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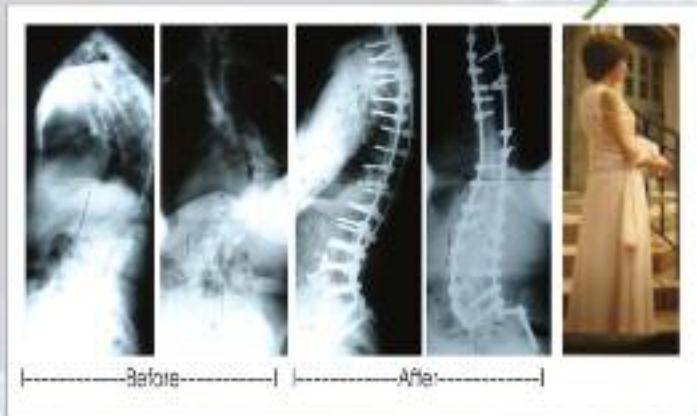
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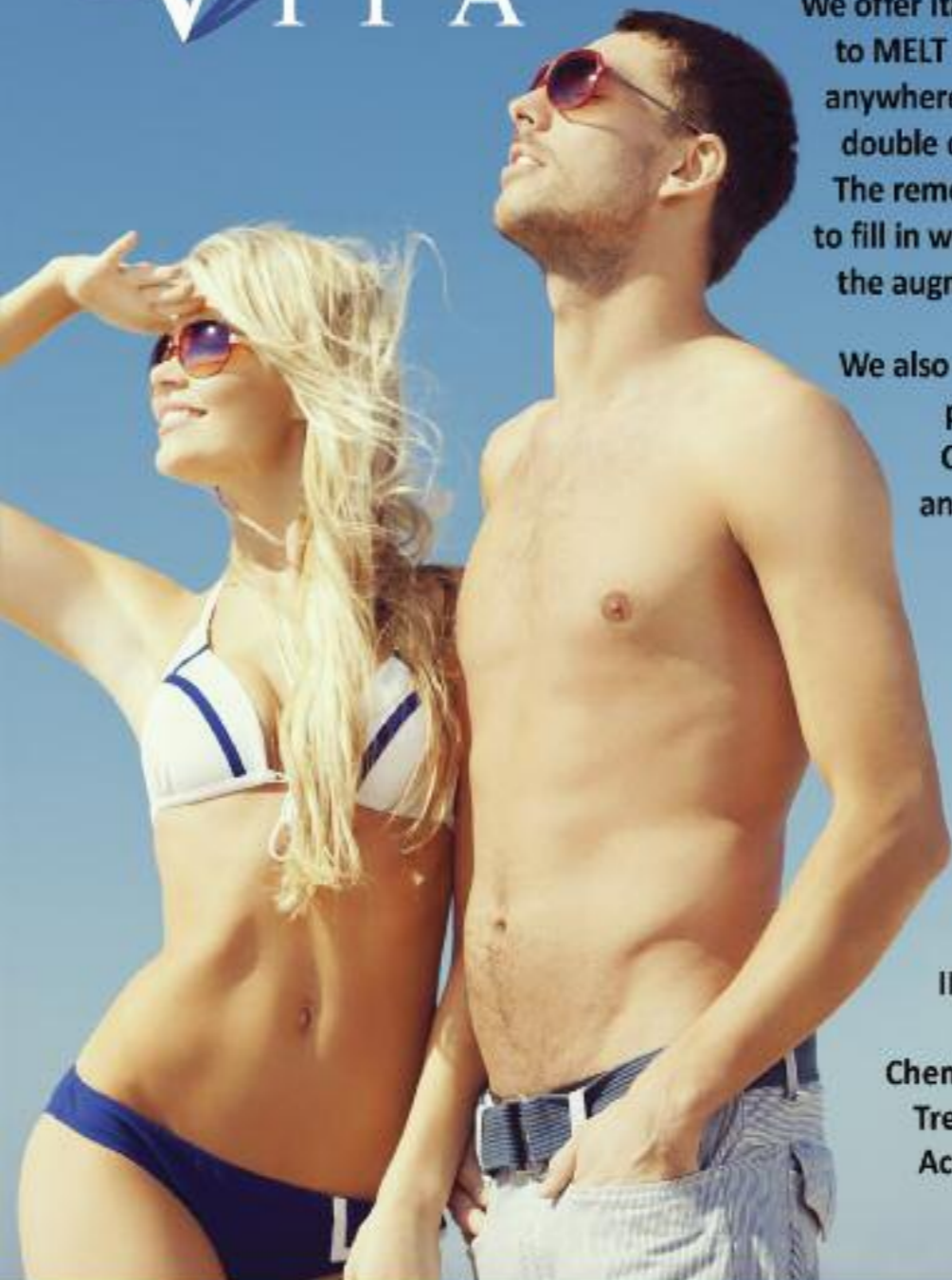
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JOHANNA C. FIGUEROA, MD is the only female urologist on Long Island who is double board-certified in both general urology and pelvic floor medicine and reconstructive surgery. Her affiliations include St. Francis Heart Hospital in Roslyn, and NSLIJ - Glen Cove. Her pelvic medicine practice incorporates treatment for pelvic pain, female sexual dysfunction and painful bladder syndrome / interstitial cystitis. Her procedures include surgery for prolapse, incontinence and vaginal cosmetic reconstruction. Dr. Figueroa also provides care for all other urological issues and has a pelvic floor therapist on site. She is the founder and owner of Urology & Pelvic Health, PLLC. For more information, call 516-399-2501 or visit www.urologyandpelvichealth.com. Dr. Johanna Figueroa is also the medical director of Female Sexual Medicine of Long Island, PC in Roslyn Heights, NY. For more information, call 516-801-1010 or, for a free 10-minute consultation, email help@sexualmedicinel.com.

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Q: It's summer time and I am wondering what is the best and most effective way to brighten up my smile with teeth whitening?

A: If you want to brighten your smile for the summer, there are many ways to go about whitening your teeth. It really depends on several things. The first factor is how dark are your teeth. For severely stained or dark teeth, the best method is to have it done at the dentist's office. It can be done with a light activated bleaching gel or with custom bleaching trays that are worn at home. The second factor is the sensitivity of your teeth. Some take-home gels can be adjusted for people who have very sensitive teeth. The process may take longer, but you eventually get there. The third factor to consider is your budget. The various methods, in-office, custom trays, or over the counter, differ in cost. You should really talk to your dentist about which method is the best suited for your particular mouth.

(Answered by Aaron Elkowitz, DMD)



Q: As I age, my rosacea is becoming more noticeable. Is there anything I can do to help this situation?

A: There are many contributing factors to rosacea. As we age, the skin can become thinner and show sun damage. Exercise, especially high intensity and hot yoga, will bring out more of the red in your skin and that tends to last longer in rosacea patients. Spicy foods, hot drinks, hard cheeses, mustards and liquor all can make rosacea look worse. It is good to avoid these triggers. Your dermatologist has many options to help treat rosacea. Topical creams such as metronidazole and azaleic acid are beneficial. Low dose doxycycline can be extremely helpful. Lasers and IPL treatments will also work to improve the look of your skin.

(Answered by Suzanne Sirota Rozenberg, DO, FAOCD)



Q: I am trying on bathing suits, and not too happy with what I see. What can I do to minimize the fat in my buttocks and even other areas?

A: You can try VaserShape. It's a non-invasive treatment that smoothes, firms and shapes the body. It can help reshape troublesome body areas and reduce the appearance of cellulite. Using high frequency sound waves and zonal massage, ultrasound energy warms the underlying fatty tissue in a specific area of the body. Then the zonal massage helps to increase blood circulation, open lymph nodes, and encourages the body to remove excess fat. This "micro-massage" melts the fat and works with the lymphatic system to drain excess fat and toxins from the body and increase blood circulation. Together, these two processes smooth and shape the body, temporarily reducing the appearance of cellulite. They also help to reduce the pain and swelling that can occur after liposuction.

Since there are no incisions, cuts, surgery or anesthesia, there is no downtime. Patients describe the sensation as being similar to that of a hot stone massage. Immediately following the treatment, you can resume normal activity. Treatments take approximately an hour and are done once weekly for each treatment area and a series of three to five treatments is usually recommended for the most visible results.

(Answered by Annette Pennington, Medical Aesthetician at Aesthetic Plastic Surgery, PC)

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Summer has finally arrived and no one can be more thrilled than me. I hope that you have all thawed out from this brutal winter and are enjoying some time at the beach or have planned a nice vacation that keeps you outdoors during this way-too-short season. Whatever your summer plans, just make sure to take the time to do the things that are difficult or impossible to do the rest of the year.

Inside our summer issue we bring to you great summer salad recipes from Jillian Panzella. In our last issue, she gave us very simple, healthy, delicious recipes, and I made all of them. So we invited her back for summer. Nothing tastes better than creating easy dishes with the fresh fruits and vegetables you love most. With the heat of summer promised to us this year, we tend to show far more of our bodies than in winter. Unfortunately, many of us dread the summer for this reason alone. Many are not comfortable with their body; therefore much stress comes along with the perks of the season. Negative body image is not just for teens, as studies show that women over the age of 45 experience the same fears. If you are one of these women, you are not alone. Nutrition and fitness professional, Josephine Fitzpatrick informs us how we can feel better about ourselves. There is no secret to keeping in shape and the best way is with proper diet and exercise. But are you wearing the proper footwear for all the exercise you will be doing? Dr. Diane Castro tells us what to look for when shopping for our athletic shoes so our feet can be as happy as we are.

Women are getting married later these days as education and career become top priority. But, that choice does not come without concerns. The biggest question women want answered is "Can I start a family in my late 30's to early 40's"? Many women can still have successful, safe pregnancies and Dr. Marc Behar gives us the true facts on pregnancy later in life. Yes, you can have your career and family too! Talking about later in life, Dr. Johanna Figueroa makes us feel that we are not alone, with her article on menopause and painful intercourse. Our body goes through so many changes at that time, but there is help available to ensure that we maintain enjoyable intimacy as we go through menopause and beyond.

As always, our amazing medical contributors provide the information we all want to know and this issue doesn't leave out articles on products and procedures to enhance our appearance. Dr. Lynn Pierrri lets us know that our spouses as well as our self do not need to live our lives with thinning hair. NeoGraft™ is a recent procedure that offers less discomfort and downtime than traditional hair restoration procedures. Want to get rid of those love handles before your bathing suit goes on? Dr. Wayne Wertheim writes about different Liposuction options, from traditional and Laser Assisted options that are less invasive with a shorter recovery time.

And last but not least, our cover celebrity Leeza Gibbons helps remind us that we all have the ability to have a "take 2" in our lives, rebooting our life to create a new one that may fit us better. She also shares her keys to success for family caregivers, which she learned from helping her mom through Alzheimer's Disease. We can all learn from the principles she invokes. You'll see that Leeza is uplifting in so many ways.

There is much more to read about, so throw the magazine into your beach bag along with a refreshing summer salad and have a great day!

Editor-in-Chief

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WHAT YOU SEE IS WHAT YOU GET... OR IS IT?

