secondary schools. Fortunately, there are many tax-advantaged ways to save for your children's schooling and ensure that your dedicated education funds go a long way.

### Contemplating Costs

College costs have been on a steady rise for more than a decade. According to the College Board, annual tuition and room and board at an in-state, public, four-year school averaged \$19,548 for the 2015-2016 school year. For a private, four-year school, the average cost was \$43,921.<sup>1</sup>

Setting aside funds for your child's college can become challenging when you're simultaneously paying for private, K-12 education. Tuition for private, K-12 school averages \$13,640 per year, according to the most recent statistics from the Council for Private American Education.<sup>2</sup> But, the price tags can vary widely, depending on which city you choose to call home. In New York City for example, a handful of elite, private high schools charge more for one year of tuition than some Ivy League schools.

If private elementary and secondary schools are part of your student's path, be sure to create an accurate budget that reflects the unanticipated costs as well as savings. For example, you may need to pay for tutors to help your child prepare for private high school application exams or keep up with courses. However, school uniforms may actually save your family money spent on trendy, teen wardrobes.

### Comparing Savings Vehicles

Finding tax-efficient ways to save for your child's primary, secondary and college education costs may help your dollar go that much further. There are several education savings vehicles to consider, and depending on your financial needs and circumstances, one may make more sense than the others.

### 529 Plans

These plans are great for saving for college and other types of post-secondary education. The earnings in these plans grow tax-free and you can then make tax-free withdrawals to pay for qualified college expenses. The account owner controls the funds (not the beneficiary), and the contribution limits are high—typically between \$200,000 to \$500,000 depending on the plan you choose. But consider...You cannot use 529 funds for K-12 expenses and you'll pay a 10% penalty plus taxes on any money withdrawn for purposes other than qualified college expenses. The penalty is only on the earnings portion of the withdrawal. The 10% penalty is waived with death, disability, and scholarship (of the beneficiary).

### UTMA/UGMA

These custodial accounts created under UTMA and UGMA can be used to save for K-12 and college expenses. You can gift money to an account, which is owned by your child. The account's earnings are taxed at the child's rate, which is typically lower than your own. There are no limits to the amount you, family members and friends can contribute to the account. You can also withdraw the funds at any time, as long as they're being used for the benefit of your child. But consider... Once your child reaches the age of majority, usually 18 to 21, though it varies by state, the money in the account belongs to him or her. As a parent, you have no legal control over how the money is spent. This is an important consideration if you're concerned about your child's ability to preserve the funds for educational use.

### Coverdell Educational Savings Accounts

These plans cover K-12 and college expenses. Like 529 plans, earnings and distributions are tax free as long as the money is used for qualified educational purposes. But consider...These accounts are only available to individuals earning a modified gross adjusted income of \$110,000 (\$220,000 for joint filers) or less per year. The max contribution is \$2,000 annually, and the funds must be spent on education before the account beneficiary turns 30—otherwise you face taxes and penalties.

Education is one of the greatest gifts you can give a child. Leverage the savings vehicles available to help finance up front education costs and make your child's school dreams come true.

Deborah Tryon is a financial advisor with the Dewing-Tryon Group at Morgan Stanley in Palm Desert and can be reached at (760) 776.6227. CA license 0H8751.

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## Corrective Rhinoplasty

By Andrew Ordon, MD, FACS, ABPS, ASPS

Plastic surgery results usually come out great, but there are exceptions. Unsatisfactory results occur often enough that some surgeons, like me, develop a reputation as being the go-to man to rescue a bad result.

When a surgical nose result is bad, it's very troubling to a person. It cannot be concealed. Make up helps a little, but not enough. Another challenge for the unhappy nasal patient is that there must be a relatively long waiting period before revision surgery can be done. I rarely break my one-year rule, because for up to a year there may still be a little swelling. The problem with going in too early is that swelling may conceal an issue. Furthermore, swelling may be the entire reason for the patients' discontent and additional surgery ends up being unnecessary.

To understand the nature of the poor result, a little anatomy lesson is in order. The upper nose is made of two bones that arise from the cheek bone. The nasal bones are connected to the middle part of the nose, which are the upper lateral cartilages. The lower part of the nose (the tip) is made of the lower lateral cartilages which arch up from the nostrils, bend inward at the tip and continue inward together forming the bit of tissue between your nostrils, called the columella. The nasal septum begins just above the columella and continues upward to right between your eyes. The lower part is cartilage and the upper part is bone. That means that cosmetically, the nose has three thirds: the upper which is bone, and the middle and lower (tip) which are cartilaginous.

