

New Year New You

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New Year New You

ADVERTISING SUPPLEMENT

Begin the New Year by helping others

Make enrolling in the New York State Donate Life Registry your New Year's resolution and you may someday leave the beautiful gift of sight to someone who is blind. There is no cost to be a donor and even people who wear glasses can donate.

According to The Eye-Bank for Sight Restoration, a nonprofit organization serving the greater New York City area, hundreds of men, women and children can be saved from blindness each year with sight-saving cornea transplants made possible with donor eye tissue. And by signing up in the NYS Donate Life Registry, you might help make a difference for any number of the 10,000 New Yorkers who are waiting for life-saving organ and tissue transplants. To date, there are more than three million individuals registered to become donors in New York's registry. Be counted among them in 2017.

There are a number of ways New Yorkers can sign up in the Donate Life Registry, such as when you get a new or renewed driver's license either in person at a Department of Motor Vehicles (DMV) office or when completing forms by mail. Or go online to MyDMV at www.dmv.ny.gov and click on the New York State Donate Life Registry to be an eye, organ and tissue donor. It's easy and only takes a minute to sign up.

All residents of New York City who apply for a free municipal ID card also have the option of enrolling to be an organ, eye and tissue donor by completing the section provided on the application. IDNYC is available to any city resident regardless of immigration status as a method of identification for various government and non-government services.

And lastly, you can visit The Eye-Bank's website, www.eyedonation.org, and sign up by clicking on the "Become a Donor" button to download a form. Or, call The Eye-Bank at (212) 742-9000 and ask to be sent an enrollment form in the mail. However you enroll, your specific wishes about eye, organ, and tissue donation will be entered and the New York State Department of Health will send you a letter confirming you are in the state's Donate Life Registry.

Once you sign up to become a donor, encourage your family and friends to do the same. And go to www.eyedonation.org and "like" The Eye-Bank on Facebook. Registered donors can share their story with friends and urge others to sign up to give the gift of sight and life.

For more information, call (212) 742-9000 or go to www.eyedonation.org. Begin the New Year by helping others. Sign up today.

Why do we live in a sick country?

With the ever-rising rates of heart disease, cancer, pain and overall ill-health it is safe to say that our country is sick. But why? In my opinion there are only three causes of our declining health.

First, we need to take responsibility for our health and health care. Sounds harsh, but no one else is responsible for your health, not your doctors, not insurance companies, just you. The second reason is that we are looking at the wrong guidelines. We have been looking at a sickness and disease "map" for so long that we don't know how to get back to health. By focusing



on the speed bumps (the symptoms) you end up lost or going around in circles.

Improving and maintaining your body's function is the GPS that will take you back to health.

Chiropractic tenets hold that the structures of the body and spine affect the function of every part of the body. Chiropractic adjustments, acupuncture, massage therapy and physical therapy all help to correct the body's alignment and balance to improve function and help the

body heal itself. Manual therapy, posture and ergonomic training and nutritional support help to point your body in the right direction.

You have probably seen how physical, chemical and emotional stresses take their toll on how your body works and lead to a deterioration of well-being. For the past 23 years, it has been amazing to watch how improved function can lead to improved movement, decreased pain, improved sleep and better health in my patients.

The third reason we're sick is because of the Law of Diminishing Intention. We have all experienced

this when we are so eager to start our New Year's resolutions only to see that drive fade quickly, sometimes before Valentine's Day. It is difficult to start, and even more difficult to continue, our journey toward better health. But nothing could be worse than waiting to get on that road. Sickness doesn't wait.

Make an appointment today to realize your full health potential, Dr. Andre Farah, Astoria Chiropractic, 29-15 Astoria Blvd, Astoria, Queens (718) 721-2192.

EYE AM SO PROUD.

I never knew my sister signed up to become an eye donor. But I was so proud to honor her wishes and help make it happen.

There are thousands of New Yorkers who are losing their sight and they are depending on us to help.

Give the beautiful gift of sight and honor your loved one's wishes to be a donor. Sign up online at eyedonation.org or call 212-742-9000.

It only takes a minute to sign up. Do it today!



See what your eyes can do for others.®

Jessica A.
Donor Sister

212-742-9000



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WHATEVER YOUR AGE, DON'T LET MISSING TEETH LIMIT YOUR LIFE!