Keeping a **Positive Body Image** As An Adult

RECENT STUDIES HAVE SHOWN THAT WOMEN OVER 45 HAVE A DIFFICULT TIME LOOKING IN THE MIRROR AND LIKING WHAT THEY SEE

Living in a society that puts so much emphasis on “appearance” and “perfection,” how are you expected to keep a positive body image as you age?

Researchers have continuously cited body image as an important part of a person’s self-concept. Yet, more than ever before, women are faced with reasons to change what they see in the mirror. Studies show that women are constantly judged based on their physical appearance. Notice how the market is flooded with cosmetic advertisements about the importance of “looking young.” Another example of this is the new phrase, “50 is the NEW 40! There is also a proliferation of “medical spas” offering laser treatments, Botox, fillers and of course, plastic surgery. Advertisements portray images of cosmetic procedures that will make us look perfect. But, is that what we want? Or, is that what we are made to feel we want?

Traditionally, research concerning poor body image has always focused on populations of adolescents and young women. However, current research shows that body image doesn’t only affect young adults. It is a lifelong concern for women. As we age, we are more likely to appreciate the woman whom we have become, but less likely to appreciate

our looks and body. Recent studies have shown that women over 45 have a difficult time looking in the mirror and liking what they see. They have a distorted vision of what other people see because they focus on the negative aspects of what they see. These studies also state that women over the age of 45 have a similarly poor body image as those who are ages 15-20.

NO ONE is harder on themselves than a woman over age 45

From adolescent to adult stages, women are known to point to their negative aspects, rather than their positive ones.

So how do you stay positive about your body as you grow older? While I can assure you that there is no magic pill, there are in fact **two things** that you should be doing everyday to help keep you positive about your body and your looks.

You need to eat healthfully *and* exercise everyday! I know that you’ve probably heard this a million times before and you will continue to hear it over and over again. Why? Because it’s truly tried and true. Eating healthy foods and exercising stimulates those feel-good endorphins to make you feel great about yourself, about your appearance and how you are treating your body. It’s certainly not easy to eat well and exercise consistently in a society filled with fast food and plastic surgery options. But, it is *absolutely necessary*.

The key to achieving and keeping a positive body image as we age is to be consistent with your nutrition, health and fitness. The more consistently you fuel your body with fruits, vegetables, and low-fat lean proteins, the more your body will return the favor and supply you with energy and strength, strong bones and a “love yourself” feeling. Consistent exercise is also very important for strength, toning, keeping bones strong, and an overall healthy body image. Whether you choose a moderate exercise, like taking a brisk walk every day, or an intense exercise program, the exercise will determine the overall outcome of your muscle tone and body fat. However, the consistency of doing *any* exercise everyday is what will give you the ability to achieve a positive “feel good, look great” self image.

So if you are feeling old, tired and out of shape... do something positively good for yourself. It may be valuable to consider consulting with a specialist about a nutrition and exercise program that will help teach you how to eat and exercise in a way that puts you and your body in a positive healthy state of mind.

As I always say, “Love to Live Healthy”. **IMAGE**

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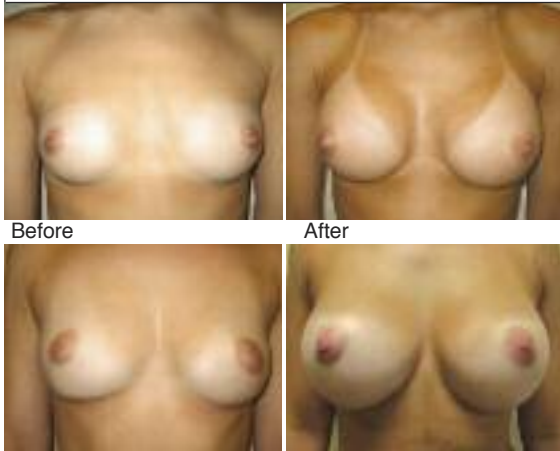


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SILICONE OR SALINE BREAST IMPLANTS: WHAT'S BEST FOR YOU?

Breast Augmentation **Choices and Decisions**

BREAST AUGMENTATION PROCEDURES HAVE CONTINUED TO GROW IN POPULARITY, AND ARE UP 37% SINCE 2000

Breast augmentation remains the most popular cosmetic plastic surgical procedure performed, with nearly 300,000 women undergoing breast augmentations in the United States in 2013, according to the American Society of Plastic Surgeons.

Breast augmentation procedures have continued to grow in popularity, and are up 37% since 2000. In my own practice, breast augmentation is very popular among women in their 20's looking for an increase in their breast cup size, and women after pregnancies looking to restore or enhance their pre-pregnancy breast size. With a very high patient satisfaction rate, women report a substantial increase in self-confidence and self-esteem after breast augmentation.

The first breast augmentation procedures using implants were performed in 1962, using a first generation silicone gel implant. In 1964 the saline breast implant was developed. Since that time, there have been many innovations in both silicone and saline implants. In 1992, there were reports of excessive complications with silicone implants, in-

cluding rupture-related issues and a possible link to connective tissue diseases. These safety concerns led the FDA to remove silicone gel implants from the market pending further studies, leaving only saline implants available for most women desiring breast augmentation. Subsequent studies, however, showed no link between silicone gel implants and connective tissue diseases such as lupus and arthritis.

Nevertheless, the implant manufacturers redesigned their silicone gel implants, improving the silicone to be more cohesive, or "gummy bear-like," and thus much less prone to leakage or rupture. In 1998, the FDA approved these new silicone implants, primarily for breast reconstruction. Based on satisfactory safety studies, the FDA then approved these new silicone gel implants for breast augmentation procedures in 2006. Currently, both saline and silicone gel implants are available for women desiring breast augmentation.

Saline implants

Saline implants are filled with sterile salt water, and are FDA-approved for breast augmentation in women at least 18 years of age. Should the implant leak, the saline implant will deflate and a decrease in breast size will be obvious. Your body will

absorb the salt water and it is not dangerous. Even tiny pinhole-size tears could make the implant leak. Replacing the implant is generally straightforward, with removing the deflated implant and replacing it with a new implant. Overall, saline implant leakage rates are small, with 3-year leakage rates in the 3-5% range, and 10 year leakage rates in the 7-10% range.

Silicone implants

Silicone implants are filled with silicone gel, and are FDA-approved for breast augmentation in women at least 22 years of age. This gel feels a bit more like natural breast tissue. Because the gel is cohesive, or somewhat "gummy bear-like," leakage rates are quite low, with 6-year leakage rates reported in the 1% range. Since most silicone implant leaks are small, often with just a small bubbling out of the silicone, leaks generally do not change the appearance of the breast and are difficult to detect by physical exam. The MRI has been shown to be one of the better tests to detect silicone implant leaks. For this reason, the FDA has recommended an MRI test at 3 years after silicone implant breast augmentation, and then every 2 years afterwards. However, since MRI exams are only 86% accurate in detecting leaks, and may



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suggest a leak when there is none, many women choose to forego the recommended MRI exams unless a problem is noticed. Recent studies have indicated that a special high resolution ultrasound exam may also be accurate in detecting silicone implant leaks. If a silicone implant leak is diagnosed, the implant and any leaking silicone needs to be removed, often with some of the capsule tissue around the implant, and a new implant is placed.

PRIMARILY FOR THIS REASON, 72% OF WOMEN HAVING BREAST AUGMENTATION IN 2013 CHOSE SILICONE GEL IMPLANTS, WHEREAS 28% CHOSE SALINE IMPLANTS

In general, the look of breasts with either saline or silicone breast implants is similar, with both implant types able to result in an aesthetically pleasing breast augmentation. A potential disadvantage of saline implants compared to silicone gel implants, however, is that rippling of the implant is more likely to be felt (but generally not seen), particularly at the bottom or side of the breast. This is more likely to happen in women with very thin breast tissue. Even though implants are usually placed under the muscle behind the breast, at the bottom of the breast there could be less tissue

overlying the implant. Silicone implants are less likely to exhibit this potential for rippling, however, and may have a somewhat more natural feel. Primarily for this reason, 72% of women having breast augmentation in 2013 chose silicone gel implants, whereas 28% chose saline implants.

During consultations with my breast augmentation patients, I discuss in detail the issues related to silicone and saline implants. Even though the safety of silicone implants is well-established, some patients feel safer with saline implants, with regards to leakage concerns as well as not needing to monitor the implants through MRI testing. For these patients, saline implants could be a good choice, especially for the patients who don't mind the potential for possibly feeling the implant. For other patients who want as smooth and natural feel as possible, silicone gel implants could be a good option. Ultimately, the decision between silicone and saline lies with the patient. Either implant, however, can achieve a beautifully proportioned breast augmentation with very high patient satisfaction. **IMAGE**

Dr. Arnold Breitbart is a board-certified plastic surgeon, certified by the American Board of Plastic Surgery, and specializes in cosmetic surgery of the body, breast, and face. He has practices in both Manhasset and Manhattan. For more information, call 516-365-3511 or visit www.drbreitbart.com.



REGAINING PLEASURE AND INTIMACY

Post-Menopause Does Not Have To Be A Painful Time For Women

THE LACK OF DESIRE FOR SEXUAL ACTIVITY CAN BE ATTRIBUTED TO MANY FACTORS

Menopause can begin at any age, as a result of surgical removal of one's ovaries or because of the loss of ovarian function due to medical conditions or age. The symptoms can be mild or severe. They can range from unexpected sweats during the day or night, mood swings and even loss of interest in the normal things that once brought pleasure, including sexual activity.

The lack of desire for sexual activity can be attributed to many factors. Some women have pain and discomfort, which can come from dryness. Others lack desire or suffer from some form of sexual dysfunction. 43% of women have some form of sexual dysfunction (ISSWSH 2013).

Postmenopausal sexual pain can be experienced upon entry into the vagina, during penetration from increased friction due to dryness, upon deep penetration, during orgasm or when sexual activity has ended either immediately or on the following day.

Painful intercourse upon penetration of the vaginal opening (introitus) could be due to thickened skin, atrophy

(wasting of tissues) because of menopause or vestibulodynia. When there is constant irritation at the opening, the tissues are constantly healing. While we expect these tissues to heal normally like any other part of the body, the layers of skin here are different. It is likely that they will incompletely heal, leaving a poorly healed sore which continuously re-opens during intercourse and re-injures the area. Areas that do not heal should be biopsied in order to confirm that there is not another pathological condition which requires specific treatment and surveillance. Such lesions include Lichen Sclerosus (pre-cancerous lesion), Vulvar Intraepithelial Neoplasia (VIN), or even cancer of the vulva.

Vulvar vaginal atrophy can cause severe sexual discomfort and pain due to thinning of the vaginal tissues from decreased circulating estrogen after menopause. The vaginal lining, as well as the bladder and urethra, have estrogen receptors. Estrogen helps to bring blood flow to the vagina, increasing oxygenated blood rich in nutrients. This keeps the pelvic tissues healthy and helps remove toxins and oxygen radicals. When there is decreased blood flow, there is decreased oxygen leading to an accumulation of lactic acid which

causes pain.