One of the hardest things to do in plastic surgery is to have smooth transitions between these three parts. Specifically, the junction of the upper nose and the middle third is the most troublesome. Dissatisfaction with the tip is the second most commonly reported complaint. Lastly, it can be a concern if the resulting nose is not straight or symmetrical.

The fix for these problems is usually surgery, but surprisingly, some of them can be substantially improved with the use of injectable fillers or injectable steroids. If surgery is required, it is imperative for the surgeon to educate the patient about this anatomy and where the problem lies. A "punch list" of problems needs to be identified for the patient to fully understand the root of the dissatisfaction. Patients who understand the nature of the defect are most likely to be happy with revision surgery, even if not every single item can be corrected. Patients who are vague and say: "I just don't like it" are not helping their surgeon establish a pre-operative plan.

Healing from revision surgery takes longer than healing from first-time surgery and patients need to know that ahead of time. That's the reason revising a nose by simply injecting it has become the first choice, if the defect can be managed that way.

To determine if your unsatisfactory surgical result can be remedied, contact a board certified plastic and reconstructive surgeon.

Dr. Ordon is medical director and owner of The Plastic Surgery Institute in Rancho Mirage and co-host of The Doctors television show. The Plastic Surgery Institute can be reached at (760) 568.2211.



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# Restoring Change from Time and Childbirth

By Lauren Del Sarto

The use of radiofrequency technology for medical and cosmetic procedures has become a popular and effective choice for both medical offices and consumers. According to the American Society for Dermatologic Surgery, the non-invasive, electric current technology is proven to tighten skin, reduce wrinkles and scarring, smooth surfaces and stimulate collagen production.<sup>1</sup>

That same technology is now being used for women who suffer from stress incontinence or vaginal dryness, as well as those who simply want to rejuvenate the look of what age and childbirth may have taken away.

Created by Red Alinsod, MD, a gynecologist and reconstructive surgeon, Thermiva is a non-surgical therapy which tightens the skin and tissues on both the external labia and the internal region. Dr. Alinsod reported on *The Doctors* that this new technology offers an option to surgery and increases access for more women who suffer from stress urinary incontinence or post-menopausal vaginal dryness. He adds that the temperature-controlled heat creates brand new collagen that is softer and improves blood flow to the region, so the sensitivity in the area is dramatically increased as well.

### How does it work?

The device used by medical professionals is a small wand (thinner than an index finger) which produces temperature-controlled heat and is gently applied to the area both externally and internally. The in-office procedure takes only a few minutes and three treatments one month apart are recommended. There is no down time and patients can resume normal activity immediately, including intercourse.

According to Alinsod and other doctors using the technology, patients see same-day results and continue to improve for up to three months as new collagen is produced. Annual touch ups are also recommended.

"We are seeing tremendous results with our patients," says Joan Warren, MD, of Palm Desert. "Those who struggle with mild to moderate stress incontinence often experience tightening of the lower bladder wall which helps control the issue; others whose external structure has changed due to natural childbirth are feeling confident in their appearance once again." Warren adds that the treatment is simple, efficient and very comfortable for patients.

The parent company, Thermi, states that there are no known adverse reactions or complications as the device is temperature controlled. It was also noted on *The Doctors* that vaginal rejuvenation and cosmetic labiaplasty are considered controversial by some doctors who feel that medical professionals should not be sending the message that there is an ideal feminine aesthetic. However, the doctors on the show were quick to state that they all support the right to choose for either medical or cosmetic purposes.

For more information on Thermiva visit [www.thermi.com](http://www.thermi.com).

References: 1) NIH's PubMed <http://www.ncbi.nlm.nih.gov/pubmed/22913399>.

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# A Day Out for Two

By Lauren Del Sarto



Elegance abounds at Venus de Fido.

My little man loves going with me in the car, but he's not always crazy about the destination. New places tend to make him nervous and clingy, even at festive four-legged gatherings. But what a surprise I got when we walked through the door at Venus de Fido...

Venus de Fido brings health and beauty to a whole new level. The elegant spa, fitness center, salon, and social gathering facility welcomes both people and their furry companions and is sure to be a hit with desert dwellers and snowbirds alike.

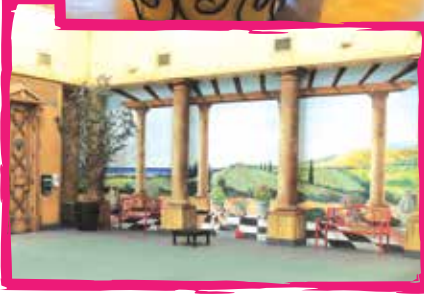
As you and furry friend enter, you are greeted equally by a polite concierge who is there to answer questions and show you around. It is worth a visit just to see the incredible attention to detail owner Lindi Biggi has put into every element of the expansive 27,000 square-foot project. The Italian inspired décor includes hand painted murals, exquisite art pieces, majestic statues, and renaissance-era flare.

