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DR. EVAN A. VIEIRA is a graduate of the three-year reconstructive foot and ankle surgery residency at North Shore University Hospital and Long Island Jewish Medical Center, where he served as chief resident. He received his Bachelor of Science, Molecular Biology and Genetics degree from Syracuse University and his Doctor of Podiatric Medicine from The New York College of Podiatric Medicine. Dr. Vieira's clinical interests and expertise include cosmetic surgical and laser procedures as well as pediatric care and deformities. Dr. Vieira also has extensive training in diabetic limb salvage and hyperbaric oxygen treatment. He maintains affiliations with North Shore University Hospital and Long Island Jewish Medical Center, as well as the Day-Op Center of Long Island. A Long Island native, he is a member of the Associated Podiatrists group, with practices in Roslyn and Huntington. For more information, visit www.greatfootcare.com.

DR. SUZANNE SIROTA ROZENBERG is a board-certified dermatologist practicing in Woodmere, NY. She is president-elect of the American Osteopathic College of Dermatology and program director of St. John Hospital's dermatology program. She also teaches at Touro College of Osteopathic Medicine. The comprehensive dermatologic services she offers in her state-of-the-art boutique practice include medical, surgical, and cosmetic dermatologic care. A former family practitioner, she prides herself on her one-on-one relationship with each patient and has had extensive training in all areas of dermatology. The practice offers a range of services including Acleara acne treatments, Juvederm, Restylane, Perlane, Radiesse and Sculptra. Treatments also include Botox and Dysport, laser resurfacing, photo facials, skin tightening and rejuvenations, microdermabrasion peels, permanent makeup, electrolysis, and facials. Her office also offers a wide array of treatments, including Ultherapy, Invasix, Palomar, Vela Shape, and hair removal. For more information, visit www.srsdermatology.com or call 516-295-5570.



DANE MILLER Miller is an LMT (Licensed Massage Therapist) and nutritional counselor. He has over 20 years of experience in nutrition, with clients nationwide. He is available for private treatment, consultations and bodywork in Manhattan. He specializes in nutritional protocols and is trained in Swedish, Deep Tissue, Sports, and medical massage. For more information, visit www.bodiesinbalance.vpweb.com or call 347-969-1568. He may also be reached at Zen Medica, 143 W. 72 St., NYC, by appointment only 212-873-5610.

DR. DARA BRENER is a board-certified internist and is a staff physician at St. Catherine of Siena Medical Center. Dr. Brenner's role as a primary care physician includes not only treating illness, but preventing illnesses from occurring in a generally healthy patient. She believes in taking a proactive stance to try to prevent illness and negative outcomes, rather than chasing symptoms once they have already occurred. Her office is located at 48 Route 25A, Suite 210, Smithtown, New York. For more information, call 631-870-3444 or visit stcatherines.chsl.org.



DR. BARRY CHASE is the principal owner of Chase Dental Sleepcare and a practitioner in the field of dental solutions for improving sleep and breathing. He is dedicated to helping his patients get the sound, restorative, good night's sleep needed to stay healthy. Dr. Chase is a graduate of Georgetown University Dental School and completed an externship in head and neck cancer at Memorial Sloan-Kettering Cancer Center. His memberships and associations include the American Academy of Sleep Medicine, American Academy of Dental Sleep Medicine, American Dental Association, New York State Dental Association, National Sleep Foundation, Advisory Committee for the CoARC accredited Respiratory Care and Polysomnography Specialty Option at Stony Brook University, and many others. For more information call 631-393-6888.

KATHY TSAPELIS graduated Cambridge University with a Masters in Foreign Language. After developing an interest in the Cosmetic Surgery field, she decided to open her own facility, Soma MediSpa in Garden City. Her entrepreneurial skills enabled her to develop an establishment with the latest in laser technology, aesthetics, and surgical procedures. Certified in practically every laser on the market, she chooses the safest and most effective ways to treat each patient. Her team of Board Certified Surgeons, nurses, and aestheticians provide every patient with the best care in her luxurious, state-of-the-art facility. She can be reached through her website www.SomaMediSpa.com.



DR. BARRY JASON is a general dentist with over 25 yrs experience in cosmetic, sedation, and implant dentistry. He graduated from NYU College of Dentistry with National Dental Honor Society status at the top of his class. He is a member of the American Academy of Implant Dentistry, the International Congress of Oral Implantology since 1982, Dentists for Oral Conscious Sedation (DOCS) since the 1990's, and the American Society of Dental Anesthesiologists (ASDA) since 1982. He practices on Long Island, Westchester, and Queens where he performs state-of-the-art dental treatment including cosmetic care such as crowns, laminates, tooth-shaded fillings and invisible orthodontics, surgical as well as non-surgical gum therapy, root canals, implant surgery and placement, sedation dentistry using both I.V. and oral when desired or needed, and routine family care.

DR. ROBERT L. IBSEN is the former CEO of Den-Mat Corporation, inventor of Rembrandt® Whitening Toothpaste and LUMINEERS® and educating pioneer for Smile Simplicity®. Dr. Ibsen has dedicated his entire career to the preservation of tooth structure in the cosmetic dentistry practice. Responsible for the development of numerous dental products still popular within the profession today, he pioneered the development of advanced adhesive techniques to accomplish superior non-invasive, pain-free esthetic restorations. His tireless search for new cosmetic dentistry methods has centered on creating artful, satisfying results while ensuring a painless process that preserves healthy tooth structure. A graduate of the USC School of Dentistry, he is also a fellow of the International Academy of Dental Facial Esthetics, Academy of International Dental Studies, American and International College of Dentists, Academy of General Dentistry, among others. Dr. Ibsen continues to lecture at dental meetings nationwide and hosts monthly webinars teaching SmileSimplicity techniques to practicing dentists.



DR. ANDREW JACONO is a Facial Plastic and Reconstructive Surgeon with a thriving practice on Long Island's Gold Coast and in Manhattan. He is Section Head of Facial Plastic and Reconstructive Surgery at North Shore University Hospital in Mahasset; Assistant Clinical Professor, Division of Facial Plastic and Reconstructive Surgery at The New York Eye and Ear Infirmary; Assistant Professor, Department of Head and Neck Surgery at the Albert Einstein College of Medicine; Director of The New York Center for Facial Plastic and Laser Surgery in Great Neck, NY; author of the book FACE THE FACTS: The Truth About Facial Plastic Surgery Procedures that DO and Don't Work; and creator of J PAK SYSTEMS™, homeopathic remedies to help optimize healing after aesthetic procedures. Dr. Jacono is one of a small group of surgeons that has achieved Dual Board Certification in Facial Plastic and Reconstructive Surgery as well as Head and Neck Surgery. Dr. Jacono is one of only 37 surgeons in the United States that are Advanced Facial Plastic Surgery Fellowship Training Directors for the American Academy of Facial Plastic and Reconstructive Surgeons. For more information visit www.JSpaMedSpa.com or call 516-773-2424.

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Q: . I am considering a breast reduction. What happens if, down the road a bit, I gain or lose weight. How will it affect the results?

A: Minor weight fluctuations do not usually affect post-surgical breast cup size a lot. You can expect changes similar to your pre-surgery status. Major weight changes will affect breast size primarily by influencing the size of the fatty layer around the breast – everyone is different in this regard. The chest circumference is affected in the same way. This will cause changes in the cup size and the chest size. In general, after breast reduction surgery there is a slow change in the shape of the breast even if weight is unchanged. You should ask to see pre- and post-surgery pictures to get an idea of how this may apply to you. *(Answered by Dr. Ian Bourhill)*

Q: I currently get botox injections, and am considering having a facelift. Would I still need to include botox in my maintenance?

A: A well-performed facelift can result in a more natural youthful appearance with minimal discomfort. It may turn back the clock, but not the ticking. A healthy routine with diet and exercise along with "maintenance" of Botox or Dysport and combination of medical fillers to restore and maintain the youthful aesthetic contours, may help to enhance and prolong your lovely result. *(Answered by Dr. Roger B. Katz)*

Q: I am in my late 50s, and am noticing that my eyelids are very heavy and drooping to the point where it seems to be impeding my vision. What can I do about it?

A: Drooping eyelids are very common as we age and can be caused by several things. True eyelid drooping or ptosis is when the eyelid muscle becomes weakened and the eyelids no longer open properly. Drooping can also occur due to age-related descent of the eyebrow or of the upper eyelid skin. This should be evaluated by an oculoplastic surgeon to determine the cause and discuss treatment options. Almost all of these can be treated, and in some cases may be covered by insurance, if the vision is truly obscured. *(Answered by Dr. David Schlessinger)*

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EDITOR'S letter

February /March 2013

The new year is underway and it is hard to believe that we are halfway through our fifth year in circulation. The time goes by so quickly and it is extremely rewarding to work with the most respected healthcare professionals, offering you, our committed readers, the most relevant, innovative information to help you live your life to the fullest.



Donna Halperin, Randi Feldstein, Ilene Wekselblatt, Bruce Jacobson & Jill Cohen

In this issue of IMAGE we acknowledge "Heart Health Awareness" month. We were so blessed to be able to interview the one and only Barbra Streisand for this issue. She is determined to make it known to all that heart disease is the #1 killer of women and she is committed to raising money and awareness for the prevention of heart disease. That generosity resulted in the recent opening of The Barbra Streisand Women's Heart Center in the Cedars-Sinai Heart Institute in Los Angeles. Additionally, we have reached out to several experts in the field of cardiac health to educate you on the very best way to care for this very precious, vital organ. The way in which we treat all parts of our body ultimately affects our heart, so you will be interested in learning how everything from oral hygiene to the right diet, nutrition and supplements can make a difference in our overall heart health.

In celebration of Valentine's Day, you have a great opportunity to declare your love for your special someone whether it be a spouse, boyfriend or family member. If you have not yet found your true love, we have all the tips you need to follow from relationship expert, Ernest Quansah, in his new book, Do's & Don'ts of Relationships: Nine Steps to a Deeper, Richer Love Relationship. I'm sure we can all relate to many of the situations described throughout the book as he tells readers very simply how to find (and know that you have found) that special someone. Just as importantly, he gives great advice on how to keep the relationship alive after the initial steam simmers down. We also have an article in which we share our favorite romantic spots for dining this Valentine's Day (or any time romance is in the air). Make your reservations now!

We always value the comments and suggestions sent in by our readers and we try diligently to fulfill the requests for topics not yet covered. Recently, several of our loyal readers asked that we expand our topics to include other forms of "healthy lifestyle choices" that are not necessarily medically oriented. We will also continue to feature the dining guide, which we introduced in the December issue. I am pleased to know that you appreciate this section, since it allows us to visit those restaurants and sample the delicious cuisine. Please keep your comments coming by visiting our website, www.ImageMagOnline.com and clicking Contact Us.

Happy Valentine's Day and hug the people you love!

Editor-in-Chief

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However, with a good night's sleep or some Zen time, the mirror can often be much more forgiving. So, the problem lies when we see the same tired appearance each and every time we look in the mirror. In some cases, no amount of sleep can overcome the natural sagging, discoloration and dissension of the skin, caused by aging and the damaging effects of the sun.

It can often be confusing to determine what exactly happened and how to correct these problems.

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cular lesions. My patients love the flexibility and tightness of their skin after treatment; satisfaction rates are very high.

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In addition, our practice is now using a new innovation to treat body fat and contouring, with the TiteFX. We are part of a select few clinical study sites that have been selected and approved to perform this body contouring technology. It is making our patients look smoother, tighter, and more comfortable in their

own skin. Females report feeling tighter immediately, even while on the table, and are surprised to return to our offices wearing clothes that previously did not fit.

This is through the use of radio-frequency energy. Radio frequency has been clinically proven in aesthetic medicine to help a variety of the most reported problems women and men see with their skin. From deep heavy wrinkles to light laugh lines around the eyes to even the annoying sagging skin above the knee. Radio frequency energy is one of the newer revolutions in the industry, with some definite staying power.