Another cause of pain upon entry into the vagina is known as vestibulodynia. This can be neurogenic or idiopathic and can occur at any age as well. In the pre-menopausal age, this is associated with the use of oral contraception. In the peri or post menopausal timeframe, it is associated with testosterone deficiency. Yes, women make testosterone too and need it not only for sexual drive but also to preserve the area around the urethra and that infamous area underneath the urethra (urine tube) that we all may know as the "g spot." If medical management does not improve this type of pain, surgery is available as well.

Pain during deep penetration occurs on the lateral walls of the vagina or at the anterior vaginal wall. Pain on the lateral walls of the vagina is usually associated with hypertonus of the pelvic floor muscles, from previous injury, lack of estrogen leading to dryness, and even a childbirth of many years prior. Pain on the anterior wall is associated with bladder issues such as interstitial cystitis / painful bladder syndrome (IC/PBS) or even an unrecognized bladder tumor pressing on the vagina. The pain on the anterior wall associated with IC/PBS can occur

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immediately after sex or even a day or two later, mimicking symptoms of a urinary tract infection.

Pain with intercourse at any age is NOT normal. These symptoms not only affect the women experiencing such symptoms, but they can directly affect loved ones. Initially, some symptoms are treated as depression; other experts choose to treat these symptoms with hormonal replacement. Female sexual dysfunction experts use a multi-modal approach. They use hormonal therapy both systemic and vaginally, a pelvic floor therapist, a sex therapist and involvement of both partners, which is a must to have a successful outcome.

I can't stress enough that beginning treatment will not provide an overnight cure. It can take weeks or months before one can feel comfortable to have sex again. Both the physician and the patient must be dedicated and committed to participate actively with frequent visits and be open to the possibility to alter therapeutic options along the way. **IMAGE**

Dr. Johanna Figueroa is the medical director of Female Sexual Medicine of Long Island, PC in Roslyn Heights, NY. For more information, call 516-801-1010 or, for a free 10-minute consultation, email help@sexualmedicineLI.com.

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CHOOSING THE RIGHT ATHLETIC SHOE

Much To Consider For **The Right Fit**

ONCE THE CORRECT SIZE IS DETERMINED, KNOWING THE SHAPE OF YOUR ARCH AND YOUR STYLE OF RUNNING IS JUST AS IMPORTANT

As the weather starts to finally break, more and more people can be seen running outside. It's not their running that catches my eye; rather, it's their choice of athletic shoe. Some are bright, some are dull, some are supportive, and some are minimalistic. Looking for the right athletic shoe can be a daunting task. Style should not be your only concern. You want to look good, but you most definitely want your feet to feel good, too.

When buying athletic shoes, or any shoes for that matter, there are a few things to keep in mind. For example, when you're going to the store, you should always try on all your shoes at the end of the day. This is because your feet are their most swollen then, and this helps you to avoid getting shoes that are too tight. Shoes should never feel tight; they should feel snug, with the feet being able to move just slightly. There should be about a thumbnail's length of extra space

in the toebox region (from the tip of your longest toe until the end of the shoe). Remember, all shoes are created differently; your size in one may not be the same in another, so it is important to always try on a shoe before purchasing it.

Once the correct size is determined, knowing the shape of your arch and your style of running is just as important. Arches vary from being high, medium, and low; the height of the arch

placed on the inside of the foot, with the foot being more flexible and unstable. A medium-arched foot tends to have a neutral position when running or moving. This means that an adequate amount of weight is placed on both sides of the foot, and the impact of landing is sufficiently dispersed.

Because of the extreme flexibility and instability of a having low arch or no arch, an athletic shoe must have the support that

IF YOU WEAR CUSTOM ORTHOTICS IN YOUR EVERYDAY SHOES, YOU SHOULD ALSO WEAR THEM IN YOUR ATHLETIC SHOES

affects the way you walk and the way you run, and therefore requires different elements in an athletic shoe. A person with a higher arch tends to run and move in a more supinated position. This means that more weight is placed on the outside of the foot and there tends to be more rigidity to the foot, with less give on impact of the foot to the ground. A person with a low-arched to no-arched foot moves in a more pronated position, meaning that more weight is

the foot lacks. It requires an athletic shoe that is stiffer in the heel and provides "motion control". A high-arched foot needs more cushion and less support; athletic shoes that are labeled "neutral" are best suited for this foot. A medium-arched foot requires medium support, some stability, and some cushioning. In this case, look for an athletic shoe in the category of "stability".

Now, that we have the correct size and type of shoe, we

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just have to account for the loose odds and ends of getting the best fit from an athletic shoe. This entails the question of whether or not to wear orthotics in them. The best answer to this is that, if you wear custom orthotics in your everyday shoes, you should also wear them in your athletic shoes. We impact the ground with three to five times more weight by running than by walking alone. This means more stress on your feet, joints, and muscles. Removal of the generic insole in the shoe and the replacement with a

custom orthotic is much more beneficial. Don't forget to bring your orthotics with you when trying on shoes, because different types, styles, and sizes will accept orthotics differently and there is great variation out there.

Remember, your feet should not hurt when you run or exercise; there should be no blisters or chafing. If this is happening, then it is probably due to not having the proper athletic shoe, whether it is the shoe size, width, or type of shoe. If you find that your old athletic shoes are starting to bother you, it is likely that it is time to replace them for a new pair. The time frame of replacement varies from individual to individual with the amount of usage that is incurred, but typically they should be replaced every 6 months. In the end, a perfect athletic shoe is one that not only looks good, but also feels good. A custom-crafted orthotic by a podiatric physician can help your shoe feel even better.

As the warm weather unfolds, we wish you happy running!

IMAGE

Dr. Castro is an associate of Foot and Ankle Surgeons of NY, with a state-of-the-art facility located in New Hyde Park and Manhattan. For more information, visit www.faasny.com or call 516-492-3515.

SCOLIOSIS: EVALUATION AND TREATMENT IN THE PEDIATRIC AND ADULT

Trend Towards Safer, Radiation-Free Diagnostics

PARENTS AND PATIENTS OFTEN HAVE CONCERNS ABOUT THE IMPACT OF THE RADIATION ASSOCIATED WITH MULTIPLE X-RAYS ON THE PATIENT

Scoliosis is a lateral or side curvature of the spine associated with a twist or rotation that can cause a bump or prominence on the back or asymmetry (unevenness) of the hips and shoulders. Two to three percent of the adolescent population and increasing numbers of adults in each advancing decade of life have scoliosis. There are numerous causes of scoliosis. The most common types are idiopathic, developing in most cases during adolescence and degenerative scoliosis, a condition occurring in adults as a result of wear and tear of the spine.

Scoliosis is best treated when identified early, especially in female patients whose curves are eight times more likely to progress than those of male patients. A curve of the spine and unevenness of the hips and shoulders, associated with scoliosis is often first noticed by a family member or primary care physician. When the patient is referred to an orthopaedic spine specialist for evaluation, standard x-rays are taken to confirm the scoliosis diagnosis.

Only one in ten patients with adolescent idiopathic scoliosis, the most common form of this type of scoliosis, will require treatment in the form of a brace or surgery; however, in order to determine whether progression of the curvature and deformity will occur, observation is required. This observation has generally involved repetitive x-rays.

Parents and patients often have

concerns about the impact of the radiation associated with multiple x-rays on the patient. Historical studies have shown a higher risk of breast cancer in scoliosis patients who have had multiple x-rays during childhood. However, those studies reflect older x-ray techniques in which the amount of radiation exposure to the patient from each x-ray was substantially higher compared to current techniques. Therefore, a tool that allows the specialist to observe curve progression with radiation-free imaging of the spine is highly desirable.

The ScoliScan (Diers Formetric™) Radiation-Free Scoliosis Scanner

Children with scoliosis receive an average of 29 spinal x-rays over a period of 9 years. While current medical x-rays are relatively harmless to patients, the goal of recent medical technology advancements has been to reduce or eliminate the number of x-rays needed by scoliosis patients.

Those patients who have been recommended for observation, will need an x-ray at least every 4-12 months during observation. In an effort to eliminate many of these x-rays, the ScoliScan (DiersFormetric™) Radiation-Free Scanner for Scoliosis has been developed and has recently been FDA-approved for use in the United States. The DIERS Scanner is a fast, radiation-free, and clinically accurate method that can



Figure 4



Figure 5



Figure 6

be used to screen new patients or follow-up scoliosis patients.

The scanner takes a very special picture of a patient's back, and the camera's computer uses this information to create a 3D reconstruction of the patient's spine and back surface. The scan takes only seconds and the physician can then view the patient's spine in multiple dimensions, analyzing a curve in the patient's spine, an imbalance in their hips, or a rotation in their chest wall due to their scoliosis. The computer's measurements are clinically accurate and are as reliable as x-ray measurements. There are no risks to the patient; there is no contact with the machine and absolutely no radiation. After an initial exam, x-ray and



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ScoliScan observation patients can return for follow-up and only need a ScoliScan at each visit, unless the curve progression changes significantly. This technique is relatively new in the U. S. and only available in several centers nationally.

Outcomes

In the current era of healthcare, simply achieving a technical result such as correcting scoliosis is not enough. Patient outcomes are really about how the patient feels they are doing before and after a procedure. Patient-reported outcomes (PRO's) are measured through specially validated questionnaires. These allow for comparison of outcomes of different procedures for similar conditions and between surgeons and between different disease states such as scoliosis and kyphosis (roundback). They are also helpful in providing a level of evidence (Evidence-Based Medicine).

The outcomes questionnaires have domains that measure areas of importance to the patient. For the Sco-

liosis Research Society questionnaire (SRS-22) for example, there are five domains: pain, function/activity, self image, mental health, and satisfaction with management (figure 4). Although the SRS-22 is widely used throughout the world by clinicians and researchers evaluating outcomes in scoliosis patients, it does not speak to all of the patient's needs and concerns. Recognizing this, Dr. Lonner and his team developed two additional questionnaires which have been validated for use in scoliosis patients. The Truncal Anterior Asymmetry Scoliosis questionnaire (TAASQ) was created to understand concerns about what the patient "sees in the mirror," that is their frontal appearance which has not previously been adequately studied by physicians and for which we have not had answers for patients and their families. With this new questionnaire, which Dr. Lonner presented recently at the prestigious Scoliosis Research Society meeting, the hope is to determine the fate of the frontal deformities that affect the patient's ribs, breasts, waist-

line and the fitting of their clothing (Figure 5).

Another important questionnaire that has just been formulated by Dr. Lonner and his team is the Body Image Disturbance Questionnaire (BIDQ-S) which addresses the psychosocial distress a patient may experience related to his or her appearance as affected by the scoliosis (Figure 6).

The successful treatment of the scoliosis patient, whether a child or adult, relies on careful evaluation and a thorough understanding of the outcomes of treatment. X-ray exposure has been greatly reduced in Dr. Lonner's practice through the use of the DiersFormetric surface topography scan.

IMAGE

Dr. Baron Lonner is an orthopaedic spine surgeon in New York City and Long Island, where his practice offers the ScoliScan (DiersFormetric™). For more information, visit www.ScoliosisAssociates.com or call 212-986-0140.

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LEEZA GIBBONS' MISSION INSPIRES FAMILY CAREGIVERS

For Leeza, Optimism Always Prevails

by Jill S. Cohen

"Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think."

