

Managing Balance Disorders

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Balance disorders are extremely common, but they can lead to serious consequences when identifying the causes is avoided. More than one-third of the population age 65 and

Balance is an individual's ability to maintain equilibrium and orientation. It is a result of many interactive

Diagnostic studies and evaluations can be performed by specialists like audiologists; ear, nose and thro

Overcoming Dental Fears

*by Ximena Aldea, D.M.D.
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For many, going to the dentist instills a fear that is hard to overcome. The scary, shiny instruments, bright

One of the most effective coping techniques is distraction. Bringing an iPod with headphones to listen to

In addition, many dentists offer intravenous sedation or oral sedation, which involves taking a pill prior to
It is important for dentists to take time to ensure that patients feel at ease, as well as review things that c

Maintaining Healthy Eyes

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The first step in achieving healthy eyes is an annual eye exam. With routine eye care, eye doctors are a
The second step is to eat lots of dark, leafy vegetables, such as broccoli, spinach, kale, turnips and colla
People also should wear ultraviolet ray-blocking sunglasses when outside, since UV rays can cause can
People should not ever sleep in contact lenses, because this can cause the rate of corneal ulcers and in
Lastly, they should not smoke. Plenty of studies have shown smokers are more likely to have eye proble

Ladies, Suffer No More

by Christopher Walker, M.D., F.A.C.O.G., F.I.C.S.
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When a woman ages, everyone talks about hormonal fluctuation. What they seldom discuss are other d
Trained gynecologists specializing in female urology see women every day with these issues. These phy
One in three women will face the symptoms of urinary leaking or overactive bladder impacting her lifesty
As a woman ages, she should not forget that her pelvic health is just as important as the rest of her body

The Pros of Probiotics

*by Daciana Phillips, president
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Many Americans use complementary and alternative medicine in their pursuit of good health and well-be
Natural products include the use of a variety of herbal medicines, vitamins and minerals. Probiotics are l
Research studies rate probiotics as likely to effectively improve the conditions of vaginal (bacterial and y
Herbal medicines reflect some of the first attempts to improve the human condition. From the prehistoric

Psoriasis

by Christopher Crotty, M.D.

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Psoriasis is more than a heartbreak. In fact, the impact of psoriasis on a patient's quality of life and gene

Psoriasis is a chronic, immune-mediated disease characterized by thick, scaly patches. Virtually every p
Furthermore, since psoriasis is a chronic, lifelong disease, it is a persistent source of anxiety. Unfortunat

Controlling anxiety and stress-relaxation training can help modify the impact and progression of the dise

Fortunately, there are many treatments available for patients with psoriasis of all types. These range from

What is most essential, however, is focusing on the total care of patients with psoriasis. People need to

Technological Advances in Dry Eye

by Deepak Raja, M.D.
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Most people know someone who has the classic complaints of chronic redness, irritation and burning from

Recent technological advances now allow for the testing of the quality of a patient's tears. It provides a t

Because of its ease and speed, the new technology is a wonderful screening tool and affords the ability

What Does Anti-Aging Mean?

by Stan Loomis, pharmacist
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The term “anti-aging” is a popular phrase used over and over again in today’s advertisements. But what
As people grow older, their bodies’ ability to utilize and produce vitamins, minerals and hormones decrea
Anti-aging programs are designed around replacing what the body is losing or is no longer able to produ
Eating right, exercising and participating in a physician-supervised anti-aging program can help slow do
Growing older does not have to mean feeling older. Anti-aging therapies can help people live longer, str

Stress Can Cause Bruxism

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Now, more than ever, people are busier and experience increased stress.
Stress not only wears a person down physically and mentally, it can damage and wear down one’s teeth
Visual signs include uneven wear of tooth surfaces, progressive shortening of front teeth, craze lines, cra
Some people are aware that they clench or grind during their daily activities; however, some are not awa
A dentist can diagnose and treat bruxism using treatments such as an occlusal adjustment on “high spo
A custom-fitted night guard or bite plate also can be used to prevent the upper teeth from touching the lo
Untreated bruxism can lead to the severe damage of both teeth and jaw joints.

True Relaxation

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Efficiency, productivity and achievement are hallmarks of society. Many people feel that if they are not doing

True relaxation is the ability to be still in one's soul. It is the capability of being fully present and not thinking

Relaxation can take place anywhere, and it is vital to mental health.

Taking time to relax brings peacefulness to a person's thoughts and feelings, as well as fosters a positive

Some relaxation techniques include meditation, deep breathing and prayer. Without proper relaxation, a

Detection of Carious Lesions

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During a dental examination, it is sometimes difficult to be 100 percent sure if a cavity exists. Staining in

Even without radiographic evidence, caries can be present in suspicious-looking lesions. Examinations of

Throughout the past decade, technologies have been developed to aid in the detection of questionable cavities

Without judicious clinical judgement, false positives may lead to over treatment, thus a conservative approach

No More Neck & Back Pain

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Disc restoration therapy is an advanced procedure that treats the sources of back and neck pain without surgery. DRT is achieved by immediately reducing inflammation and pain around the spinal nerves, while driving the disc back into its normal position. DRT works because it is nonsurgical and resolves the problem, not just the symptoms. It also is covered by most insurance plans. Its seven-step system approach consists of pain control, spinal decompression, inflammation control, muscle relaxation, and disc restoration. DRT combines spinal decompression with muscle relaxation procedures to gain optimal pain relief. Follow-up care is provided to ensure long-term relief. Many people are candidates for DRT.

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