



# Desert Health™

News from the Valley's Integrated Health Community

March/April 2011

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## US Medical Schools Embrace Integrative Medicine

By Lauren Del Sarto

The philosophy behind medical education has seen little change since reform in the early 1900s. However, over the past two decades top medical schools have come to embrace many mind-body-spirit practices as evidence-based medicine.

At the turn of the twentieth century, medical education in the US lacked standardization, so the American Medical Association formed the Council on Medical Education to restructure medical curricula. Professional educator, Abraham Flexner was commissioned to survey and report on the quality of medical schools in the United States and Canada.<sup>1</sup> The Flexner Report published in 1910, was severely critical of medical education<sup>2</sup> and led to major reform becoming the basis for medical education as we know it today.

In his report, Flexner emphasized evidence-based science and condemned other practices, reporting that they have no place in medical education. Modern medicine, he said, "wants not dogma, but facts." Following the report, up to 80% of the medical schools in the country at that time closed or merged with other institutions.<sup>1</sup> In the years to follow, research flourished proving the science of medicine with economics prevailing. Most research was dedicated to new drugs and discoveries that could be patented and sold. Natural healing therapies

used for thousands of years were shunned by the medical community because they lacked scientific proof of their effectiveness.

Today, the United States boasts some of the top medical schools in the world, but the American economy is struggling due in part to our health care system. It is reported by the Center for Disease Control that 75% of the budget spent on health care is due to four preventable factors—tobacco, overeating and portion size, physical inactivity, and stress. To address this issue, the government and US medical community have turned to prevention and wellness initiatives.

Studies on natural therapies that were conducted with little recognition suddenly came to the forefront and many practices rejected by The Flexner Report are now embraced as evidence-based medicine.

Herbert Benson, M.D. began studying the effects of stress on health 40 years ago viewing medicine as a three-legged stool: pharmaceuticals are the first leg, surgery and procedures the second; and mind/body interactions - the relaxation response, nutrition, exercise and spirituality—as the third, "self-care", leg. From there, Harvard's Benson-Henry Institute for Mind Body Medicine was established.<sup>5</sup>

Dr. Richard Olds, Vice Chancellor, Health Affairs & Founding Dean, UC Riverside School of Medicine



states, "In the American medical community, we have become extremely good at letting people get sick and then saving their lives at the end. We have not been very good at keeping people healthy or managing chronic disease."

Many patients continued alternative practices on their own, often unknown to their physicians. Olds adds, "We as physicians are often unresponsive to what our clients are doing and ignorant about alternative modalities. Surveys suggest that many Americans are involved in integrative health care practices without their physician's knowledge. That is a sad commentary on our American health care system."

In fact, a nationwide survey pub-

Continued on page 17



## Health is a Choice

**This issue's Health Is A Choice column focuses on YOU. You have the opportunity to make health a priority and there is no better time than now. Not only will your choices make you healthier, but they will add to the success of the American economy. So how do we get there?**

"You are what you eat." You've heard it a thousand times, but have you ever really looked beyond those words? We know if we eat too much junk food, eventually it will appear on our belly and hips. Do you know what happens under your skin and what food is actually doing to your DNA? If you take the time to learn, you may realize that good health really is a choice.

The basic idea that food is information, not just calories, is referred to as "Nutrigenomics." To date, no one has done a more successful job of explaining the human anatomy and nutrigenomics than Oprah's go-to "YOU Docs," Mehmet Oz, M.D. and Michael Roizen, M.D.

Dr. Oz is vice-chair and professor of surgery at Columbia University. He directs the Cardiovascular Institute and Complementary Medicine Program at New York-Presbyterian Hospital. Dr. Roizen is an internist and anesthesiologist; former chair of an FDA advisory committee; and the Chief Wellness Officer at the Cleveland Clinic.

Together they have written a series of New York Times bestselling books including *YOU: The Owner's Manual*. It covers everything doctors learn in the first three years of medical school (and is actually fun to read!) It is an exceptional source for understanding the effect of food on your body.

Continued on page 18

**"It takes a very special alternative practitioner to be able to respect traditional medical care and vice versa."**

—Anita Chatigny, Ph.D.

Director of Oncology Supportive Care Services, DRMC's Comprehensive Cancer Center



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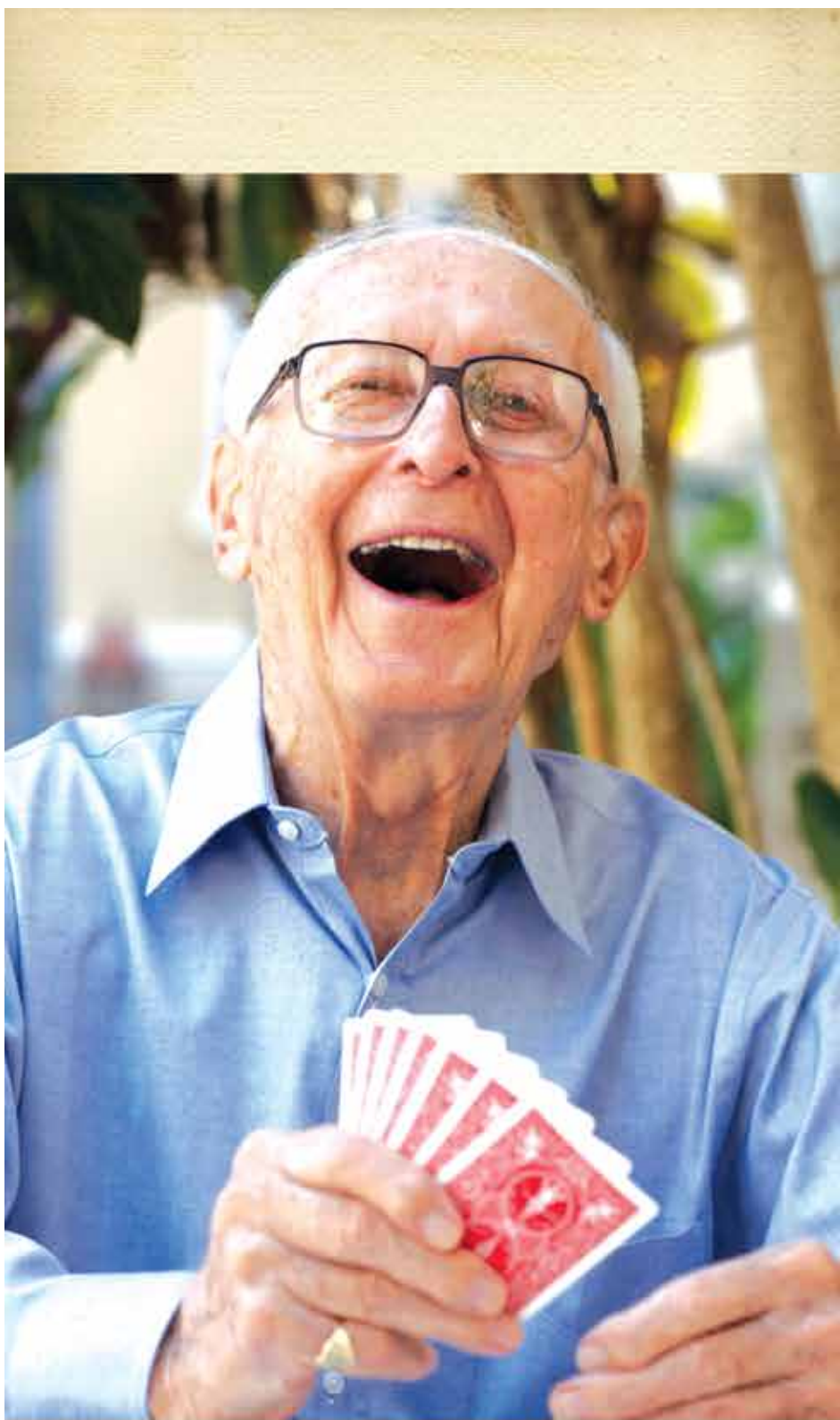
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I would like to express my sincere appreciation to you...our readers! Your support of Desert Health News has made our publication an instant success. Many of you have expressed your appreciation for information found in articles and others for introductions to featured practitioners.



We are proud to have created a reliable medium that enables health care practitioners and institutions to educate consumers on new technology, treatments, therapies and products that may improve your health and quality of life. Our focus on Integrative Medicine, where conventional medicine and complementary therapies are practiced together, is the future of health care and is being embraced by the community.

Hopefully each of you finds a personal discovery and beneficial information within these pages. Each of our advertising professionals welcomes your questions and queries, as do I.

We are here to educate, inform and thank you for taking the first step towards better health... Learning about the many options available in our Desert community!

*Lauren*  
Lauren Del Sarto  
Publisher



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**We welcome local health related news stories:**

Please submit proposed editorial via email as a Word document with a bio and hi resolution photo of the writer. All submissions are subject to approval and editing at the Publisher's discretion and may or may not be published. Article and advertising deadlines are the 15th of the month prior to publication.

**Community photos on health & wellness:**

We invite you to submit photos that portray health and wellness in the Coachella Valley. Email high resolution photos (minimum 300 dpi) to [News@DesertHealthNews.com](mailto:News@DesertHealthNews.com) with photo caption and credit. Submitted photos may be published free of charge by Desert Health and will not be returned.

**Distribution:**

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Tune In for Interviews with the following  
Desert Regional Medical Center Doctors



March 3 12:30pm	Stuart Menn, M.D. Ragui Sedeek, M.D.	Sleep Apnea Eyes over 50
March 10 12:30pm	Camille Harrison, M.D. Michael Gatto, M.D.	Macular Degeneration Laryngitis
April 2 3:30pm	Thomas Wolfe, M.D.	Stroke Interventions
April 3 5:30pm	Thomas Wolfe, M.D.	Stroke Interventions



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## Parkinson's Symposium Delivers Breakthrough Information to Practitioners, Patients & Caregivers

Doctors and dentists from across the United States presented revolutionary findings at the Parkinson's Resource Organization's Symposium held January 14-16, 2011 in Indian Wells.

Several hundred attendees including physicians, dentists, patients, caregivers, chiropractors, psychologists and others learned of new findings and successful clinic trials for minimizing motor disorder symptoms with a non-invasive, non-surgical series of custom plastic mouth appliances. Since traditional medical treatments for Parkinson's Disease (PD) include medication, Botox injections and brain surgery, the Symposium information was very encouraging and well received.

Presenters included Dr. Jerome Lisk, Board Certified Neurologist; Dr. John Beck, Orthopedic Surgeon; local TMJ Specialist, Dr. Leonard Feld; and Parkinson's patients Doug Bennett and Pamela Alms. The Symposium focused on the progress being made in the fields of Craniofacial Pain and TMJD (Temporomandibular or "jaw" Joint Disorders) and new treatments that are improving the quality of life for patients.