— A.A. Milne

This was the response when I put celebrity Leeza Gibbons on the spot to choose her all-time favorite quote. While she always seems to have something upbeat to say, she really believes and lives this one, from Christopher Robin (in the Winnie The Pooh story).

I found Leeza Gibbons to be incredibly motivating, as a woman with a most positive attitude, outlook and sense of self and others. As I interviewed her, there were moments in which I had to take a deep breath, both in awe and feeling her sentiments.

Leeza Gibbons, who recently celebrated a "low-key" fifty seventh birthday, is clearly content in her life in Los Angeles, with her husband Steven Fenton and her three children, a 24-year-old daughter, and two sons, age 22 and 16.

Leeza told me that, at her core, she is a "storyteller". Through her platforms, she is the conduit for other people's stories to find themselves into the marketplace. She empowers women to show up in their lives. From her vantage point, she sees that we limit ourselves and we get stuck somewhere. She reminds us that at any point, we can reset the button on our life. There is so much ability to "reboot" our direction, yet we still so often forget that we can change it. That point was driven home to her when she was working with caregivers, as the founder of Leeza's Place. She elaborated on it in her 2013 book, *The New York Times* bestselling book *Take 2: Your Guide To Creating Happy Endings and New Beginnings* (Hay House Publishing).

In 2002, Leeza Gibbons created the Leeza Gibbons Memory Foundation as a promise to her mother to "tell her story and make it count", referring to her mother's Alzheimer's disease diagnosis. Her Mom died of the disease in 2008, and her grandmother also succumbed to it. Leeza's Place, the signature program of the Foundation, opened its doors in 2003 as the manifestation of what Leeza and her family wished that they had during their journey as caregivers. Leeza's Place — a place for caregivers — is a community gathering place and resource center committed to providing free support services, resources and programs for family caregivers taking care of a loved one with a memory disorder or any other choice and/or progressive illness.

In the U.S. there are over 65 million caregivers currently taking care of a loved one going through a health crisis. They are often depressed, stressed and depleted, which can lead to burnout, often causing stress-related disorders that can take up to ten years off the caregiver's life. Gibbons makes it her mission to remind caregivers that they must take care of themselves too.

According to Gibbons, "Alzheimer's' Disease is among the top 10 killers. There are no effective treatments and no cure. It's a national and global epidemic. People are getting diagnosed younger and younger too. There is, however, starting to be an evolution of awareness about this disease. The brain is a mysterious conundrum."

In 2007 California Governor Arnold Schwarzenegger appointed her to the governing board of California's stem cell research agency, the California Institute for Regenerative Medicine (CIRM), where she served for five years.

She used her family's caregiver experience to create an opportunity, so that going forward, caregivers will have the kind of support that she and her family didn't have. "We were so lost and so frustrated and we retreated to our own corners of pain. Caregivers need a blanket of support around them in order for them to be successful at living their own lives while caring for others. It's hard to adapt to the "new normal" because we are resistant to change, which is exactly what being a caregiver forces



you to do. A caregiver is called upon to be a master of change," she explains. In 2009, she co-authored, *Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss* (LaChance Publishing).

Now, some years later, realizing the fruits of her efforts, she comments, "Every day, I am amazed and inspired by our guests (at Leeza's Place) who teach me so much about the beauty and the burden of being a caregiver. I am also inspired by the capacity for families to not get ripped at the seams but to find strength."

The Leeza's Place guests learn to practice Leeza's caregivers motto: **Breathe, Believe, Receive**. First, take ten purposeful breaths. **Breathe** in sheer certainty that you are doing your best. Breathe out all the negativity that weighs heavily in your head and on your heart. The "**Believe**" principle means that now is the time to be an optimist, because optimists fare better. Believe that you can get empowered by others who have achieved before you. The "**Receive**" aspect is important, since sometimes you need to stop achieving and start receiving. It is necessary to get comfortable with saying "yes" when you need something or some help.

She cites some of the challenges that women are presented with as they age. "We tend to fall in love with the person we used to be and we hang on to that image. It prevents us from moving forward and becoming the person we need to be *now*."

Her latest enterprise is *Wishes & Dreams*, a new scrapbook line. When her mother was declining, Leeza wanted to create a way for her own children to remember their grandmother they way she was. So she started all kinds of momentos of her mom and creating pages with them. This was the genesis for the product line. She has taken it a step further, with an INSTA-SCRAP kit, making it easy to scrapbook your social media pictures.

She is realistic about her fitness, committing five days to doing something with resistance bands, keeping her core strong and her arms in shape. She has fallen in love with vibrational power plate workouts. As for eating, she's learned to be kind to herself and has reframed her thinking about food. Recognizing that there is a potential vulnerability in her family towards memory disorders, she tends towards foods that are inherently good for the heart and brain, like antioxidants. She takes charge of "snack attacks" by preparing snacks like blueberries and almonds, to stay on track. She eats a sustainable protein at breakfast time too.

What else fuels Leeza? She loves being a Mom, and refers to her children as her lifejacket. "They are so independent, so fabulous, so different from me and yet, so like me. They are much more present than I am. They make me accountable, more authentic."

On self-image, Leeza advises: Stop looking at the past and judging yourself against an old version of "you". As you age, you grieve the loss of who you were, but you can release it with love. Here you are now, at the starting line for the rest of your life. You can write the new pages.

What's next for Leeza? She'll continue her work with her Foundation, a challenge that gives her extreme pleasure. She'll do more with Leeza's Care Connection, creating communities for caregivers to connect to learn new skills and support each other. She loves her job as co-host (with Bill Rancic) of *America Now*, the nightly syndicated TV newsmagazine. And, since she won a Daytime Emmy award in 2013, for Outstanding Lifestyle/Travel Host of PBS' *My Generation* series, maybe there will be more TV in her future?

Rest assured, whatever she does next will be in service of others, and providing support. That in itself is a powerful "image".

IMAGE

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SUGAR, THE SECRET SKIN ASSASSIN

The **Good**, The **Bad** and the **Ugly** of a Favorite Food Pastime

EXCESS SUGAR IN OUR BODIES IS NOW BEING REVEALED AS ONE OF THE MOST DAMAGING ELEMENTS TO OUR APPEARANCE

Wow, we sure like our sugar. After all, what's not to like? What goes better with a glass of milk than chocolate chip cookies? How better to end a long day than watching TV with a bowl of ice cream and decadent toppings? And, oh that mid-day candy bar ritual!

Let's face it – our favorite sugar-laden goodies are comforting and delicious! Sugar gives us instant gratification. We crave it and love it. That said, we all know that sugar, especially in excess, is not good for us. It's terrible for our teeth, destroys our mood, causes weight gain and severely alters our overall blood chemistry. Sugar simply ruins our health. And we continue to indulge our sugar obsession, despite its detrimental consequences.

By now, though, most of us have been bombarded by endless anti-sugar messages. There are always new studies on how sugar adversely affects our health, our kids' attention spans, and contributes to the obesity problem that is growing exponentially. Despite this, we simply

refuse to give it up.

However, the scientific community is sending us a new and powerful message that sugar is making us ugly. Excess sugar in our bodies is now being revealed as one of the most damaging elements to our appearance. As it turns out, these sweet little sugar molecules are leading a double life. After they pass over our taste buds, they go on a seek-and-de-

does not function correctly and excretes exotoxins that affect surrounding proteins. After the glycation process has run its course, the protein is referred to as an Advanced Glycation End Product, or A.G.E. for short. A real-world example of glycation in action is the browning and hardening process when placing a piece of bread in the toaster.

Here's where the *ugly* part



Sugar molecule attacks the collagen protein

stroy mission. In a process called glycation, excess sugar in our bloodstream actually attacks the proteins throughout our bodies. These sugar molecules attach themselves to proteins – much like a parasite. Once bonding happens, that particular protein becomes glycated; or, in other words, *sick*.

A recently glycated protein becomes misshapen, hardened,

comes in. Our skin is essentially one giant protein suit that covers us and protects our inner workings from the outside world. The main protein in human skin is collagen, the proteins of which are very long-lasting. They have a half-life of approximately 15 years and are not immune to the effects of glycation. Just like other proteins, when collagen becomes glycated, that protein is



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now considered an A.G.E. While you can't see the effects of most glycated proteins in your body, the effects of glycation on skin proteins becomes very evident.

Essentially, every visible sign we attribute to aging skin – including wrinkles, fine lines, discoloration, sagging, uneven skin tones, stress, loss of elasticity, etc. – can all be attributed to the process of glycation.

Glycation becomes more evident in your appearance when sugar molecules attack the surface proteins on the fine capillaries of your skin. This process causes

BASED ON PROJECTIONS,
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BECOME AS POPULAR AS THE
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your capillaries to leak, causing spider veins. The same process can happen in the under-eye area, causing dark circles. Once a protein has become glycated, or is now considered an A.G.E., the damage is permanent.

Environmental factors do age our skin. Glycation is the chemical process which enables them to cause damage. For instance, when radiation from the sun strikes and penetrates our skin, it accelerates the glycation process. (Recall the example of toasting a piece

of bread.)

Once your proteins have been glycated, the damage has been done, irreversibly, for the most part. However, recent studies have shown some promising discoveries that may allow us to not only help prevent further damage from glycation, but also help affected proteins return to their normal state, function and appearance.

Powerful, new and topically applied serums have shown the ability to help block the glycation process and break the bond between the sugar molecules and the protein affected. In a recent clinical trial conducted in France, 500 women were treated with a serum derived from a naturally occurring plant extract. At the end of the 60-day trial, the 500 women appeared an average of 8 to 10 years younger.

This will undoubtedly lead to a new category of anti-glycation treatments that will soon be available in the marketplace. Based on projections, anti-glycation products will become as popular as the anti-oxidants, sunscreens and moisturizers of today. For a detailed description of how glycation ages your skin and how you can stop and even reverse the process, visit www.controlyourage.com. **IMAGE**

Ron Cummings is the founder and CEO of AminoGenesis Skin Care. For more information, visit www.aminogenesis.com.

SEASONAL SUMMER PRODUCE RECIPES TO TEMPT YOUR TASTE BUDS

Summer Means Lighter Meals, But Still Nutritious

by Jillian Panzella

With summer right around the corner, many of you are going to be looking to lighten up for the months ahead. You'll want to turn to meals that require less prep and cooking time and those that can be served cold to help combat the warmer temperatures outdoors.

This makes fresh salad recipes prime choices. Whether you choose vegetable-based salads or fruit-based salads, there are plenty of options to be had. Or, perhaps you prefer to go for a gazpacho instead of the kind of a heartier soup which you enjoyed during the winter. By relying less on heavy sauces and condiments and more on herbs and spices, you can create seasonal dishes that taste great without weighing you down.

It's also important during this time period that you're mindful of the beverages you're putting into your body as well. They will add up quickly and could pile on the pounds.

To help get started with your summer recipe selection, I've chosen a few simple salad and drink recipes that you can create any day of the week.



Sweet Summer Corn Recipe

Nothing says summer like sweet summer corn and this recipe will help you make the most of it. It keeps well for days in the fridge, so make a large batch and serve it along with any of your meals as a nice change of pace from your usual winter side dishes.