Before



After



Before



After



Before



After



Before



After



Before



After



Before



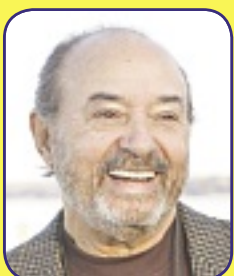
After

"With my dental phobia, I neglected my dental health and became embarrassed to see a dentist. After many years, I was now able to afford my dental restorations and dental implants. I did my research and I came across The Popper Dental Team. I was impressed with the happy patient results and decided to make an appointment. After my first consultation, I trusted the Team to do my dental restorations. Coming from a medical profession myself, everybody made me feel at home. My dental implant surgery was easy. Dr. Marlisa Popper has a lot of patience, and is a perfectionist. I love my new perfect smile. I am forever grateful."

- Dr. A



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"As a retired Chief of Surgery, with 40 years of experience I think I know great surgeons when I see them. After seeing several dentists who were unsure as to how to treat me, I met with Dr. Popper. Needless to say I chose him after speaking to him. My result has been marvelous. The surgery was uncomplicated and I now have a great smile."

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Dr. André Farah

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- Numbness & Tingling
- Sciatica
- Pinched Nerves
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Hopeton Care

Compassionate home care you can trust.

Hopeton Care, a 24/7 licensed home care services agency approved by the New York State Department of Health, provides quality home health aides, personal care aides, nursing and rehabilitative services within the New York metro area. When you choose Hopeton Care, you are matched with a caregiver who is experienced with your specific needs and will always put you or your loved one's safety first.



Farrah Rubani, Hopeton Care, C.E.O.

Our goal is to provide the best home-care services and caregivers who will easily adapt to your family's habits, understand and respect your customs and enhance your overall lifestyle without major changes to your daily routine. Our services include nursing, home health aides, personal care aides, rehabilitation, physical therapy, occupational therapy and speech therapy. Many of our caregivers provide specialized care for Alzheimer's, dementia and Down syndrome.

At Hopeton Care, we believe that home care is a hands on experience requiring trust and passion. We understand that you may have many questions and concerns, especially when looking for the right people to care for you or your loved ones. Our approach is to ensure the highest quality of care and to communicate with you beyond just providing reports. Many of our aides are bilingual or multilingual in Russian, Spanish, Korean, Chinese, Trinidad, Creole, Bangladesh, Urdu, Punjabi, Hebrew and Arabic.

We understand that bringing someone into your home and life can be an endeavor. You can feel peace of mind knowing that every single Hopeton caregiver is screened and highly qualified and trained to provide you with the companionship, care and personal attention that you or your loved ones deserve. All of our paraprofessional staff undergo a background check and have received extensive training at Hopeton Care through our New York state approved home health aide/ personal care aid training classes. Hopeton Care is accredited by the Joint Commission, a voluntary accreditation, which examines the quality care an organization delivers. We offer the Medicaid program, Consumer Directed Personal Assistance Program (CDPAP), an alternative to traditional home care. This program allows you or your loved ones to have flexibility in choosing someone such as a friend or family member to become involved with your home care. When you enroll in CDPAP through Hopeton Care, we act as a partner or liaison to guide and facilitate your ability to recruit, train, hire, schedule, supervise and pay your own caregiver. Family is important, and we believe that you or your loved ones should feel empowered and have more control over who and how your care is provided.

Our aim is for you and your loved ones to become more independent and feel peace of mind knowing that you can depend on us to support you in your time of need— 365 days a year, 24 hours a day, seven days a week. You can expect to see many of our leaders and staff since they make home visits, check-in occasionally, connect and listen to feedback directly from you.

Visit our site for testimonials and for answers to frequently asked questions. For more information, call 1-888-433-6363; visit www.hopetoncare.com; or email: info@hopetoncare.com.

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"I have been very impressed with the care provided to my loved one. They followed up and are very compassionate. Something I really needed."
- KEVIN S.

"I would like to take a moment to thank upper management and my coordinator for providing wonderful care for almost 2 years. My caregivers are kind, hard-working and passionate about their job! I absolutely appreciate Hopeton Care and have recommended them to my family members in need." - JULIE T.

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COME VISIT US!

NewYear NewYou

ADVERTISING SUPPLEMENT

Want relief from neuropathy? Oceanside Wellness Center can help

Have you been told to live with neuropathy? Have you been through many tests with no result, explanation or treatment? Are you becoming discouraged?

A specialized treatment protocol is available at the Oceanside Wellness Center for those who suffer from the symptoms of neuropathy. It includes specific treatments designed to heal the injured areas, helping to diminish the symptoms. Recent advancements offer hope for a more enjoyable life with less pain.

Neuropathy occurs when there is damage to the peripheral nerves, most commonly in the legs and feet, but can also occur in the arms and hands leading to numbness, tingling, burning, cramping, coldness, shock-like sensations, spasms, increased foot sensitivity and, oftentimes, interrupted sleep. Loss of balance is also very common because the

nerve signals are not being received by the brain.