Just as much detail has gone into the experience for both people and their K9 companions. While human amenities include three areas of fitness for different levels, qualified trainers, a squash court, an exercise studio, beauty salon, esthetic services, and a Himalayan salt cave, the canine services include a picturesque indoor temperature-controlled dog park, grooming salon, and doggy daycare, as well as training and K9 fitness classes.

You can work out and get your hair done while Fido brushes up on his obedience and gets his coat coiffed. There is a unique retail boutique and to top it off, a health food café with smoothies and grab-n-go foods.



Exquisite health facilities for humans include a Himalayan salt cave.



Furry friends can play and are pampered.

The most special element I recognized on our very first visit was the true love of animals upon which Venus de Fido was built. It is no surprise as Biggi is the founder and visionary behind local non-profit Loving All Animals whose mission is to unite valley shelters and rescue groups in an effort to create a no-kill community.

Special programs at Venus de Fido will include Rescue Introduction Day for local animal welfare organizations to introduce homeless dogs to potential owners in a relaxed and safe environment (Wednesdays 10a-12p) and the "Barkfest Club," where you can schedule a playdate with your dog in their supervised dog park with proceeds benefitting Loving All Animals (Tuesdays and Thursdays 8a to 10a). There will also be quarterly adoption events and onsite "yappy hours" benefitting animal nonprofits.

The indoor dog park looks like something straight out of Caesars Palace with beautiful wall murals and dancing clouds. There is rubberized, antibacterial flooring which is not scattered with toys to alleviate the "mine!" factor. Four-legged guests are temperament tested to ensure everyone plays well together and each is given a green, yellow or red scarf to identify friendly, cautious, or doesn't play well with others. There are K9 supervisors and groups are limited in size and by personality.

So what did my little Bandito think of Venus de Fido? Usually when we enter unfamiliar surroundings, he tries to crawl up my leg into my arms, but not at this place. He pranced in - tail wagging with anticipation - and even let out a little whine of excitement. He truly was happy to be there! After my tour, I found him sitting in the K9 supervisor's lap giving kisses. That's when I said to myself, this place is full of heart and sure to do well!



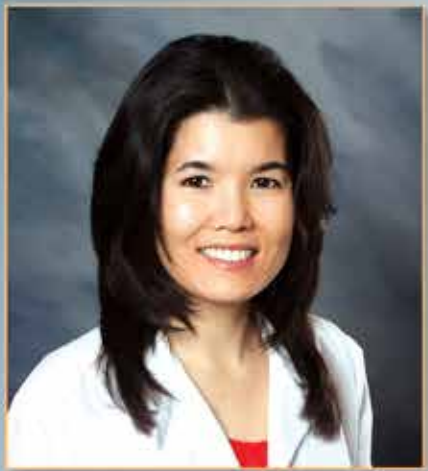
My little prince felt like a king from the moment we arrived.

Venus de Fido is located at 73-600 Alessandro Drive in Palm Desert. Memberships are available for you and/or Fido, or you can choose from a full a la carte menu. There are also spaces available to rent for classes and special events. For more information visit [VenusdeFido.com](http://VenusdeFido.com) or call (760) 834-7050.



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Youth Athletes and Early Burn-out  
The real dangers of overtraining

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

Eager parents often come to me to train their son/daughter, only to find that there is no time for them to train due to their other sport commitments. Some of these athletes are playing more than one sport, but are doing so at the expense of their own health. Some are active from 6am until 10pm at night with school, practice, traveling, tournaments and homework.

The first question I ask is, “What are your goals?” Usually it is the parents who respond, “We want a division 1 scholarship.”

Burn-out or overtraining syndrome occurs as a result of physiologic or emotional stress, fatigue, immune system failure, or insufficient recovery time. The athlete is working out at such an ongoing high intensity without adequate recovery that their performance starts to suffer and their body language reflects disinterest.

The driving force behind the young athlete going 24/7 first starts out as a social need to be around their friends. As an athlete gets older, she/he usually participates in a club sport which is offered when the high school sport isn’t in season. So this means they are playing one sport year round. If they choose a second sport, there may be a schedule conflict, forcing the athlete to choose between the two sports.

An athlete that I trained several years ago was a serious contender for a scholarship for both volleyball and soccer. She was busy 7 days a week year round for 2 years because she was at such an elite level and both of her teams went to state or national finals. She was seeing me sometimes two days a week for training, and the majority of our sessions would deal with just recovery. Because she didn’t have a good recovery plan, one day in soccer practice her knee gave out. She had completely torn all the ligaments and cartilage and fractured the growth plate without even making contact. She was out of sports for two years, needed three surgeries and unfortunately lost any hope of a scholarship.