3 ears of corn, husked and kernels removed
3 large tomatoes
1 diced green pepper
¼ cup diced basil
3 tbsp. olive oil
2 tbsp. white vinegar
¼ tsp. stevia

Combine together the olive oil, white vinegar, and stevia. Toss the corn, tomatoes, green pepper, and diced basil together in a bowl and then drizzle dressing on top. Mix and then serve.



Mandarin-Spinach Salad

This sweet salad is the perfect accompaniment for any main protein source. The mandarins will provide a nice dose of vitamin C, which will help to strengthen your immune system and get you feeling as healthy as possible. If preferred, the mandarins can be replaced for strawberries, and the mandarin juice can be replaced with orange juice.

2 cups spinach leaves
¼ diced red onion
½ cup mandarin orange segments, save juice if using canned
¼ cup toasted pecans
1 tbsp. olive oil
1 tbsp. red wine or balsamic vinegar
1 tbsp. mandarin juice, using leftover juice from can or squeezed from extra mandarins
stevia to taste

For dressing, combine together the olive oil, vinegar, mandarin juice and stevia. Toss together the spinach leaves, red onion, and mandarins. Drizzle with salad dressing and then top with pecans.



Beachy Summer Salad

In the mood to indulge in something sweet? This coconut-flavored fruit salad will do the trick. You can also switch the peach for some mango instead, if you prefer. It's a great tropical salad that will pack in a good dose of fiber, potassium, and a touch of protein as well.

1 sliced peach
1 sliced banana
1 cup pineapple chunks
¼ cup Greek yogurt
2 tbsp. coconut milk
2 tbsp. unsweetened dried coconut flakes

For dressing combine together the Greek yogurt and coconut milk. Toss the fruit together and then drizzle with dressing. Serve topped with coconut flakes.



Cucumber Dill Salad

This tangy salad is ultra low in calories due to the high water content and will help cool you down on any hot summer day. Pair it with a grilled chicken breast for your main meal or just serve it anytime as a quick snack.

- 4 large cucumbers, sliced
- 1 cob of sweet summer corn, kernels removed
- 1 small white onion, sliced
- 1 large red pepper, sliced
- 1 large yellow pepper, sliced
- 1 cup white vinegar
- ½ cup water
- 2 tbsp. honey
- ¼ cup Splenda (or equivalent sweetener)
- 1 tbsp. freshly chopped dill

In a pot, bring the vinegar, water, honey, and Splenda to a boil. Combine together the sliced vegetables and then top with marinade. Stir in the dill and then place in the fridge for four to five hours before serving.



Creamy Strawberry Smoothie

This creamy smoothie will provide a small dose of protein, a good dose of vitamin C, and some fiber to keep you satisfied until your next meal.

- 1 cup frozen strawberries
- ½ cup low-sugar, low-fat strawberry yogurt
- 1 cup unsweetened almond milk
- 2-3 ice cubes

Pulse blend until desired thickness is reached and then serve immediately.

So, as the temperatures heat up, give any one of these recipes a try. They're all high on taste and won't weigh you down, plus they deliver a solid nutritional punch that will do your body good.

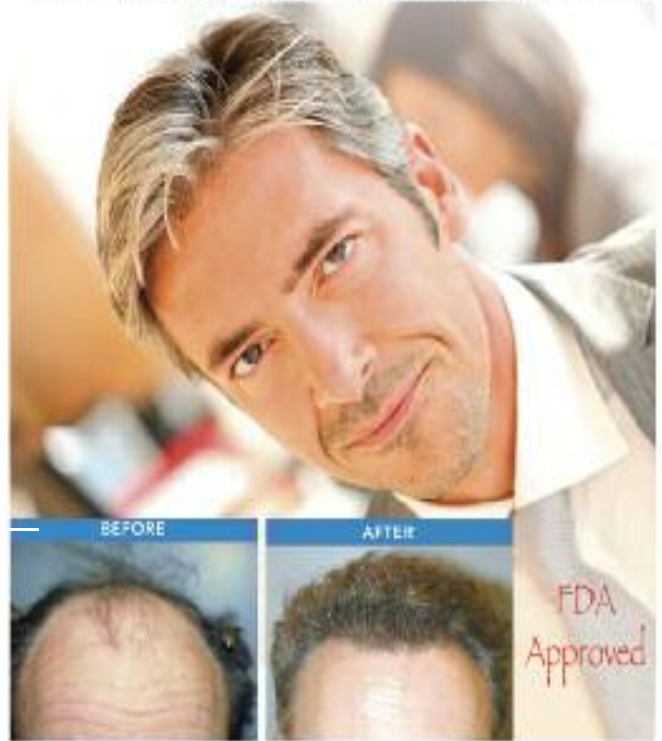
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CAMDEN HARBOUR INN

Water Views, European Décor, Finest Dining and Rejuvenating Massages

by Jill S. Cohen

This issue's "Destinations of Distinction" is the must-visit Camden Harbour Inn, a Relais and Chateaux property in Maine. Relais and Chateaux is a global fellowship of individually owned and operated luxury hotels and restaurants. Established in France in 1954, the Association's mission is "to spread its unique art de vivre across the globe by selecting outstanding properties with a truly unique character." Members are evaluated by the group's traditional "five C" motto: Caractere, Courtoisie, Calme, Charme and Cuisine. The Camden Harbour Inn truly fits the bill. Perched on a hilltop, from its porch and picture windows, the inn offers 180-degree views of Penobscot Bay, Camden Harbour and the surrounding mountains.

Since the late 1800s, lovers of the great outdoors have come to unwind at this gracious New England Victorian inn overlooking the coast. The harbor, shops and galleries are just a short stroll away to the town below. Following a \$2 million renovation, the interior décor bears the imprint of modern European design, revealing the Dutch origins of its owners. In fact, the restaurant's gorgeous dining room was restyled by top European designer Mascha Brunia, and is a nod to the glamour of Paris in the 20's with vibrant red custom-made armchairs and sparkling vintage crystal chandeliers over the bar.

Dutch owners Raymond Brunyanszki and Oscar Verest juxtaposed this history with a lively atmosphere, contemporary European elegance and an ode to their home country. The result is their creation of an intimate oasis of luxury and perfection set amidst the natural beauty of New England. And, therein lies Natalie's Restaurant, which is often considered to be the finest gourmet eatery in Maine. This delectable dining showcases Maine's bounty with of course, the famous Maine lobsters.

Natalie's chefs Chris Long and Shelby Stevens are a winning pair. Chef Long was named the 2013 Maine Lobster Chef of the Year. His winning dish was a buttered poached Maine lobster with grilled local mushrooms, corn, parsnip ragout and thyme butter. Chef Shelby Stevens gained some of her training at the fine Manhattan restaurant, Daniel, in the time in which it became one of the few eateries in Manhattan to earn a three-star Michelin rating. Fear not, there are over 300 wines on the *Wine Spectator* award-winning list. And after choosing from lobster, scallops, chicken, sweetbreads, duck, lamb or almost anything else, leave room for Pastry Chef Jason Stur-



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divant's desserts.

The Inn, with its inviting wrap-around porch, has twenty lavish guest rooms, including six suites, all with water views and modern European flair. Essentially, it's a classic European-style destination with a contemporary feel.

No getaway is fully complete without some sort of spa experience. Part of Camden Harbour Inn's philosophy is that you should be able to rejuvenate and enjoy the clinically proven benefits of massage therapy. And you can enjoy a massage in one of the Inn's treatment rooms or in your own guest room. Choose from deep tissue/neuromuscular therapy, hot stone massage, aromatherapy massage, classic Swedish massage, or a pre or post natal massage.

Camden Harbour Inn also offers Zero Balancing (ZB), a hands-on body-mind system of therapy that balances the relationship of energy



skill. ZB promotes internal balance and harmony through the use of informed, skilled touch. Many choose ZB to relieve symptoms but continue receiving sessions as their quality of life improves.

The Inn is less than a five-minute walk to the center of town and a short drive to Rockport and Lincolnville, two other timeless villages in midcoast Maine.

In addition to wining, dining, and rejuvenating, guests have every opportunity to enjoy lighthouse tours, winery tours, farm visits, museums and other lots of other local attractions.

It's your vacation, make it the most memorable it can be in every way at Camden Harbour Inn.

IMAGE



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AN OLDER WOMAN'S EGGS FERTILIZE LESS EASILY THAN A YOUNGER WOMAN'S EGGS. THEREFORE IT MIGHT TAKE LONGER TO GET PREGNANT, BUT PREGNANCY IS POSSIBLE

If you're older than 35 and hoping to get pregnant, you're in good company. Many women are delaying pregnancy well into their 30s and early 40s for a variety of reasons — **and delivering healthy babies.** Taking special care of yourself and seeking medical advice and prenatal care will help ensure that you give your baby the best start.

We often hear references to “my biological clock is ticking.” In other words, your ovaries contain a limited number of eggs, and it's a fact of life that as you get older, your eggs decline in quality and you ovulate less frequently. An older woman's eggs fertilize less easily than a younger woman's eggs. Therefore it might take longer to get pregnant, but pregnancy is possible.

So, there's nothing magical about the age of 35, but one's age is typically a predictor of pregnancy success rates. For example, the pregnancy rate for a 24 year old is 45%, whereas at age 42 it's only 10%. **The good news is that if you are 35 years old (or older) and want to determine your biological ability to get pregnant, your OB/GYN can administer a specific test that gauges your ovarian reserve.** Besides taking a full history and performing a complete gynecological exam, serum blood testing is obtained and specialized sonography is performed. The information derived can help guide you so you can make informed decisions and better plan the timing of your pregnancy.

Having a baby at 35 and beyond does have some inherent risks to consider with your doctor as you develop a pre-conception plan ...

Having a baby at 35 and beyond does have some inherent risks to consider with your doctor as you develop a pre-conception plan ...

- Multiple gestations. In vitro fertilization can play a role since these procedures typically enhance ovulation; they're more likely to result in twins or other multiples.

- Gestational diabetes is pregnancy related, and tends to be more common as women age.

- High blood pressure during pregnancy such as preeclampsia may affect your baby's growth and development. In this case, your doctor will prescribe medication or deliver your baby before your due date to avoid potential complications.

- Cesarean section deliveries are more common to older mothers since they have a higher risk of pregnancy-related complications that may block the cervix. Labor problems are more common in **first-time mothers** older than 35.

- There is a higher risk of certain chromosome problems, such as Down syndrome. Miscarriage risk also increases as you get older, due to the higher likelihood of chromosomal abnormalities.

Pay special attention to taking extra special care of yourself so

that you have the best possible pregnancy outcome. Make a pre-conception appointment with your OB/GYN. Follow the advice of your doctor during your prenatal care. Choose your foods wisely, eat healthful foods, and make sure you take enough folic acid and iron during your pregnancy. Gaining the right amount of weight supports your baby's health. A weight gain of 25 – 35 pounds is recommended for normal weight women. Stay active and get regular exercise. Boosting your energy level will make you feel well and can prepare you for labor and childbirth. Stay away from alcohol, smoking, and illicit drugs during pregnancy. When taking medications or supplements, discuss and obtain clearance from your doctor. Learn about prenatal testing for chromosomal abnormalities that include noninvasive blood tests and invasive procedures such as chorionic villi sampling and amniocentesis.

