Advanced treatment regimen relieves chronic, life-altering pain

There is no scientific evidence that suggests a passion for riding roller coasters is an inherited trait, but it’s a trait that was passed on from Joyce Moreau to her two sons, and Joyce couldn’t be happier about it.

“It may be because I started taking them when they were young, but that has always been our thing,” Joyce explains. “We’re all adrenaline junkies, so going to theme parks and riding the roller coasters, that’s always been a bonding moment for us.

That’s the one thing I could always do that the kids were cool with because, of course, nothing else Mom did was cool. My jokes weren’t cool; my lectures weren’t cool. Nothing I did was cool except that.

“I felt so bad that I just stood there in the middle of the park crying. I thought, ‘I’m never going to ride rides like this again.’ Not long after that, I started getting some really bad headaches and feeling a lot of tension and stress in my neck and back.”

The theme park incident prompted Joyce to reconnect with the chiropractor who previously treated her, Sandy McLean, DC. That’s when she learned that Dr. McLean had recently relocated to Active Health Center in North Palm Beach.

“When I first started treating Joyce following her accident, we did a lot of traditional chiropractic care and some decompression,” Dr. McLean says, the latter treatment being a form of traction designed to correct bulging or herniated discs.

“When we reconnected, I started treating her again by doing the traditional adjustments, and they would have her feeling better for a few days, but her pain was still chronic. It was then that I suggested she try the MCU machine.

Evidence-Based Medicine
The Multi-Cervical Unit, or MCU machine, is a unique, nonsurgical device that isolates and strengthens the muscles around the neck and provides a comprehensive assessment of the patient’s physical progress while the patient receives the therapy. A tool in what doctors refer to as evidence-based medicine, the MCU machine records 16 different ranges of muscle movement for strength to determine the specific areas of the neck where there are weaknesses, imbalances or a loss in range of motion.

Once that data is revealed, a customized treatment program is designed that allows the MCU to correct those problems. Considered the most complete and efficient system for assessment and rehabilitation of the neck, the MCU has proven to be a highly effective tool.

According to Active Health Center, studies show that after receiving MCU therapy, patient pain levels decrease by 66 percent while strength levels increase by more than 70 percent, with more than 90 percent of patients making a full recovery. Intrigued by what she learned of the MCU machine, Joyce agreed to give the device a try. Like all patients, she was first tested on the machine. Those tests revealed a significant weakness in her neck muscles, and a treatment regimen was created for her.

A single MCU session lasts between 20 and 30 minutes, with patients typically going through three sessions a week for nine weeks. During those nine weeks, patients are re-tested at least three times to determine the effectiveness of the treatments.

“We re-test the patient every three weeks, or nine visits, and compare the results of those tests with the results we received from our original examination of the patient,” explains Colin Behrue, DC, at Active Health Center.

“That shows us how well the patient is progressing, and based on the findings, we make clinical changes. The change could be different exercises, different angles or different weights that help the patient continue to improve and build strength.”

Hitting a Trifecta
Acute Wound Care

Massaging Moments
12
Lighthouse Health Group

Bright Horizons
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ACTIVE
Health Center

MARC A. WEINBERG, DC
COLIN O. BEHRUE, DC
FORREST HARVEY, DC
ADAM HOLLEMAN, DPT
SANDY MCLEAN, DC

“But we loved riding roller coasters so much that for birthdays, we’d go to theme parks, and I’d let them take a friend, and we’d spend all day or the weekend just riding the roller coasters. Like I said, it’s our thing. It’s what bonds us.”

Despite the fact that one of Joyce’s sons is now 30 and the other is currently playing hockey for a prep school in Canada, that special bond is still very tight. There was a time not too long ago, however, when it was temporarily severed.

“It started with a car accident that happened about four or five years ago,” says Joyce. “The accident left me with really bad headaches and feeling a lot of tension and stress in my neck and back.”

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of Tampa. 

"But the biggest thing we see with substance abuse is isolation. They begin to separate themselves from their friends and family, which can be a real threat to their support system."

Christian Sicignano, RN, Director of Nursing at Riverside Recovery of Tampa, observes. "There are physical signs and behavioral signs. "One of the signs is lethargy, especially if people are actively using. Substance abusers may have a chronic runny nose or loss of physical coordination. They may totally neglect their personal hygiene or activities of daily living. They may become irritable, appetite changes, weight changes or tremors. They may smell of alcohol and have irregular menses which are common with addiction."