The signs and symptoms of early burn-out and overtraining in young athletes are as follows:

- They used to get excited about playing their sport or training.
- Their performance stresses them out.
- A poor practice or game performance ruins their day.
- They seem to always be sore or have lingering injuries/pains.
- Their sleep pattern has changed or becomes irregular.
- Even if they do sleep, they don’t feel rested.
- They crave more sugar and carbohydrates than they used to.
- They’re often getting sick, and the illness lingers for weeks.
- They’ve hit a performance plateau or performance has started to decline.
- They have difficulty completing usual routines.
- They have decreased appetite or have lost weight.

There are true dangers of overtraining, and therefore it is important to make sure kids are getting enough recovery time from their sport and are enjoying just being a kid.

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

Health is a Choice

components: physical activity, nutrition, mental health, and how to build support for the program. Free templates which can be tailored for individual businesses and a turn-key tool kit will be provided.

Details of the program will be presented and distributed by the CHMI at an open meeting on September 30 at the UCR Riverside campus in Palm Desert. The presentation will answer questions such as:

- What are the things you can do today to improve the health of your employees?
- How do you communicate what you have in place, and what does it mean to employees?
- How do you value the cost of investing time and money in such a program?

Invitations to the event are required and can be obtained by contacting Tricia Gehrlein (tgehrlein@clintonfoundation.org). All valley businesses—large and small—are encouraged to attend.

“This effort started with the Coachella Valley,” said Chan. “What we have implemented in other cities was learned from your local stakeholders [who have come together through the CHMI]. You all should take a lot of pride in that.”

The CHMI program was first introduced at the kickoff breakfast for the Workplace Wellness Challenge, part of the United Way/Tram Run Challenge’s Nine Weekly Walks.

“Joining the Workplace Wellness Challenge now is easy to do and a good place to start,” says Kristal Granados, CEO of the United Way. The program began with the Nine Weekly Walks on August 20 (free 5k walks in 9 valley cities over 9 weeks), but companies and individuals can join all the way through October 15.

After companies register, employees begin to record all health activities for the sake of fitness (walking, running, drinking water, eating healthy), and a bit of competitive fun. Fitness tracking for participating teams is compiled via fitness platform Wellable.co, and the teams with the highest points will earn wellness awards. Registration, participation and the 9 walks are all free.

The walks and Wellness Challenge will culminate on October 22 with two iconic events – the Palm Springs Aerial Tram Road Challenge 6K Run/Walk, and the Desert AIDS Walk & Wellness Festival at Ruth Hardy Park.

“This is about being preventative, being proactive, and looking at how we can collaborate to keep a healthy community,” said Mayor Linda Evans of La Quinta.

Companies can join the pool and/or challenge other organizations. Points are averaged per employee to even the playing field, so the size of your company doesn’t matter. Activity can be entered manually or via Fitbit (or similar) technology. Extra points are earned for participating in any of the 9 weekly walks, and those who attend 6 of the 9 walks are entered into a raffle that is drawn at the Tram Run awards ceremony. Last year’s prize was a \$1,000 package for accommodations and spa services at the Rancho Los Palmas Resort.

A representative from the Coachella Valley Water District whose team won the



The Clinton Foundation is making it easier for local companies to incorporate employee wellness.



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Workplace Wellness Challenge last year said the program is “beyond easy” to implement. HR posted the challenge on the company’s intranet, on flyers and via paycheck insertions. “If you make it competitive and make it fun, employees will take it from there. HR wins—and you don’t have to do much for it.” She added that employees were chasing after each other saying, “You’re drinking water! Make sure to get your points!”

How did last year’s participating companies benefit? The United Way asked participating employees how they felt about the Wellness Challenge. 87% recorded that the program motivated them to increase their physical activity and to live a healthier life; 75% said the challenge had a positive impact on their health reporting losing weight, drinking more water, eating better, and managing stress. Most importantly, the challenge helped strengthen their workplace relationships, and they were more productive at work.

“As a union between the United Way, Tram Road Challenge, Workplace Wellness Challenge, and the Nine Weekly Walks culminating with Desert AIDS Walk and the Tram Run, this is the largest non-profit health collaboration the Coachella Valley has ever seen,” adds Granados. “It’s important for employers to give their employees the opportunity to participate, because employees are telling us this is what they want, and that they feel more connected by participating.”