Unlike conventional therapies that do not address the damaged small nerve fibers, our program utilizes light therapy combined with specific rehab exercises and balance protocols all designed to heal the injured areas. As the area heals, symptoms are diminished and patients can often have improvements in their balance, preventing falls. The treatment is safe and non-invasive and has a high success rate for those who qualify for the program, based on our evaluation. Not every patient will qualify for the program and there will be some patients who unfortunately might not respond to the treatment.

For a consultation, please call Dr. Lee Weiner, DC at the Oceanside Wellness Center at 516-255-0272. To see our patient testimonials please visit www.helpmyneuropathy.com. Our office is located at 9 Davison Ave., in Oceanside, N.Y. Dr. Weiner has been in practice in Oceanside since 2001.



NEUROPATHY PAIN?

IF YOU SUFFER FROM:

- Numbness
- Burning Pain
- Cramping
- Sharp Electric Pain
- Hurt When You Walk
- Difficulty Sleeping From Leg/Foot Discomfort
- Pricking Tingling Feeling

**CALL FOR YOUR CONSULTATION
516-255-0272**



**INNOVATIVE CARE
POWERFUL RESULTS**

DR. LEE WEINER, DC
Oceanside 9 Davison Ave.

see our patient testimonials at
www.helpmyneuropathy.com

NEW YEAR, NEW YOU - ISL

Medicare covers braces as a solution for back and knee pain

Are you suffering from low back or knee pain? Are you looking for other ways to relieve your back or knee pain and are worried about future surgery? Are you missing out on your favorite activities? If you answered yes to these questions, then we can help. You may qualify for a pain-relieving back or knee brace. Covered braces allow seniors to enjoy their favorite activities again.

Our accreditation by BOC and Medicare has given us the ability to provide high-quality braces to our patients at little or no cost to seniors. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain and decrease the need for expensive surgeries, replacements, therapies and pain medications.

Back and knee braces come in a variety of shapes and sizes and are excellent for short- and long-term use. Many patients find that our braces are comfortable to wear and help with golf, exercise, house and yard work, playing with grandkids and providing support while standing or walking. You'll be able to enjoy your favorite activities with less pain and discomfort.

How does it work?

Back and knee pain without support causes constant pressure on the joints and muscles. If left untreated, the pain will progressively get worse and your quality of life suffers. Our braces are designed to fit any body type and deliver localized compression directly to those overworked muscles and joints while relieving spasms and reducing pain. Current clinical research has shown that supporting these regions can reduce pain, improve functional status and postpone or prevent the need for medication and surgeries. The self-adjusting braces contour precisely to your body for maximum support and pain relief. The lightweight design allows users to wear the braces comfortably while providing maximum support.

If you or a loved one could benefit from one of these braces, please call Oceanside Wellness Center today at (516) 255-0272 to set up a free consultation. It is an easy process, and you can have your brace in just a few days. If you have difficulty coming to our office, we will handle all of the paperwork and ship your brace to you.

Oceanside Wellness Center is a Medicare/BOC accredited DME facility, located at 9 Davison Ave. in Oceanside, N.Y. For more information, call (516) 255-0272.

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The Heart Institute is the largest and most comprehensive team of heart specialists on Staten Island. And, since the team works in close collaboration, patients at The Heart Institute receive a higher level of care throughout treatment, and can pursue numerous options through one seamless network.

The Heart Institute. Preserving the rhythm of life.



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University Hospital**
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The Heart Institute

“Lose 2 Inches From Your Waist, Hips or Thighs in 32 Minutes... Guaranteed!”

(Non Invasive Body Sculpting)

What were you goals at the beginning of the year? Have you met your goals? Are you moving in the right direction? Is it hard to stay on track?

Losing “stubborn fat” is hard and as you get older -- it just gets harder and harder. You might go to the gym five days a week, sweat on the treadmill for an hour, and see maybe a pound or two drop in a month. Is that really worth your time?

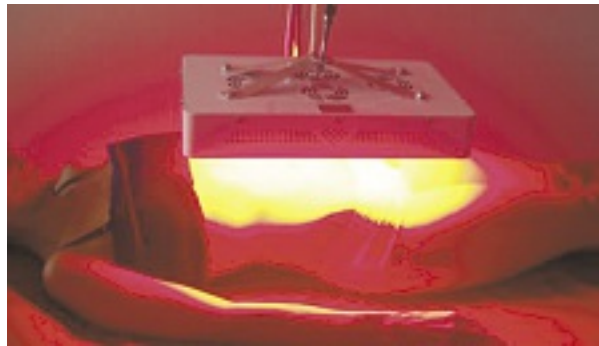
Or... imagine going to a medical facility, laying down, spending 35 minutes relaxing, then getting up and finding out you’ve lost two inches around your waist. Which do you prefer? What if you could keep doing that and losing more and more fat until you looked like you did years ago?