Look toward the future

Before conception, make the right choices that will make a positive lasting impression on your baby and family. Think of pregnancy as an opportunity to nurture yourself and your baby. **IMAGE**

Dr. Marc Behar, a board certified obstetrician and gynecologist, is founder and chief physician of FemmPro OB/GYN & FemmPro Wellness, in Garden City, Long Island. For more information, call 516.294.4700 or visit www.FemmProOBGYN.com.

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NO STRESS? YES INDEED! IT'S POSSIBLE

Learn Where The **Stress Comes From**, Then Manage It

TO OBTAIN A DAILY LIFE
WITHOUT STRESS, WE MUST FIRST
UNDERSTAND HOW STRESS
IS DEFINED

No stress? Is that even possible? What planet did I come from, to even contemplate such a thing? Every flip of a phone, click of a mouse, tap of a key, stream of the net, beep of a horn, slam of a brake makes it hard to get through the day without reacting to a whole host of stimuli bombarding us.

To obtain a daily life without stress, we must first understand how stress is defined. Stress is anything that causes a negative body imbalance, causing the body to function in an abnormal way. This is similar to driving down the road with one tire almost flat, or a computer that is running with malware. Neither runs well nor properly.

There are five main forms of stress. First, there is physical stress, which is the overexertion of our muscular and/or cardiovascular systems. A person overdoing it at the gym, a runner finishing a marathon, or a landscaper working twelve-hour days – each will cause physical stress. Secondly, there is emotional stress, referring to feelings such

as grief, anger and sadness, generally the undesired emotions. Emotional stress also occurs when we hold on to our feelings too long, such as staying angry for several days after an initial aggravating incident or grieving years after a loss. Emotional stress is also caused by an overabundance of an emotion, such as excessive worrying over money or intense aggression over a small incident.

Mental stress, the third form, (our logical linear thinking part), is the obsession about a problem or the constant thoughts about a particular topic. It feels like the caged hamster running around non-stop on his wheel. The fourth, internal stress, comes from inside of us. This can be from an illness (viruses, colds, genetic disorders, etc.) or from an accident causing internal damage or even a poor diet causing our body to function under par.

Lastly, external stress comes from the outside, our surroundings or environment. It can result from having no control over a sluggish economy or the town bully always choosing to pick on us, or even Mother Nature with her threatening weather events.

After we understand the dif-

ferent kinds of stresses, the next step is to notice which category(ies) our stress(es) falls under. Taking an occasional moment during the day to accomplish this or even talking with a loved one or a professional about what bothers you can help you gain awareness of your stress.

Then, once we know about our stress, we can go a step further and try to notice when we become stressed. That will be the key to gaining control of it, and our reaction to it.

Each of us has control over our own energy and what we do with it (energy means our invisible life force, the vital life force that flows through all living things, also called “chi” or “qi”-pronounced ‘chee’-in Chinese Medicine). We have a choice as to how we handle stress and as to where we put that stress-induced energy in our body.

So, understanding what stress is, knowing when we become stressed, and then realizing what we do with our own stress-induced energy, are the first steps in achieving stress reduction. The next step is to learn the healthier ways to handle stress, and possibly even eliminate it.

Diverting stress is indeed possible. What can we do to help

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ourselves develop healthier patterns? In simpler times, our ancestors used proper diet, exercise and ample downtime to combat stress and maintain health. But our lives are much more complex and faster-paced now, with increased demands. Adding to those tried-and-true basics, we can try activities

clear my mind), a thirty-minute weight routine or a mini-jog and then a quick stroll with my dog. I follow this with a wholesome breakfast and then begin my workday with a mug of filtered decaf coffee or black, rooibos or white tea. This particular routine helps me to center and acclimate myself to the world before I face the day and the arrival of those undesired stresses.

**DIVERTING STRESS IS INDEED POSSIBLE.
 WHAT CAN WE DO TO HELP
 OURSELVES DEVELOP HEALTHIER
 PATTERNS?**

As we begin to relieve our stress with new activities, it won't be long before we notice that handling our stress becomes easier. It's important to practice these new activities with consistency and continue to heighten your awareness of yourself.

that address the new stresses of modern times. Consider adding yoga, meditation, tai chi, martial arts, reiki, polarity therapy, aromatherapy, reflexology, chi-gong, therapeutic bodywork or massage. Each of these activities causes us to manipulate our breath, our energy, and our thoughts. They can help combat modern day stresses by keeping stagnant energy flowing, focusing on ourselves, our rejuvenation, our breath and the present moment.

Be aware that as we learn to manage our current stresses, life changes and so will the type of stress in our life. So then, we'll need to update what we do to manage them. Just as eating healthfully is an ongoing necessity, especially as we age, so too, we will need to nourish our self continually through life's changes. Follow my steps to identify your stress and learn how to manage it.

My day begins with either yoga by the sound (I live on an island), a bike ride on the island paths (my form of meditation as I inhale the salty sound air and

Is it really possible to say: *No Stress! Why yes! – I say!* **IMAGE**

Pamela Ann Bennion has spent eighteen years in the therapeutic bodywork and massage world. For more information, visit www.massageoceanstyle.com.

by Jill S. Cohen

GETTING WAISTED: A SURVIVAL GUIDE TO BEING FAT IN A SOCIETY THAT LOVES THIN

Funny Memoir of A Life of Weight Loss Struggling



Author
Monica Parker



“I was born in Glasgow, Scotland. I weighed six and a half pounds. One hour later I weighed sixty-two pounds. Alright, maybe this is a slight exaggeration, but only about the time. My fat cells did start expanding at warp speed from the minute I exited the womb. I have no idea what was in that milk but I’ve been on a slippery slope ever since...” And, so begins, *GETTING WAISTED: A Survival Guide to BEING FAT in a Society That LOVES THIN* (HCI; \$15.95), the ultimate anti-diet book. This is a book that speaks to everyone who can identify with having struggled over and over to lose weight only to gain it back time after time.

There are so many hustlers promising the fastest fix to a better version of ourselves. “I listened and I drank their elixirs and I became tiny,” said the book’s author, Monica Parker. She notes that the hustlers didn’t tell her that the weight loss wouldn’t last! An actor, writer and producer, Ms. Parker’s story is funny and painful — but it’s also inspirational. She considers

herself the poster woman for turning lemons into chocolate. We are all flawed, chipped and dented; which doesn’t mean we’re also not interesting, vital and sexy. “We must celebrate who we are as our mental health depends on it”.

Getting Waisted is a look at life through society’s fun-house mirror. Bridging the divide between serial-dieter’s survival guide and memoir, it takes the reader on Parker’s bumpy ride from chunky baby to chunky adult, where every mouthful arrives loaded with calories and anxiety. Insanity is added to the mix when she moves to Beverly Hills, a town filled with women all running in circles like dogs chasing their tails as they try to get back to their original birth weight of six-and-a-half-pounds: a place where being fat is considered a criminal offense.

She recalls three of the most extreme diets she has ever tried. The ProLinn Diet consisted of a protein shake made with beef by-products — hooves, tendons and horns. The hCG diet included daily shots of urine from pregnant women. The third was Fen-Phen, which consisted of weight loss pills that caused heart attacks in some people.

This hilarious and heartfelt memoir is a rallying cry for women everywhere to trade the Spanx for self-acceptance. Ms. Parker believes that her story matters because, while

there are so many voices out there, talking at once about losing weight, the latest diets or gurus, she is talking about something else: Acceptance.

She admits that she was often teased and bullied as a child, but she developed a fake thick skin, a sense of humor and she didn’t appear to be easily intimidated. She never let anyone see what she was really feeling. She is not an advocate that being fat is okay, but rather, she doesn’t stand for bullying, shaming or being made to feel “less than” due to one’s weight. The struggle to lose weight and keep it off is often an ongoing one.

When asked if being heavy has ever had a positive result, she answered, “Absolutely. I’m here talking about it. Because I am naturally resilient and optimistic, I turned what others perceive as adversity into my gifts. To my mind, it’s the only option. Whatever we struggle with, we need to find the good that can come from it. Misfits have the most fun.”

In fact, she is attracted to beauty, claiming that beauty is as always in the eye of the beholder, “but when vibrant energy, sparkle, enthusiasm and humor radiate from someone, I find that sexy and beautiful. I like to be surprised by it.”

For more information, visit www.hcibooks.com or call 1-800-441-5569. The book is available wherever books are sold. **IMAGE**

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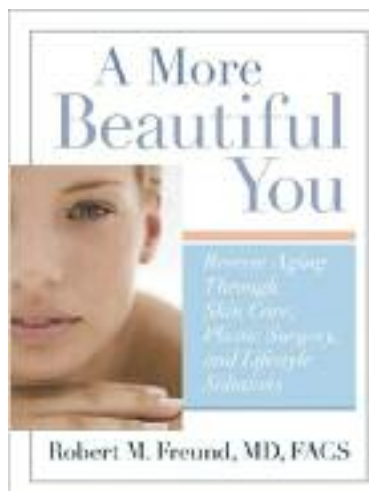
by Jill S. Cohen

A MORE BEAUTIFUL YOU: REVERSE AGING THROUGH SKIN CARE, PLASTIC SURGERY, AND LIFESTYLE SOLUTIONS

World-Class Doctor Takes A Common Sense Approach
To Skin Care



Author
Robert M. Freund, MD, FACS



It's a fact that women want to look their best at every age.

With this in mind, Robert M. Freund, MD, FACS, the renowned New York board-certified plastic and reconstruction surgeon, wrote a fully informative and up-to-date guide to facial health and rejuvenation. In this user-friendly book, *A More Beautiful You: Reverse Aging Through Skin Care, Plastic Surgery, and Lifestyle Solutions* (Sterling Publishing), he provides a guide to the latest products, treatments and strategies for the total health and care of your face—from your skin and eyes, to your nose, chin and teeth. He details all the available options, surgical, non-surgical, medical and over-the-counter.

Dr. Robert Freund, a world-class surgeon and true consumer advocate, dispels the myths and hype surround-

ing products and procedures, and gives advice on what works and what doesn't work, what is ridiculously expensive and what is reasonable. He instructs readers on the anatomy of the skin and the factors that can cause skin to prematurely age, from diet and stress to lack of sleep and sun overexposure. He suggests steps to slow down the effects of aging. As an advocate, he examines the types of skin-care options and procedures that will provide the best solutions for each individual's needs, discussing antioxidant creams, peels, retinoids, Botox, and laser treatments – and the benefits and drawbacks of each.

To provide the most precise, reliable, and current information, he assembled a first-class team of specialists in the fields of dermatology, dentistry, psychology, nutrition, and hair care, as well as make-up and style. This team enables the broad range of medical, psychological, and cosmetic topics to be fully embraced and organized so that any woman can care for and enhance her face systematically, efficiently, and safely.

He also outlines and elaborates on the range of plastic surgical options available to

alleviate the signs of aging and correct flaws, including crow's feet, marionette lines, double chins, sagging cheeks or lip lines. Facelifts are also addressed.

This book is accessible, yet detailed, with extensive information about every aspect – from conditions to treatment options and costs, to the right way to choose a plastic surgeon and a medical team for your conditions. There are even sample menus to incorporate “beauty foods” into your lifestyle.

