

HEALTH & BEAUTY

THE YOU DOCS



By Mehmet Oz, M.D.
Michael Roizen, M.D.

CAN'T LOSE WEIGHT? TRY THIS

Frantic to lose some weight? The first thing to do is calm down. Try this: Spend seven minutes a day meditating — yep, just seven minutes. It could help you get slim. It's no secret that we're big fans of meditation. It helps us sleep, de-stress, fight inflammation and concentrate. (Dr. Mike even does quick deep-breathing sessions when he's stuck in long, slow elevator rides.) But one of meditation's little-known benefits is its effect on cravings. Spend about seven minutes meditating each day, and you'll not only experience far fewer food cravings, but you'll also be far more likely to resist that doughnut. The technique that's been found to excel at this is an easy relaxation method called mindfulness meditation. Want to give it a whirl? Find a quiet place (the throne room is fine), get comfortable, close

your eyes and breathe in and out at a natural pace. Notice whether your breath feels warm or cool. When other thoughts and sensations butt in, acknowledge them, then refocus on your breathing. After seven minutes or so, open your eyes and re-enter the world slowly. That's it. Pretty easy, right?! And there's a bonus: A few minutes of mindfulness meditation daily also counteracts aches, pains and memory loss. It helps control your alpha rhythms, a type of brain wave that boosts your ability to focus and tune out distractions, as well as pain signals, which mess with your memory.

Do you need Botox? Not for those frown lines ...

Here's a little-known secret: While Botox is famous for being better than Photoshop at smoothing out frown lines and crow's feet, its power to temporarily paralyze muscles helps more than wrinkles. It's become a terrific trouble-shooter for problems that aren't life-threatening but sure make life miserable. Yes, the injections have to be repeated (typically once or twice a year), and sometimes in places that may give you the willies (armpits, bladder). But the shots are way faster, easier, cheaper and safer than surgery, which often has been the only treat-



ment, if there even is a treatment. The latest among Botox's list of accomplishments: taming overactive bladders in people who can't control their urine flow because of either multiple sclerosis or spinal cord injuries (include many war veterans here). That's not all Botox helps. Add problems that range from extremely embarrassing to extremely painful: **■ Nonstop sweating:** If your underarms never stop dripping (called hyperhidrosis), Botox injections every six to 12 months will turn off the tap. **■ Chronic migraines:** Botox prevents many of these painful, persistent headaches in certain patients, and also eases the types that feel as if your head is caught in a vise or your eyes are popping out of your head. **■ Enlarged prostates:** Botox is looking like a good alternative to surgery for this common male complaint. **■ Muscles spasms in your elbows, wrists and fingers:** This is another maddening, hard-to-treat problem that Botox eases. All this from a drug best known as every starlet's best friend (and maybe Simon Cowell's).

Flu viruses evolve quickly, that's why yearly shot needed



People's Pharmacy
Joe and Terry Graedon

Question: Can you tell us about flu vaccinations? I don't understand how the vaccine can wear off so quickly that it's required every year. What other vaccine acts like this? **How can we be so confident in guessing which viruses will be prevalent in the coming season? I keep wondering if the vaccine really makes sense because I doubt that many people actually die from flu.** **Answer:** Flu viruses evolve quickly, which is why each year the vaccine is made to protect against different strains. If you catch the flu, your body will recognize that particular strain, but not the slightly different one that may emerge next year or the year after. You are right that most other vaccines work for much longer than a flu vaccine. Those organisms do not mutate as rapidly as influenza viruses. Because virologists have to predict which flu strains will become a problem many months ahead of time, they don't always guess correctly. Nonetheless, the flu vaccine saves lives. Experts estimate that during the past three decades, anywhere from 3,000 to 49,000 people die annually from complications of influenza. **Q:** I am desperate for help with my dandruff. The flakes are driving me crazy! **A:** Dandruff can cause itching and flaking of the scalp that is both uncomfortable and unsightly. When it gets really bad,

dermatologists call it seborrheic dermatitis. Scientists now think that bad dandruff is caused by a yeast infection (Malassezia). This fungus can even cause inflammation around eyebrows and the creases of the nose, lips and ears. Although there are many dandruff shampoos, we continue to hear from readers that they get relief using home remedies such as Listerine soaks, Vicks Vapo-Rub, milk of magnesia or dilute vinegar rinses. We are sending you our Guide to Hair and Nail Care for more details on these remedies and other ways of dealing with dandruff. Anyone who would like a copy, please send \$3 in check or money order with a long (No. 10), stamped (64 cents), self-addressed envelope to: Graedon's People's Pharmacy, No. H-31, P.O. Box 52027, Durham, NC 27717-2027. It also can be downloaded for \$2 from our website: www.peoplespharmacy.com. **Q:** I'm a critical-care nurse with a daughter who's a transplant recipient. I know that hospital housekeeping departments do the best they can. Often, though, the cleaning staff doesn't think to sanitize every surface patients and staff touch. This should definitely happen after

one patient is discharged and another is admitted, but it doesn't always. When I'm at work, before any admission, I am careful to thoroughly clean things like call lights, phones and monitor wires. I clean my shoes and stethoscope at the end of my shift, and I don't reuse my white jackets without laundering. Of course, whenever my daughter is hospitalized, I am careful to clean her room, too. We have had very good results through the years with this approach. **A:** As you know, the immune systems of transplant recipients are suppressed to prevent rejection of the organ. As a result, they can't fight off infections like healthy people do. We appreciate your attention to potential contamination of hospital rooms. We spoke with Robert Muder, M.D., about his successful infection-control program at the Veterans Affairs Pittsburgh Healthcare System. He found that recruiting housekeeping staff to the team and reframing the job as preventing infections rather than just cleaning rooms really helped.