"Concerned individuals should discuss their concerns about the substance abuse and encourage the family members to talk to a trusted professional. Christians. They can then work to put together the evidence and get them into a treatment program."

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Continuum of Care

The recovery process at Riverside Recovery of Tampa is a continuum of care that begins with the Medical Decision Making Program and moves to the Residential Program. Christian explains. From there, clients transition into the Day/Night Program, patients with substance abuse disorder can enter detox, residential or day treatment, whichever is appropriate for their substance of choice and individual needs.

Christian Recovery’s nurses are integral members of the patient care team and work with their families to prune through their stay in the recovery center.

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Joyce is now living and riding pain free.

**Advanced Technology for Neck Pain**

“Hearing a Life, a hearing device, is not the end of the patient’s relationship with Sandra. She provides a comprehensive management plan, which is the key to a successful outcome for all of her hearing aid patients.”

**Hearing Screening**

Hearing is one of the body’s five major senses. It’s a key factor in human communication, and it helps people stay connected to the world around them. Sandra stresses the importance of maintaining good hearing health.

Sandra’s quick thinking and professional services helped Henry to realize the importance of having a hearing test.

Henry came to realize the importance of having a hearing test.

Henry’s hearing loss is the deterioration of nerves in the inner ear, which can lead to various degrees of hearing loss, from mild to profound. Sandra scheduled you every three months for maintenance, and Henry verified. "She checks your hearing aids, cleans them out, and replaces the battery. It’s all part of our regular care, and you don’t have to pay for that, which I think is fantastic."

Henry realized it’s an illness for as long as I was, I got to where I could sit in people’s eyes, pin you, and Sandra is the real deal. I absolutely recommend her and Hearing A Life to anybody!

**Hearing Life for Quality Of Life**

Hearing life provides comprehensive services to meet the hearing care needs of the residents of Palm Beach County and its surrounding areas. For a free consultation and testing, stop by one of their two locations or call to schedule an appointment.

Palm Beach Gardens
5191 N. Military Trail
Greenacres
6801 Lake Worth Road

(561) 506-6595
(561) 842-2273

Visit them online at Hearing4life.com
Charles Boggess

like the sports cars he tinkers with. Charles Boggess, 46, has been a car enthusiast for as long as he can remember. The 67-year-old Florida native Dr. Salinger, who was born in New York City in 1944, received his medical degree from New York University in 1967. Since then, he has been a leader in many areas of ophthalmology, including corneal and refractive surgery. Dr. Boggess was also a fellow in the United States Naval Reserve Medical Corps before starting his current practice. Dr. Boggess is a co-author of several articles in prestigious medical journals. Dr. Boggess is an active member of the American Academy of Ophthalmology and the American Academy of Ophthalmology for the Study of the Eye.
The day I developed lymphedema was the day my life changed. My leg swelled up and never went down. It was so bad that I could barely walk. I was in so much pain that I couldn't even sleep. I tried everything—medications, compression devices, exercises, but nothing worked. The pain was relentless. I was in a constant state of discomfort. I was forced to stop doing the things I loved—walking, dancing, even basic daily activities. It was like a horror movie—my life was over.

As time went on, my leg continued to swell. It was like a balloon, getting bigger and bigger. I couldn't wear tight clothes anymore. It was embarrassing. I felt like I was a burden to those around me. I couldn't even go out in public without feeling self-conscious. It was like I was trapped in my body, unable to do the things I used to enjoy.

But then, a friend recommended me to Dr. Andrea Zotovas. She's a Florida Medical Marijuana MD who helped me through my difficult times. She gave me the confidence to believe that there was hope. She prescribed me medical marijuana, and I've never felt better. The benefits of treating pain with medical marijuana have been life-changing for me. It's not just about the pain relief. It's about the overall quality of life. It's about being able to live your life to the fullest.

I highly recommend medical marijuana to anyone suffering from chronic pain. It's a natural, non-addictive alternative to prescription painkillers. It helps me manage my symptoms and improve my quality of life. I'm grateful every day that I was able to find the right treatment for me. If you're suffering from chronic pain, I urge you to explore medical marijuana. It's a powerful tool that can transform your life.
Proven laser procedure painlessly dissolves eye floaters

Dr. Lowe specializes in diseases of the retina and vitreous. He knows what Truman's spots were. They were vitreous floaters. Dr. Lowe uses eye fixative tumors (using a noninvasive procedure called laser sclerotherapy) to detach the floaters.