To attend the CHMI presentation on September 30, please email Tricia Gehrlein tgehrlein@clintonfoundation.org. To register for the Workplace Wellness Challenge, contact Kristal Granados at the United Way Kristal@uwdesert.org or call (760) 323.2731. For more information on the Nine Weekly Walks, visit www.UnitedwayoftheDesrt.org. For information about the Tram Road Challenge 6K or Desert Aids Walk, visit: http://www.kleinclarksports.com/tram

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## Evening Run Honors Dia de los Muertos

*Train, run and celebrate!*

Heading into its fourth year, Run with Los Muertos just keeps getting better! The Day of the Dead holiday 5k run will be held this year on the evening of November 5 in the historic pueblo viejo district of Coachella known as Old Town. The event offers something for runners and spectators alike including a festive opening ceremony, art walk, beer garden, and multiple stages with live bands and DJ's.



Runners take off on the festive evening 5k. Photo by Cesar Rodriguez

This unique annual event benefits youth art in the eastern Coachella Valley and draws hundreds of celebratory runners and thousands of spectators from all over the Coachella Valley - and as far away as New York and New Jersey. In observance of the holiday, participants are asked to dedicate their run in honor of a passed love one. The event moniker: "Who will you run for?" creates a motivating factor that has resulted in many first time 5k participants.

In an effort to create a culture of fitness that extends beyond a one-night run, event organizers have teamed up with doctors Nicole Ortiz and Brian Myers of the Live Well Clinic in La Quinta to create a 6-week training program. The free program provides nutrition tips and a running schedule designed to get people of all levels to their targeted finish time.

The training program, named "Por Vida," challenges participants to dedicate their own life to one of health and fitness. With weekly workouts, Por Vida provides ample opportunities to train in a supportive, fun, controlled, and medically-monitored environment.

This year the Por Vida program will be diverse in its offerings including rock climbing, a trail hike, and a special Yoga for Runners session presented by Lululemon Athletica Palm Desert.

Early registration is recommended and the first 150 runners to register will have the name of their loved one added to the event's souvenir t-shirt.

Come join the festive celebration November 5 in Old Town Coachella!

Run with Los Muertos is a member of CV Days of Los Muertos. To register and for more information on the event and/or training program, please visit [www.runwithlosmuertos.com](http://www.runwithlosmuertos.com) or contact [rwlm@eventscapeint.com](mailto:rwlm@eventscapeint.com).

### Por Vida Training Schedule

- Session 1 • Thursday, Sept. 22**  
6pm, La Quinta High School
- Session 2 • Saturday, Oct. 1**  
8am, The Cross Trail, Palm Desert
- Session 3 • Saturday, Oct. 8**  
9am, Desert Rocks Indoor Climbing Gym, Palm Springs
- Session 4 • Saturday, Oct. 15**  
8am, Bagdouma Park, Coachella
- Session 5 • Thursday, Oct. 20**  
7pm, The Palm Springs Museum in Palm Desert
- Session 6 • Saturday, Oct. 29**  
8am, Sunnylands Historic Estate, Rancho Mirage

## Join the Stop Diabetes Movement!

*Step Out Walk to be held November 12*

Today, there are nearly 30 million Americans—including over 850,000 in Riverside County—who have diabetes. While an estimated 21 million have been diagnosed, unfortunately 8.1 million people are unaware that they have the disease. If current trends continue, one in three American adults will have diabetes by 2050.

This year, more than 1,000 Coachella Valley residents will be part of the Stop Diabetes® movement by participating in the American Diabetes Association's signature event, Step Out: Walk to Stop Diabetes, taking place Saturday, November 12, at La Quinta Resort & Club.

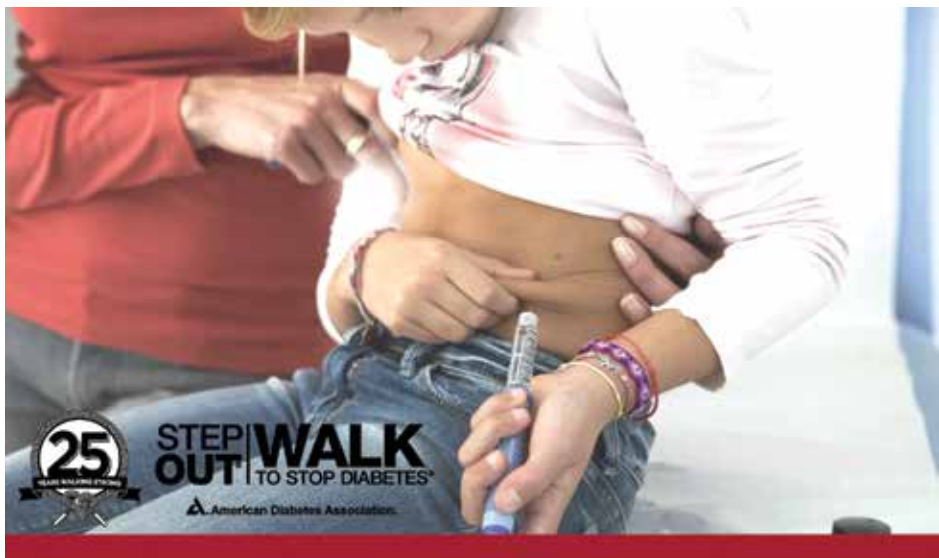
Every dollar raised through Step Out plays an important role in supporting the mission of the American Diabetes Association (ADA): to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Step Out: Walk to Stop Diabetes provides an opportunity for employees, friends and family to come together for a fun, healthy activity. It's an event for anyone who wants to support the ADA and raise critical funds that will help put an end to diabetes.