Joe Graedon has a master's in pharmacology and Dr. Teresa Graedon a doctorate in medical anthropology. Write The Graedons, c/o The Palm Beach Post, P.O. Box 24700, West Palm Beach, Fla. 33416-4700 or visit www.peoplespharmacy.com.

The YOU Docs, Mehmet Oz and Mike Roizen, are authors of "YOU: The Owner's Manual." Want more? See "The Dr. Oz Show" on weekdays at 4 p.m. on WPBF-Channel 25.

To submit questions, go to www.RealAge.com

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Notables

CLARIFICATION

Because of a production error, the following events were not listed under Nov. 8 in the Notables Event Calendar. **Center for Creative Education.** Little Black Dress "Ultimate Girls' Night Out" 6 p.m. Start at C. Orrico, Palm Beach; dinner at Buccan and Café L'Europe, Palm Beach. \$150. (561) 805-9927. **The Fenton "Andy" Hollingsworth Scholarship Funds.** An Intimate Evening with

Copeland Davis. 7:30 p.m. Eissey Campus Theatre, Palm Beach Gardens. \$20. (561) 207-5900. **H.M. Flagler Chapter, DAR.** Veteran's Day Luncheon. 12:30 a.m. Colony Hotel Pavilion, Palm Beach. \$45. (561) 358-2840. **Jewish Adoption and Foster Care Options.** JAFCO's Book Brunch. 10 a.m. Valencia Reserve Club, Boynton Beach. \$45. (561) 372-0103.

Cheers

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Miami has the Dolphins Cheerleaders, Broward has the Panthers Ice Dancers... **Now** Palm Beach has its very own Professional Cheerleading Squad - The Palm Beach Mako Cheerleaders!

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ask the Dentist

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CT Scans and Dentistry

Question: I need dental implants. My dentist wants me to have a type of 3-D "CAT scan" with something called an iCat machine. It is expensive and not covered by my medical or dental insurance. Must I have this scan done; he has my X-rays?. Gigi on Jupiter Island

Answer: As strange as this may sound, I can answer this question due to my love for steak. Last week, a well known University of Florida dental educator, Dr. Bill Martin, gave a presentation on implants. He informed us that only 8% of patients going through the university affiliated implant clinic required this expensive and sophisticated type of scan. A recent article in the NY Times showed that the companies that make these 3D scanners are paying some dentists to promote the device on the lecture circuit and pose in ads in dental journals. Currently, regular digital X-rays are just fine for evaluating the bone for implants and use much less radiation than any CT scanner.

EDITOR'S NOTE: Dr. Josephs will be giving a **FREE LECTURE** on **Hi-Tech dentistry: Incision-Free Dental Implant Surgery, Digital Crowns & Veneers and How to Choose a Dental Office** at the Double Tree Hotel on PGA Blvd. in Palm Beach Gardens on **Thursday December 1st at 4:00 pm.** All attendees will receive a FREE copy of his book: "Tooth Talk". There are only 29 seats left. Call today to register at 561-832-2917

Dr. Josephs practices Cosmetic, Implant and General Dentistry in Palm Beach and hosts the "Tooth Talk" radio show live on Fridays at 11am and Tuesdays at 8:30am on WBZT AM1230. (www.radiotoothtalk.com) On staff at Good Samaritan Medical Center, Dr. Josephs is on the Faculty Advisory Board at McGill University's Faculty of Dentistry. Send questions to driosephs@palmbeachdentist.com or call 888-DRTOOTH (888-378-6684) or visit www.palmbeachdentist.com

ask the Plastic Surgeon

SPECIAL ADVERTISING FEATURE

Dr. Anita Mandal, M.D.
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561.238.0040
EYEBROW HAIR TRANSPLANT VS. BROW TATTOOING

Question: My eyebrows have always been thin and I've been getting permanent makeup treatments for years. Now that I'm older, my brows have lost more hairs and tattoo makeup gives them a "painted" look. Is there something available that is more natural looking, longer lasting and less maintenance?

Answer: With advances in hair restoration surgery, eyebrow transplants are gaining popularity. Usually 250 to 500 individual hair follicles are transferred from a small donor area on the back or side of the head to the brow region. Brow transplants are a 1 to 2 hour office procedure using local anesthesia and oral valium. The donor site where the hair is taken from typically has an unnoticeable scar, once healed, with no bald spots or missing hair. In addition to being permanent, eyebrow transplants have less risk, recovery and postoperative discomfort. While the cost of an eyebrow transplant is higher than a single tattoo makeup treatment, a brow transplant is more cost effective in the long run. Eye brow transplants can give a natural lift to the brows, a higher brow arch, reduce brow asymmetry and make your eyes appear youthful. Eye brow transplants require greater aesthetic skill than hair transplants to the scalp. Individual preferences in brow shape, length and thickness are important considerations. Brow grafts are precisely placed within a defined area and inserted at a specific angle, giving a more natural appearance to the brow and reducing the need to wax the newly transplanted brow hairs.

BEFORE

10 DAYS POST-OP

Dr. Anita Mandal is a double board certified Facial Practice Surgeon. Her practice of 14 years is specialized to cosmetic procedures of the head, face and neck with both surgical as well as non-surgical treatments. Her expertise includes facial rejuvenation, hair restoration, rhinoplasty and corrective cosmetic surgery. She is on the medical staff at Jupiter Medical Center in Jupiter, FL. Her Palm Beach Gardens office houses two state-of-the-art surgical suites to assure patient safety, comfort and privacy. To ask a question, please email Dr.Mandal@comcast.net. You may also log on to www.MandalPlasticSurgery.com

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