Dr. Freund engages readers from start to finish not only with his vast knowledge, but with his style as well. He weaves quotes and fun phrases throughout the book. Each chapter begins with a quote consistent with his optimistic tone. For example, his “Lower Face” chapter begins with Martin Buxbaum's quote: “Some people, no matter how old they get, never lose their beauty – they merely move it from their faces into their hearts”.

An innovator in cosmetic surgery, Dr. Freund has developed many groundbreaking techniques. The book is available at amazon.com. **IMAGE**

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MICRODERMABRASION NOW A MAINSTREAM TREATMENT

Q & A WITH LANA SIGAL, ESTHETICIAN

by Jill S. Cohen

Microdermabrasion has become a very popular procedure which is performed by a licensed esthetician working at a day spa or medical spa. Once known only by the Hollywood community, "microdermabrasion" has now become mainstream as more and more men and women are looking for effective ways to keep their youthful appearance.

People are opting for alternatives to plastic surgery and this treatment seems to be fitting the bill. Licensed esthetician Lana Sigal, who practices at DeFranco Spagnolo Salon & Spa in Roslyn, NY, explains why microdermabrasion has been the treatment requested by her clients for the past 10 years.



Q: What exactly is microdermabrasion and what effect does it actually have on your face?

A: Microdermabrasion is a general term for the application of tiny rough grains that buff away the surface layer of skin. All of the action in microdermabrasion takes place at the level of the stratum corneum, the topmost layer of the skin. With the stratum corneum gone, the skin's surface is improved. The healing process brings with it newer skin cells that look and feel smoother. Some of the skin's visible imperfections, like sun damage, blemishes and fine lines, are removed. The esthetician steadily moves the tool over the target area, applying even and steady pressure to remove the stratum corneum without affecting the lower skin layers. A standard session usually consists of one to three passes with the tool.

Q: Why is it important to include this procedure in our regimen?

A: As important as it is to clean, hydrate and protect, without exfoliation your

skin isn't as healthy as it can be. As we age, our skin's natural ability to generate skin cells slows down. Microdermabrasion allows the products to penetrate better, deeper into the epidermis of the skin.

Q: Can it be performed on anyone?

A: Yes, even sensitive skin! This is the safest, most gentle process of skin exfoliation. Men shave daily, which exfoliates. Women do not have that luxury, so microdermabrasion enables us to do that. It allows us to reproduce collagen. It is usually done to the face, chest, neck, arms or hands.

Q: How many sessions does one need to see results?

A: The best results occur in 6 sessions -- once per week -- and then once a month to maintain the results. You will see a decrease in fine lines, reduced pores and lightening of brown spots and acne scars. Many doctors use microdermabrasion before performing surgery or laser treatments. On a national



Before



After

average, treatments can run anywhere from \$100-\$200 per session.

Q: How can we maintain the results at home?

A: It is important to have a daily skincare routine, both in the morning and before bedtime. Daily cleansing, moisturizing and most importantly, use sunscreen every day! Also, a person can exfoliate at home once a week with a mild exfoliating cleanser. It is important to treat your skin as if it is sensitive by nature. Use a good moisturizer that contains vitamin C. Vitamin C acts as an antioxidant as well, so it is very good for your skin.

Q: How does the microdermabrasion make your skin look?

A: The skin's surface is noticeably improved. The healing process brings with it, newer skin cells that look and feel smoother. Without the stratum corneum acting as a barrier, medicinal creams and lotions are more effective because more of their active ingredients and moisture make their way down to the lower layers of skin. The skin will have a dewy revitalized, rested, smoother appearance. It also will allow makeup to go on smoother, stay longer and look better. **IMAGE**

Lana Sigal has been practicing esthetics for over 25 years, practicing at DeFranco Spagnolo Salon & Spa in Roslyn, NY. To make an appointment, please call 516-484-9100.

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WHEN I PERFORM SURGERY ON PATIENTS I GIVE THEM DIFFERENT OPTIONS FOR THEIR ANESTHESIA, BECAUSE IT IS NOT A "ONE SIZE FITS ALL" APPROACH

Every day in my practice I am asked by patients whether their surgery can be performed without general anesthesia. General anesthesia involves being paralyzed during surgery with medications administered by an anesthesiologist, including placement of a breathing tube and breathing anesthetic gas. Patients are concerned about the risks involved with having general anesthesia as it puts a significant amount of strain on the body. Other patients have experienced days of feeling ill with nausea, headaches and weakness after general anesthesia, and want to avoid it at all costs.

My answer to them is that I rarely use general anesthesia in my practice when performing facial plastic surgery. In fact, I prefer not to use it unless it is necessary due to some other medical condition that requires it. General anesthetic drugs and gases cause major

physiological changes in the body; it causes blood vessels to dilate, which increases the bleeding during surgery. This causes bruising and swelling, which increases recovery time. Additionally, general anesthesia can induce vomiting which can lead to further trauma and torn sutures for some patients.

When I perform surgery on patients I give them different options for their anesthesia, because it is not a "one size fits all" approach. I either perform it under a local anesthesia in which the patient is wide awake and has surgery after numbing shots are administered, or under a twilight anesthesia given through an IV (no anesthesia gas is given) whereby the patient is asleep and not aware. In my practice, only 30% of my patients do surgery wide awake under a local anesthetic, and 70% of patients have a twilight anesthetic so that they are asleep for the surgery, but in NEITHER case are they under general anesthesia.

Face lifts, rhinoplasties ("nose jobs"), eyelid lifts, lip augmentation surgery, chin and cheek augmentation, and many other procedures can easily and safely be performed under local anesthesia. This

means that you are given a minor sedative like valium in a pill form to relax you, and then your plastic surgeon injects Novocaine-like local shots (similar to the ones you would get at the dentist) to numb the part of the face having surgery. We use drugs called Lidocaine and Marcaine because they last longer and are more effective than Novocaine. The shots can be painful and multiple shots need to be administered, but we use a tiny needle that spreads the medicine slowly to minimize discomfort. Because of this discomfort, I do not suggest this procedure for those who are afraid of needles or have a very low pain threshold. The value in local anesthesia is that it decreases the amount of bleeding during surgery when compared to general anesthesia, and therefore bruising and post operative recovery is lessened. Also, there are additional cost savings because you do not have to pay for an anesthesiologist to administer anesthesia, since it is the surgeon who gives the shots to numb the face.

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patient's blood pressure during surgery. This limits bleeding, and therefore minimizes bruising.

For patients who do not want to be awake and aware during surgery, we perform a twilight anesthesia. This is the same anesthesia, called propofol, that is given intravenously during a colonoscopy. This medication is like an intravenous

FOR PATIENTS WHO DO NOT WANT TO BE AWAKE AND AWARE DURING SURGERY, WE PERFORM A TWILIGHT ANESTHESIA

valium, but as soon as the medicine is turned off, you wake up in a few minutes, without any nausea, headache or hangover from general anesthesia gas. Twilight anesthesia also reduces bruising compared to general anesthesia. It is extremely safe, and patients often feel great after surgery, just as if they had a great night's sleep. Any person who has had a colonoscopy can attest to this fact.

One way in which we modify a twilight type of anesthesia is in rhinoplasty cases. Here we place a dam in the back of the throat, called an LMA that

prevents blood from dripping into the windpipe. Because you are sleeping you cannot protect your airway which can become blocked with a blood clot. This does not happen under local anesthesia because an awake "nose job" patient can swallow and clear the blood away with a handheld suction during surgery. This is an important modification that I suggest any patient discuss with their surgeon prior to having a rhinoplasty surgery under twilight anesthesia.

Many plastic surgeons will only perform surgery under general anesthesia. While I do agree that the risks of having serious complications after anesthesia are extremely low (less than .001%), there is no question that the rate of nausea, discomfort and the increased bruising warrant that surgeons reconsider their options for their patients.

IMAGE

Dr. Andrew Jacono is a board-certified facial plastic surgeon and medical director of The New York Center for Facial Plastic and Laser Surgery. He has practices in both Great Neck and Manhattan. For more information, call 516-773-4646 or visit www.newyorkfacialplasticsurgery.com.



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The facts is that 40 million men and approximately 21 million women suffer from male/female pattern baldness or thinning hair. Many potential patients shy away from (or are not candidates for) the traditional "strip method" of hair replacement because of the slow recovery time, the loss of feeling at the incision site, the linear scar on the back of the head, or the amount of post-operative pain involved.

Hair loss can be a very emotional part of the natural aging process, and seeking

ways to curb this process used to be a challenge, until the availability of NeoGraft™. This is an FDA-cleared advanced technology that offers a discrete solution to hair loss, allowing patients to achieve natural-looking results with no linear scar, minimal downtime and a shorter recovery period. This form of hair restoration is unnoticeable, making it your secret to keep or share.

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Prior to the arrival of this technology, the Strip Method was used. With this, a strip is cut from the back of the head for harvesting, so that you actually lose viable follicles before they are even transplanted from the cut of the strip. You are also left with a linear scar. Hair follicles grow at different lengths. Viable fol-

licles are compromised just from the cut of the strip. With NeoGraft, the follicles are harvested in their entirety. The follicles are immediately harvested and transplanted that day. Also, any future donor areas are not compromised, so that a patient could choose to

THERE ARE OVER 100,000 HAIR RESTORATION SURGERIES A YEAR IN THE UNITED STATES

have another transplant at a later time. NeoGraft is also being used for eyebrow restoration, beard and mustache thinning and unsightly scars.

There are over 100,000 hair restoration surgeries a year in the United States. Most patients, women and men, can be candidates for the NeoGraft hair transplant. Financing options may be available too, based on a patient's needs. **IMAGE**

Dr. Lynn Pierrri practices at Living Well Essentials Medical Spa in Hauppauge, NY. For more information, call 631-724-4224 or visit www.LWEmedicalspa.com.

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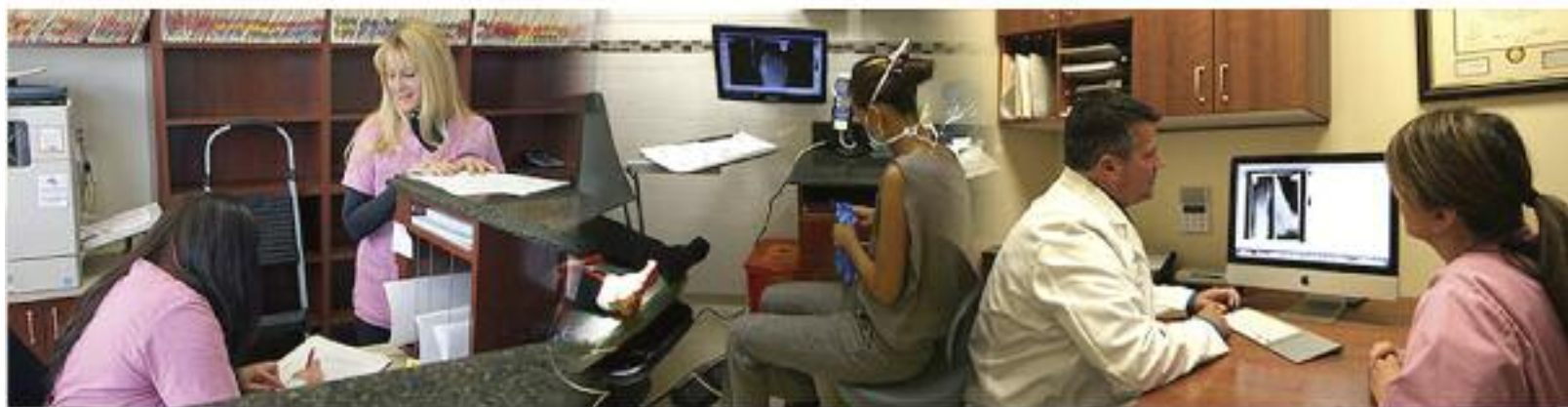
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THE INS AND OUTS OF LASER LIPOSUCTION

Understanding The New “Laser” Lipo Procedure

LASER LIPOSUCTION DOES A GREAT JOB IN BODY CONTOURING WHERE TARGETED AREAS OF FAT ARE TO BE REMOVED

Laser liposuction is not a new procedure; it has been around for about 6 years in the United States. The procedure continues to grow in popularity for several reasons. But, first, let's understand the difference between what is called “traditional” liposuction and “laser” liposuction.