The event began on Friday with a meeting exclusively for practitioners during which renowned Dr. Brendan C. Stack discussed his forty years of experience working with motor disorder patients. "I began reviewing case studies and comparing patient symptoms in my basement in 1968. And here we are today," Stack stated with tears in his eyes.

The weekend sessions featured groundbreaking presentations from industry leaders including:

- Dr. John Beck, M.D. described the importance of posture, explaining that the brain receives 40% of its information about posture from the soles of the feet, 40% from the position of the mandible (or jaw), and 20% from the spine. "The brain is sensitive to the neuroposture being off by as little as one millimeter from the line of gravity. If the posture of the mandible is off, the brain is constantly flooded with information and uses a lot of its available energy dealing with this information." He then explained in detail how the brain of a patient with PD becomes unable to cope with this flood of information, and unable to control the muscles of the body. "The brain activates survival mechanisms thinking the body is ready to fall over. The brain's stress depletes dopamine and other hormones known to be associated with Parkinson's disease."

- Dr. Brendan C. Stack, D.D.S. described how dental mouthpieces realign the jaw and release the stress that causes symptoms in Parkinson's patients, and those with Tourette's and Torticollis.

- Dr. Jerome Lisk, M.D. spoke on the relationship between posture and balance from a neurological standpoint. He explained the chemistry of the brain and how it is affected when posture is incorrect. On the last day of the symposium Dr. Lisk exclaimed, "After hearing and seeing the science presented at this conference, I am surprised that in my medical education and career, I have never come across this information as it has been published for years in dental literature."

Attendees also heard from patients who discussed how symptoms like tremors, balance problems and memory loss all decreased with treatment. The audience was brought to tears when children of patients described their "new" parents.

"Bringing these industry leaders together to discuss and share case studies and success stories speaks loudly for these treatments and the many patients we are helping," said Dr. Leonard Feld, "It was a very emotional and inspiring conference."

Dr. Larry Wheeler of Tucson, Arizona attended the event. "I was highly impressed and fascinated with the information we learned. I plan to follow up and see how we can incorporate this work into our practice to help people in our area." Educating practitioners of these new treatments is a primary goal of the American Academy of Craniofacial Pain (AACP) who co-sponsored the event. These new findings are currently not taught in dental or medical school and may in some instances contradict what is taught. Feld adds, "Some of the top educators in our field are now acknowledging this fact."

"This was the first symposium to cover the new findings and clinical trials for minimizing motor disorder symptoms with custom oral appliances," stated Jo Rosen President & Founder of Parkinson's Resource Organization (PRO). "We certainly consider it a success in the awareness it has generated. Our phone has been ringing with calls from people across the country looking for copies of the presentation and/or skilled practitioners in their area. Our network of TMJ specialists is increasing as well as the number of constituents receiving benefits."

Rosen concluded, "All in attendance were excited about the possibilities of improved quality of life for patients, themselves and/or loved ones."

A DVD of the symposium is available by contacting Parkinson's Resource Organization, at 760.773.5628 or visit their site at [www.ParkinsonsResource.Org](http://www.ParkinsonsResource.Org). For further information on motor disorder treatment through dental appliances, visit [www.DocFeld.com](http://www.DocFeld.com) or call Dr. Leonard Feld at 760.341.2873.



Dr. Brendan Stack addresses the audience at the *Ultimate Quality of Life Symposium*

### Dr. Leonard J. Feld



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## Is The Pain In Your Head? Or Could it be from Your Jaw?

Clinical research shows that TMJ (Temporomandibular or "jaw" joint) disorders are often the cause of migraines, headaches, back pain, dizziness, and vertigo in addition to ringing in the ears, jaw clicking, popping and pain or limitations in opening your mouth.

Living with these chronic symptoms can lead to depression, anxiety and chronic pain throughout the body.

Your pain is real. We are TMJ Specialists. If you suffer from these symptoms, schedule a consultation or attend our medical seminar to learn more.

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## Computer Vision Syndrome

By Greg Evans, O.D.

Over 80% of Americans use computers and 100 million spend more than 3 hours daily in front of a computer monitor. As such, it is no surprise that eyestrain is the #1 complaint lodged with the US Health Office over the past 3 years.

Computer use has grown 30% every year since 2000. We are now using computers for email, work, shopping, education and games. All of this time in front of a computer is taking a toll on patients' eyes. It is a direct cause of Computer Vision Syndrome (CVS) also known as Digital Eye Fatigue Syndrome.

### Symptoms of CVS include:

- Tired eyes and headaches referred to medically as "Asthenopia"
- Dry, watery, or irritated and burning eyes
- Double vision, blurred vision and slowness to focus

Computer use is a unique visual task. When reading books, the distance is typically 16-18" from your eyes. Computer screens are at an intermediate distance, usually 18-25". They are elevated compared to reading height (hence more corneal exposure drying), and are not high contrast. Computer screens are more affected by ambient lighting, as well as by reflected and direct glare than printed material.

Computer users commonly have more than one focal need. For example copying, transferring, and referencing data from printed media back and forth to the computer screen. Each of these tasks requires lenses with multiple focal distances and specific ranges.

Fortunately a lot of research has gone into specialty lenses designed to address these needs. Specialty computer lenses offer wider fields of view specific to computer use, variable near and intermediate focus, tinting to optimize the visible spectrum and reduce background light and anti-reflective coatings to improve light transmission and eliminate reflections. Some designs such as the Zeiss Gunnar have special wrap frames that help create a micro-environment to prevent corneal drying. This type of lens is available in prescription and non-prescription, and single vision or multifocal lenses. Computer lenses are available to be placed in most frames. They come with similar features to the Zeiss Gunnar except the wrap microclimate feature and the specific tinting.

Dealing effectively with Computer Vision Syndrome requires management of dry eye conditions along with binocular vision problems. Dry eye is more prevalent in desert-dwelling and post-lasik patients; females (3:1 over men); and patients on systemic medications such as those treating hypertension, allergies and arthritis.

Diplopia or double vision is also a contributing factor for CVS. Prismatic correction incorporated into the computer lens can help overcome diplopia. Considering one's need for comfortable, accurate vision, a lens correction that is specific to the computer makes good sense. Ask your eye doctor about computer-specific lenses.

Dr. Greg Evans is the founding owner of Evans Eye Care which recently moved its office to Palm Desert. He can be reached at 760-674-8806.

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Albert Lai, M.D.



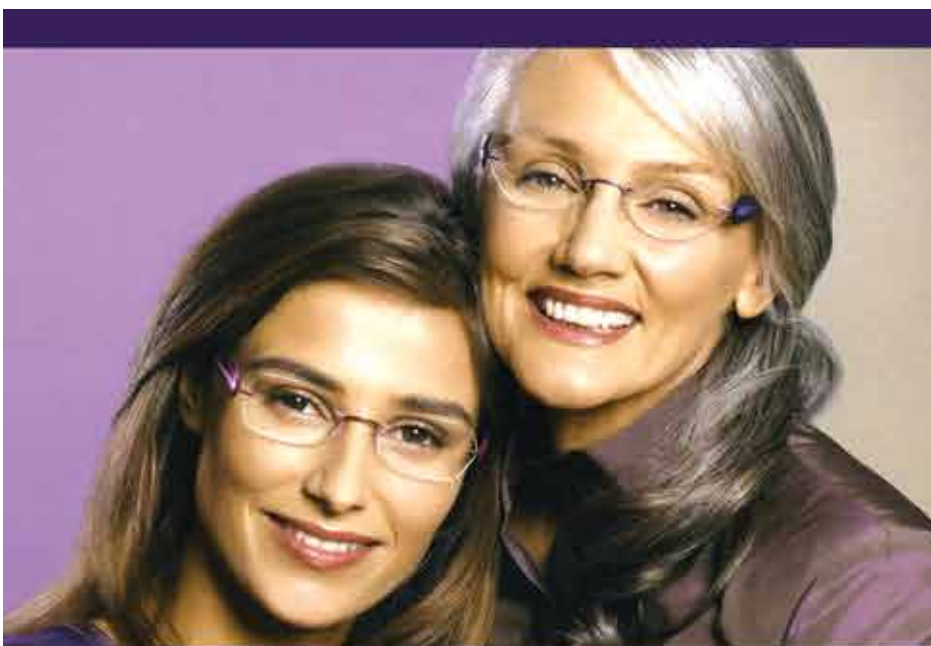
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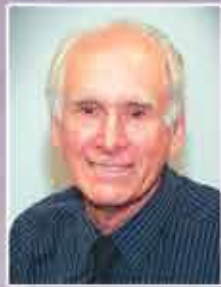
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practitioner profile

Albert Lai, M.D.

**Profession:** Psychiatrist, Board Certified in Physical Medicine & Rehabilitation

Physiatrist defined: Medical specialty concerned with diagnosing, evaluating, and treating patients with physical disabilities. The primary goal of the physiatrist is to achieve maximum restoration of physical, psychological, social and vocational function through comprehensive rehabilitation.



**Appointments:** Managing Practice Partner, Desert Pain and Rehabilitation Associates  
Chief Resident, Dept of Physical Medicine and Rehabilitation, Tufts-New England Medical Clinic  
Clinical Instructor, Tufts University School of Medicine

**Practicing:** 11 years

**Hometown:** Rancho Mirage

**In this issue, we are pleased to profile Dr. Albert Lai who was nominated by his peers. Dr. Lai is recognized for his integrative approach to patient care. He promotes multi-modal rehabilitation working with acupuncturists, naturopathic doctors, physical therapists, and a variety of mind-body therapies.**

**Why did you choose your profession?** I liked the "team approach" of optimizing quality of life for patients. The physiatrist directs a comprehensive rehabilitation team of professionals that may include physical therapists, occupational therapists, recreational therapists, rehabilitation nurses, psychologists, social workers, speech-language pathologists, and others.

**What is your philosophy on integrative health care?** Our specialty realizes that there is a strong connection between mind, body and soul. This is something we learn in school. Our primary care is functional elements. Because many of our clients are referred to us when nothing else has worked, we are taught to think outside the realm of conventional western medicine and are therefore familiar with all different modalities.

**Why did you choose to start your practice here in the Desert?** Whole body care is community specific. I wanted a large pool of practitioners from different modalities with which to work on patient care. The array of health care resources in the Desert is a fundamental part of our community.

**Your best health advice?** Instant gratification is often a patient's primary goal, so taking a pill to alleviate symptoms is appealing. I encourage patients to consider that although multi-disciplinary care may take longer, it can deliver significantly greater results in the long run.

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Evolving Treatment Strategy for Chronic Inflammation of the Extremities

By Jon G. McLennan, M.D.