Walking is a great way to get fit. It improves circulation and mobility, promotes weight loss and even helps reduce stress. And there's no better time to begin a walking routine than right now. If you're not used to being active, start with 10 minutes each day and build as your energy increases. When you begin, find a comfortable pace and try to add about three to five minutes to your walking time each week. A good goal to target is to walk 30 to 45 minutes, five days a week.

Join us at Step Out! Together we can stop diabetes. One step at a time.

To register or for more information, please visit [diabetes.org/stepoutcoachellavalley](http://diabetes.org/stepoutcoachellavalley) or contact Molly Soliman at [msoliman@diabetes.org](mailto:msoliman@diabetes.org).



## JOIN THE MOVEMENT

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Time to Paint El Paseo Pink  
Event celebrates 10th anniversary

Join Desert Cancer Foundation on Saturday, October 8, for their 10th Annual Paint El Paseo Pink Charitable Walk (PEPP). It's time to gather a team of family, friends and co-workers, wear pink and help raise funds for Coachella Valley and surrounding community residents who are uninsured or underinsured and in need of breast cancer screening, diagnosis and treatment.

This wonderful event brings the community together to help support and remember those diagnosed with breast cancer, as well as provide education on the importance of screenings.

Pre-Registration for PEPP will be offered at The Gardens on El Paseo on Friday, October 7, from 11:00am-5:00pm. Registration on October 8 begins at 8:00am with Opening Ceremonies beginning at 9:30am.

Desert Cancer Foundation (DCF) was founded in 1994 with the mission of helping Coachella Valley and surrounding community residents in need of financial assistance with medical costs associated with cancer screenings, diagnosis and treatment.

DCF has fostered valuable partnerships with Desert Regional Comprehensive Cancer Center and Eisenhower Lucy Curci Cancer Center, physicians, imaging centers and other health care professionals who share and help support our vision and mission.

DCF's model patient assistance program helps pay an individual's continuum of cancer care (insurance premiums, copays, coinsurance, deductible, prescriptions, Medi-Cal and Medicare share of cost). In 2005, DCF, in coordination with Desert Healthcare District, expanded its assistance programs to include funding breast cancer screenings and diagnostic services for uninsured/underinsured residents.

Desert Cancer Foundation staff, volunteers, board of directors, community partners and most importantly, those we assist, thank our generous and supportive community for helping provide much needed support to our valley neighbors.

Every dollar raised translates into over \$10.00 of cancer care! We look forward to seeing you on October 8!

Register today at [www.pepp.desertcancerfoundation.org](http://www.pepp.desertcancerfoundation.org) or call (760) 773.6554 for additoinal information on registration, sponsorship or volunteer opportunities. [www.desertcancerfoundation.org](http://www.desertcancerfoundation.org).

Medicine: In Need of Change

Continued from page 14

Scheeren believes that "the people who live and work inside a building are as much a part of that building as concrete, steel and glass." He asks, "Can architecture be about collaboration and storytelling instead of the isolation and hierarchy of a typical skyscraper?" He has often been critiqued for "coloring outside the lines" in his field, but his statement that caught me and focused my own purpose was this: "Artists who create anything that is not the status quo will create controversy. We seek that controversy as an opportunity to have a dialogue. We seek the dialogue. It is in that place that we may open up the future."

Our work in this community, in this publication, and in our larger world rests on this same principle. We are each "artists" in our own story and have the opportunity to create outside the status quo and "open up the future." Health care needs this dialogue. I have seen the profound effect of other major hospital systems, for instance, starting a yoga program, or creating farm-to-table food service programs. The permission to create and expand wellness programs within my workplace has been granted on the shoulders "of those who have gone before."

In the simplest of ways, our daily choices impact the world. People around us are influenced by what we do. Research has shown that we become most like the people with whom we associate. It is always fascinating to me to watch the effect of choices...when I order a healthy meal, the person with me is more likely to do the same. Conversely, when I choose an unhealthy option, I can often predict that the person with me will join me. From these small choices to the larger decisions we make, our choices make a difference. We are the architects of our own lives. Let's create the future!