Though the procedures are very similar, there are some basic, yet important differences. First, laser lipo is performed (almost always) under local anesthesia (known as tumescent anesthesia) rather than general anesthesia. This eliminates the risks and adverse reactions that can be associated with general anesthesia. Secondly, traditional lipo uses instruments that essentially “rip” out the fat. It is a traumatic event to the body. Laser uses heat to liquefy and destroy the fat before suctioning. The equipment used for laser is much smaller, which helps make healing and recov-

ery time much shorter. The third important difference is that studies have shown that the heat of the laser causes a stimulation of the skin that results in skin tightening that is not achieved with the traditional technique. Laser liposuction does a great job in body contouring where targeted areas of fat are to be removed. It also does well with de-bulking, removing large deposits of fat to make the patient feel and look better. Traditional lipo is still most effective in removing massive amounts of fat when performed in a very controlled and supported environment such as a hospital operating room.

The procedure itself is comprised of five stages; the preoperative, anesthesia, lasering, suctioning and post-operative. In the preoperative stage all paperwork and lab work is reviewed, a brief exam is performed, medical photography completed, and the surgeon will draw landmarks on your body indicating where the fat resides. Also at this stage you will receive medication to relax and calm you.

Once entering the operating room, the areas to be treated will be washed with antibacterial solutions. After

local anesthesia is given, small punctures will be made (see photo) in various areas to allow the instruments access the areas to be treated. Since there is no cutting, there is no need for sutures after the procedure. The surgeon will then introduce a small, 2-4 mm, cannula (straw-like tool) and infuse tumescent anesthesia. This is a mixture of medications and fluids that bathe the fat and anesthetize it. Once infused, the patient rests approximately 45 minutes allowing the full numbing effect to take place. Patients may sleep, watch TV, or even text during this time.

Using the same punctures as above, a laser fiber is then introduced. Since the patient is now anesthetized, there should be no significant discomfort. The surgeon controls the firing of the laser with a foot pedal and with a gentle, repetitive violin-playing type of action, covers the entire area which is being treated. The amount of laser energy and laser time are dependent on the area is being treated, the amount of fat and how much laser energy (joules) the physician decides to use.

Again, using the same punctures as above, the can-

nula is changed to a suctioning device. Suctioning of the fat is done by hand or with a vibrating instrument known as PAL (power assisted lipoplasty). The surgeon will continue removing fat, observing the content in the suction tube and manually evaluating the treated area until satisfied that the appropriate amount has been removed.

Once the suctioning is completed, the post-operative period begins. During this stage, an assistant will clean all areas and place absorbent pads over the puncture sites. These punctures will be left open to drain (see photo). Draining stops as wound closure begins in approximately 24 hours. In some cases, post-operative photos will be taken. The staff will then assist in placing the patient into a compressive garment that will be worn for approximately 2 weeks depending on the individual physician's protocols. Full post-operative instructions, prescriptions and follow-up appointments will be made at this time. Patients cannot drive themselves home from the procedure.

Now, back to the question of why there are so many different types of lipo being advertised. Let's make this easier to sort out. As noted earlier, there is traditional lipo and there is laser lipo. There are a few other noninvasive "lipo-like" procedures which will not be discussed here.

Just as there are many types of paper towels, they are all paper towels! Your personal preference may be Bounty, Scott, or Brawny based on price, design, absorbability or other factors. Similarly, the various types of liposuction procedures are based on the name of the machine being used, but they all share the basics of laser lipo. Each machine claims its own benefits and attributes. Surgeons choose the equipment they believe works best for their use and their patients' needs. Some of the common brands are SmartLipo, Accusculpt, SlimLipo, and Vaser. Many other brands have come and gone. Cynosure's Smartlipo was first to the market and has undergone the most upgrades in this field. It is considered the industry standard and has the largest physician user base in the country.

The current techniques and technologies of laser lipo have created an excellent procedure with a very low risk profile and high safety factor when performed by qualified physicians. That, combined with shorter "down-times", less discomfort, excellent results, and great pricing continue to make laser lipo a very attractive and popular cosmetic procedure for the proper male or female candidates.

IMAGE

Dr. Wayne Wertheim is the medical director of Island Medical Laser in Roslyn, NY. For more information, call 516-299-5500 or visit www.islandlaser.com.



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SID JACOBSON JCC'S 19TH ANNUAL AUCTION FOR EXCELLENCE, AN EPICUREAN EVENT

Gail Simmons, judge on Bravo's Top Chef, led over 700 attendees in a raucous Live Auction during Sid Jacobson JCC's 19th Annual Auction for Excellence, An Epicurean Event on Thursday, March 20 at Glen Oaks Club. The event brought together flavors of the area's best gourmet restaurants and the excitement of Live and Silent Auctions, raising \$900,000

to support vital community programming. The JCC strives to help all in the community and currently offers a variety of programming to support a variety of needs including those going through life crises and those caring for loved ones with special needs or Alzheimer's and related dementias. Sid Jacobson JCC will never turn away anyone in need of assistance and provides vital scholarships to individuals and families in the community. For more information please visit, www.sjjcc.org or call 516-484-1545.



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AMERICAN HEART ASSOCIATION'S 51ST ANNUAL AMERICAN HEART ASSOCIATION LONG ISLAND HEART BALL

More than 400 attendees from the Long Island medical and corporate community came out to the Cradle of Aviation in Garden City on Friday, May 2 to attend the American Heart Association's 51st Annual Long Island Heart Ball. This annual event is held to recognize outstanding accomplishments of individuals and companies in the area of cardiovascular science and leadership.

This year's event was chaired by Christopher Doveala, Vice President, Financial Services, Leviton Mfg. Co. George A. Petrossian, MD, FACC, Director, Interventional Cardiovascular Procedures, St. Francis Hospital, South Nassau Communities Hospital was honored. Dr. Petrossian received the 2014 Cardiovascular Science Award. The evening included dinner, silent auction and dancing to the tunes of That 70's Band. This year's Heart Ball Sponsors include; Cardiovascular Medical Associates, Americana Manhasset/Castagna Realty, St. Francis Hospital, The Heart Center, Leviton Manufacturing Company, Astoria Federal Savings, Cushman & Wakefield, George A. Petrossian, MD, FACC and Winthrop-University Hospital. For more information, visit <http://nassaucountyheartball.ahaevents.org> or call 516-450-9129.

THE ROSLYN BULLDOGS BOOSTER ASSOCIATION, GREG FRIED MEMORIAL 5K RUN/WALK

On April 26 the Roslyn Bulldogs Booster Association held its 3rd annual 5k Run/Walk beginning at Roslyn High School with a continuous course throughout the town of Roslyn. The race honored the memory of Greg Fried, a beloved Roslyn track and field coach. Fried was an outstanding teacher, track and cross country coach from Roslyn High School and the Manhasset and East Williston school districts for more than 40 years. He died from ALS (Lou Gehrig's Disease) in November 2010. His student athletes and peer coaches were a huge part of his life, bringing him joy and satisfaction from their personal and athletic growth. This year's event raised \$13,000 which is used to ensure that the best athletic and physical education programs and facilities are available to all students, in an effort to enhance pride in our community and the students' athletic experience. Everyone got in their morning exercise for a great cause.



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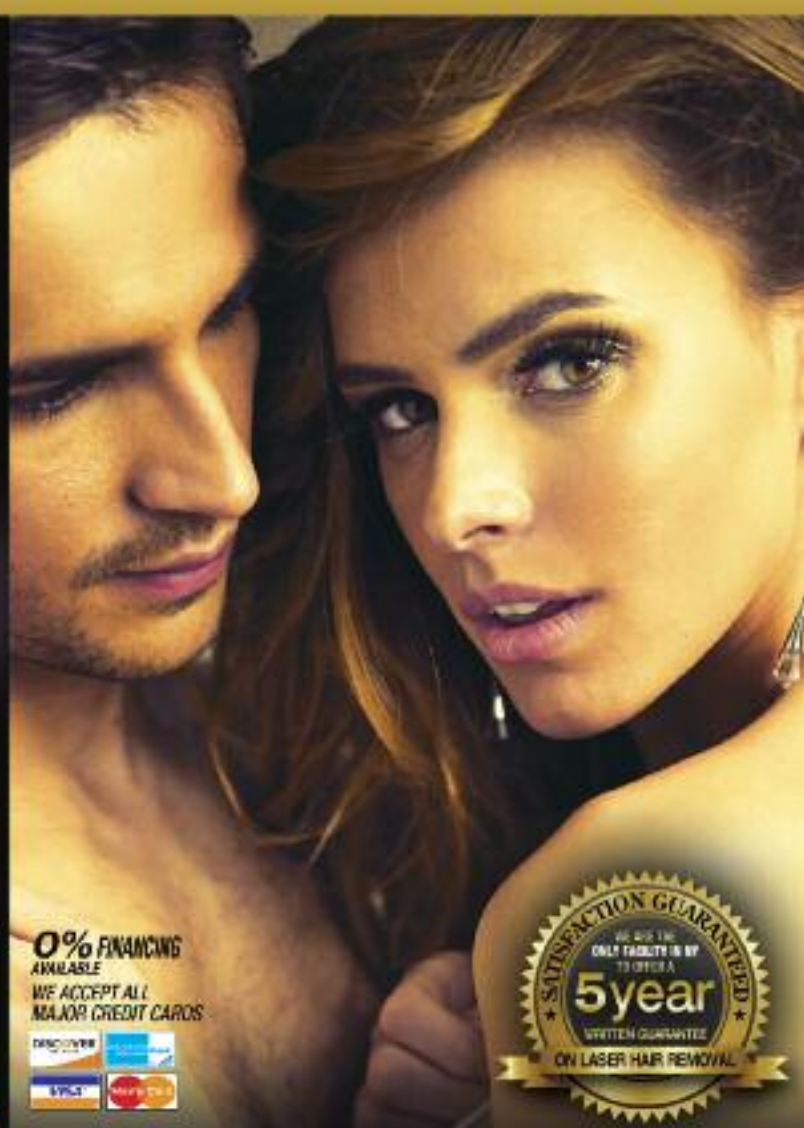
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