Overuse and injury to muscles, ligaments, bursas and tendons occurs frequently in individuals of all ages and professions. Symptoms may disappear over several days or weeks, usually with rest, ice, Tylenol or Advil. However many of these common problems persist, significantly compromising activities and quality of life. Over time chronic inflammation can cause permanent changes within the muscles, ligaments, bursa or tendons of the extremities. These problems are known as myalgias, sprains of ligaments, bursitis and tendonitis. Treatments include medications, injections, physical therapy, bracing, and surgery. Recovery can often be prolonged and frustrating.

Recently, a promising non-surgical treatment for chronic inflammations and injuries has been developed using ones own blood. This treatment gained notoriety when Troy Palamalu and Hines Ward of the Pittsburgh Steelers underwent treatment using their own blood-called platelet-rich plasma-during the 2008 NFL season to win the 2009 Super Bowl.

Platelet-rich plasma therapy is a non-surgical procedure that uses the body's cells to heal itself. Platelets are small white cells found in blood that help to coagulate blood when active bleeding occurs in tissue following injury. Platelets have high concentrations of growth factors that stimulate multi-potential cells that can heal tissues over a period of time. Instead of harvesting stem cells from bone marrow, platelets are harvested and concentrated from blood and have high concentrations of growth factors. The response of each patient's

tissue to growth factors is variable and dependent on the type of injury or inflammation being treated.

This procedure takes less than twenty minutes and can be performed in the office or in the recovery area of a surgery center. 10 mls (2 tablespoons) of blood is drawn and placed into a centrifuge for 5 minutes to separate the red cells from the serum. During this time the recipient site is injected with local anesthetics. At the completion of the centrifuging, 4-5 mls of plasma is harvested that is rich in platelets and high concentrations of growth factors. This then is injected in to the patient's prepared site.

Post-operative soreness, swelling and pain with activity are generally minimal and short-lived. There is little down time, though physical activities are modified, physical therapy employed and (at times) temporary bracing instituted. Healing is dependent on the injury treated and is usually 12 weeks.

This evolving non-surgical technique has been very effective in the treatment of chronic tendonitis of the elbow (tennis and golfers elbow), knee (jumpers or runners knee) and heel spur syndromes (plantar fasciitis and spurs) to name a few. Current research and trials are ongoing and additional sites for use pending. Platelet-rich plasma therapy is a very promising modality for use in the common problems and injuries of athletes and non-athletes alike.

Dr. Jon McLennan specializes in Orthopaedic Surgery and Sports Medicine and is located at JFK Orthopedics in La Quinta. Dr. McLennan can be reached at 760.777.8282.



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LA QUINTA

## PAIN: What it is and What You Can Do About it

By Ruth Anderson, M.D., M.S.

Pain is the most common reason people go to see their doctor. More than 75% of American adults experience at least one episode of low back pain during their lifetime. Although it is more common than heart disease, diabetes and cancer combined, it is the least understood disease doctors treat. It is not surprising when you realize that pain management only became a medical specialty in 1993, and many physicians never learned about treating pain. That is quickly changing among doctors - and patients are getting better treatment than ever.

That said, there is much you can do to treat your own pain before you see a pain management specialist. Pain comes in two forms-acute and chronic. An example of acute pain is the pain of a broken arm. This pain is short-lived and will disappear once the injury has healed. Chronic pain is a disease of the nervous system. We often don't know the exact cause because the pain has lasted for at least 3 months (the official definition of chronic pain) and the initiating cause may have resolved itself.

What is left are damaged pain pathways that are screaming—and often screaming loud. I use the analogy of a fire alarm to explain it to my patients. The alarm starts ringing to signal a fire, the firemen answer the call and put out the fire. But now its weeks, months and even years later and the fire alarm is still ringing. Is there a fire? No, it was extinguished ages ago. Instead, there is a short circuit in the alarm so it just keeps ringing.

Similarly, your short-circuited pain nerves can keep screaming. In chronic pain, these screaming nerves serve no biologic function. They just make you feel miserable. Chronic pain is a disease like high blood pressure, diabetes or heart disease. It is a disease of the nervous sys-

tem. Medicine can treat the symptoms, but cannot cure the disease.

What we know about chronic pain is that it feeds on inactivity. With a broken arm, the natural instinct is to keep it still so it will heal properly. That works for a broken arm. But it is the worst thing one can do for damaged nerve pathways

**"What we know about chronic pain is that it feeds on inactivity. Immobility works for a broken arm, but it is the worst thing one can do for damaged nerve pathways like those in chronic low back pain, neck pain or even arthritis."**

—Dr. Ruth

like those in chronic low back pain, neck pain or even arthritis. After an injury like a sprained ankle or strained back you should only rest for 1-2 days and then you must get moving. Inactivity, especially bed rest, leads to significant muscle deterioration. Weakened muscles are one of the major causes of low back pain. So the less you move, the weaker your muscles become, and the more your pain escalates. As your pain gets worse you move even less; it is a very vicious cycle.

If you are in pain, "get moving" needs to be your new mantra. And no I don't mean run a marathon. You simply need

to gently stretch your aching areas and be aware of how you move through the day. The adjustments you make in walking, reaching or standing to avoid the pain, feed those screaming pain pathways. Muscle spasm and weakness are your enemies. If your pain is not easing on its own, go see your doctor. And if conservative measures like physical therapy and medications are ineffective, or you have shooting pain, seek out a pain management specialist.

There are at least 8 causes of low back pain (neck pain also) and it is your pain doctor's job to diagnose and treat you appropriately.

For a flare of acute pain, remember RICE: rest (1-2 days only), ice, compression and elevation. To keep the acute flare of low back pain from escalating into a chronic, life destroying disease, you need to get moving. And core strengthening is your key. As you're sitting reading this article, tighten your stomach like you were bracing for a punch in the gut. You will feel the deepest sets of your abdominal muscles and back muscles engage. That is your core. And the best way to strengthen those deep abdominal muscles is to tighten them when you sit, walk, eat, dance and even brush your teeth. The more you use them each day the stronger they will be and the better they can protect your spine.

It is not how you spend those thirty minutes in the gym three times a week but how you live and move the other 23 hours and 30 minutes of the day. Stand tall, belly in and shoulders back. You will not only be strong, you will be gorgeous!

Dr. Ruth Anderson is a pain management specialist and author of "Get Moving! Live Better, Live Longer." Desert Pain Specialists can be reached at 760.625.1960

## Dr. Ruth K. Anderson, MD, MS

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## Dizziness Can Lead to Falls: A Serious Danger

By B. Maya Kato, M.D.

Dizziness is a common occurrence. More than 40% of adults report dizziness, vertigo, or balance problems to their physician. Terms such as unsteady, lightheaded, and vertigo, are often used by patients to describe their dizziness. But what do these terms mean?

Vertigo is the perception of movement, and often is described as spinning. Patients may feel as if the room around them is moving. Disequilibrium means that one has a sensation of imbalance or unsteadiness. Dizziness is a non-specific term, used to describe a sensation of lightheadedness, unsteadiness, or faintness.

### What are common causes of dizziness?

- Medications
- Dehydration
- Orthostatic hypotension (decreased blood flow to the brain when standing quickly)
- Degeneration of the normal balance mechanisms (with age)
- Ear disorders (including infections, Meniere's disease, and positional vertigo)
- Tumors or other disorders of the brain
- Head trauma
- Visual problems
- Post-operative total joint replacement

### How is dizziness treated?

It depends on the cause. If the cause is a medication, the type or dosage is changed. If the cause is high/low blood pressure, then that is stabilized. If the dizziness is due to an ear problem, the treatment depends on the type of ear condition. Infections are treated with antibiotics, Meniere's disease (vertigo caused by excessive fluid inside the inner ear) may require diet modification, diuretics or possibly surgery. BPPV, or "benign paroxysmal positional vertigo", is a common cause of vertigo and may be effectively treated in the office with a procedure known as the "Epley Maneuver".

### The concern of falls from dizziness

Dizziness and balance problems often lead to falls resulting in serious injury, fractured limbs and even death. Data on falls is alarming:

- Each year, one in every three adults over the age of 65 suffers a fall
- Falls are the leading cause of death in individuals age 65 and older
- Falls can result in serious injury: brain injury, broken limbs, hip fracture and death
- Hip fractures from a fall have serious consequences: 15-20% of patients die within one year of suffering a hip fracture

- In 2009, over 2.2 million fall injuries were treated in emergency departments
- In 2000, medical costs of falls totaled over \$19 billion dollars

### Who is at risk for falling?

Anyone who suffers from dizziness, vertigo, or a balance disorder is at risk for falling. One-third of seniors over the age of 65 have balance problems. Why? As we get older, age-related body changes including visual problems, degeneration of the inner ear, and joint replacement operations, contribute to imbalance.

### What can you do?

**Step One:** Physician evaluation. Physicians treating patients over age 65 should ask their patients if they have dizziness or balance issues. Referral to an ENT (ear, nose and throat) physician is often recommended, as the ear is the primary organ that controls balance. An Otolologist/Neurotologist is an ENT physician who specializes in disorders of hearing and balance.

**Step Two:** Diagnostic tests. Special balance testing is done at the ENT office. These tests evaluate the inner ear, the eyes and the brain. A hearing test is also done if an inner ear problem is suspected.

**Step Three:** Treatment programs. After a proper diagnosis is made, a customized treatment plan is developed. Most balance problems are not treated with medication, as medication can do more harm than good, in some cases.

Patients with balance disorders may benefit from balance therapy, known as "vestibular rehabilitation". This is an exercise-based program designed to promote central nervous system compensation for inner ear deficits. The physician (otologist) develops a personalized treatment plan along with a physical therapist who has special training in balance rehabilitation. This plan includes eye, head, ear and body exercises that retrain the brain's connections with these body parts. The brain recognizes and processes signals from the ear and coordinates them with information from the eyes and position sensors in the joints and feet to improve balance. Balance therapy can be extremely effective in improving dizziness, balance and preventing catastrophic falls.

Additionally, individuals should learn about home and environmental risk factors (such as poor lighting, slippery throw rugs.) This can help individuals take action to reduce fall risk in their daily lives.

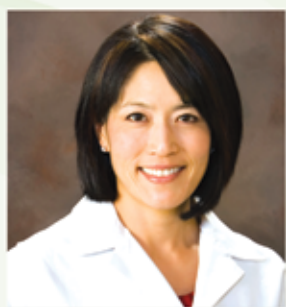
With proper treatment, most individuals improve their balance, minimize risk factors and reduce their risk for falls. This leads to an improved quality of life for the individual as well as for their friends and loved ones.

*Dr. Kato is the founder of The Ear Institute in Palm Desert. She has a keen interest in balance disorders and improving the quality of life of her patients. Dr. Kato can be reached at: 760-565-3900.*

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## HITS Horse Shows Are Here!