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So when you're looking in the mirror noticing that tired look, it may be just more than missing a good night's sleep. The problem can be deeper in the skin, through the breakdown of collagen that causes the skin to wrinkle and sag. But, now you can smile in that mirror knowing there is a solution and a way to reverse the trick Mother Nature is playing on you. All of this can be done to obtain a natural rejuvenated appearance.

IMAGE

Dr. Suzanne Sirota Rozenberg is a board-certified dermatologist with a practice in Woodmere, LI. Call 516-295-5570 or visit www.srsdermatology.com.



OSTEOPOROSIS: THE SILENT DISEASE

Practicing **Prevention** Now Can
Reduce Bone Loss Later

TOO MUCH BONE LOSS
CAN LEAD TO FRACTURES,
WHICH CAN CAUSE
SERIOUS HEALTH RISKS

Osteoporosis is a disease in which bones become weak and are more likely to fracture. It is known as a “a silent disease” because bone loss often occurs without your knowing it. Until the age of 30, your body forms new bone to replace the bone that is naturally broken down by the body. Your highest bone mass is reached between the ages 20 and 25, and it declines after that. After menopause, however, women begin to lose bone at an even faster rate. Osteoporosis develops when your body cannot replace bone as fast as it is broken down.

In the U.S., 44 million Americans are at risk for osteoporosis, while 10 million already have the disease. Women make up 80% of the cases. Certain factors make it more likely that you will develop osteoporosis.

The risk factors are: having a family history, being post-menopausal, having a thin frame, being Caucasian, having a diet low in calcium and vitamin D, doing little exercise, consuming alcohol, and being

on prolonged steroid therapy. Other factors that can lead to osteoporosis include hormonal conditions such as hyperthyroidism, hyperadrenalism, hyperparathyroidism, and anorexia nervosa.

If you have gone through menopause, have had a fracture, or are considering treatment for osteoporosis, a bone density test (DXA scan) can help determine your risk of fracture. If you are over 65, and do not have any of these risk factors for osteoporosis, you should still have a bone density test.

Too much bone loss can lead to fractures, which can cause serious health risks, including disability and premature death.

Prevention of osteoporosis is crucial in today's world. You can take these steps to prevent bone loss:

- Get enough calcium and Vitamin D, either through diet or supplements (at least 1,200mg of calcium; and 800IU of Vitamin D daily).
- Do weight bearing exercises and stay physically fit.
- Avoid smoking.
- Do not drink too much alcohol.

Even with a healthy lifestyle, however you may still need additional therapy to protect against bone loss, and fractures. Your endocrinologist may need to prescribe medications such as bisphosphonates. A class of drugs that prevent the loss of bone mass, they are the most commonly prescribed drugs used to treat osteoporosis. Evidence shows that they reduce the risk of osteoporotic fracture in those who have had previous fractures.

YOUR ENDOCRINOLOGIST
MAY NEED TO PRESCRIBE
MEDICATIONS SUCH AS
BISPHOSPHONATES

Bone undergoes constant turnover, and is kept in balance by osteoblasts creating bone, and osteoclasts destroying bone. Bisphosphonates inhibit the digestion of bone by encouraging osteoclasts to undergo cell death, thereby slowing bone loss. **IMAGE**

Nicholas Kaloudis, MD is an endocrinologist with a practice in Manhasset. For more information, call 516 365-1150.

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MAKE YOUR TRIP TO THE DENTIST SEEM LIKE YOU NEVER WENT

Now, Dentists Offer **Pain-Free** Approaches

WITH AIDS SUCH AS THE DENTALVIBE INJECTION COMFORT SYSTEM OR THE WAND, YOU WON'T EVEN REALIZE THAT YOU WERE GIVEN A "SHOT"

Although, sooner or later almost everyone needs to see a dentist, many of us dread the experience and "white-knuckle" through what we anticipate to be a necessarily painful treatment session. But today's caring dental professionals can make that fear a thing of the past with new, pain-free devices and approaches.

Using state-of-the-art painless anesthesia devices alone or in combination with stress/meditation/relaxation therapy, or even nitrous oxide, oral and/or I.V. sedation, going to the dentist can seem like you never went!

Nobody looks forward to dental injections, except maybe Bill Murray in "Little Shop of Horrors". But using current aids such as the **DentalVibe** injection comfort

system or **The Wand**, you won't even realize that you were given a "shot". Both of these work to slowly administer the anesthetic without causing pain.

The DentalVibe is a patented, award-winning multipurpose instrument designed to alleviate intra-oral injection pain. It is a cordless, rechargeable, handheld device that delivers soothing, pulsed, percussive micro-oscillations to the site where an injection is being administered. Its VibraPulse technology gently stimulates the sensory receptors at the injection site, effectively closing the neural pain gate, blocking the pain of injections.

The Wand, also called a Single Tooth Anesthesia Machine, is another device. It is essentially a computer-controlled dental injection. The flow rate of the local anesthetic is controlled by a computer, so the injection is guaranteed to be slow, steady and comfortable. It painlessly deposits the local anesthesia at the crest of the junction

between the tooth and the bone. The tooth becomes numb, but the surrounding area doesn't. There is no longer the kind of "droopy lip syndrome" that Bill Cosby joked about.

The above methods should work well for those patients who are not apprehensive about dental treatment, but just don't want it to hurt.

However, almost 50% of the population are downright fearful of being in the dentist's chair. For those people, there are additional helpful approaches that can be provided.

One involves non-medicinal relaxation therapy that **NATURALLY** interrupts the stress response and guides you into a deep relaxation state, not unlike the feeling just prior to falling asleep. The system is called **NuCalm** and has been scientifically developed and used on thousands of patients with terrific results. It uses natural organic calming agents that don't drug you, in combination with specially designed music that helps brain waves relax, a neural

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de-stimulator that gently pulses your tension away and either dark or block-out glasses so you can begin to enjoy your visit. It takes three minutes to set up and about 5 minutes to feel its effects. Afterwards, patients report feeling more relaxed and less stressed for the whole day.

Another adjunct to pain-free dental care is that old stand-by, **Nitrous Oxide** (laughing gas). It has been used in medicine and dentistry for over 150 years. It is classified as an analgesic and works rapidly but also dissipates quickly as well. It is administered by mask and can be concentrated by the dentist by percentage mixed with pure oxygen. It enters the brain in about 20 seconds and within 3-5 minutes, patients feel the euphoria (like a happy drunk, but without a hangover). The gas is quickly eliminated from your system once it is removed. It is even safe to drive home after the use of nitrous oxide analgesia. The pain threshold is altered, so injections usually go unnoticed and many times deep cleanings can be done without anesthetic.

Lastly, and especially for those who are so petrified that they put off going to the dentist until it is too late (when teeth become loose, or a patient experiences deep decay, infection or pain necessitating a visit), there is **Sedation Dental Care**. This is

performed by a dentist who has taken additional training and is state-certified. The most common types are oral and intra-venous sedation.

The drugs provide a stress and anxiety release, reduction in pain stimulus and most importantly amnesia (loss of memory of the treatment session).

About Sedation Dental Care

- The dentists who perform it in the tri-state area must be state certified, with training in either oral sedation or both I.V. and Oral.
- The drugs are safe and relatively short acting.
- Patients must fast for at least six hours before the appointment (with some rare exceptions, e.g. diabetics).
- Dentists will need to know beforehand what medicines the patients are taking, as they may make appropriate adjustments if needed.
- The patient cannot drive home, care for small children or operate anything that, if left unattended, may be dangerous for the duration of the day.

For many people, oral sedation works successfully. Once sedated, they are not aware of local anesthetic administration or treatment. Those dentists who are qualified to titrate dosages can periodically provide

(Continued on page 43)



SNORING ... IT'S MORE THAN JUST ANNOYING

When **Snoring** Can **Signify**
Heart Trouble

Growing up in my house, I tolerated a lot of noise at night. The chiming of the grandfather clock, the fish tank with its loud, gurgling air infuser, and my brother's TV on all night were the norm. But above all, there was the constant sound of my father's loud snoring. He napped all the time, even dozing off at red lights. He once fell asleep in an MRI machine, started snoring and the vibrations blurred the MRI images.

He constantly suffered from cardiovascular disease, diabetes, high blood pressure (hypertension), heart attacks and mini-strokes. He watched his diet, took his medications, went to the cardiologist, and exercised as best as he could, but he was fighting an uphill battle. His undiagnosed and untreated sleep apnea AND snoring were killing him. He passed away in February 2009 from heart failure.

Snoring is not just annoying; it is pathologic. Snoring is an airway resistance that results in a decrease of oxygen in the blood. That's where the danger starts.

IMAGE: What are the causes of snoring?

Barry Chase: Snoring occurs mainly in the deeper stages of sleep, when the muscles of the body relax. In deeper sleep, the lower jaw (mandible) falls back, and the tongue falls back and sits very close to the soft palate and uvula (the punching bag-looking tissue hanging down in the back of your throat). Instead of a wide airway for air to flow from the mouth into the windpipe (pharynx), the airway is closed into a small slit. As air squeaks by the tongue and the soft palate, the tissues vibrate and cause snoring. Tissues of the entire pharynx can

vibrate, from behind the nose all the way into the deep throat. Loud snoring occurs mainly during inspiration, but snoring can occur during expiration also.

IM: Can any of the causes of snoring actually be controlled?

BC: It is hard to control snoring since it occurs when we are in deep sleep and don't have the ability to be perceptive of ourselves. However, there are some steps you can take to at least reduce some snoring.

1- Weight loss. Excess weight promotes snoring; weight loss can sometimes reduce it. However, many thin people snore loudly be-

cause the uvula and tongue are very large. Weight loss is no guarantee of snoring reduction, but is better for general health.

2- Position. Many people snore more, or louder when on their back (supine). Using pillows to promote sleeping on your side may help.

3- Avoid big meals and alcohol close to bedtime. Alcohol will cause greater snoring as it relaxes the tissues of the throat. It reduces the sleep quality, is a dehydrating agent, and disrupts the even flow of sleep staging.

4- Muscle relaxants, sedatives, and sleeping pills. Any agent or medication that further relaxes the tissues of the throat will promote snoring.

5- Excessive sleepiness and sleep debt. Being overtired and not sleeping enough will worsen snoring. Make sure to get the proper amount of sleep, which for adults should be seven to eight hours nightly.

IM: What is the link between heavy snoring and heart disease? Does heavy snoring indicate a serious heart problem?

BC: Snoring restricts airflow from the mouth into the lungs. The result could be a decrease of the oxygen levels in the blood (oxygen desaturations). The condition is called a Hypopnea, which is an oxygen

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decrease due to restricted airflow during sleep, and resulting in increased heart rate and often an arousal out of deep sleep into lighter stage sleep. These desaturations of oxygen can be dangerous if the levels decrease significantly. Oxygen desaturations may not be acutely dangerous, unless coupled with high blood pressure, atrial fibrillations (cardiac arrhythmia), high cholesterol, previous heart attacks or strokes, pulmonary disease, and obesity. Then, the likelihood of heart attacks, according to the National Sleep Foundation, increases.

IM: How can sleep problems directly contribute to risk factors for heart disease?

BC: Besides a direct decrease of oxygen to the heart, there is another system activated during snoring and sleep apnea that can negatively affect the heart. It is the brain's response to protect the body by causing certain glands to release hormones such as cortisol and adrenaline. These

hormones can cause physical and emotional stress, including increasing blood pressure and heart rate while sleeping. Persistent increases of heart rate and blood pressure while sleeping is stressful to the heart. If the oxygen in the blood falls due to snoring and sleep apnea, and heart rate and blood pressure increases, heart attacks and heart disease can result.

IM: Is it important to try to correct snoring problems even if they are not bothersome to the snorer? If so why?

BC: I just linked snoring, which is a pathologic condition, to contributing to heart disease. In addition, decreasing O₂ blood levels can cause stress on the body, resulting in the breakdown of glycogen in the liver and ultimately causing insulin intolerance, leading to Adult onset Type 2 diabetes. It is usually easier to prevent the problems than try to treat them later.