Study Validated

"Different types of floaters develop when the vitreous detaches from the underlying surface of the retina," Dr. Lowe observes. "Sometimes, the vitreous begin to break up and create flashes of floating-spots."

"Other times, it gathers and forms another type of spacten that obstruct vision to a

Doctor Lowes eye fixative tumors were responsible for "my entire visual field."

Dr. Lowe says the procedure can be performed multiple times without adverse effects necessary to achieve a successful outcome.

Great Eyes

Dr. Lowe now offers the "first laser procedure that works." Truman is pleased.

"It only takes a few minutes, and there's no pain involved. The procedure itself was like using a bit of a camera flash. I held still, and Dr. Lowe could focus the laser on each floater and destroy it."

"The program operated over a fifty thousand acre spread in Central Oregon," Larry enthuses. "Dr. McFarland performed the procedure at the Americare Surgical Center in the city of Bend. The surgery lasted about forty-five minutes, and the recovery was very quick. I walked out of surgery with no pain and very little discomfort.

"I felt immediate relief," Larry enthuses. "And my back is straight again. The pain has been gone for over two weeks, and I feel like I have my life back."

"I have a brother who is an orthopedist, and he tells me that is unheard of. I have better pain control in my back now than when I was much younger."

"It's not just about the pain relief. It's the fact that I feel like I can walk again."

Dr. St. Louis makes a point of noting that Physician Partners of America, and Larry, "were able to perform the procedure in the comfort of our own home. We didn't have to travel to a hospital or surgery center."
Hope available for those suffering from "holiday blues"

Like so many, her days get even more hectic around the holidays, and every year, Serena gets depressed. She dreads family holiday gatherings so much that she makes up excuses to avoid attending them. She resents the impositions on her time and finances and becomes angry and bitter. She cries at the drop of a hat and is short with her family.

"Although the holidays can be a wonderful experience for many people, they lead to a tremendous amount of stress and anxiety for others," observes Edward Zawadzki, DO, a board-certified forensic and adult psychiatrist at Lighthouse Health Group in Jupiter.

"Those feelings of anxiety and depression are often referred to as the 'holiday blues.'

"The onset of the holiday blues typically begins in the fall and progresses through the holiday season. Symptoms often begin with feelings of stress and irritability. Sadness and fatigue may follow, and some people may become reclusive.

"The condition may degenerate into a more severe depression or anxiety disorder. When that occurs, those symptoms may be present, but more serious symptoms, such as episodes of tearfulness and suicidal thoughts, may also develop."

While the holidays can be delightful, they are accompanied by certain stressors that can lead to the development of the holiday blues, Dr. Zawadzki asserts. Two of the most common stressors are finances and family.

"People understandably feel more anxiety and sometimes experience depression or a more serious psychiatric issue, or have a worsening of an existing condition, due to those stressors," the doctor relates.

"Some people with the holiday blues unconsciously or subconsciously move away from their families at this time of year if their families are a source of stress for them.

"Old feelings such as guilt may get dredged up when families gather, and that can lead to anxiety and anger, which can cause a person to become depressed. There are also many obligations, and events people are expected to attend that they may feel uncomfortable attending. That can stir up anxiety and even panic in those with the holiday blues."

Financial pressures are also heighted during the holidays with the added costs of entertaining, decorating, and buying gifts. Those with the holiday blues may resent being expected to spend the extra money. Resentment leads to anxiety and depression for others, he observes.

"We encourage anyone experiencing symptoms of the holiday blues to seek professional help, and we can definitely provide that help. People can make an appointment for an initial consultation, and we can quickly determine the treatment they need, whether it's psychotherapy or medication or both."

ECTlectic Offerings

Lighthouse Health Group is a full-service psychiatric practice offering both traditional and leading-edge treatments for patients with mental health disorders, including the holiday blues. In addition to a board-certified psychiatrist, the staff includes a certified psychiatric nurse practitioner, doctoral-level psychologists and master's-level therapists.

"Dr. Zawadzki and his staff at Lighthouse Health Group use a mixture of science-based psychiatry and traditional psychotherapeutic methods to treat their patients. Traditional methods include individual, family and group therapy.