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## HITS-Thermal: Talk of the Winter Horse Show Circuit Records Set For Second Half

By Lauren Del Sarto

An outstanding start to the 2011 HITS Desert Circuit, combined with absolutely fabulous desert weather, has made Thermal the talk of the winter horse show circuits which also take place in Florida and Arizona. The first three (of six) week competition concluded on February 13th with the second half continuing through March 13th.

Demand for participation in the second series was so high, HITS shipped an additional 1,000 tent stalls to Thermal to accommodate the increased volume for the show.

"We are seeing a shift in California with this year's Circuit," said Tom Struzzieri, HITS President and CEO. "Interest for the horse show is about as high as it's been since moving to the new facility, which speaks to both the resurgence of the West Coast horse show economy and the maturing of the show grounds in Thermal. In fact, we have stopped taking entries for Desert Circuit V and that's the first time that week has sold out since the show moved to its new location."

Competitors from around the globe participate in the Thermal horse show.

Canadian Olympian, John Pearce, now a resident of Bermuda Dunes, came out strong in week I by winning both of the show's first two Pfizer \$1 Million Grand Prix qualifying events. To qualify for the sport's largest purse event, which takes place this September in New York, riders need to show in 8 qualifying events. Once completed, the money won on their leading horse places them in the Rider Rankings, and come September, the top 40 horse and riders will have their

chance to compete for the big prize. Currently, Pearce, who finished third in the 2010 Pfizer Million and took home \$120,000 for his efforts, is sitting in third place in the 2011 Rider Rankings. Pearce has participated in 6 Grand Prix Quali-

fiers so far and has pocketed a total of \$22,000 in prize money aboard his leading mount Son of A Gun.

"HITS Desert has grown to be a five star event," states Pearce who has shown at North America's best facilities including the recent FEI World Cup in Lexington. "The Pfizer Million qualifiers

now attract international competition, which is good for the local economy—and great for spectators! A Sunday afternoon in the sun watching top competition is fun for the entire family and we competitors—both horse and rider—love to see the crowds."

March competition resumes March 1-6 with week V and will be highlighted by three more Pfizer Million Qualifiers, including the fourth and final FEI World Cup Qualifier, the second of three European Youngster Cup (EY-Cup) Qualifiers, and the \$5,000

Devoucoux Hunter Prix.

Desert Circuit VI completes the series March 8-13 with several big-money finales, including the \$25,000 Devoucoux Hunter Prix and the \$200,000 Lamborghini Grand Prix,

presented by Lamborghini of Newport Beach. **Horsepower Weekend** takes place March 11-13 and, in addition to world class show jumping, will feature on-site displays of private jets and high-powered cars thanks to sponsors Pilatus Aircraft and Lamborghini of Newport Beach.

HITS Desert Horse Park is located on Airport Blvd in Thermal and this world-class event is not to be missed! Admission

is free Tuesday through Friday. On Saturday nights and Sundays admission is \$5 for adults and senior citizens and children under 12 are free. Parking is \$5. For a complete show schedule and directions visit [www.HITSShows.com](http://www.HITSShows.com)



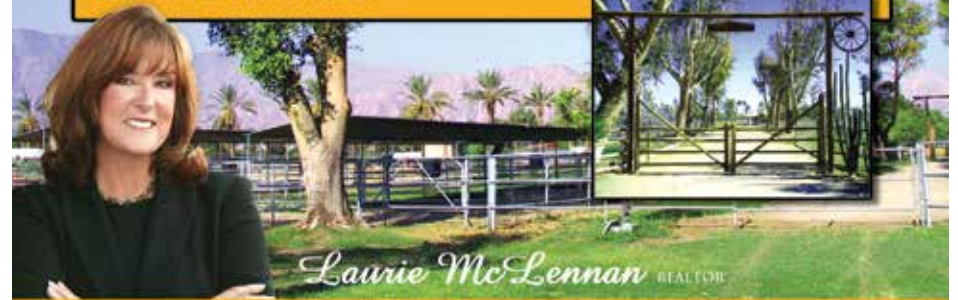
John Pearce and Forest View Farm's Sun of A Gun soar high in the \$25,000 Smart-Pak Grand Prix presented by Pfizer Animal Health. Photo by Simply English.



A young competitor warms up her pony. Photo by Flying Horse Photography.

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## Lawn Bowling: A Sport for the Ages

They wear white in honor of 700 years of tradition and come together up to three times a week. 50 players—all over age 50—some of whom have Parkinson's, early stage Alzheimer's, cancer, hip and knee replacements, arthritis, and all the ailments typical of aging. They gather to play an engaging game of "lawn bowls." Some are the best lawn bowlers in the world and others are first timers, and they come together for sport, exercise and socializing.

"Bowling on the green" is an outdoor game that has fascinated both young and old for centuries. Today, bowls is no longer considered simply a rich man's game. It is sensible exercise with great physiological value. The Worthing Pavilion Bowling Club of England describes bowls as "recommended for people who think they are past very active sports or those who think sport is not for them, as it provides a number of health benefits, including: improved fitness, improved coordination and skill development, increased confidence and self-esteem, enhanced mental well being, low risk physical activity because it is low impact, social discourse with a friendly crowd, and community connectedness and support."



Lawn bowling at the the Joslyn Center in Palm Desert

Photo by Wolf Pack Portraits & Event Photography

Lawn bowls passes the four requirements for healthy exercise, that it be regular, systematic, suited to the individual and fun. It offers mild exercise without undue fatigue, a combination of walking in fresh air, with rhythmic arm and body movements. More specifically, the physical contraction of the leg and arm muscles compresses the veins and helps pump the blood back to the heart and lungs. In addition, healthy muscular fatigue encourages normal sleep and rest; the perfect natural substitute for sedatives and sleeping pills. Finally, there is mounting scientific evidence that active muscular metabolism over the years plays a significant role in delaying or preventing the clinical signs of hardening of the arteries.

No other game on earth has been more highly endorsed by health authorities for seniors than the game of bowls. Since it is played by a team, it also presents group therapy at its best. The bowling green lures participants back again and again to the haven of old friends, sunshine and fresh air. Bowls is a happy mind, a body kept fit and a spirit rejuvenated. It is getting close to nature, enjoying fresh air, sunshine and healthy exercise, with a mildly competitive game in the

companionship of friends.

The Joslyn Center in Palm Desert offers the Valley's only public lawn bowling facility and is home to the Cove Communities Lawn Bowling Club. All are welcome to experience this senior-perfect healthy sport. No previous athletic experience is necessary. Bowls take place Monday, Wednesday and Friday at 8:30am. For more information, contact Louise Cummings 760-832-6302 or the Joslyn Center at 760.340.3220.

## Grounding Your Golf Swing

By David Fischer, Certified Pedorthist

Your weight is placed lightly on the balls of your feet, balanced between your front and rear foot. There is a slight shift to the back foot, then another shift back to the front. Sound like dance steps? These intricate movements actually describe what goes on below the knees during an ordinary golf swing.

Feeling grounded, both inside yourself as well as with the playing surface, is essential for good golf. Good foot action is the mark of an accomplished golfer. "All timing, distance and direction comes out of the lower body with the feet leading the way," golf legend Jack Nicklaus has said. Nicklaus and most other golf professionals will tell you that problems with the feet, even a small corn or callus, may impede timing and balance to the point where it's reflected on the scorecard at the end of the day. Wearing properly fitted, functional golf shoes is critical to good foot action.

Many golfers complain about finding a comfortable shoe. Here's an interesting tip that can help you find the perfect fit: The LAST comes FIRST. A shoe "last" is the solid model that the shoe uppers are stretched around. The last determines the volume of space inside the shoe, its proportional shape, length, width, depth, girth, toe shape, and heel fit. In essence, it is designed to replicate the foot. Each brand golf shoe uses a different last, and there are different lasts for different styles within each brand. That explains why, when you find a great shoe and buy another pair but a different style, it doesn't fit well. It's a different last. Ask your professional fitter which last will work best for your foot shape. Once you have determined which last works best for you, stick with it!

In more severe cases of foot abnormalities such as bunions, hammer toes, or two different size feet, custom made lasts are now available using 3-D scanners to capture precise individual foot measurements. The shoes are then custom made over your lasts and to your specifications of style, colors, and leathers. The digitized lasts are kept on file for future pairs.

Foot orthotics for golf can help prevent pain and improve your game. For the foot that is not able to function normally due to biomechanical conditions such as excessive pronation (rolling in) or supination (rolling out), a state of optimal biomechanics can be achieved through the use of custom orthotics. These custom molded shoe inserts are designed and made specifically for each foot. Orthotics allow the feet to function normally and can alleviate the predisposition to injury brought on by biomechanical imbalances.

If you already wear orthotics in your street shoes, by all means transfer them to your golf shoes. If you play golf regularly, you may want to invest in a pair of custom orthotics designed to be used when golfing. The unusual function of feet in golf shoes calls for different orthotic function than may be needed for walking or running. Consult your podiatrist or pedorthist to see if golf orthotics can help you.

Feeling solidly grounded with properly fitted shoes and orthotics can offer you more power, greater distance, accuracy, performance and fewer injuries. And who knows, it may just lower your handicap!

David Fischer is a Board Certified Pedorthist and can be reached at 575.770.7156.



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- **Thursdays or Fridays and receive a FREE ticket to Regal Cinemas.**

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## La Quinta: Born of A Doctor's Advice

By *Lauren Del Sarto*

In 1921, prominent San Francisco businessman, Walter H. Morgan, came to the Desert on the advice of his doctor to heal his recently diagnosed tuberculosis. He purchased 1,400 acres from the local Cahuilla people in an area called "Happy Hollow." His goal was to create a private sanctuary where guests could escape for rest and relaxation. In 1926, the majestic La Quinta Resort was born. The Resort quickly became a retreat for Hollywood's elite and recognized worldwide for its luxury and restorative Desert setting. When the City of La Quinta incorporated in 1982, it was named after the resort.

So it is apt to say that the City of La Quinta grew from a doctor's advice. The focus on healthy living was established early on and has remained a top priority. La Quinta offers 142 acres of natural areas with hiking trails, several miles of biking paths and equestrian trails, 25 golf courses, 11 parks,



Hikers enjoy the La Quinta Cove

and a weekly farmer's market in Old Town. In January, the City announced a partnership with the Desert Recreation District (DRD) to remodel the La Quinta Community Center into a new fitness center scheduled to open in Summer 2011. The center will feature state-of-the-art cardio and fitness equipment, a juice bar, and affordable access for all residents (\$50 for an annual facility use pass that also allows access to DRD fitness centers in Indio and Palm Desert).



Family at play in one of La Quinta's 11 parks

Last year, La Quinta adopted a state-wide campaign created to promote healthier communities called "HEAL", Healthy Eating Active Living. This initiative is used as a guide for government policies and has resulted in park improvements, increased physical activity offerings and healthier food and drink choices at concession stands. As a result of its efforts, La Quinta was recently awarded the "Healthy Living Advocate Award" by the Coachella Valley Health Collaborative.