If you have any interest in this you should stop what you’re doing and call the office for an appointment immediately. This

new treatment device is now **cleared by the FDA as the only noninvasive treatment for immediate fat removal without dieting, exercise, or pills.**

This device uses a special light therapy to trick your mitochondria (in your fat cells) to release their fat content.

If you eat better, drink plenty of water, stay away from sugars, and carbohydrates, this can lead to permanent fat loss without surgery. And that’s the FDA saying it not me. Here’s a heads up. If you have tried liposuction in the past - you know that when you “regain the weight” it goes to different places--making your body look *distorted* and then unfortunately, you’re back to where you started, only worse. With this technology we don’t destroy your fat cells. What we do is we simply drain the contents of the fat cells so you lose the inches and look good again.



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ADVERTISING SUPPLEMENT

New Year New You

The Heart Institute at Staten Island University Hospital delivers quality cardiac care

In a cardiac emergency, access to the most cutting edge treatments can make a difference between life and death. It's not just the ability get the best care that matters, it's also how quickly you receive treatment. For residents of Staten Island that used to mean a trip to Manhattan. Now, at The Heart Institute of Staten Island University Hospital, Staten Islanders have access to world class cardiac care in their own backyard.

Dr. Mohammed Imam, MD, FACS, FACC, Chair of Cardiothoracic Surgery and Executive Director of The Heart Institute, arrived in Staten Island this fall from Lexington, KY where he served as the Chief of Cardiac Surgery at Baptist Health Lexington, the No. 1 cardiac center in the state. "Time is muscle," he says. "With a heart attack, you have to get care as soon as possible to decrease the severity, the closer quality care is, the better."

Recovery is also easier closer to home, he notes. "Patients do better when they're in their own

community with friends and family."

Dr. Imam says that as people have learned to take better care of their cardiac health through lifestyle choices like diet and exercise, cardiologists have seen a drop in bypass surgeries, which repair damaged arteries. At the same time, the need for valve surgery, which can repair aging and damaged heart valves, is on the rise. He has six years of experience with a newer surgical procedure called TAVR, or transcatheter aortic valve replacement. This procedure, which is now being performed at SIUH, is a minimally invasive procedure that places a new valve in the heart through a catheter inserted through the groin without an incision. There is no "cracking of the chest" or stopping the heart as in traditional open heart surgery. Recovery is faster and relatively painless.

The Heart Institute uses a team approach, meaning that doctors, nurses, physician assistants and specialists confer on cases together, meeting each day, and



in weekly in-depth sessions for complicated cases, to discuss treatment. "The quality of care is better when you have a team of heart specialists discussing each case together," says Dr. Imam.

Staten Island, with a population of a half a million people, has a higher incidence of heart disease than any other part of New York City. "People are dying from heart

attacks at a higher rate in Staten Island than in any other borough," says Dr. Imam. There are more smokers on Staten Island than in other boroughs, and Dr. Imam pointed to diet and exercise as factors as well.

"It's a matter of awareness," Dr. Imam says. "Everybody blames their genes. Your genes only load the gun, but your habits pull the

trigger; we cannot blame our parents for everything! People need to watch what they eat and take care of themselves. I firmly believe that 80% of a healthy lifestyle starts in the kitchen and 20% in the gym."

The Heart Institute will continue to offer the best possible cutting-edge care under Dr. Imam's leadership, and he notes that patient satisfaction is very high. "Because of the changes we have implemented at The Heart Institute in the recent past, we have received numerous letters from patients over the last few months complimenting us on the care they received here," he says. "Patient satisfaction is a very good barometer for quality of care at a hospital."

Another measure is referrals, and over 40 Staten Island cardiologists have recommended their patients to The Heart Institute, which is totally inclusive, making the patient's cardiologist part of the team approach as well.

Visit www.theheartinstitute.nyu.edu or call (718) 226-1605.

Dental implants \$1,499*



Missing teeth can detract from your general sense of well-being. Dental implants are the new, permanent solution to missing teeth. Implant patients now laugh, smile and speak with confidence. They are thrilled to bite into an apple, chew steak, eat corn on the cob and enjoy other foods they have missed.