"We use different types of therapies designed for specific types of disorders," Dr. Zawadzki describes. "We have an eclectic assortment of treatments that includes traditional psychotherapy, psychotherapy and supportive psychotherapy. But we also have treatments such as TMS [transcranial magnetic stimulation], EMDR [eye movement desensitization and reprocessing], exekantine therapy and a nutrition-based wellness therapy. We use this wide range of modalities to better help our patients."

"TMS, exekantine therapy and EMDR are three of the newer treatments available at Lighthouse Health Group. Each of these treatments has a place in treating patients with certain mental health disorders. TMS is used for medication-resistant depression."

"During TMS, a high-strength magnet is placed on the head over an area of the brain called the prefrontal cortex," Dr. Zawadzki describes. "This area of the brain is considered important in the development of depression. It has been shown on MRI studies to be under-functioning in people who have depression.

"Pulsing the magnet over that section of the brain induces a small electrical charge that forces the neurons in that area to fire. This essentially wakes up the dorsolateral prefrontal cortex so it functions normally again, which relieves depression symptoms."

"Exekantine is a medication that helps people suffering from depressive disorders rapidly achieve symptom relief. TMS and exekantine are typically considered after patients fail to achieve significant symptom relief using medications."

"Exekantine is an analog of ketamine, an anesthetic that's been around for many years," Dr. Zawadzki explains. "But exekantine has been reformulated as a treatment for depression. We use exekantine as a nasal spray, and we administer it in our office. It's not something patients take home with them.

"Exekantine is an NMDA-receptor antagonist, which is a complicated way of saying it works on neurotransmitters in the brain that are involved with depression and other emotional states. By modulating those neurotransmitters with exekantine, we can help people deal with depression very quickly.

"EMDR is a newer, nontraditional form of psychotherapy that's used primarily for patients suffering from post-traumatic stress disorder, or PTSD. PTSD is a condition that develops after a person experiences or witnesses a traumatic event such as a physical assault, a serious accident or military combat."

"During EMDR, the patient is instructed to follow the back and forth motions of the therapist's fingers with their eyes. The patient then recounts their traumatic event while the therapist gently shifts their negative thoughts to more pleasing ones. The goal of EMDR is to weaken the effects of the negative emotions associated with the traumatic event."

Whole-Body Care

Patients with mental health disorders sometimes suffer physical pain as well. To address their patients' painful conditions, Lighthouse Health Group offers the services of a board-certified psychiatrist on site at the clinic.

"We're not a pain clinic, but our psychiatrist, Dr. Ellen Babinsky, treats patients for many types of musculoskeletal complaints, including back pain and joint injuries," Dr. Zawadzki states. "As a psychiatrist, she can address any type of muscle or bone issue patients may experience."

"People don't have to be mental health patients to see a psychiatrist at Lighthouse Health Group or to receive help from its staff. Someone such as Serena, who suffers severely during the holiday season, could profit immensely from the services available at Lighthouse Health Group, where a board-certified psychiatrist will determine if she would benefit from medication, and a trained therapist can teach her skills for coping with the stresses and demands of the holiday season."

"Good things can happen when people see a psychiatrist or therapist around the holidays," Dr. Zawadzki says. "We can help them keep their bearings throughout the holiday season and beyond."

A Modern Approach

Lighthouse Health Group takes a modern approach to mental health and offers counseling and wellness in one location to better serve you. To make a consultation appointment, contact them at their office in Jupiter at: 4600 Military Trail Suite 103 (561) 249-7400

Learn more by visiting them on the web at lighthousehealthflorida.com

Edward Zawadzki, DO, is board certified in psychiatry and neurology, and forensic psychiatry. He earned a Bachelor’s degree in Psychology from The Pennsylvania State University in College Park, PA, and a Master’s degree in Clinical Neuropsychology from the California School for Professional Psychology in Fresno, CA. He then received his Doctor of Osteopathic Medicine degree from New York College of Osteopathic Medicine in New York, NY. Dr. Zawadzki completed residencies in psychiatry at Mt. Sinai School of Medicine at Cabins Medical Center and St. Vincent’s Medical Center in New York, and then a fellowship in forensic psychiatry at St. Vincent’s Medical Center. He is a member of the American Psychiatric Association, American Academy of Psychiatry and the Law, and the Association of American Physicians and Surgeons.