## New Multi-Modal Wellness Center Opens in La Quinta

Diane Sheppard Ph.D, L.Ac. of Wilshire West Acupuncture & Herb Clinic in Los Angeles has come to La Quinta to open AcQPoint, a unique wellness center. AcQPoint offers a variety of alternative modalities including traditional Chinese acupuncture, electro-acupuncture, cupping and Chinese herbs. AcQPoint also features a variety of cutting-edge technologies such as the far infrared dome sauna for arthritis, weight loss and detox; Power Plate vibration therapy proven to increase strength, balance and bone density; micro-current facial rejuvenation program and ThermoJade physical therapy tables for pain relief and total relaxation.

In addition to comprehensive private treatments AcQPoint will offer "AcQWell," a community clinic for lower cost sessions. "Our goal is to bring the benefit of good health to all members of the community," states Sheppard.

AcQPoint is located at 79-825 Highway 111, Suite 101 in the Costco Center. An Open House is scheduled for April 16th and free sessions on the ThermoJade, Power Plate or SoQi Dome Sauna will be offered. For more information call 760-775-7900 or visit [www.AcQpoint.com](http://www.AcQpoint.com)

Health care is also a priority for La Quinta. All three Valley hospitals are expanding in the city and many health practitioners call La Quinta home. Eisenhower's new George and Julia Argyros Health Center offers state-of-the-art urgent care facilities and their new Primary Care 365 Program. JFK Memorial Hospital recently opened the JFK Orthopedic Clinic and in February, Desert Regional Medical Center opened a satellite Comprehensive Cancer Center in the La Quinta Medical Center off Washington.

Mayor Don Adolph states, "We're proud to be a health-conscious city offering a variety of amenities that inspire our residents to stay active and healthy."



Golf against La Quinta's Santa Rosa Mountains

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## Desert Health Presents the Coral Spa at Trilogy's 5th Annual Health and Wellness Fair **Free and Open to the Public!**

Desert Health is proud to present the 5th Annual Coral Spa Health & Wellness Fair at Trilogy Resort in La Quinta on Saturday, March 26th. The free event takes place from 10:00am to 3:00pm and is open to the public.

Over 30 Coachella Valley health professionals will offer demonstrations, product samples and information. Learn about pain and stress management, ultra sound and medical imaging, health and wellness coaching, nutrition, eye care, and more. Experience massage, facials, skin care and body treatments, spray tans, eating for energy and custom orthotic golf shoes.

Meet many Desert Health partners including: Desert Regional Medical Center; Author and pain management specialist, Ruth Anderson, M.D.; Naturopaths

Dr. Shannon Sinsheimer of Optimal Health Center and Sonja Fong of Live Well Clinic; DaBo Custom Footwears; Clark's Nutrition; Evans Eye Care; Health & Wellness Coach Nancy Laytham Jorgensen; William Hoolihan, D.D.S; Registered Dietitian Elizabeth Quigley; Jaime Casellas of the Stress Management & Prevention Clinic; Energy worker, Anka Jovanovic; La Quinta's new AcQPoint Wellness Center; and Aromax Muscle Relief Gel. Golf and tennis instructors, as well as personal trainers, will be present.

Guests may enjoy raffles throughout the event, and music and food will be available. The 5th Annual Coral Spa Health and Wellness Fair will be held at Trilogy Resort at 60-750 Trilogy Parkway in La Quinta. For more information call 760-777-6000.

## DRMC Comprehensive Cancer Center Opens in La Quinta

Desert Regional Medical Center (DRMC) has opened a satellite location in La Quinta for its Comprehensive Cancer Center (CCC). The new facility brings CCC's highly regarded practice of quality conventional care and complementary modalities to residents of the East Valley.

"We are pleased to bring our unique brand of hi-tech and hi-touch to our families in the eastern end of the valley," said Karolee Sowle, President and Chief Executive Officer of Desert Regional Medical Center.

CCC-La Quinta will offer vital medical oncology services and breast cancer screenings including digital mammography services, physician consultation and chemotherapy. Complementary therapies such as nutritional counseling

and acupuncture will also be offered by either DRMC's in-house practitioners or through local practitioners screened and selected by CCC. The facility will also have its own lab and pharmacy.

"Our goal is to create a healing environment and one that fosters a positive experience by patients, staff and family members," said Teresa Whipple, executive director of the Comprehensive Cancer Center. "The center's layout was carefully designed for the comfort and well-being of the patient."

CCC will join two other DRMC programs, the Institute of Clinical Orthopedics and Neurosciences (ICON) and La Quinta Imaging Center at the La Quinta Medical Center on Caleo Bay off Washington. For more information visit, [www.desertccc.com](http://www.desertccc.com).

The Coral Spa at Trilogy's  
5th Annual

## Health & Wellness Fair



Saturday, March 26th 10:00 am – 3:00 pm

Enjoy free demonstrations, information and products from health care practitioners including:

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|---|----------------------------------|
| The Coral Spa @ Trilogy                             | Elizabeth Quigley RD             |
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| The Golf Club at La Quinta                          | Dermalogica Skin Care            |
| Carmen a Boutique Salon                             | Clark's Nutrition                |
| Caring Companions at Home                           | Social Security Office           |
| Precision Ultra Sound                               | Desert Regional Medical Center   |
| JFK Hospital  | Stress Management Prevention     |
| Evans Eye Care                                      | Silk Abrasion Mitts              |
| The Vein Doctor                                     | Anka Jovanovic Reiki/Energy Work |
| Melanie Attema Spray Tans                           | AcQPoint Wellness Center         |
| Pure Fiji Spa Care                                  | Dr. Ruth Anderson, M.D.          |
| Health & Wellness Coach,<br>Nancy Laytham Jorgensen | Pain Mgmt Specialist/Author      |
| Optimal Health Center,<br>Dr. Shannon Sinsheimer    | Live Well Clinic,                |
| Aromax Muscle Relief Gel                            | Dr. Sonja Fung, ND               |
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## From International Acclaim to Local 4H: Jimmy Schmidt Brings it Home at Morgan's

Chef Jimmy Schmidt is world-renowned as a culinary innovator and former owner of the famed Rattlesnake Club restaurants in Denver and Detroit. Throughout his successful 30-year career, he has received numerous awards and accolades, and is the only chef honored with the distinguished James Beard Award three times.

All those accolades aside, Chef Jimmy's heart is in the land and promoting sustainable farm-to-table cooking nationally and internationally. His local effort includes sponsoring 4H students to grow greens and herbs on property at the La Quinta Resort, home of Schmidt's **Morgan's in the desert**. "The kids design and plant," says Schmidt, "The staff maintains while the kids are in school, then we do Earth Day dinners using their harvest with their parents at the table."



So it is no surprise that **Morgan's** is a magical combination of Schmidt's international acclaim and the Valley's plentiful bounty of fresh products grown and raised locally. Named for the resort's founder, Walter H. Morgan, **Morgan's in the desert** features many attributes from the resort's original restaurant creating a warm and elegant ambiance that is rich in history.

"We design our menu around the availability of local ingredients," adds Schmidt "Everything is made here including the infused oils, ice creams and breads." Schmidt favors traditional cooking methods such as open grilling, braising, pickling and curing. These techniques, coupled with unique flavor combinations, create a distinct "layered" taste to each dish. The Ahi Tartare melts in your mouth with hints of citrus and spice from tangerine and Maui onion. The crispy baby artichokes bundled with almonds and olives, and seasoned with smoked chile aioli, are a highly additive appetizer you won't want to put down.

Guessing the source of each flavor as it slowly changes on your taste buds is fun and adds to the **Morgan's** experience. The menu offers small plates to sample a variety of items (highly recommended) as well as full dinners such as Roasted Hawaiian swordfish with pineapple ravioli and ginger essence and prime certified Angus Beef served with "crusts" of crispy parmesan, Maytag blue cheese or smoked bacon. Vintage pre-dinner cocktails and an ever-changing list of boutique wines are enough to keep you coming back.

The staff, led by general manager John Healy, is like family and will warmly welcome you. **Morgan's** is a must! Located at La Quinta Resort and serving dinner nightly from 5:30-10pm; lunch Thursday-Sunday 11:30am-3pm. The piano bar opens at 4pm with live music Wednesday to Saturday. For reservations call 760.564.7600.



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## Qualifications of a Doctor of Naturopathic Medicine

It is often asked if a Naturopathic Doctor (ND) is qualified to practice as a primary care physician. The simple answer is yes.

Naturopathic medicine is a distinct and comprehensive system of health care that combines a variety of natural medicines and treatments with conventional medical diagnostics and standards. Naturopathic doctors seek to restore health and promote wellness using the safest, most effective and least invasive therapies available. ND's primarily use a wide range of natural therapies, but also write prescriptions for pharmaceutical medications when appropriate. Naturopathic Doctors work with and refer patients to conventional medical doctors and specialists, as well as complementary health care providers, such as Acupuncturists and Chiropractors. ND's are uniquely qualified to expertly prescribe both conventional and alternative care programs.<sup>1</sup>

Naturopathic doctors are trained at federally accredited, four-year, post-graduate, residential naturopathic medical programs. The North American governing body that accredits schools is the Council on Naturopathic Medical Education (CNME), part of the U.S. Department of Education.<sup>2</sup> Currently, there are 7 schools in North America with accredited programs.

The California Naturopathic Doctors Association announced in August 2010 that it partnered with Bastyr University to start an approved four-year Naturopathic Medical School in California with a target launch of fall 2012. The specific location has not yet been released. Bastyr University is a school of Naturopathic Medicine and was named by The Princeton Review as one of the 168 best medical schools in the country.<sup>3</sup>

Graduation from a naturopathic medicine program that is accredited or is a candidate for accreditation guarantees eligibility to sit for the industry's extensive postdoctoral board examination called the Naturopathic Physicians Licensing Examinations (NPLEX), the passage of which is required to obtain licensure.

Licensed naturopathic physicians must also fulfill annual state-mandated continuing education requirements, and have a specific scope of practice defined by their state's law. Currently, 15 states, the District of Columbia and the United States territories of Puerto Rico and the United States Virgin Islands have licensing laws for naturopathic doctors.<sup>1</sup>

In California, the Bureau of Naturopathic Medicine was established within the Department of Consumer Affairs to administer the Naturopathic Doctor's Act of 2004. This law specifies various standards for licensure and regulation of naturopathic medicine within the state.<sup>4</sup>

It is interesting to note that although all graduates from accredited naturopathic medical schools may use the academic title "Doctor of Naturopathic Medicine" there is no standardized professional title in use in North America.<sup>5</sup> As such, the use of the term 'naturopath' is not protected nationally and may be used by anyone practicing the art of healing. Regulations on this vary from state to state.