"Every human being is the author of his own health or disease." - Swami Sivananda

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

The Right to Choose Your Final Act

Continued from page 18

and it protects the families against insurance companies' denials of claims for these reasons.

Statistics from Oregon show that the majority of patients who have used that state law are over 65, are college educated and had a diagnosis of cancer. The majority stated they wanted to use this way of ending life due to their loss of autonomy, whereas only 25% requested it for pain. 90% were enrolled in hospice and 60% of those prescribed the medication actually took it. "For many, simply having the prescription on hand is a comfort," Zak added.

"Is it more harmful to prolong a dying process or to end a dying process?" asks Zak. In California, it is now possible to plan with one's family how life will end and make it as comfortable as possible for the patient and the family.

For more information on the End of Life Option Act visit [endoflifeoption.org](http://endoflifeoption.org) or call (800) 247.7421.

Editor's update: The End of Life Option Act is being challenged by the Life Legal Defense Foundation, American Academy of Medical Ethics and several physicians. While an August 26 injunction was denied, both sides are due back in court December 5.



Crowds gather at The Gardens El Paseo.



On October 8, pink prevails on El Paseo.



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Desert Health® is proud to support these community events.  
We look forward to seeing you out and about!

**Sept. 6 • Break the Stigma Golf Tournament.** Michael's House presents the third annual Tournament and Awards Luncheon. Join us in raising awareness and education about addiction, mental health and the stigma that follows in a fun day of golf, archery and more. Benefitting SafeHouse of the Desert. Register at [breakthestigmagolf2016.eventbrite.com](http://breakthestigmagolf2016.eventbrite.com) or call (760) 464.2138.

**Oct. 2 • Y B Fit Desert Challenge Health and Fitness Fair.** A family wellness and sports expo for runners, walkers and triathletes of all skill levels hosted by the YMCA and City of Palm Desert. Event includes a mini-triathlon, 5k walk/run, 1k color run, booths, activities and music at the Palm Desert Civic Center Park from 7a to 11a. Register today at [ybfitpdchallenge.org](http://ybfitpdchallenge.org) or call (760) 341.9622.

**Oct. 8 • Paint El Paseo Pink.** Desert Cancer Foundation's 10th annual charitable walk down El Paseo raises funds for community residents who are uninsured or underinsured and in need of cancer screening, diagnosis and treatment. Join us at The Gardens on El Paseo at 9:30a. Register today at [desertcancerfoundation.org](http://desertcancerfoundation.org) or call (760) 773.6554.

**Oct. 22 • Desert AIDS Walk.** A grassroots, community fundraising event that supports client services at Desert AIDS Project and other local non-profit partners. Join the 600+ individual walkers, nearly 2000 donors, and 95+ volunteers for a day of fun and fundraising to end the spread of HIV. Register today! [desertaidswalk.org](http://desertaidswalk.org).

**Oct. 28 • Joslyn Center Health Fair.** All are welcome to join us for a health fair and flu shot clinic from 9a to noon at the Joslyn Center in Palm Desert. Contact Daniel at (760) 394.3220.

**Oct. 29 • Coachella Valley Heart and Stroke Walk.** The non-competitive 5k walk encourages the community to take the pledge to live a healthier lifestyle. Start a team or bring family and friends! Palm Desert Civic Center Park. Registration and Health Fair begin at 7a; walk begins at 8:30a. [cvheartwalk.org](http://cvheartwalk.org).

**Nov. 5 • Run with Los Muertos.** Come to the historic pueblo viejo district of Coachella and run in honor of a passed loved one. This night time 5k begins at 6p and also features music and festivities for spectators and runners alike. Register at [runwithlosmuertos.com](http://runwithlosmuertos.com).

**Nov. 12 • Step Out: Walk to Stop Diabetes.** The American Diabetes Association's annual event helps raise funds to change the future for those living with the disease and those at risk. Join us 8am at the La Quinta Resort & Club (walk starts 9:30a). Register at [diabetes.org/stepoutcoachellavalley](http://diabetes.org/stepoutcoachellavalley). Contact: [msoliman@diabetes.org](mailto:msoliman@diabetes.org).

**Nov. 18 • Gilda's Gift of Giving.** Gilda's Club Desert Cities is dedicated to providing support, education and hope to people affected by cancer. Join us for a fashion show, luncheon and boutique at the Hyatt Regency Indian Wells Resort and Spa from 10a to 3p. For more information visit [gildasclubdesertcities.org](http://gildasclubdesertcities.org) or call (760) 770.5678.