IM: How can snoring be treated so that at the very least heart problems

can be minimized?

BC: Previously mentioned are some suggestions to reduce snoring. However, they are not treatments that are predictable or measurable. A patient should first get a sleep test to measure the amount and loudness of snoring for the entire night. The sleep test is called a polysomnography (PSG) and is performed in a sleep testing facility. There are home test devices as well. Consult your physician to determine which test is best for you. Based on the results of the sleep test, therapy can be recommended. Types of therapy include CPAP (continuous positive airway pressure), dental oral appliances constructed by a trained dentist in oral appliance therapy, and surgery. Be strongly cautioned that there are many oral devices available, especially on the internet, which claim to treat snoring but are often dangerous and damaging.

IM: How does a person know if their
(Continued on page 27)

SHOW YOUR HEART A
LITTLE LOVE

This very **vital organ** needs your **nurturing** and care

HOW CAN WE KEEP OUR MOST VITAL ORGAN ALIVE AND FULLY FUNCTIONING?

It's February, the month associated with love, Cupid's arrow, flowers, romance, and all affairs of the heart --- your heart and that of all your loved ones. The heart is the one organ that keeps you alive and keeps your love alive.

How can we keep our most vital organ alive and fully functioning? How do we make our heart "skip a beat" only metaphorically and not literally?

First and foremost, regardless of your age -- the keys to a healthy heart are diet and exercise. We all know this, but somehow, most of us seem to have a difficult time maintaining it. A healthy heart requires a constant flow of oxygen-rich blood. It also needs foods that don't clog the arteries or contribute to arterial plaque, such as fatty foods and hard-to-digest heavy, mucus-forming foods. You can fudge (excuse the pun) on the diet a little if, when you overindulge, you make up for it by exercising a little longer and harder. Nevertheless, like

any good relationship, diet and exercise are partners that support each other. In addition, one often neglected or unknown component is diaphragmatic breathing. 21st century living in general is stressful and we often forget to practice breathing.

The key to remembering all this is to keep it simple and start slowly, one effort at a time, so that you won't get easily discouraged or give up. Find a starting point that seems agreeable and stick with it. Just put your heart into it!

So let's get started with your diet. There are many herbs you can use for cooking that are heart-healthy. If you don't do much cooking, you can consider using supplements and herbs.

The herbs are in a group of four. These are Hawthorne, Cayenne, Ginger, and Garlic. Hawthorne dilates the blood vessels of the heart. Cayenne increases circulation and blood flow to the heart as does Hawthorne. Ginger also relaxes the blood vessels and garlic lowers blood pressure and relaxes the muscles for greater blood flow. More information can be found on the internet.

Food wise, although not everyone is a meat eater, eating even a small amount of meat gives you a good source of B12 (only found in red meat), which promotes energy production. It is also rich in carnitine, which is used by the heart for energy production. Both of these are available in supplement form if you are a vegetarian.

Other heart-healthy foods are leafy greens and fruits. And if you don't want to eat your vegetables and fruits, you can drink them. Don't overdo one particular fruit or vegetable that may be high in sugar, such as bananas and carrots. Moderation is the key, whether it's healthy eating or indulging in a delicious dessert.

Let's move on to supplements. The top heart supplements would be Coq10, ribose, carnitine and magnesium. These four supplements have been researched and touted by Dr. Stephen Sinatra, a Connecticut-based cardiologist and author, who cites their proven track record.

Coq10 is an essential nutrient for all cardiovascular conditions. It declines as one

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ages, and is depleted by the use of statin drugs. Its benefit is in prevention of the accumulation of arterial plaque and as a powerful antioxidant.

Ribose is a simple sugar that is the key component of ATP, the chemical responsible for creating energy in the cell. It is derived from Ribonucleic acid- or RNA, one of the two building blocks of life in general.

Magnesium is known to relax the muscles of the arterial walls, as well as work to alleviate chest pains and other more serious heart conditions. It is found in leafy greens as well as some nuts and fruits.

Lastly, there is carnitine. Carnitine converts stored fat into energy (ATP) in the cell. The heart gets 60% of its fuel from fat sources and because carnitine breaks down fat, it is very important for heart health. For further information in more detail you can do a search

for the "Awesome Foursome" on the Internet.

As for exercise, no matter how busy your life is, any activity can be turned into exercise. If you drive, you can park a few blocks away from your destination and walk. If you work in a high-rise, you can get off a few floors early and walk the stairs. If you are at a cubicle all day, you can do stretches at your desk and get up and do some form of resistance training, using the desk as the point of resistance.

Your Smartphone or computer can help you too. There are an assortment of apps available that can literally teach you how to breathe properly and even walk you through it. There are apps that show you how to train and tell you which exercises give the best workout results.

The bottom line is that it all begins with you. In the center of the big picture of life is love for

yourself. Love yourself enough to keep your heart healthy. Proper care and nurturing in all affairs of the heart --- physical, nutritional, emotional and spiritual -- are a must.

THE TOP HEART SUPPLEMENTS,
THE "AWESOME FOURSOME"
ARE COQ10, RIBOSE,
CARNITINE AND MAGNESIUM

So, in this month when "love is in the air," make sure you are doing your best to be healthy on all levels, starting with that vital organ, the heart! **IMAGE**

Dane Miller is an LMT (Licensed Massage Therapist) and Nutritional Consultant. For more information, call 347-969-1568 or visit www.bodiesinbalance.vpweb.com



by STEVEN R. FEIGELSON, DDS, FAGD

IS THERE A LINK BETWEEN GUM
DISEASE AND HEART DISEASE?

It has been said that **"the eyes are the window to the soul."** So then, it is only fitting that **"the mouth is the window to the body"**

RESEARCHERS ARE IN AGREEMENT THAT THERE IS A CORRELATION BETWEEN PERIODONTAL DISEASE AND CARDIOVASCULAR DISEASE

For decades, it had been commonly believed by the medical community that periodontal disease and chronic gingivitis, which are infectious processes affecting the teeth and gums, had a direct correlation to an increased incidence in cardiovascular disease.

Gum disease has long been identified as being the most common chronic inflammatory condition in the world. Chronic inflammation within the body has been known to increase the risk of heart attack, atherosclerosis, stroke, and even cancer.

We already know that the plaque surrounding the teeth is made up of a sticky film of proteins, food particles, acids, and most importantly, bacteria, which can enter the bloodstream during certain dental procedures and even naturally occurring events such as eating. Many people already must take antibiotics prior to certain

dental procedures if they are more susceptible to the adverse effects of bacteria within their circulation. Since gum disease and cardiovascular disease produce similar markers of inflammation, such as C-reactive proteins – which are proteins found in the blood whose levels rise in response to inflammation – it is therefore easy to conclude that there exists a link between gum disease and heart disease...or is there?

No Link, After All?

Earlier this year, the American Heart Association had released the following statement, which caused a stir in the medical community:

"Despite popular belief, gum disease has not been proven to cause atherosclerotic heart disease or stroke, and treating gum disease hasn't been proven to prevent it...The association between periodontal disease and atherosclerosis comes mostly from observational studies, and therefore does not demonstrate that gum disease is a cause of heart disease." The article further went on to state, "Although a contribution of periodontal

disease to vascular disease is biologically plausible, they both share multiple risk factors that are prevalent and powerful promoters of disease, including tobacco use, diabetes, and age." And, "Although periodontal interventions (brushing, flossing, regular cleanings) result in a reduction in systemic inflammation in short-term studies, there is no evidence that they prevent atherosclerotic vascular disease or modify its outcomes."

Not everyone agrees with these findings, however. A response to this article by the University of Buffalo, School of Dental Medicine, argued that the press release was misleading because it was written in such a way as to conclude that there is no association between gum disease and heart disease, which is simply not true. Researchers are in agreement that there is a correlation between periodontal disease and cardiovascular disease, but that the exact cause and effect relationship has not yet been established.

In addition, there have been numerous studies that have shown a direct correlation

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between periodontitis (periodontal disease) and cardiovascular disease. As recently as 2010, a joint article published by the American Journal of Cardiology and the Journal of Periodontology stated that: "It seems reasonable, on the basis of current data, to acknowledge that because untreated or inadequately controlled moderate to severe periodontitis increases the systemic inflammatory burden, periodontitis may independently increase the risk for cardiovascular disease.

So, Where Do We Go From Here?

The correlation between gum disease and heart disease, although not completely understood, is still too important to ignore. Periodontal disease is so commonly present in those with cardiovascular disease that it should not be dismissed as an early warning sign of cardiovascular problems. Because many of the conditions leading to heart disease are present without symptoms – such as high cholesterol, hypertension, or plaque formation – proper diagnosis and treatment is often delayed, resulting in poorer outcomes.

It is, however, easy to notice swollen, painful gums that bleed easily. I often ask those with untreated gum disease, "If your hands bled every time you washed them, you would see your physician. So, why would you ignore gums that bled every time you brushed or flossed?"

Visit your Dentist at Least Twice per Year

Regular dental visits that include diagnosis and treatment of periodontal or gum disease should go hand-in-hand with other lifestyle changes that can decrease one's risk factor for cardiovascular disease. Some of these changes include:

- Exercise regularly.
- Lose weight if you are overweight.
- Stop Smoking.
- Lower your cholesterol through a healthier diet.
- Get your high blood pressure under control.
- Check for any family history of heart disease.

It has been often said that the eyes are the window to the soul. It is only fitting then, that the mouth be the window to the body. If you follow common sense practices to keep your mouth healthy, not only will you reap the rewards --- such as fewer cavities, healthier gums, fresher breath, and a nicer smile, but you can help prevent more serious systemic problems in the future. **IMAGE**

Steven R. Feigelson, DDS, FAGD, provides General, Cosmetic, Implant and Sedation Dentistry, with a private practice in Commack, NY. For more information, call 631-462-1470 or visit www.dentist-smile.com.

Giving Her Whole Heart To Women's Hearts

Barbra Streisand's Newest and Most Powerful Role ... Promoting Awareness of Women's Heart Health



by JILL S. COHEN

Every February, organizations team up to sponsor American Heart Month and last year, even the White House officials formally proclaimed it so. **Cardiovascular disease is the leading cause of death in the U.S.** According to the Center for Disease Control and Prevention, one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. There are reportedly more than two million heart attacks and strokes a year, with at least a half a million resulting in death. *And about 8.6 million women worldwide die of heart disease each year.*

The American Heart Association states that heart disease **kills one in three women each year** or approximately one woman every minute. It doesn't affect all women alike, and the warning signs for women aren't the same as those for men.

The one and only legendary icon of song and film, Barbra Streisand was "heartbroken," so to speak, when she became aware of the deadly disparity between the amounts of funding dollars spent for research and treatment of coronary illnesses in women, compared to the amount allotted for men's heart ailments. And, with all her heart and soul, she set out to shift the paradigm rallying friends, celebs, and even former President Bill Clinton, who has battled his own heart disease, to support the cause in a

very grand way, Streisand-style.

In June of 2012, this leading lady held a fundraiser at her Malibu home on behalf of what is now officially called the **Barbra Streisand Women's Heart Center at Cedars-Sinai Heart Institute in Los Angeles**. This event was the finale of her effort to raise money for this center, which began with her pledge of \$5 million, continued with her additional pledge of \$5 million and concluded with another \$12 million raised from supporters, friends and celebs, to total \$22 million!

In a recent interview on CNN, Piers Morgan asked Streisand about her philanthropic career, which he considers to have been almost as relentlessly productive as anything else she has done. He asked her why she is so keen on women's heart disease and why it's been such a passion. She responded, "I dislike inequality so much, whether it is gender issues or gay rights or whatever. Even in the medical sciences, there is discrimination. So it turns out that more women die of heart disease now than all cancers combined. And even though more women than men die of it, heart disease is still considered largely a male problem. I was just so shocked by these statistics, and the fact that it actually kills 30% of the population of the country."