So, simply put, Naturopathic Doctors are qualified to practice as primary care physicians. If you choose to seek care from a naturopathic doctor—or any health care practitioner—you are right to ask about his/her credentials and seek personal and professional references. Armed with this knowledge, you may make an educated decision about which health care provider is best for you.

Sources: 1) American Association of Naturopathic Physicians 2) Association of Accredited National Medicine Colleges 3) Bastyr University media release, August 2010 4) California Dept of Consumer Affairs—Naturopathic Medicine Committee 5) "2008 Sunrise Review: Naturopathic Physicians"

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## Resolving Joint Pain Without Surgery

By Nicole Ortiz, N.D.

The latest in pain management medicine focuses on promoting the body's natural healing process before turning to surgical repair or pain medications. The treatment is called Prolotherapy. Prolotherapy is a procedure that promotes the proliferation (growth) of new tissue in areas of damage. By stimulating the body's inflammatory response around the injury, the body's natural healing process is re-engaged. One therapeutic effect is creation of new collagen, the material that strengthens ligaments and tendons.<sup>7</sup> New collagen shrinks as it matures. The shrinking collagen fortifies the connective tissues making them stronger, relieving pain and increasing stability and range of motion.<sup>1</sup>

Prolotherapy is an appropriate treatment for ligaments, cartilage, tendons and disks that are torn or degenerated. Prolotherapy is not only for recent injuries. Injuries over a decade old can be helped with Prolotherapy by allowing the injured joint and connective tissue to heal in a more complete manner.

The technique involves 3-6 rounds of injections. The injections consist of a 100% natural substance that facilitates growth and repair.<sup>8</sup> There are a variety of solutions used for Prolotherapy injections. Depending on the indication, solutions include osmotic proliferants (such as dextrose) and chemotactic proliferants (ie. sodium salts derived from fatty acids), both of which attract the immune cells to the injured area. Other Prolotherapy solutions utilize growth factors such as platelet rich plasma.

The side effects are minimal, and most commonly manifests in soreness in the joint for 24-48 hours post treatment. Prolotherapy is the opposite of cortisone injections. Prolotherapy builds new tissue; cortisone breaks down the existing tissue.

Conditions that have been proven to benefit from Prolotherapy include tendonitis, ligament sprains, tennis elbow, rotator cuff pain, meniscus tears, arthritis, sciatica, neck pain, bunions and sports injuries to name a few. Prolotherapy is cost effective when compared to surgery and pain medication. The procedure doesn't require down time or rehab, and one can expect to continue with normal activities immediately after injections have been administered.<sup>5,6</sup>

The treatment is commonly used in sports medicine. In the last decade, Prolotherapy has consistently shown impressive scientific studies and clinical outcomes. Dean Reeves, MD is the leading researcher of Prolotherapy in our country and has published several studies online. The Mayo Clinic and other major institutions have recently recognized its benefit as well.<sup>4</sup>

An ambitious group of doctors across the country, including the former surgeon general C. Everett Koop, are using this innovative treatment as an alternative to surgery. I have found this treatment life altering, as Prolotherapy repaired my own partial ACL tear, upper back sprain, and an abdominal muscle tear. This firsthand experience, along with hundreds of our patients who have benefited from Prolotherapy, speaks to the results from Prolotherapy as an alternative pain treatment. For additional information on this treatment visit [www.GetProlo.com](http://www.GetProlo.com).

Dr. Nicole Ortiz is co-owner of Live Well Clinic. For more info call 760-771-5970 or visit [www.livewellclinic.org](http://www.livewellclinic.org).

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## Treatments for Chronic Fatigue

By Shannon Sinsheimer, N.D.

Chronic Fatigue Syndrome (CFS) is defined by the Mayo Clinic as "a complicated disorder characterized by extreme fatigue that may worsen with physical or mental activity, but doesn't improve with rest." The symptomatic picture of CFS may vary widely among patients. For years the mainstream medical community did not consider CFS a valid medical condition. Increased prevalence of CFS has forced clinicians and researchers to recognize the issue. While the medical community has learned more about CFS and created a definition for the disease, the manifestations of the syndrome remain elusive. From a naturopathic standpoint, finding the cause of the disorder is important, but even more important is finding the root cause of the body's derailment from optimal health.

The first step in treating CFS is running lab work that rule out hormonal imbal-

ances, viral infections, environmental toxicity levels, food sensitivities, bowel disorders and nutritional deficiencies. A hormone panel that includes assessment of the thyroid and adrenal glands, and testosterone, estrogen and progesterone levels will typically show any pattern of hormonal imbalance. Lab work may clearly point to a plausible cause of CFS and (if not) it rules out these factors contributing to the condition. Discovering nutritional deficiencies, chronic viral infections, or adrenal fatigue helps develop a road map that guides the treatment plan. Lab work can also show primary areas of dysfunction within the body that need further support.

Treatment for CFS varies according to the lab results, symptomatic picture, and specific health goals of the patient. It generally begins with an elimination diet that removes all potential aggravating foods,

and focuses on increasing fresh, organic produce. The frequency, quality, and nutritional density of daily dietary choices will affect metabolism and energy stabilization throughout the day. Eliminating potential aggravating foods can assist in decreasing inflammation, lethargy, and remove dietary obstacles to achieving optimal health. Assessing any chronic viral infections such as Epstein Barr Virus and Cytomegalovirus is also extremely important. Decreasing the body load of these viruses can significantly improve energy, physical stamina and sleep.

Next in treatment is a focus on detox mechanisms, nutrient absorption, sleep habits and exercise. A build-up of environmental toxins will negatively impact energy levels, memory, bowel health and nutrient levels. Environmental test results may indicate a need for an individual to undergo heavy metal chelation or specialized detox protocols. A major exacerbating factor in CFS symptoms is poor nutrient absorption or decreased nutrient levels in the body. Optimiz-

ing nutrient intake with diet, nutritional supplements and potentially high dose nutritional IV therapy can rapidly reverse many symptoms of CFS. Adding a high dose B-complex may result in noticeable improvement in energy and overall sense of well being. Healthy sleep habits are essential to establishing a proper circadian rhythm. Going to bed and waking at the same time with scheduled naps of no more than 15 minutes can regulate the body's energy and cortisol levels. Strenuous exercise can be overwhelming to a person with CFS, but a small amount of daily physical movement is encouraged to improve stamina.

CFS is a debilitating disease but fortunately a reversible condition. It takes time and adherence to a comprehensive treatment plan. The body will heal given the opportunity to build itself back to optimal health.

Dr. Shannon Sinsheimer is a Naturopathic Doctor at Optimal Health Center in Palm Desert and can be reached at (760) 568-2598.



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### Jim Harris

Jim Harris is a graduate of the University of Toronto, School of Dentistry and the American Naturopathic Medical Institute. He is a licensed doctor in Canada and brings over twenty years of clinical experience to his clients in the Coachella Valley. His focus as a naturopath and nutritionist is on offering only natural and holistic methods for achieving optimal health.

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## Nutritional Health Care: Q&A

with Jim Harris  
Naturopath and Nutritional Consultant

I was on my way to the local farmer's market this morning thinking about writing this column. In honor of National Nutrition Month, I decided to address an often-asked question regarding nutrition derived from today's food...

### Q: "Do I really need to take vitamins or supplements?"

**A:** In 1936, during the 74th U.S. Congress, a Florida Senator placed the following statement on the congressional record: "Poor farming methods have led to mineral-depleted soils resulting in mineral-deficient plants, livestock, and people...the alarming fact is that foods now being raised on millions of acres of land, that no longer contain enough of certain minerals, are starving us--no matter how much of them we eat. No man of today can eat enough fruits and vegetables to supply his system with the minerals he requires for perfect health because his stomach isn't big enough to hold them. Laboratory tests prove that the fruits, vegetables, grains, eggs, and even the milk and meats of today are not what they were a few generations ago. It is bad news to learn from our leading authorities that 99 percent of the American people are deficient in these minerals."

Today's studies show that the vitamins and minerals in our food continue to decline. Vital nutrients have dramatically decreased in some of our most popular foods. The average potato has lost 100% of its vitamin A which is important for good eyesight; 57% of its vitamin C and iron, key components of healthy blood; and 28% of its calcium, essential for building healthy bones and teeth. Potatoes also lost 50% of their riboflavin and 18% of thiamine.

### Organic vs. Non-organic

Consider two eggs. One egg has a bright orange yolk and is from an organically-raised free range chicken. The other egg has a pale yolk and comes from a hen raised indoors on a factory farm. The egg from the organic free range hen contains up to 30% more vitamin E, 50% more folic acid and 30% more vitamin B-12 than the factory egg. The bright orange color of the yolk shows higher levels of antioxidant carotenes.

According to a report prepared for The Soil Association of the United Kingdom, organic crops appear to be higher in vitamin C, essential minerals and phytonutrients. An Italian study found organic pears, peaches and oranges have higher antioxidant levels than their conventional counterparts. Organic fruits and vegetables have only a third as many pesticide residues as their conventionally grown counterparts, according to a study by Consumers Union (CU) and the Organic Materials Review Institute.

It is safe to say that organic whole foods have greater nutrient content and fewer toxins for our body to absorb. However, even the organic whole foods do not contain the nutrients we require to sustain 100% health. This is where supplements may enhance sustained health.

### Whole food vs. synthetic supplements

If foods we are eating today lack the nutrients found in food 100+ years ago, then most health practitioners today would agree that whole foods are better for us than refined or processed foods. Therefore logic should prevail that whole food supplements should be better for us than synthetic vitamins and supplements.

Whole food supplements are derived from concentrated whole foods. These vitamins are combined with enzymes, co-enzymes, antioxidants, trace elements and other natural factors, to enable whole foods to nourish your body. Synthetic vitamins and supplements are isolated unto themselves. Synthetic B vitamins have no enzymes or co-factors associated with them. They are isolated and stand alone and have no other substances with which to act synergistically and are thus, less beneficial than whole food supplements.

### Start by eating the proper foods

The foundation for good health is eating the proper whole foods to meet your individual needs and having a properly functioning digestive system. When the quality of food ingested and the digestive system are both optimal, the body will slow down the aging of cells, balance hormone levels, and keep the immune system strong. You will feel great on an emotional level due to improved serotonin or neurotransmitter levels in your brain.

I regularly see people who have abused their bodies with a lifestyle of eating processed or invented foods. As a consequence, their health is always suffering. It is not OK to ingest chemicals and processed foods. We are not made from aspartame, hydrogenated fats, potato chips, tortillas, caffeine or the chemicals in cigarette smoke. The body repairs itself only with the elements found in whole foods and whole food supplements.

Eating whole, non-processed food and taking concentrated whole food supplements may help overcome nutritional deficiencies. To maintain good health, a balance must be sought in all aspects of your life including physical, emotional and spiritual well-being.