**Nov. 19 • Fall Family Festival, La Quinta.** Old town La Quinta will close down Main Street for a fun day of family activities from 10a to 4p. Admission is free. Contact Joanna.whitlow@formomsandbabies.com. Visit [aboutfamiliesinc.com](http://aboutfamiliesinc.com)

**Dec. 1 • Pathway to Health, Beauty and Wellness Expo** will feature headline speakers, seminars, workshops, vendors, prizes and giveaways. An opportunity to see new technologies, services and products. Admission is free, along with free valet parking at Agua Caliente Resort Casino Spa in Rancho Mirage (smoke free entrance and environment). 10a - 7p. Contact Bette King Productions (760) 202.4007.

**Jan. 10 • Eisenhower's Wellness Matters Movie & More Series.** Desert Health® is proud to co-sponsor a screening of the acclaimed movie *Fed Up: It's Time to Get Real about Food* followed by a discussion and healthy eating sampler with Jeralyn Brossfield, MD. 5:30p at the Annenberg Center for Health Sciences. Tickets \$15. Contact the Eisenhower Wellness Institute (760) 610.7360.

**Jan. 14-15 • Desert Woman's Show.** The spotlight will once again shine on women's issues with over 100 exhibitors of local products and services, interesting seminars on today's hottest topics, and Taste of the Valley with food, wine and beer tasting. Agua Caliente Resort. For vendor and guest info contact [info@marloproduction.com](mailto:info@marloproduction.com). (760) 285.3903 [desertwomansshow.com](http://desertwomansshow.com).

**Feb. 3 • Women Leaders Forum's Women Who Rule!** Presented by Desert Regional Medical Center. Raise a toast - and college scholarships - for Young Women Leaders while honoring dynamic community leaders at this celebratory luncheon. Champagne reception/silent auction start 11a. Agua Caliente Resort. Visit [wlfdesert.org](http://wlfdesert.org).

**Feb. 7 • Eisenhower's Wellness Matters Movie & More Series.** Desert Health® is proud to co-sponsor a screening of *The Connection*, understanding the remarkable link between your mind, body and health. The movie will be followed by a mind-body practice with Jayne Robertson. 5:30p at the Annenberg Center for Health Sciences. Tickets \$15. Contact the Eisenhower Wellness Institute (760) 610.7360.

**Feb. 11 • Go Red for Women Luncheon.** Help raise awareness of heart disease and its impact on women at this fun and educational event. Everyone is encouraged to wear red to help all understand the toll heart disease takes on them. 10a-2p. The Westin Mission Hills. Contact [Adrienne.barton@heart.org](mailto:Adrienne.barton@heart.org). Visit [cvgoredluncheon.heart.org](http://cvgoredluncheon.heart.org).

**Feb. 14 • Affair of the Heart.** This free community education and screening event offers guest speakers, lectures on heart conditions, treatment options and prevention, as well as free blood pressure and blood sugar screenings. Desert Regional Medical Center 9a -12:30p (800) 491.4990.

**Feb. 18 - 20 • Polochella** A festive weekend of polo for - and by - kids with activities for the entire family. Watch teams of children ages 6-18 compete in polo matches at the beautiful Empire Polo Club in Indio. There will be participatory games and free polo lessons for children who want to learn the sport. This event is FREE and open to the public. For more information call (760) 899.5102.

**Feb. 25 • Jim Cook's Day of Hope for Diabetes.** Presented by the Desert Diabetes Club, this free event is open to the public and features lectures on a variety of topics, exhibitors, and medical and celebrity speakers addressing issues related to diabetes. (760)773.1578. [Emc.org/ddc](http://Emc.org/ddc).

**March 7 • Eisenhower's Wellness Matters Movie & More Series.** Desert Health® is proud to co-sponsor a screening of *Happy*, a movie that explores the world to find the secret behind our most valued emotion. Followed by a discussion and relaxation practice with Kiran Dintyala, MD. 5:30p at the Annenberg Center for Health Sciences. Tickets \$15. Contact the Eisenhower Wellness Institute at (760) 610.7360.

**March 11 • Trilogy Health and Wellness Fair.** This festive and free event takes place from 9a to 12p and is open to all. A variety of Coachella Valley health professionals will offer demonstrations, samples and product information. Contact Sharon McKee: [Sharon.mckee@fsresidential.com](mailto:Sharon.mckee@fsresidential.com) (760) 702.3037.

**May 17 • Desert Health® Wellness Awards** will once again honor those in our community moving health and wellness forward. Nominations open Nov. 1 and all are encouraged to take part. 2017 sponsorships are also available. Contact Lauren@DesertHealthNews.com (760) 238.0245 or visit [deserthealthnews.com](http://deserthealthnews.com).





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# Wellness

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