"Even in scientific research, women are still treated as second-class citizens. To me, that's just unacceptable," she commented.

Barbara is busy, seemingly all the time.

She told us how much she loves making movies and recordings, especially her most recent fun film, "Guilt Trip" with Seth Rogen. She is working on an upcoming 5 Decades of Streisand DVD compilation as well as a new studio album. Between all of this and all her time advocating for gun control, for Obama and other causes, she still manages to give her time generously to the cause of the heart. She has always been exceedingly generous in philanthropy and activism, but this has been perhaps the most intense of the causes that have driven her. In 2008, after learning the startling statistics about women and this disease, she created the Barbra Streisand Women's Cardiovascular Research and Education Program to fund work at Cedars-Sinai's Women's Heart center. It is overseen by the renowned director and cardiologist Dr. Noel Bairey Merz, who is doing lifesaving research in this field. Dr. Bairey Merz is a sterling leader in the effort to give women an equal opportunity to survive this #1 killer, by closing the fifty year research gap in women's heart disease. She is a Harvard Medical School graduate, an amazing woman, and a perfect match for Barbra in this mission.

Barbra has been an inspiring and tireless partner, helping us to spread the word, globally, about the need to close the gender gap in cardiovascular research and care. We are honored to collaborate with her and to build on this exciting opportunity."

What does Barbara Streisand want you to know? She wants you to consider the facts that stunned her into awareness of what she considers an outrageous gender inequality that women face in the treatment of heart disease.

- Since 1984, more women than men have died annually from heart disease, despite that it is called a “man's disease”
- Among women with heart disease in the U.S., 42% die within a year of having a heart attack, compared with 24% of men
- About 500,000 women die each year in the U.S. from cardiovascular disease – exceeding all the female deaths from cancer
- Despite these statistics of these 500,000 women, only 24% of participants in all heart-related studies are women
- Heart disease kills more women than ALL cancers combined. (Heart disease kills about twelve times more women annually than breast cancer).
- 44% of women are diagnosed with heart disease annually, compared to 4% of women being diagnosed annually with breast cancer
- 8.6 million women worldwide died from heart disease last year, while 400,000 women died from breast cancer
- For 50 years, women have been treated based on diagnostics created for men
- Surveys of available data show that a very small percentage of research dollars spent in the U.S. focus on treatment of women with heart disease
- 71% of women experience early warning signs of a heart attack with atypical symptoms... a sudden onset of extreme weakness that feels flu-like, fatigue, indigestion or shortness of breath.. often without even any chest pain at all
- Nearly two-thirds of women who die from heart attacks have no history of chest pain (leading to misdiagnosis)

IMAGE Magazine can't help but admire this woman. Her passion and commitment to this cause parallels her life. She has always been upset about any kind of inequalities, including gender discrimination. She has handled it either by making a movie about it or becoming involved in women's issues. In this case, when it comes to medical science, she is so sure that gender really DOES matter. She balks at the idea that women are receiving treatment for a life-threatening ailment based on research done on men, especially since physiologically, women are different, cardiovascular-wise, from men. Women tend to have blockages not only in their main arteries but also in the smaller arteries that supply blood to the heart, which is a condition called microvascular disease.

Now, through her generosity to Cedars-Sinai, current gender-specific heart research, development of new diagnostic tools, breakthrough clinical trials using stem cells to enable the heart to heal itself, and specialized care for women, the Women's Heart Center is improving the detection and treatment of women's heart disease. Adds Streisand, “When you consider that 40% of women don't survive their first heart attack, you can see why I'm so excited about this work!”



Dr. Noel Bairey Merz and Barbra Streisand

Both Streisand and Dr. Bairey Merz wholeheartedly believe that the promoters of breast cancer awareness did a “magnificent” job, raising millions of dollars to help the disease and bringing awareness into the population. The number of women dying from breast cancer has significantly declined because of people speaking out, sharing stories, and raising money for awareness campaigns and medical research. She claims that heart disease desperately needs the same kind of coordinated effort.

“Women need to be educated about it. And the medical community must be propelled toward change. Just like with breast cancer, the impetus must come from women themselves striving to become empowered to reduce their risks for heart disease. We need to be as good as the breast cancer campaign in order to achieve this,” said Streisand.

Dr. Bairey Merz says that Streisand's endowment provides sustained funding to fill the gap during times when federal grants and other monies drop off because it becomes politically incorrect to support women's health issues – even those that have nothing to do with reproductive health. “Everything gets bundled together, and it's very sad”.

Dr. Noel Bairey Merz shares with us that 80% of heart disease can be prevented, through the following suggestions:

- Eat a Mediterranean-style diet (eating primarily plant-based foods such as fruits, vegetables, whole grains, legumes and nuts; limiting red meat to not more than a few times a month; eating fish and poultry at least twice a week; replacing butter with healthy fats such as olive oil and canola oil)
- Enjoy a single serving of alcohol a day (optional)
- Don't smoke
- Exercise for 30 minutes daily
- Maintain a healthy weight
- Take care of your oral health (visit a dentist regularly)
- Discuss with a doctor your potential benefits from taking a daily aspirin
- Know your numbers (blood pressure, cholesterol, fasting blood sugar)

Barbra Streisand will change the face of women's heart disease. And she is fully committed to doing it now, with the “good doctor”, Dr. Noel Bairey Merz by her side.

Heart disease is an epidemic targeting women, and we must do our part to stop it. In this month of awareness, it's time for women everywhere to heed the call of their own heart health.

IMAGE



ANOTHER CHALLENGE OF THE HEART: NEED FOR TRANSPLANTS

The reality and red tape of organ donations

According to the National Heart, Lung and Blood Institute, approximately 3,000 people in the U.S. are on the waiting list for a heart transplant on any given day. About 2,000 donor hearts are available each year. Wait times vary from days to several months, and depend upon the recipient's blood type and condition. Guidelines suggest that the donor be younger than 65 years old, have little or no history of heart disease or trauma to the chest, and not be exposed to hepatitis or HIV. The guidelines also recommend that the donor heart not be without blood circulation for more than 4 hours. A person may be taken off the list for some time if he or she has a serious medical event such as a stroke, infection, or kidney failure.

Time spent on the waiting list plays a part in who receives a donor heart. For example, if a donor heart becomes available and two recipients have equal need, the recipient who has been waiting longer usually will get the heart.

Patients on the waiting list for a donor heart receive ongoing treatment for heart failure and other medical conditions. Treating arrhythmias (irregular heartbeats), for example, is very important because they can cause sudden cardiac arrest in people who have heart failure.

As a result, many transplant centers will place implantable cardioverter defibrillator (ICDs) in patients before surgery. An ICD is a small device that's placed in the chest or abdomen to help control life-threatening arrhythmias. Another treatment that may be recommended to waiting list patients is an implanted mechanical pump called a ventricular assist device (VAD). This device helps the heart pump blood.

I spoke to one young man, David

Peltz, age 36, who is waiting for a heart transplant. He is one of the many people in need of organ donations. He is part of the www.helpohelive.org website. HelpHOPELive is a nonprofit that raises funds to bridge the gap between what health insurance will pay and what is actually needed to heal, live and thrive after a transplant.

David, from Brooklyn, worked as an inspector for New York City and was a first responder at Ground Zero, moving debris for three weeks after 9/11. Six years ago he was diagnosed with a heart disease called dilated cardiomyopathy. He is now at the point in which he can no longer survive without a heart transplant.

David summed it up with this comment, "I have no control over my life now, while needing this transplant."

As he waits for a heart, he has had a heart pump implanted. At all times, he has to wear a computer module around his waist and walk around with batteries that need to be recharged every eight hours. He is unable to work now, and is on a fixed income through SSD. Medicare only covers 80% of his medical bills and does not cover the exorbitant cost of his many medications.

To help alleviate some of the expenses, his family has held fundraisers to benefit the New York Heart Transplant Fund, and is also hoping that he will receive donations through HelpHOPELive. For more information or to help, visit www.helpohelive.org and enter David Peltz in the "Find A Patient" section.

IMAGE Magazine wishes David and all the others a short wait and a successful outcome.

IMAGE

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SNORING ... IT'S MORE THAN JUST ANNOYING

(Continued from page 19)

level of snoring is actually harmful to the heart or other conditions?

BC: This is an excellent question because it means that the person acknowledges that there is potential for danger here. Nothing in medicine exists by itself. Sleep apnea and snoring are among many contributing factors to heart disease. By participating in a sleep study, you create a baseline of medical data so that, after therapy is rendered, more testing can be done to check for improvements. Taking into consideration a variety of criteria, a doctor can paint a picture of the relationship between snoring, general sleep, sleep apnea, and your general health.

IM: Are there any ways to treat a snoring condition without the use of invasive devices or surgery?

BC: Yes. The two non-surgical methods of treating snoring are CPAP and dental devices. Dental Oral Appliance therapy is gaining popularity among patients and physicians. They are small retainer type devices worn on the upper and lower teeth during nighttime only. They hold the lower jaw slightly forward during sleep preventing the tongue from vibrating with the soft palate. This also keeps the O2 blood levels high. The device is easy to wear and very effective. It is often covered by insurance. However, it should be made by a dentist who is trained and experienced in oral appliance therapy for sleep apnea and snoring.

One invasive device used to treat snoring is a Pillar Implant. With this device, 3-4 small metal rods are surgically inserted into the soft palate to reduce vibration. They sometimes, but not always, work. Surgery involves removing the soft palate and some tissue of the rear of the mouth. This doesn't always work, is very painful, and often has relapse.

IM: If a person snores quite a bit, should they be checked for signs of heart disease, and how?

BC: Snoring is both a medical malady and a symptom of other possible conditions, and needs to be considered along with other signs and symptoms as a danger for heart disease. You should see your physician if you are obese, have hypertension, high cholesterol, a diet high in fats, and a history or family history of diabetes. Also, if you snore, stop breathing at night, have excessive daytime sleepiness, and awaken with headaches, alert your physician. You will then discuss medical testing, including a sleep test in a sleep facility or at-home sleep testing. **IMAGE**

Dr. Barry Chase, DDS is the owner of Chase Dental Sleepcare in Melville. For more information, call 631-393-6888 or visit www.chasedentalsleepcare.com



A MAINSTAY ON LONG ISLAND'S NORTH SHORE

DeFranco Spagnolo Salon & Day Spa

As I now walk through the town of Great Neck, I take notice of the many changes that occurred throughout the years. But one storefront has remained the same for over three decades. That's DeFranco Spagnolo Salon and Day Spa. While the name changed from Peter's Place to DeFranco Spagnolo in 1991, and it recently moved to a newer, more visible location down the block, this salon is one of the few businesses that has withstood the test of time.

Great Neck has remained a bustling town, where fashion trends and fine dining still dominate Middle Neck Road. Other salons have come and gone, but DeFranco Spagnolo has staying power. And in this uncertain economy, it's a wonder that the owners opened an additional location in Roslyn.

I had the privilege of sitting down with legendary style icons, Anthony DeFranco and Rene Spagnolo, to learn the secret to their success, the famous celebrities' hairstyles that made them famous throughout the years, and where they see hair styling trends heading for Spring 2013.

Trends Through the Times

Anthony and Rene began their careers at a time when hair styles set the tone for fashion trends. Big name celebrity stylists graced the windows of Manhattan's Madison and Fifth Avenues and East 57th Street, including that of Paul McGregor, Paul Mitchell, Cinandre, Vidal Sassoon and Jean Louis David. In the 70's and 80's, hair was all about glamour. Vidal Sassoon made precision cutting a true art and

probably the most popular trend in the history of hair styling. Who can forget the 1975 movie "Shampoo", when Warren Beatty cut Julie Christie's hair into the iconic "bob" style?

Then, Jean Louis David broke the rules for precision and created the unconstructive look, the "disheveled" look, as he called it, freeing women from conformity. The shaggy cut was an appealing unisex style. What high schooler didn't have a shag?

In the 1983 movie "Flashdance," Jennifer Beals made the bi-level bouncy look so popular that permanent waves were the most defining element of the 80's. Hair stylists were having fun creating movement and bounce.