Jim Harris is a Naturopath and Nutritional Consultant at The Art of Wellness Center in Palm Springs. Submit your nutrition questions to Jim via email: [theartofwellness@earthlink.net](mailto:theartofwellness@earthlink.net). [www.theartofwellnesscenter.com](http://www.theartofwellnesscenter.com)



## Post Traumatic Stress Disorder: Not Just For Veterans

By Jaime R. Carlo-Casellas, Ph.D.

Whether or not you are a veteran, if you are dealing with a traumatic event that threatened your life and are experiencing intrusive memories propelling your mind back to that event (flashbacks), you are probably suffering from Post Traumatic Stress Disorder (PTSD).

By definition, PTSD is a condition involving an impairment of the stress response, characterized by a re-experiencing of a traumatic episode often triggered by unconscious distressing memories.<sup>1</sup> Traumatic events that can result in PTSD include natural disasters; war; incarceration; being arrested; assault; physical, sexual or verbal abuse; neglect; motor vehicle accidents; molestation; or rape.<sup>2</sup> In general, triggers that galvanize flashbacks are reminders of the event that often come out-of-the blue—seeing a car accident, watching a movie or television show, certain smells, or certain holidays.<sup>3</sup>

The diagnosis of PTSD is based on its symptoms—re-experiencing the event, avoiding reminders of the event, increased anxiety, emotional arousal, social isolation, self-medication with alcohol and drugs, and pervasive hyper-vigilance.<sup>4</sup>

Although the incidence of PTSD (also known as “shell shock”) is particularly high in war veterans, the disorder can strike anyone regardless of age or sex.<sup>5</sup> In a survey of 5,692 participants, the lifetime prevalence of PTSD among men was 3.6% and 9.7% among women. In a study of 4,023 adolescents between the ages of 12 and 17 the prevalence was estimated to be 3.7% for boys and 6.3% for girls.<sup>6,7</sup>

The traditional treatment for PTSD includes focusing on the trauma, medication, and psychotherapy.<sup>8</sup> It also includes life coaching.<sup>9</sup> The aim of the treatment is to explore thoughts and feelings about the trauma, working through feelings of guilt, learning how to cope with intrusive memories, and addressing relationship issues.<sup>10</sup>

A non-traditional intervention that is gaining popularity is yoga. The benefits of yoga are attributable to the fact that it ameliorates the physiological effects of stress.<sup>11</sup> Preliminary results from a study at Harvard found that veterans diagnosed with PTSD showed remarkable improvement in their symptoms after ten weeks of yoga classes, which included stretching, meditation, and breathing exercises.<sup>12</sup>

Another particularly effective treatment modality that has received little at-

tention is Neuro Linguistic Programming (NLP).<sup>13,14</sup> NLP is used often by life coaches to explore the relationships between how the client thinks (Neuro), communicates (Linguistic), as well as her/his patterns of behavior (Programs).<sup>15</sup>

According to Austin, traditional approaches to treating PTSD are at best ineffective and at worst, simply exacerbate the symptoms. “Skillful use of NLP methodologies can often eliminate much of the intrusive imagery and emotional pain [of PTSD] within 1 or 2 sessions. There is no requirement to ‘relive’ events or endlessly talk about them.”<sup>16</sup>

Although frequently thought of as a war veteran’s illness, PTSD can affect anyone—adults as well as children—who experience a traumatic, life-threatening event. It is a condition that must be treated appropriately. Healing-art professionals treat clients suffering from PTSD by availing themselves of medical, as well as alternative modalities of treatment—meditation, psychotherapy, life

coaching, yoga, and/or NLP.

PTSD affects not only the patient, but also loved ones, friends, and coworkers. Coping with this disorder can be a grueling and emotionally draining experience. But with the treatments now available, those who suffer from PTSD can move forward and begin to enjoy a happier, more productive, and healthier life.

Jaime Carlo-Casellas, Ph.D. is a Stress Management Specialist, a Certified Life Coach, and a Registered Yoga Instructor and can be reached at 760.464.2150

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**“Results from a study at Harvard found that veterans diagnosed with PTSD showed remarkable improvement in their symptoms after ten weeks of yoga classes, which included stretching, meditation, and breathing exercises.”**

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Jaime Carlo-Casellas, Ph.D. is a Stress Management Specialist, Certified Life Coach, Registered Yoga Instructor, and founding director of the Stress Management & Prevention Clinic in Rancho Mirage. Jaime studied at the Center for Mindfulness in Medicine at the University of Massachusetts Medical School.

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## Tasty Topics for Heart Health

presented by the American Heart Association

### Grocery Shopping Tips

**D**on't let grocery shopping get you down. By coming to the store prepared, you are more likely to have a successful trip. Use the tips below to help jump-start your next grocery run:

**Stick to the outer parameters of the store.** This is where fresh foods like veggies, fruits, and lean meats usually reside. Save the center of the store - where pre-packaged and processed foods reside - for last or avoid it all together.

**Arrive prepared.** Create your list ahead of time to help guide you as you shop and avoid purchasing less healthy items.

**Be flexible with the produce section.** Look for produce that's in season. TIP: You may be able to tell by looking at the price because food items in season are usually cheaper (and taste better too!) so look around before you start stocking your cart.

**Don't shop on an empty stomach.** Hunger can lead to impulse purchases.

**Buy healthier canned fish or lean meat.** Look for items packaged "in water" and not oil, and labeled "no salt added" or low sodium (lean meats are those with less than 10g total fat per 100g serving of meat.)

**Buy canned or frozen fruits and veggies.** This helps avoid food spoilage, which can waste money and food. When buying canned veggies, buy items that are labeled "sodium free" or "no salt added". Buy frozen veggies without sauces, seasonings or salt. Before cooking or serving canned veggies, rinse

them off to get rid of excess sodium. When buying canned fruits, look for items canned in water, "100% pure fruit juice," "natural juice" or labeled as "no sugar added." Buy frozen fruit without added syrups, sweeteners or sugar. Also look for these labels on canned goods: "light," "salt free," "high fiber," "made with lean meat" and "low sodium."

**Focus on the grains.** When buying grains and breads, look for items that list "whole grain" in the ingredients instead of "enriched flour" or "multi-grain."

**Divide the snacks.** When you get home from the store, portion out your snack foods into individual serving sizes in baggies. This will save you time in the future, help you avoid overeating, and may be cheaper than buying snacks that are already pre-portioned into individual packs.

**Use the Apple Test when hunger strikes.** Before you reach for a snack ask yourself, "Am I hungry enough that I would eat an apple?" If you answer yes, then you are probably physically hungry, so grab a healthy snack! If you answer no, but you would eat a cookie, then you are probably bored or thirsty, so go for a walk and drink a bottle of water.

For more information and healthy tips, visit <http://www.heart.org>.



## Fitness

### AT THE GYM WITH Casey

The year is 20% over. If your goal is to lose 20 pounds this year, you should have lost 4 pounds. For some of us, motivation may begin to diminish. This may mean you will be back to your old ways sooner than you think.

Here are tips to keep you from having to make this resolution again next year.

**Tip 1: Start over and ask yourself "why?"**

Forget the past few months and start fresh. Ask yourself why you want to achieve your goal. Do you want to look better for an upcoming event? for your spouse or partner? This goal should be for you.

**Tip 2: Make a schedule.**

Grab a calendar and mark the days and times you plan on working out. Put some thought into the days and times that won't conflict with your already busy schedule. Make your health a priority and there will always be time.

**Tip 3: Set your goals.**

Set achievable short term goals that add up to a seemingly impossible long term goal. For example, if I told you to lose 52 pounds this year, you would think I'm crazy. But if I told you to lose 1 pound a week for the next year, that sounds a lot easier, doesn't it?

**Tip 4: Make a plan.**

To achieve your short term goals you need to know how and what to do to accomplish them. Map out your meals. Prepare them the night before.

And do the same with your workouts. Lay out your workout, identify the order of exercises and machines, and stick to it.

**Tip 5: Enjoy yourself!**

To make your healthy lifestyle a lifelong commitment, you first must enjoy it. Find the exercise you like the most. Perhaps you have friends that will work out with you? Or your workout is the time you unwind and clear your head. Either way there are many different types of activities that you can try.

So now you are motivated and ready to start accomplishing your health and fitness goals!. So grab your calendar and your sneakers and go have some fun.

Casey Washack is certified in diet and nutrition, strength and condition training, water aerobics and kick boxing. He has trained a broad array of clients from US Marines to those with physical limitations and medical conditions. Casey is co-owner of Next Level Fitness in Palm Desert and can be reached at 760.413.9858

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**What Goes Into Your IRA?**

A surprising number of people ask me questions like, "Which IRA is better?" or "Which IRA pays more?" An IRA—like a 401K or any other retirement account – is just an empty bucket. They are all the same until you deposit your money. So, what are the best investments to pick? This question makes people understandably nervous. I tell clients to remember... you don't have to get it perfect, you just have to get started.

Start saving. Most of the money you'll have when you retire will be the cash you save now.

**Where Do I Start?** It is easy to become overwhelmed with all the decisions that need to be made to ensure you select appropriate investments to achieve your long-term investment goals. How do you choose the right combination of investments to help you work toward a goal that may be decades away? The answer is to concentrate on the basics.

**Don't wait—invest now.** To put the power of compounding (or revenue building) to work for you, start investing now. It's easy to put off saving, thinking you'll have more money to invest at some point in the future. In reality you are better off saving less now, than waiting and saving more later.

Understand that risk can't be completely avoided. All investments are subject to a cer-

tain amount of risk. Cash may be affected by purchasing-power risk. Bonds are subject to interest-rate movement and/or default. Stocks are subject to company-specific risks and/or overall stock market fluctuation.

**Diversify your portfolio.** It is impossible to predict which asset class will perform best on a year-to-year basis. Diversification is a defensive investment strategy to minimize risk. Diversify your portfolio with a variety of investments.

**Don't try to time the market.** Timing the market is difficult because so many factors affect market fluctuation. You are better off setting an investment program that will weather good and bad financial times.

**Know where you stand. Where does your money go?** In order to build a successful financial plan for the future, you must know where your money goes now. Keeping track of your expenditures will help you to better understand your current financial situation.

You may identify spending habits you don't like and change them, and ways to reduce your debt. Knowing where your money goes will help you find more dollars available for investment.