Contemporary Dental Implant Centre performs more than 2,000 implants per year. Its experienced team of cosmetic specialists provides patients with a stress-free visit, using state-of-the-art technology. Contemporary Dental Implant Centre is offering a special on dental implants, at only \$395* (post and

crown additional). Sedation dentistry is available.

Call (212) 269-9500 for a free consultation at any of its nine convenient locations: Madison Avenue, Upper West Side, Massapequa Park, Scarsdale, Rego Park, Valley Stream, Brooklyn, Stratford, CT and Smithtown (Suffolk County).

For more information, visit www.CDIC.com.

* Implant + post + crown = total \$1,499. Offer expires Feb. 3, 2017. * Implant, post (abutment) and crown must be completed at Contemporary Dental Implant Centre to qualify for promotional fees.

LUNCH



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Anna Bach, SINCE 1937. She came to this country and made it her home. Now, she and 1 in 6 seniors face the threat of hunger and millions more live in isolation.

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AVOID KNEE SURGERY

Revolutionary Stem Cell Treatment Offers New Hope For Knee Pain...

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought pain meds, physical therapy, steroid injections or "gel" lubrication shots might be the answer, but the results were disappointing and painful. Now the surgeon is putting the pressure on...telling you to either "get surgery or live with the pain". But don't assume surgery is your only choice. If you didn't get the pain relief you were hoping for from those other treatments, all is not lost! Now there's a breakthrough treatment for knee pain that your surgeon probably didn't tell you about. One that actually rebuilds and repairs the damage in you knee joint. It's called stem cell therapy and this simple, painless, same-day treatment represents a major breakthrough in how modern doctors are treating knee pain. You've suffered from chronic knee pain long enough. Call Kneegenix™ now for a RISK-FREE consultation to determine if you qualify.

If Knee Surgery Sounds Scary, It Should

Have you been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of percentage of services covered by insurance
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started...or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you don't want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

The Kneegenix™ Stem Cell Knee Pain Solution offers you a real opportunity and a safe, painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider:

- Stem cell treatment accurately targets you knee pain by helping to repair the problem, unlike steroid and "gel" shots and medications.
- Stem cell injections are virtually pain-free, unlike other injections and surgery.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.
- Requires just a single visit to our office, not weeks of treatments.
- Results can last years, saving time and money on doctors visits.



How Does This New Treatment Work?

It takes just one treatment and most people will feel the full positive effect after just a few short weeks. To begin with, it starts with the medical team here at Kneegenix™ Stem Cell Knee Pain Solution investing in the study and use of stem cell therapy. This enables repair and rebuilding of the weak and damaged areas of your knee because stem cells are "smart" and target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of your body's own stem cells. Known as the body's repair kit, stem cells have the ability to regenerate and heal the knee joint naturally. Treatment usually involves retrieving stem cells from your fat tissue with a small, thin needle. The stem cells are then separated or "spun out" using advanced centrifuge technology. This gives us, in a matter of minutes, a small but powerful concentration of your own stem cells, which are then injected to the knee joint. This is a non-invasive procedure that is completed right in our office and takes just a few minutes to perform. Typically, patients are able to go about their regular activities including going back to work the very next day so there's really no down-time. Simple, fast and no-surgery! Yes, stem cell therapy is fast becoming the future of how knee pain is being treated effectively. In fact, on a recent interview on the Dan Patrick Show, the eminent Sports Medicine Orthopedic Surgeon, Dr. James Andrews, who has performed surgery on such athletes such as Michael Jordan, Jack Nicklaus, Emmitt Smith and Troy Aikman to name just a few, indicated that the future of sports medicine will be in the areas of stem cell therapy and others like it.

Do You Suffer From Any Of These Symptoms?

There are a number of reasons why you developed knee pain. It can develop with age or from an injury. It could be from repetitive stress from a job or some glory days in athletics. Of course, your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. The medical team at Kneegenix™ Stem Cell Knee Pain Solution understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** – Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** – This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult, just to name a few activities affected.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** – This can lead to balance issues and the strong possibility of falling
- **Creaking Joints** – Can be painful and a sign of more discomfort to come.

Let Me Show You Lasting Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries, meniscus tears or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost everyday, are patients who have tried various shots like steroid or "gel" lubrication injections and found it to be an ineffective experience because the injections did not last long enough...sometimes not even working at all.

Once I am able to explain to my patients about the amazing, long-term results stem cell treatment can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact Kneegenix™ Stem Cell Knee Pain Solution today to schedule your RISK-FREE consultation.

CALL NOW for a RISK-FREE CONSULTATION
www.FixMyBadKnee.com



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Limited Appointments Available
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