In the 90's, Jennifer Aniston appeared on the hit show, Friends, and every woman wanted her hair. Rumor has it that Jennifer wasn't even happy with that hairstyle at first, and never imagined that she'd become famous for her role as Rachel Green, and for her hair too.

When asked, "Who do you think will be the next celebrity trendsetter?" Rene claimed to love Anne Hathaway's short hair in her role as Fantine in the 2012 film "Les Misérables," and hopes that it will be the fresh Spring look. His eyes light up at the thought of stylish cuts re-emerging.

However, Anthony feels that women are more influenced by what's on the runway and in the fashion magazines. Given the popularity of the Victoria's Secret models and their influence on young girls, both gentlemen agree that long hair is here to stay, at least for

now. They insist that if your hair is long, it must be healthy first!

The hair's health is the most important factor in its look. Most women's hair has been abused by blow dryers and flat irons. Women should embrace the natural body of their hair. It can remain long, but it



should look alive. The way to have straight hair without damaging it is the responsibility of your hairstylist. Success starts by going to a reputable salon with a highly trained staff that uses the best professional products.

A Consultation is Important

At your consultation, you should discuss your desires with the stylist. The stylist should address them as well as the at-home maintenance. There is no point in a great style, if you can't recreate it at home. You need the proper products, as well as a lesson on how to style your hair. Professional products that are exclusively available in salons may be more costly than

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drugstore brands but they are made with finer ingredients such as argon oil and aloe vera and are gentler and safer to use. Popular brands in drug chains are usually owned by larger companies that spend money on advertising and packaging rather than on the actual product. Many times, the ingredients are cheaper and less effective.

I asked Rene if it is true that washing your hair every day can cause dryness. He responded, "Not anymore. The new shampoos do not have the strong detergents of the past, so they are much gentler and won't dry out your hair. In fact, nothing looks better than clean, beautifully styled hair." However, using a blow dryer or flat iron on a daily basis can cause damage to your hair.

On the controversy surrounding Keratin straightening and the danger of formaldehyde, Rene explains that formaldehyde has been in many products, such as nail polish and lipstick, for decades. If you go to a reputable salon with properly trained staff, certified in Keratin treatments, you are safe. Keratin is a wonderful ingredient to maintain healthy hair.

Success and the Future

I asked both gentlemen, "How has DeFranco Spagnolo been able to maintain its success throughout the years, amidst all of the competition on the North Shore?"

DeFranco Spagnolo is one of only 2,500 members of the Intercoiffure, an elite, worldwide organization. Each year the organization holds an atelier at The Waldorf Astoria Hotel where top hairdressers from Paris, Italy, Spain, Germany and Japan present the newest styles. After at-

tending, Anthony and Rene train their staff or send their staff to continuing education courses.

Anthony says, "We also reach out to our clients regularly through social media and email blasts, but most important is the trust we have developed between our clients and staff". We worked hard for over thirty years to create and maintain solid relationships, which contribute most to our success. Rene says, "I still get huge gratification when a woman steps out of my chair feeling more beautiful than when she arrived. Then I know, I've done my job well."

Both love their work. Anthony says, "The beauty industry allows me to work closely with my clients and to be creative each day doing something I love. The day I am no longer behind my chair, I will help my son Nicholas make his mark in the beauty industry."

What's trending next in hairstyles? Anthony believes that a look is created from the shoulder and above, and anything past the shoulder is extra. Many of his clients want to emulate Katie Couric's hair style. It's a good, clean bob, but one of his favorites is Halle Berry. Rene would like to see more styled cuts and less one-length long hair on women. "The old days of glamour are long gone, but if I had my way, the glamour of Marilyn Monroe would return."

IMAGE

DeFranco Spagnolo is located at 1345 Old Northern Blvd., Roslyn 516- 625-2933 and 156 Middle Neck Road, Great Neck 516- 466-6752 or visit at www.dfssalon.com



FAMILY TRANSFORMING...

From **Old Roles** to **New Relationships**

OUR FAMILY DYNAMICS
CHANGED DRAMATICALLY
ELEVEN YEARS AGO WHEN OUR
MOTHER WAS DIAGNOSED WITH
PANCREATIC CANCER.

Loving, close, vivacious --- these are all words that could be used to describe the Bavero family, consisting of Carolyn and Ron Bavero and us -- their four children, Christen, Terry, James, and Joanna. Our family dynamics changed dramatically eleven years ago, when our mother was diagnosed with pancreatic cancer. Over the next two years, we developed very distinct roles so that as a family, we could give her the best while she bravely fought this disease.

Since she was the glue that held us together, we were left with great emptiness and sadness when she passed away. We found it difficult to live life passionately. The roles that were necessary for us to take on during this difficult time became our new norm, essentially they became our identity. As a family we remained close, though we were merely surviving, not thriving.

Christen:

I was the first to be introduced to Synergy Education by my best friend who has always been involved with and knew intimately the dynamics of my family. Before beginning the workshop, I, as the oldest, always felt a sense of responsibility to take care of my family and I stepped into my mother's shoes after her death. I became more than a sister but less than a mother. This quickly led to a life of feeling exhausted and sad as I put off the passions in my own life to step in and take care of my family. I realized, through Synergy, that by "taking care

a disservice to myself, as I was not living fully and joyously. As I shifted, my family dynamics shifted too. Not only were we happier, but it sparked and reinvigorated what we wanted to create in our lives. As my brother James saw the change in me, he then went through the workshop, and was quickly followed by my sisters Terry and Joanna, who participated in the workshop together.

Terry:

As a middle child, I became extremely comfortable with being diplomatic. I was the one that family members would go to when they wanted to vent and not want to be judged. However, in an attempt to be everyone's biggest cheerleader and supporter, I did not have authentic relationships with my siblings, father and extended family members. This led to a life of feeling lonely and misunderstood. It also caused me to put off



I to r-Joanna, Terry, Christen Bavero

of" or "controlling" my family, I was doing a disservice to my amazing family, who had their own talents to contribute to our well-being. I was also doing

the dreams in my own life to remain close to what my family wanted. After taking the Synergy Education workshop, I became very connected to



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how powerful I was and how much people wanted to know the “real” me. I never realized the space that I had placed in between myself and others. Now, I can continue to support people in a non-judgmental way while still being true to myself. As a result, I have completely honest and meaningful relationships with those whom I love.

Joanna:

I am the youngest in the family and so I had the tendency to let everyone else do everything for me. I was easily disempowered and used to call my sisters, especially Christen, who was eager to control situations, to fix everything that happened in my life. This led to a life of my “playing it small” and not realizing how much strength that I had as the youngest of four. In Synergy Education, I realized how vast my talents are as an artist, a baker, etc. I became eager to give my gifts to my family and the world. I no longer felt like I needed to ask permission and I saw that I can stand alongside the women in my life whom I admired, because I have just as much to offer as everyone else.

Moving forward, we now have the opportunity to support each other as we live in contribution to not only our family, but also the world around us. We now empower each other to not only pursue our individual dreams but to bring our unique tal-

ents passionately to all situations.

Synergy Education has given us the awareness to “call each other out” in a loving way when Christen is being too controlling, or when Terry is not being honest, or when Joanna is letting others step in, instead of living powerfully. We can all laugh at

WE NOW EMPOWER EACH OTHER TO
PURSUE OUR INDIVIDUAL DREAMS
AND BRING OUR UNIQUE TALENTS
PASSIONATELY TO ALL SITUATIONS

ourselves rather than becoming defensive and/or beating ourselves up. Since we come from a big family, most of the others have not yet gone through the workshop, but because of the ways in which we have shifted, our relationships with our extended family members have changed for the better.

Our family is far from perfect, but it sure is fun. And at the end of the day, can you ask for anything more than for those you love to really know you and love you for everything you are *and* also for everything that you’re not?

IMAGE

IMAGEine This

February / March 2013



VINCE CAMUTO WOMEN'S FRAGRANCE COLLECTION

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Nutmeg and the smooth sensuality of leather as this powerful, masculine arrangement finds its essence. Precious Woods, Vetiver and Patchouli send a seductive, powerful message as the fragrance's leading elements emerge. Luxury surfaces with a final hint of rich Musk assuring the unmistakably masculine impression of Vince Camuto. 3.4oz \$70 Available at fine department stores



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Pretty in pink for the fun-loving flirty girl, these Bra and Panty Travel Bags are pink with black polka dots, with black frill and trim. Bra bag is 13" long x 7" wide x 4" deep. Material: 100% Polyester, EVA hard form holds 1-6 bras up to '36C' cup. The panty bag is soft and compact with two inside zippered pockets to keep your "clean" and "not so clean" panties in their respective spots! The 'panties' on the outside of the bag are also pockets for additional handy storage space. Dimensions: 10" x 6" Material: 100% polyester. Shown-Bra bag \$54. Panty Bag \$32. Available at www.uniquevintage.com

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A New FDA-Approved **Non-Surgical Treatment** Arrives in the U.S.

THIS NON-INVASIVE PROCEDURE IS CONSIDERED BY MANY TO BE THE MOST EVOLVED SYSTEM FOR THE TREATMENT OF ADIPOSE AREAS AND CELLULITE

Have you been looking to get rid of unwanted stubborn fat? We have all have tried different diets and fads and spent hours at the gym trying to reach our goal of having “that” ultimate shape. Now, the latest revolution in technology has been FDA-approved and has come to the U.S. to help us obtain that vision of ourselves.

Cavi-Lipo, a non-invasive liposuction procedure, is considered by many to be the most evolved system for the treatment of adipose areas and cellulite.

While ultrasound technology has been around since the 1950's, Cavi-Lipo has taken ultrasound technology to a new level after years of research and development. It has come to the point of perfecting the frequency to achieve maximum Cavitation and results.

This body sculpting/body contouring system has been in Europe for the past several years and became available here last Spring. It has been used by thousands of people worldwide for several

years with a long proven track record of success.

The system uses Cavi-Lipo Ultrasound Cavitation to immediately break down fat cells. The released fat is then metabolized through the liver and natural means. The treatment takes a half hour, and only a few treatments (generally three to six) are needed to achieve results. It is all done without injections, anesthesia, antibiotics or other interventions. In essence, it is similar to liposuction but without the pain, downtime and invasiveness.

This treatment is not a substitute for other weight-reduction measures such as proper diet, exercise, and detox, but works in conjunction with a healthful lifestyle. Cavi-Lipo demonstrates results the same day in as quickly as a half hour in areas like the abdomen, arms, hips, back flanks, face and even cellulite.

How does it work?

A powerful unit weighing more than 65 pounds utilizing a strong and effective 28kHz frequency targets adipose (fat cells) causing tiny air molecules to form that are negative in pressure. These tiny air bubbles force their way out, bursting the fat cells and destroying them forever. The Cavi-Lipo Ultra-sound System also tightens the skin, removes cellulite and improves lymphatic

drainage enabling and improving the body's overall ability to lose weight and maintain a healthier lifestyle.

This treatment can also be used on the neck and face to deliver total body contouring. It is said to also be able to help shrink stretch marks, pock marks and scars. A Cavi-Lipo treatment can also help induce weight loss by stimulating the lymphatic system through lymphatic massage, which improves lymphatic drainage and helps in detoxification. This makes it a feasible treatment choice for healthy people with difficult fat pockets or cellulite that just can't be exercised away. It can also benefit those who are wheelchair-bound or unable to exercise.

Cavi-Lipo is performed in the finest spas and medical practices throughout the U.S., Europe, Canada, Australia and Asia. While results will vary depending on overall health and other contributing factors, it is now possible to come a step closer to having the body you've always wanted.

IMAGE

Kathy Tsapelis is the owner of Soma Medical Spa in Garden City, Long Island. For more information, call 516-941-1600 or visit www.somamedispa.com.