Reesa Manning is Vice President & Senior Financial Advisor at Integrated Wealth Management and can be reached at (760) 834-7200. Reesa@IWMgmt.com

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**US Medical Schools Embrace Integrative Medicine**

continued from front page

lished by Dr. David Eisenberg revealed that in 1990 approximately 60 million Americans had used one or more complementary or alternative therapy (CAM) to address health issues.<sup>3</sup> That was followed by a study published in a 1998 issue of The Journal of the American Medical Association reporting that 42% of Americans had used CAM, up from 34% in 1990.<sup>4</sup>

These reports fueled change. By 2002 most US medical schools (98 out of 126) were teaching about CAM in one or more required courses.<sup>5</sup> These included homeopathy (taught in 58% of courses); ethnomedicine, including Ayurveda and Native American medicine (48%); therapeutic touch (38%); naturopathy (36%); and energy medicine, including manipulation of electromagnetic fields and magnet therapy (12%).<sup>6</sup>

Top schools have created departments dedicated to these teachings such as the Stanford Center for Integrative Medicine, UMASS Center for Mindfulness, and the Duke Center for Integrative Medicine. This modern philosophy is not about having more tools with which to work, but about embracing the whole person—mind, body, emotion and spirit—to promote wellness. The result – more well-rounded doctors.

"If you ask patients what they want in a doctor, I have never heard a patient say that they want to make sure their doctor received an A in organic chemistry," adds Olds. "They generally are interested in people who have stronger interpersonal skills and motivation to help others. These are humanistic qualities that are cultivated when understanding holistic medicine."

There are opponents to this new philosophy. In an online discussion at the professional website, MedScape (by WebMD) R.Donnell, MD writes, "It is wrong to combine other healing traditions with scientific methods because

it results in an eclectic mix of diverse theories with no common basis. It leaves medicine without a consistent scientific framework upon which to evaluate treatments."

But all physicians tend to agree that it is important for doctors to understand everything their patients are doing to promote their own health. Although many therapies can be complementary, others may have adverse effects to conventional treatment. A physician's willingness to understanding the full picture and work with other practitioners results in a better health care system for all.

"Being a part of a health care team is something that needs to be taught to our medical students. To become knowledgeable and to respect alternative modalities is in the best interest of our patients," states Olds.

Dr. Olds is spearheading the launch of the first new medical school on the West Coast in 44 years, the UC-Riverside School of Medicine, slated to open in the Coachella Valley in the summer of 2012.

"With a new school we have a unique opportunity to step back at look at how we train these future doctors. We are creating a platform to provide an exemplary medical school education, as well as, training them to be more linked to the community, more educated in the outpatient setting and oriented to wellness and chronic disease management—more of a holistic approach to patient care."

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# The Coachella Valley's Health Care Industry: MENTORING THE FUTURE

Brought to you by CVEP – Healthcare Industry Council

In Homer's classic "The Odyssey," the mentor is the advisor to Odysseus who is entrusted with the care and education of Telemachus. Similarly, we as a community are being called to partner in new ways with educators in the care and education of our students.

Local hospitals, physicians and health care leaders are taking a proactive approach to assuring quality patient care for the future. Some of our top physicians have opened their doors to mentor the next generation of health workers....and in so doing they have experienced firsthand a skilled group of young people while helping to prepare these students for the highly technical future workplace.

Facing a shortage of college-educated health care workers, and understanding that an educated population is a key to economic vitality, the Coachella Valley Economic Partnership's Pathways to Success Programs support a regional structure that culls tomorrow's health care workforce from today's student populations. By linking



CVEP students touring the Live Well Clinic with Drs. Ortiz and Fung

students with health care professionals, the needs of the labor force are addressed. This mentoring increases the likelihood that local youth will successfully complete Pathways' health care programs in high school and college, improving career prospects for our most disadvantaged students.. Work-based learning programs are a proven win-win for industry and individuals -- successfully leading the way in which we need to address education in the new knowledge economy.

Pathways students are enrolling in one of the Desert's five high school health academies. These programs are fully-funded by Palm Springs, Coachella Valley and Desert Sands Unified School Districts and have a collective capacity to prepare up to 1,000 students for college and health-related careers. The Palm Desert campuses of College of the Desert, California State University San Bernardino, and University of California Riverside, along with the valley's private schools additionally provide excellent health sciences programs and help to address obstacles facing students pursuing college.

Comprising 8.2% of the Coachella Valley workforce, the health care industry employs more than 11,200 workers at an average wage of \$54,408. According to a 2009 study supported by the Desert Health Care District, 2,000 new health care workers will need to be trained by 2016 to meet population demands.

Coachella Valley health care employers provide support for students preparing for health-related careers through internships, career exploration field trips, job shadowing, and mentoring, allowing students valuable insights on what it takes to succeed in health care. Linkages through CVEP's Health Industry Council provide a sustainable platform for these vital work-based learning programs.

CVEP's Healthcare Industry Council was launched under a grant from the James Irvine Foundation in 2004 and has been sustained for the past three years by the Desert Healthcare District. The three local school districts fully fund their middle and high school outreach, health career academies, career explorations programs, and professional development for teachers. C.O.D., C.S.U.S.B. and U.C.R. and local private universities are active partners in building the educational pipeline with undergraduate and graduate-level health science programs, providing funding for professional development for faculty, and partnering on the Pathways to Success scholarship program.

Learn more about how you can partner with the future by contacting Donna Sturgeon, CVEP Healthcare Industry Council Work-Based Learning Coordinator--Donna@cvep.com

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## Health is a Choice

continued from front page

I recently had the pleasure of interviewing Dr. Roizen. His work at the Cleveland Clinic is tied in part to America's place in the global economy. Given that 75% of the U.S. health care budget is due to issues resulting from tobacco, food choices and portion size, physical inactivity, and stress, Dr. Roizen recognizes that the solution lies in individual choices. The objective of his books with Dr. Oz is to help you understand your body and to make better choices for a longer, healthier life. Your improved health will reduce health care costs and (in turn) strengthen the American economy.

So it all comes down to YOU. In order for change to occur, "We need to understand the biology of your bodies," states Dr. Roizen, "Once people understand the beauty of their brain's circuitry and the power of their heart's pump and all of the wondrous processes that take place underneath your flesh, then individuals will be more motivated to improve these systems. Our bodies do everything for us. To care for this very fine piece of machinery, we need to know how it operates."

Our senses often determine our food choices. You see the fast food sign, smell the french fry essence in the air and begin to salivate. We begin to immediately justify our choices because we are focused on how good that burger will taste.

"Food is not 'Let's Make A Deal,'" says Roizen, "Although you can exercise off the calories from food, the changes caused in your gene function and proteins last much longer than the actual joy of the food." Roizen states that sugar stays with your genes for 23 days and with your proteins for 180 days, adversely affecting the way they do their jobs.

"So even if you get an hour's joy out of an ice cream cone, the sugar you ingest attaches to your proteins and stays there for the life of the protein, changing it forever. That same sugar activates your genes causing them to adversely change. Genes are like factories in that it takes time to stop them after they are started. Those changes outlast the joy of that ice cream cone for a very long time."

"We can have joy from eating," Roizen adds, "To be healthy, we need to learn how to make healthy choices. For example, frozen mashed-up bananas or grapes offer the same sweet and creamy tastes of ice cream without the negative side effects."

Understanding the impact of healthy choices on the economy, the team at the Cleveland Clinic Wellness Institute is not only making changes on their hospital campus, but throughout their community. "We (leading institutions) need to show that we may change health care costs in our own region, and make America healthier," states Roizen. Their efforts have improved health trends in their immediate community and throughout the entire county.

It all begins with YOU. Roizen concludes, "You can take the reins on your own health. Your attitude, determination and willingness to know everything you can about your body will help you make choices to predetermine what your genes will do."

And making the choice for a healthier you will contribute to a healthier America.

You: The Owner's Manual – Update and Expanded Edition is available at Barnes & Noble in Palm Desert or [www.BarnesandNoble.com](http://www.BarnesandNoble.com)

Source: 1) Center for Disease Control website



## Jim Cook Day of Hope for Diabetes® Celebrates 16 Years of Educating the Coachella Valley

The largest educational and inspirational event of its kind in the western United States, the 16th annual Jim Cook Day of Hope for Diabetes® will be held Saturday, March 12, 2011 at the Annenberg Center for Health Sciences at Eisenhower Medical Center.

The public is invited to this free event, sponsored by Eisenhower Medical Center and the Desert Diabetes Club. The Jim Cook Day of Hope for Diabetes®, including a product fair to showcase the latest technology and treatments for diabetes, will be held from 7:30 a.m. to 2 p.m.



Eisenhower Medical Center Diabetes Program Staff (from left to right): Kris Moore, RD, CDE, Judy Tidwell, Barbara Scheurer, Marielena Cid, RN, CDE, Alma Gutierrez, RN, CDE, Robert Buskas, President-EMC Desert Diabetes Club

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

Denise Faustman, MD, PhD, Associate Professor, Harvard Medical School, will deliver the keynote presentation End Stage Diabetes-From Mice to Human Trials. Currently, Dr. Faustman is working to cure autoimmune diseases, such as Type 1 diabetes, by trying to stop the body from at-

tacking itself and by studying how the destroyed organs re-grow. Dr. Faustman has published more than 100 scientific papers in internationally-recognized journals and her work has been highlighted in publications such as The Wall Street Journal, The New York Times, and Scientific American.

Experts from Eisenhower Medical Center, Arrowhead Regional Medical Center and prestigious medical centers from around the country will speak on the latest research and information on various diabetes-related topics. Free screenings of the heart, eyes and feet will be available for all attendees.

Designed to educate all Coachella Valley residents about diabetes, the Desert Diabetes Club meets each month (October through May) at the Annenberg Center for Health Sciences at Eisenhower. With a tax-deductible membership of \$25, members receive vital information about diabetes and improving their quality of life through lectures by diabetes professionals. Social and support events are also planned throughout the season.

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



Crowds gather at last year's presentation

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#### Session Schedule

**8:30 A.M.** \_\_\_\_\_  
 Welcome to the *Jim Cook Day of Hope for Diabetes®*

**9 A.M.** \_\_\_\_\_  
 Eat Well — Drink Well  
 What is New in Diabetes?  
 Benefits of Exercise for People with  
 Type 1 and 2 Diabetes  
 Diabetes and Wound Care Management

**10 A.M.** \_\_\_\_\_  
 Conquering the Diabetes Epidemic  
 New Treatments for Diabetes — An Update  
 Eye Care and Treatments for People  
 with Diabetes  
 Taking Control — A1C and Our Diabetes  
 Health

**11 A.M.** \_\_\_\_\_  
**KEYNOTE SPEAKER**



**End Stage Diabetes —  
 From Mice to Human Trials**  
**Denise Faustman, MD, PhD**  
 Associate Professor  
 Harvard Medical School  
 Director, Immunobiology Laboratory  
 Massachusetts General Hospital, Boston

**11 A.M. (Continued)**  
 Restoring Sexual Function: Help for E.D.  
 Know Your Diabetes ABCs  
 Hypoglycemia — Causes and Treatment

**1 P.M.** \_\_\_\_\_  
 Diabetes and Sexual Dysfunction  
 Diabetes Kidney Care  
 Taking Care of Your Feet  
 Breathing Better with Diabetes  
 Know Your Diabetes

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