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The Whiteface Lodge Resort & Spa

Ski, Spa, Sports, Scenery ... all at The Whiteface Lodge

by JILL S. COHEN

This winter (or any season), you can have it all! You want the best in skiing. You want the best in spa-ing. Here it is ... tucked in the woodlands surrounding Lake Placid, New York, -- the renowned Whiteface Lodge Resort & Spa, the only all-suite property in the Adirondacks.

In this idyllic setting just a few blocks from Lake Placid and a short drive from the ski slopes, the lodge's rustic timber design is most worthy of its Adirondack landscape. The lodge blends vintage motifs with civilized comforts, creating an authentic and relaxing ambience.

Completed in 2005 and envisioned to be a return to the Adirondack Great Camps, with all the luxuries and services of today's finest resorts, it is now one of the region's top destinations. The Whiteface Lodge wins awards yearly, including in 2012 Conde Nast Traveler's Gold List, "The World's Best Places To Stay" -- Ranked first in NY state and the only hotel/resort listed in the Adirondacks; Travel + Leisure's "T+L 500" (Top 500 best hotels in the world); Wine Spectator Magazine -- Award of Excellence (4 years in a row); AAA Four Diamond Rating, just to name a few.

While the Adirondacks may be known as a camping spot, camping is hardly the Whiteface Lodge experience. Each graciously appointed suite conjures up the sepia-tinted essence of the Adirondack Great Camp tradition. The suites, ranging from 700 to 2,300 square feet, feature handcrafted furnishings, forged accents, and (in

most suites) cast-iron fireplaces, fully-equipped kitchens, spacious bathrooms and so much more in the way of amenities.

But, après-ski... it's spa time at the award-winning 5800 square-foot Spa at Whiteface Lodge, managed by Urgo Hotels, the top-notch hospitality company. The Spa blends the rustic beauty of its setting -- from the serenity of the forest to the purity of a mountain stream -- in an inspired design by noted interior designer Shari B. Michael and architect Andrew Chary.

Pamper yourself! The spa's offerings are tailored for both men and women, and feature such innovative treatments as the Whiteface Peak Facial, Beyond Botox Facial and the Baby Boom Facial. Massages include the Whiteface Aroma Sensory Massage, a Maple Butter Body Massage, and a "Four Handed" Massage where two therapists work in unison to alleviate the body's stress. The Sports Massage provides a great ending to an activity-filled day. Other unique services include a Lumberjack Hands Soother for men, and an Apple Cider manicure/pedicure. A Spa dining menu is available.

A great getaway destination should have a good activities menu, and this one doesn't disappoint. Besides the spa, there is an extensive health and fitness center, The Canoe Club, a year-round heated indoor/outdoor swimming pool, hot tubs, an ice skating rink (seasonal), a game room, an evening bonfire, a 10-pin bowling alley, and platform tennis.





As the site of the 1932 and 1980 Winter Olympics, there are a host of Olympic-themed attractions, including a Bobsled ride that reaches speeds up to 65 MPH, a visit to the Olympic Museum, and Whiteface Mountain with the highest vertical drop in the east coast for skiing and snowboarding.

Every season in the Adirondacks is adventure time. Snowshoeing, backcountry skiing, hiking, mountain biking canoeing, kayaking, spin fishing, fly fishing, rock climbing, ice finishing, dog sledding, and cross country skiing are all nearby.

There is also a Cigar & Cognac Lean-To, fashioned after the Adirondack-style hunting camps from the turn of the century. With superb views, a fire pit, electricity and phone service, guests can indulge in more than 25 malt scotches, after-dinner drinks and wines,

accompanying the world-class cigar menu.



What would a winter escape be without delicious dining? That can be found at Kanu, the resort's premier dining venue. The Chef de Cuisine

Greg Barth creates innovative American Cuisine served in the Adirondack Great Room dining room, with an open kitchen showcasing the culinary team's talents. Watch them prepare a menu featuring the finest fresh regional ingredients from local farms and North American native fish and game. There is also a casual eating spot and an old-fashioned ice cream parlor on the premises.

Beat the winter doldrums with a trip to the Whiteface Lodge Resort & Spa and let the fun, the frolic, and the pampering begin. **IMAGE**

The Whiteface Lodge and Spa
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THE ROLE OF YOUR MEDICAL DOCTOR IN DISEASE PREVENTION

Take a Proactive Approach To **Disease Prevention**

A GENERAL MYTH ABOUT PRIMARY CARE PHYSICIANS IS THAT THEY ARE VISITED BY A PATIENT WHO IS FEELING SICK... THEIR ROLE, HOWEVER, INCLUDES PREVENTING ILLNESSES FROM OCCURRING

Your primary care physician, also known as a “general practitioner” or “internist” is your community doctor who not only sees you when you’re sick but also plays an important role in keeping you healthy.

A general myth about primary care physicians is that they are visited by a patient who is feeling sick. However, the role of the primary care physician is actually quite expansive and includes not only treating illness, but preventing illnesses from occurring in a generally healthy patient.

Other roles of the primary care physician include coordinating the entire team of medical professionals who are occasionally on board to provide more specialized care. Conducting baseline testing of your heart, blood pressure, physical exam, blood work, lung function, vision and hearing

helps the primary care physician recognize any deviations from normal, as early as possible or during regularly scheduled well visits. Early recognition and intervention is essential for preventing disease or the progression of a disease to a worsening state.

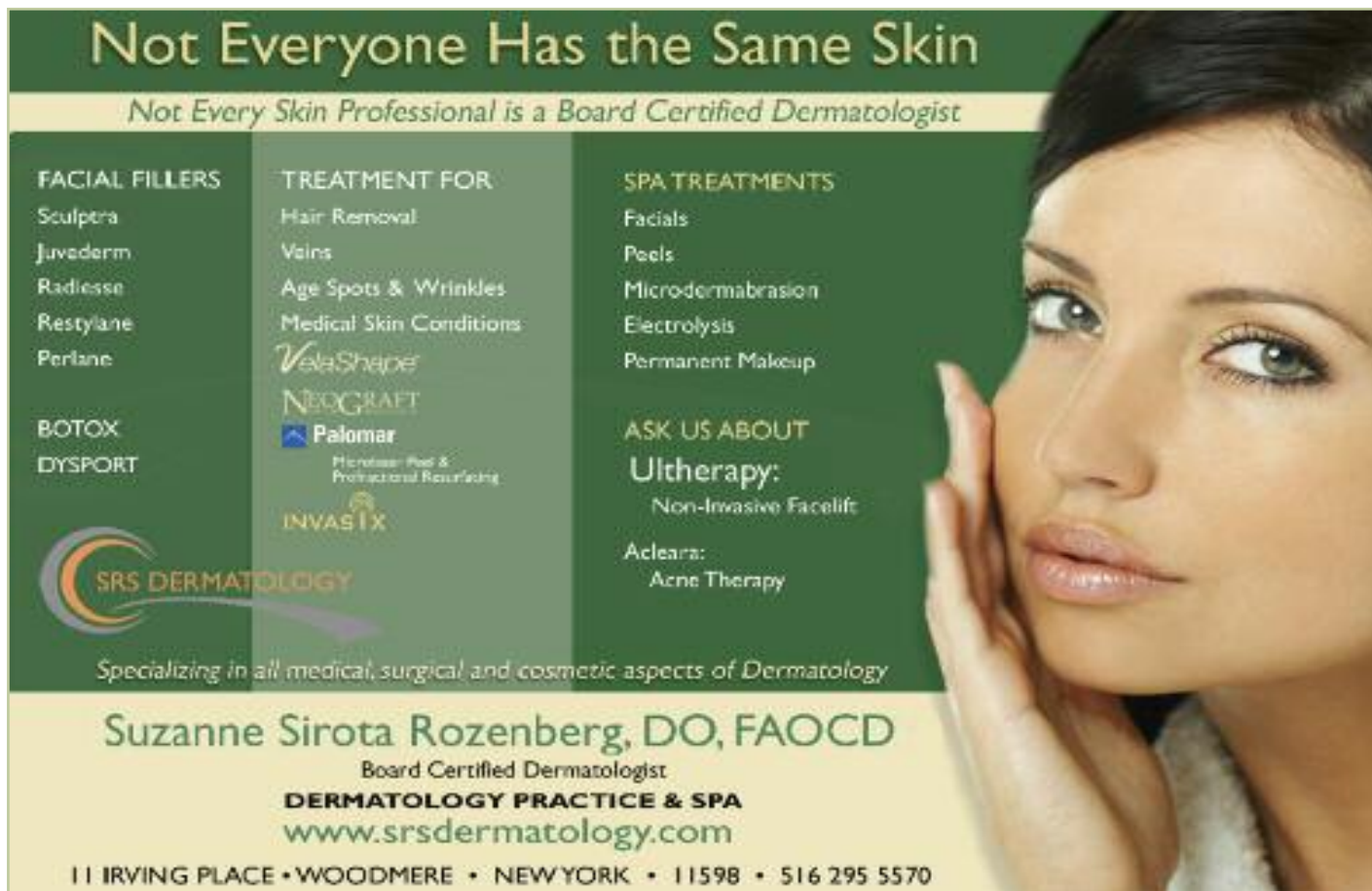
Participating in early detection of medical problems means taking a proactive stance to try to prevent illness and negative outcomes, instead



of chasing symptoms once they have already occurred. Preventative care can help reduce the number of visits to other subspecialty physicians. The role of the primary care physician extends to that of coordinating their patients’ visits with a number of subspecialty physicians i.e. cardiologist,



gastroenterologist, urologist, gynecologist, etc. Coordinating a patient’s care opens up lines of communication among all of the doctors on the team, and can track new medications added by other physicians to prevent adverse drug reactions from multiple medications. This type of medication problem can typically happen in the elderly population who are often followed by a team of multiple doctors and prescribed medications by each individual specialist. The primary care physician must always be updated on all new medications to be sure the drug regimen is safe and does not interact poorly with the rest of the patient’s medications.


Frequently encountered diseases that are caught early by primary care doctors include hypertension, diabetes, stroke, obesity, heart disease, anemia, and chronic obstructive pulmonary disease. The primary care physician that practices preventative medicine can track blood pressures routinely and discuss diet and life style modifications to prevent hypertension from progressing and causing other major organ damage.



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Stroke prevention is another area covered closely by your primary care physician as the prevention of stroke involves managing risk factors such as previous stroke or “mini stroke”, hypertension, high cholesterol, diabetes and heart disease. Strokes are the second leading cause of death in the United States, and one of the most preventable diseases if the risk factors are controlled and closely monitored by your doctor.

The primary care physician can also update and coordinate screening tests appropriate for each age group, for example colonoscopy, mammography, bone density testing, pap smears, prostate exams as well as keeping all pertinent vaccines up to date.

The primary care physician does not always work alone. Usually there is a team of medical professionals who provide care to the patients of the practice. The team may include a medical assistant, nurse practitioner or physician’s assistant. The goal of the team is to know each patient well, discuss goals of care for each patient and design the most comprehensive approach for a patient’s specific needs. It must be emphasized that the patient is also a very important part of the team.

Teamwork, dedication to specific needs of each patient, defining goals of care, and addressing risks as soon as possible for future disease prevention are among the many roles of the primary care physician.

I encourage healthy young people, in addition to those with pre-existing medical conditions, to visit their primary care physician and start a proactive approach in the fight against illness and disease. Avoid medical

TEAMWORK, DEDICATION TO SPECIFIC PATIENT NEEDS, DEFINING GOALS OF CARE, AND ADDRESSING RISKS AS SOON AS POSSIBLE FOR FUTURE DISEASE PREVENTION ARE AMONG THE MANY ROLES OF THE PRIMARY CARE PHYSICIAN

problems instead of treating them. I also encourage a close relationship between patient and doctor, whether sick or healthy. A proactive approach is a successful approach to healthy living and preventing disease.

IMAGE

Dara Brener, MD is a board-certified internist and is a staff physician at St. Catherine of Siena Medical Center. Her office is located at 48 Route 25A, Suite 210, Smithtown, New York. For more information, call (631) 870-3444; or visit stcatherines.chsli.org.



HOW TO CHOOSE THE RIGHT TREATMENTS FOR YOUR SKIN

The **Visia Complexion Analysis System** analyzes your skin's needs

A VISIA IMAGING SESSION USES MULTI-SPECTRAL IMAGING TO PHOTOGRAPHICALLY DOCUMENT SIX AREAS AFFECTING COMPLEXION HEALTH AND APPEARANCE, PROVIDING ANALYSIS

As a facial plastic surgeon, I am often asked about the newest and best ways to treat the skin in order to postpone the need for surgery or to maximize surgical results. Each year, new products are developed and technologies are constantly evolving. The Visia Complexion Analysis System provides a unique complexion profile to help design a rejuvenation and skin care program for your specific complexion. The Visia systems imaging and analysis provides a multi-dimensional view of several different aspects of the skin, both on the surface and below it.

A Visia imaging session uses multi-spectral imaging to photographically document six areas affecting complexion health and appearance. It measures wrinkles, spots, pores, evenness, porphyrins (signs of bacteria in the pores), and UV spots. The photos show a comparison of the normal and the UV image, revealing the visible spots and the invisible spots from sun damage in the complexion. Visia also

provides a comparison of your complexion with those of other women of the same age and ethnicity.

Once we have the picture, we can then create a program to achieve healthier, younger looking and more beautiful skin. The program will address each of the specific skin concerns.

Knowing how and why skin is damaged helps us to correct the signs of aging. There are several ways to prevent aging in the skin: Avoid skin pollutants, such as smoking. Protect the skin from daily sun exposure, supplement and nourish the skin with prescription topical skin-care products that help maintain the skin's supple and smooth appearance. Avoid excessive alcohol intake and poor nutrition.

To treat spots, both visible and invisible, always wear sunblock. The American Academy of Dermatology recommends that a sunscreen or sunblock with an SPF of at least 30 be applied about a half hour before you go outside each day. Sunblocks that contain zinc oxide and titanium dioxide block UVA rays that cause facial wrinkling and leathery skin.

Antioxidants may offer protection to the skin and prevent excessive skin aging while nourishing and supplementing its

deeper layers. Free radicals cause chronic damage to the cells of the skin, and antioxidants can neutralize these dangerous molecules.

Applying antioxidants directly to the skin is one way of solving the problem. All antioxidants do not contain the same ingredients, so look for vitamins C and E, ferulic acid and phloretin. Vitamin C is vital for producing collagen which gives skin its firmness and elasticity. It is also necessary for correcting pigmentation problems. It is a water soluble vitamin that regenerates vitamin E and provides UVA/UVB protection and reduces redness. Vitamin C appears to provide superior protection from sun damage when used with vitamin E. Ferulic acid is an organic plant compound found in plant cell walls. When combined with vitamins C and E, ferulic acid reduces oxidative stress and helps prevent redness and sunburn from UVB rays. Phloretin creates a potent antioxidant and provides advanced photo protection. It also contributes to greater skin penetration of active ingredients for gradual release and delivery beneath the skin surface.

There are two major things that need to be accomplished besides protecting and nourishing

the skin. We need to combat rough texture, wrinkles and enlarged pores, first by exfoliating and moisturizing the surface of the skin, and then building deeper collagen layers of the skin that thin with age and even out the skin tones and hyperpigmentation. Alpha and beta hydroxyl acids (AHAs and BHAs) diminish fine lines and wrinkles. The FDA has approved them as effective to reduce wrinkles, spots and other signs of aging and sun damage.

The more commonly used alpha hydroxyl acids include glycolic acid, lactic acid and ascorbic acid; the beta hydroxyl acids include salicylic acid and benzoic acid. Alpha and beta hydroxyl acids have been demonstrated to decrease the signs of aging by enhancing the shedding of the most superficial layer of the skin, the epidermis. Some claim they improve the quality of the elastin fibers and the collagen density in the middle layer of the skin, the dermis. Because concentrations of these compounds vary, it is recommended that they be purchased through a physician, so that you can obtain more significant exfoliation and other positive changes. Once the skin is exfoliated, the next step is moisturization. A good moisturizer should be nongreasy, nonirritating, noncomedogenic and fragrance-free. It is not necessary to buy an expensive moisturizer; there are very effective inexpensive ones widely available.

Vitamin A was the first vitamin to be used topically for the treatment of damaged skin. It may be found as retinol or tretinoin (Retin A). These forms of vitamin A induce thickening of the epidermis, increase skin cell proliferation and act as a hormone to activate deposition of collagen in the dermis to reduce fine lines and wrinkling, roughness and laxity. The key is to use Retin A consistently and always apply sunscreen. Visible results will be achieved in about six months. Tretinoin applied at night tightens the skin, reducing the appearance of pores.

Enlarged pores are caused by several factors. As we get older, oils and skin cells build up in the pores. Sun damage and loss of elasticity make pores appear larger over time. To decrease the appearance of pores, always cleanse daily -- especially at night -- with a gentle cleanser to keep pores unclogged without irritating skin. Do not use harsh skin toners or astringents to minimize pores. They may temporarily contract pores but may cause overproduction of oil and larger pores in the long run.

Using a Visia analysis will get optimal rejuvenation options for your unique combination of facial characteristics.

IMAGE

Dr. Andrew Jacono is a board-certified facial plastic surgeon and medical director of J Spa Medical Day Spa. He has practices in both Great Neck and Manhattan. For more information, call 516-773-2424.

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SMILE SIMPLICITY IS A PROCEDURE FOR PLACING VENEERS THAT USES THE NO-PREP METHOD

Anyone who has experienced braces knows that even though pain is involved, they don't always gain the desired results. There is, however, a painless and simple post-orthodontic smile enhancement treatment that literally fills the gaps left after braces.

Veneers are not commonly thought of as a follow-up treatment to orthodontics, but when braces leave something to be desired, patients may go in search of another solution.

That was the case with a recently treated cosmetic dentistry patient, Mary Kay. Like many adolescents, she received orthodontic treatment. "I had spaces in between my teeth," Mary Kay admitted, "so smiling made me feel self-conscious."

After years of braces and discomfort, the greatly anticipated moment for her braces to be removed arrived. Mary Kay found the results disappointing.

The braces were, as Mary Kay said, "just to straighten out my teeth," adding, "they didn't make my teeth [look] any better." Embarrassing gaps remained even

though her teeth were now perfectly straight. The issue was simply a case of size and shape discrepancies, particularly in her upper teeth; however, correcting spaces due to small teeth is not something orthodontics can always solve.

Mary Kay knew that veneers could close the spaces between her teeth, but she had reservations. "I'd heard of veneers," she said, "but also heard that dentists generally shave down your natural teeth to small nubs for the procedure. That definitely did not appeal to me."

While researching an alternative veneer treatment, she discovered a specific type of painless and non-invasive veneer procedure that did not require the drilling down of her teeth. She was very concerned that if a veneer should pop off for some reason, she would still have her natural tooth below and not a small nub. So, she made it her business to learn the differences in the techniques used by dentists to place veneers.

In the world of dental veneers, there are two main methods of preparing a tooth to receive veneers: "traditional preparation" and "no-prep". Interestingly enough, there is no cost difference between the two

methods.

For traditional prep, a dentist uses a drill to remove significant amounts of healthy tooth structure to create room for the veneers. This technique invades sensitive tissues in the tooth and requires shots to numb the area so the patient doesn't feel the otherwise painful drilling. In extreme cases, this invasive



technique can cause serious, irreversible damage to the tooth and may lead to the need for a very painful root canal.

"No-prep" methods aim at preserving as much tooth structure as possible. In extreme cases, a tooth may require some contouring of the enamel with a drill, but this does not disturb or expose sensitive tissues nor does it require a shot or topical anesthetic for pain. No-prep veneers are generally ultra-thin, so there is

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no extra bulk on the tooth, delivering very beautiful, natural-looking results.

SmileSimplicity is a procedure for placing veneers that uses the no-prep method. The procedure consists of a series of minimally invasive techniques used to improve the appearance and strength of teeth.

The techniques do not require drilling of sensitive tooth structure, so dentists can preserve healthy teeth. The procedure is entirely painless, eliminating any need for anesthetic shots.

Mary Kay opted for the SmileSimplicity procedure and, in just two office visits, she had eight customized veneers placed on her teeth. No anesthetic was required; her teeth weren't compromised in any way, nor did she experience any pain or post-operative sensitivity.

"This process was a lot better than what I expected because the veneer is put right over your tooth. And if you ever want to take them off, you can do that and have your original smile back," she said. "I am really thrilled with the results."

IMAGE

For more information, visit
www.smilesimplicity.com

MAKE YOUR TRIP TO THE DENTIST SEEM LIKE YOU NEVER WENT

(Continued from page 17)

additional medications within safe guidelines. It usually takes 30-60 minutes for the effects to begin, so many dentists prescribe a starting dose to begin an hour prior to treatment.

Some patients, because of medical conditions or prior regular usage of sedatives, may not be good candidates for oral sedation. For those, dentists who are certified for I.V. Sedation may be the better choice. The advantages are that I.V. drug's effects are felt within a just a few minutes and can very closely be titrated (incrementally dosed as needed) to reach the desired safe level of sedation. It can also, where indicated, provide a deeper level of sedation with the same beneficial loss of the memory of the dental procedures. During sedation sessions, another qualified staff member is present to check vital signs such as pulse, pulse oxygen level, blood pressure and even at times, an EKG can be monitored.

So, now you know that going to the dentist does not have to be the experience you may remember from your childhood. Today's modern advances can certainly make going to the dentist seem like you never went!

Don't put it off! Let the dentist put you out of pain, fear, anxiety, and embarrassment, all with little or no memory of the treatment session.

IMAGE

Dr. Barry Jason, Cosmetic, Sedation and Implant Dental is located in Great Neck. For more information, call 516-767-0900 or visit www.csi-dentist.com.



PROTECT YOUR FEET TODAY FOR A BETTER TOMORROW

When Your **Dry Skin** May Not Be Just “Dry Skin”

THIS TIME OF YEAR,
MANY PATIENTS COME
IN WITH DRY, FLAKING
SKIN THAT JUST WON'T
GO AWAY

Now that flip flops are a distant memory and next summer feels like light years away, we all tend to neglect our feet. We tuck them away in big fluffy boots to hibernate all winter long. This time of year, as the temperatures drop and the air dries out, so does our skin.

During the winter, we see many patients start coming in complaining about dry, flaking skin that just won't go away. People try lotion after lotion, some even quite expensive, to try and alleviate the problem unsuccessfully. What people don't realize is that sometimes it's not just a simply a case of dry skin.

Xerosis is the medical term for dry skin and can be very itchy, irritating, painful and unsightly. Many times it will not respond to over-the-counter lotions and might require more involved treatment. Severe and chronically dry feet can be linked to a more serious underlying condition or disease. Evaluation by a podiatrist can help rule out these types of conditions and, if necessary, guide

you towards appropriate testing or specialists. However, in most cases, xerosis is a localized and self-limiting condition that is very successfully treated with prescription medications that actually chemically remove the dry skin.

In some cases, patients can also develop cracks or fissures in the skin which can be extremely painful and can lead to more serious issues like bleeding and infection. If you notice these, you should call a podiatrist and be evaluated as soon as possible. When this occurs, intervention is required to remove the dead callused skin and medications may be required to prevent infection and help the skin heal. If you notice redness, swelling, drainage or pus, this can be serious and should be treated as an emergency.

So, how can you prevent this terrible problem? Well, first thing is to keep moisturized. Using a good lotion nightly before bed is a great way for most people to keep their feet healthy and smooth. A pumice stone is also a simple and effective way to remove those dead skin cells and keep the rest supple and clear. Wearing proper socks during the day is also important in the winter. Cotton socks in heavy boots can pool sweat and create problems as well, so a

blended material that wicks moisture is usually advisable.

The best thing to do is have your doctor take a look at your feet and make recommendations for a course of care that will keep you healthy all winter long. It is always easier to maintain your feet year-round rather than waiting

IN SOME CASES, PATIENTS CAN ALSO DEVELOP CRACKS OR FISSURES IN THE SKIN WHICH CAN BE EXTREMELY PAINFUL AND CAN LEAD TO MORE SERIOUS ISSUES LIKE BLEEDING AND INFECTION

until summertime and then attempting to resolve problems like dry cracked feet. Even though it's cold and snowy outside, and you likely won't be parading around in open-toed shoes anytime soon, taking care of your feet is important all year! **IMAGE**

Dr. Evan A. Vieira practices at Associated Podiatrists, with offices in Roslyn, Huntington, and Connecticut. For more information, visit www.greatfootcare.com.



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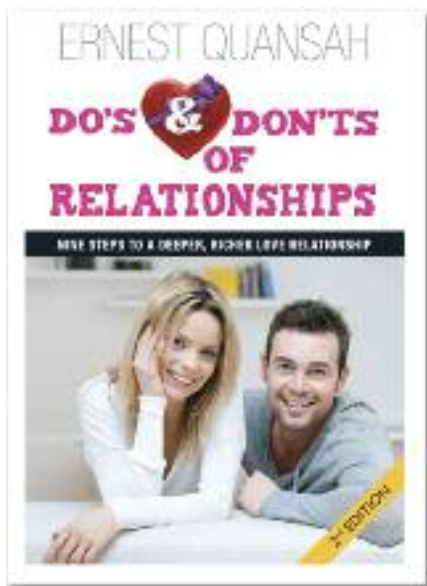
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by **Gwen Starr**



Do's & Don'ts of Relationships: **Nine Steps to a Deeper, Richer Love Relationship**

Author: Ernest Quansah

\$16.95

opportunities that lie before you. Jump fully into the idea of dating. If you are not committed to going out and meeting all kinds of people, you will never find your love. If there is someone you have liked, what are you waiting for? Ask him or her out, NOW. There is an abundance of coaching in this part of the book, so run with it.

Step three is to learn your secret to success, identifying what you are really looking for in another person. What qualities are most important to you? Think about what really matters to you and commit to your answers. When you meet someone that interests you, set goals and stand by them. Think of what you want that relationship to look like and begin creating it.

In step four, the author encourages everyone to be a "Dating Octopus". Without going out and meeting a variety of people, you can't meet that one special person. A person doesn't just arrive because you sit home dreaming about him or her. Use your most positive attributes to attract the kind of person you want to meet. There are great tips about how to go about finding your dates.

The next step is about "Winning the Dating Game". Ernest suggests enhancing all of your greatest attributes since you don't get a second chance to make your first impression. Also, you can't win the game if you don't play, so get out there. Present yourself the way you want to be perceived. Men are visual, so the way in which you present yourself is the way in which the man will look at you. It is important for men and women to be respectful, authentic, honest, loyal, a good listener, and reasonable.

Steps six and seven focus on all

the Do's and Don'ts of relationships. I am guilty of many of those Don'ts. The Do's sound so achievable that I ask myself why I don't behave that way as often as I should. The Do's are doable, so this is a time for reflection and to try on another kind of behavior

Step eight, "Don't Get Married to Get Divorced". I love this chapter. Ernest teaches us, very simply, that if you don't want to fail, then DON'T! This chapter focuses on how to succeed in your marriage. He cites that he wrote this book so that more marriages would stay alive. With a 60% divorce rate in our country, we need to understand why we are failing in marriage and how we can turn that around. What do a man and women really need and want from each other? Are we marrying for all the right reasons? You will ask yourself that very question as you read this chapter.

The final step is to remind yourself that if you are fortunate enough to find your love, do not forget to create a plan for success. If you create a plan in which both of you are clear on your goals as a couple, your chances of survival are so much greater. Ernest advises couples to create a six-year plan, just as executives do to create a successful business. Decide what you are looking for in a marriage and remember that mostly everything you need to make a marriage divorce-proof is already in front of you. You both need to work together to overcome any obstacles that may arise.

This book has much to offer. If you hope to spend your next Valentine's Day with your true love, I'd recommend picking up a copy of this book. For more information, visit www.adultcounseling.ca

IMAGE

February is the month in which Cupid comes around and shoots his arrow into the ones we love. If you are happy in love, then you are blessed. But if you are still searching for Mr. or Ms. Right, then you may find what you need within the pages of this book. You'll be able to discover why the right relationship hasn't happened yet for you. Ernest Quansah, with more than ten years of dating, relationship and marriage counseling experience, lays down a clear and concise plan with which to achieve your goals.

The first step in achieving a loving relationship is to understand the opposite sex. Men and women think very differently, but together they can make valid, healthy decisions. The author strongly encourages everyone to reflect on their past relationships and recognize what went wrong and what was right. He advises readers not to let past relationships cloud your goal of finding new love. Positive thinking is critical. As Gautama Buddha says, "The mind is everything; what you think, you become." Get rid of negative thoughts and self-criticism. You deserve what you are seeking!

The second step is seizing the



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image events

Michael's Mission's 4th Annual Benefit

Over 450 attendees gathered at Inside Park at St. Bart's in NYC to honor Dr. Allyson J. Ocean with the 2012 Achievement Award. The event raised over \$350,000. The support of the attendees and sponsors is integral to the success as a new organization and will make a significant impact on the lives of future patients and their families. Inspired by Michael Soussa, who lost his 3 year battle to colorectal cancer, Michael's Mission is focused on improving the quality of life and treatment options for those suffering from colorectal cancer through education, research and patient support. Proceeds from the silent auction and raffles will be used to further develop programs and partner with other organizations in line with our mission.



The 2012 Synergy Education

Holiday event was a spectacular evening! It was an evening to acknowledge and complete all that was created in 2012. Each person got the opportunity to powerfully declare what they were committed to in 2013!

The crowd mingled over delicious food and wine throughout the evening and DJ, Diego Andrade spiced up the evening with his special blend of dance music. It gave us the chance to celebrate all the blessings we share.

Anything is possible when a passionate and loving group of people get together to make a difference in this world!



Photo: askyourweddingexpert.com

Center: Elena Golescu, Great Neck Plaza Mayor, Jean Calender, Edward Golescu & George Golescu, along with, Daria Carioscia

Ludis Charming Instinct held its first annual Evening of Strength and Hope to fight against breast cancer

on October 11, 2012 at New York Cosmetic Image Center Salon in Great Neck and raised \$3,285 in support of the American Cancer Society. The event was the vision of the Vice President of Ludis Charming Instinct, Edward Golescu, who sponsored the event. The evening included custom styled Pink Hair Extensions, cocktails, DJ, raffle prizes donated by area Great Neck shops and delicious Romanian desserts. In attendance were many thankful clients as well as the Village of Great Neck Plaza Mayor Jean

Celender who joined in the Pink spirit. New York Cosmetic Image Center caters to clients' needs that range from celebrity Ludis Charming Instinct Hair Extensions, to thinning hair, to alopecia and individuals going through chemotherapy. The mission of the salon is to provide natural looking hair with high quality professional products to help men and women, be the best they can be.

The 15th Annual Benefit Dinner & Auction for Cancer Research

The Samuel Waxman Cancer Research Foundation (SWCRF) celebrated its 15th Annual Collaborating For A Cure Dinner and Auction at the landmark Park Avenue Armory on Thursday, November 15, 2012. Carmen Marc Valvo was honored with the Humanitarian Award and Dale & Peter Claman received the Distinguished Service Award; the evening was headlined by The Warren Haynes Band, featuring performances by Peter Frampton and Gregg Allman.

Dr. Samuel Waxman spoke about the importance of epigenetics, the process of re-teaching a gene how to behave and what the Samuel Waxman Cancer Research Foundation is working on to find a cure for cancer. The event was attended by more than 950 corporate executives, board members, and their guests and raised more than \$4 million to support the Foundation's research efforts to produce a cure for cancer, reprogramming cancer cells to deliver tailored, minimally toxic treatments to patients. The scientists who are funded by the SWCRF have made significant breakthroughs in cancer research, including identifying pathways to deliver drugs and novel therapies to treat cancer.



DeFranco Spagnolo Salon & Spa Celebrates in Style

The respected style innovators of the North Shore, Anthony DeFranco and Rene Spagnolo turned up the holiday season with the staff from both their Great Neck

and Roslyn salons at Cafe Testerosa in Syosset. The food was delicious as always and the drinks were flowing throughout the evening as this close knit group danced the night away to the sounds of DJ EJ.



INTIMATE DINING WITH THAT SPECIAL SOMEONE



The Place



Erminia Restaurant



The House



Taureau



The Lakehouse Restaurant



Hendrick's Tavern



by **JILL S. COHEN**

Winter seems to call for romantic evening escapes. Whether it is the lure of St. Valentine's Day celebrations or the wintry March weather, romantic dinners in New York are much desired. Here are a few selections, which top the lists in romantic dining.

The Place, tucked away on a lovely tree-lined street in the West Village, is a neighborhood gem with Old World Charm, held in high esteem since 1998. Built 115 years earlier, the restaurant's three intimate Swiss-chateau style dining rooms are unique with their original oak-beamed ceilings and working fireplaces for a romantic effect. The menu parallels the ambience, with original Pan-European and New American dishes made from organic market ingredients. It's a perfect backdrop for a cozy candlelight date, or a reunion with friends and loved ones. All the guests will leave satisfied in mind, body, and spirit. (310 W. 4th St., 212-924-2711; www.theplaceny.com)

Romance seems to be served daily at **Erminia Restaurant**. Engagements and anniversaries are par for the course, and for all good reasons. The Swiss Alps cabin-like atmosphere accents the rustic feel at Erminia, while the Roman-influenced original Italian menu concoctions win hearts. Forbes Magazine twice selected this spot as its #1 pick for food. (250 E. 83rd St. between 2nd and 3rd Ave.; 212-879-4284; closed Sundays; www.ermindariorante.com)

The House is a magnificently restored three-floor 1854 carriage house in Gramercy Park. It holds the beauty of its classic interior and the warmth of natural light. You can enjoy casual fireside dining around the parlor floor, or intimate dining in the second floor sky lighted gallery or Chef's Table dining in the cozy sub-level kitchen with wine cellar views. All are a perfect setting for enjoying fine food, wines, spirits and background vocals of 1940s jazz or swing. The eclectic sharing menu of specialties is made with seasonal and regional ingredients from NY's farms, orchards and waters, with international foods, cheeses, cured meats, oils and chocolates. (121 E. 17th St.; 212-353-2121; www.thehousenyc.com)

Taureau is a BYOB fondue spot in Soho by a seasoned fondue pro (Didier, who perfected his trade at his own Parisian fondue spot). The small space is decked in white and red, spotted with two-person tables and set up for serving just fondue. C'est magnifique! (558 Broome St.; 212-228-2222; www.taureau.com)

If you live on Long Island, and want to stay on the Island for your dining adventure, try **The Lakehouse Restaurant**, a jewel of Bay Shore. Co-owners Eileen and Matthew Connors run this cozy, but elegant lakeside charmer that's considered "one of the best restaurants on Long Island." New American dining accompanied by gorgeous views of the lake is perfect for a romantic occasion. The lake is illuminated at night, and you can congregate around a fire pit for after-dinner cocktails. Dine or have a cocktail at the classic mahogany bar...elegantly understated fine dining. (240 West Main Street, Bay Shore, Long Island; 631-666-0995; www.thelakehouserest.com)

A popular dining venue, **Hendrick's Tavern** (formerly the George Washington Manor), also on Long Island, is a sophisticated dining venue, for sure. Its chic New York City décor and ambience boast multiple dining rooms, three bars and a lounge. The interior has dark wood paneling, mirrored columns, elegant wood tables and chairs, wood and leather banquets. The menu is American cuisine, with something comforting and pleasing for everyone from pasta to small plates to seafood and so much more. (1305 Old Northern Blvd., Roslyn; 516-621-1200; www.hendrickstavern.com)

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