Florida

Cleveland Clinic

HEALTHY LIVING in 2013

This week's topic: HEART DISEASE Is mitral regurgitation causing your heartache? Details, D6

The Palm Beach Post | Tuesday, February 12, 2013



Culture Editor: Larry Aydlette 561-820-4436 or pb_accent@pbpost.com | On the web: palmbeachpost.com

Irish community rallies for 'one of its own'

Comic, local musicians to play Jupiter event for bartender with cancer.

By Leslie Gray Streeter Palm Beach Post Staff Writer

For four decades, Irish comic performer Brendan Grace has traveled the world performing at famous venues for luminaries such as Frank Sinatra, Sammy Davis Jr., Jack Nicholson and President Bill Clinton.

This weekend, he'll interrupt his Irish winter tour to fly to Florida and play at the auditorium of Jupiter High School in honor of a local bartender.

Cathleen Kelleher, like Grace a native of Ireland and a veteran behind the bar at Paddy Mac's in Palm Beach Gardens and most recently The Bistro in Jupiter, was diagnosed last summer with breast cancer. As her health deteriorated to the point where she couldn't work, friends rallied to find a way to help out.

This weekend, that help takes musical form with a benefit for Kelleher featuring Grace and several other local Irish and Irish-American musicians, including Tracy Sands, Hugh O'Neill, Keith Ahearn, Hilary O'Leary and the Killbillies.

Grace considers it one of his most important engagements.

"There's a lovely community here, and we look out for one another. When something of this nature befalls somebody, we do something," says Grace, well known not only in his native country for his family-



Comic Brendan Grace is taking a break in his winter tour of Ireland to fly to Florida and participate in a fundraiser for fellow Irish native and local bartender Cathleen Kelleher. CONTRIBUTED

friendly work on stage, screen and television, but in the Irish community around his adopted home in Tequesta.

Kelleher, 39, was not up to discussing the benefit. Grace says she is a private person who nevertheless "is not squeamish about the fact that there is publicity, that this is to pay for (treatment) for her illness. She's a brave person." "She's very well known here

"She's very well known here – she's been here since she was 21," says Declan Hoctor, owner of The Bistro and the organizer of the event. "Many people were coming in to me, ask-



Diagnosed with breast cancer last summer, Cathleen Kelleher has been unable to work. CONTRIBUTED

IF YOU GO

What: Benefit concert for Cathleen Kelleher When: 6:30 to 8:30 p.m. Sunday Where: Jupiter High School, 500 Military Trail, Jupiter Tickets: 561-373-7723

ing if we were planning on doing anything for her, looking for ways to help. This makes it easy to help her."

South Florida has a large Irish community, for what Grace says is a self-explanatory reason.

"Have you ever been in the Irish weather?" he jokes. "That will answer your question."

When Hoctor moved to Florida 15 years ago, he tapped into that warm community through "going to bars like Paddy Mac's

Benefit continued on D6



Steve Dorfman Boomer Health

Heating up your health benefits

Infrared sauna alternative to traditional method

Considering we live in one of the nation's most balmy tropical climes, the last thing you might expect is for South Floridians to be searching for *new* ways to sweat.

However, as a growing number of local devotees have recently discovered, the perspiration produced by spending time in an infrared sauna is far different from the bodily moisture generated by the foggy, odorous steam rooms of yore.

According to numerous research studies – not to mention Dr. Mehmet Oz – the

Boomer health continued on D2

IF YOU GO

What: Infrasweat Where: 200 N.E. Second Ave., Suite 106, Delray Beach Information: 561-276-5550; infrasweat.com

Check back with us every Tuesday in February for more patient testimonials.

YUUK LIFE SIUKY IS THE REASON WE GET TO TELL OURS.

 \mathbf{O}

Name: Dr. Magno Nuqui, 78

His story: Retired anesthesiologist; father of three with late first wife; married to second wife, Araceli, for 24 years ... survivor

Treatment received at JFK: Triple-bypass open-heart surgery; resuscitation from 'code-blue' (flat-line) status; two cardiac ablations; repair of cardiac aneurysm and lung fluid

hat Dr. Magno Nuqui developed a heart condition in 1999 was no surprise to him. "Heart disease runs in my family," says the native Filipino, who has lived in the U.S. for 50 years. "My father died at age 60, and my brother at age 54 – both from heart disease."

Indeed, Magno, a New York anesthesiologist who retired to Palm Beach in 1999 with wife Araceli (a lifelong registered nurse), had become accustomed to living with atrial fibrillation – that is, an irregular heart – for the last decade.

"After being diagnosed, I made a point of trying to get more exercise walking more, playing golf, that kind of thing," explains Magno.

In addition, Magno began taking blood thinners and other medication to control the symptoms.

"When the 'a fib' really begins acting up, it's pretty scary and uncomfortable," Magno says. "You feel like you're heart is jumping out of your throat."

Despite his and Araceli's best efforts, the condition worsened over the years.

By 2007, Magno's cardiologist at JFK Medical Center, Dr. Roberto Vonsohsten, was so concerned about Magno's risk for stroke (not to mention congestive heart failure), that Magno underwent his first cardiac ablation (a minimally invasive procedure in which arrhythmias are corrected via catheter). He'd have a second one last year.

Just a couple of days before Magno and Araceli's 24th wedding anniversary this past September, Magno began feeling extremely ill. Araceli rushed him to JFK, where, she says, "Cardiac surgeon Dr. Marcos A. Nores saved his life!"

Just as they had with his father

and brother, Magno's arteries had begun to close. He also had an aortic aneurysm and fluid in his lungs. "I needed open-heart surgery immediately," Magno recalls.

He doesn't recall much else. That's because, Araceli says, "He 'died' – and was brought back to life."

On the Nuquis' Sept. 11 wedding anniversary, Dr. Nores performed a triple bypass on Magno that lasted more than five hours.

"Once we knew Magno would pull through, our friends and family joked with us about how we 'celebrated' our 24th wedding anniversary - in the cardiac intensive care unit!" Araceli can now say with a laugh.

And, thanks to the skilled and caring staff at JFK Medical Center, the Nuquis will be able to share laughter and anniversaries for many years to come.

 \heartsuit Show your heart some love this month – take the DASI test at jfkmc.com \heartsuit

WHEN IT COMES TO CARDIAC CARE, PUT YOUR HEART IN OUR HANDS...



At the JFK Heart & Vascular Institute, we've got your cardiac care covered. Whether you require life saving cardiac emergency procedures, Cardiac Catheterization, Open Heart Surgery, TAVR or Electrophysiology we've got the experts who will heal your heart.



A Teaching Affiliate of the University of Miami Miller School of Medicine

5301 South Congress Ave. • Atlantis, FL 33462 • jfkmc.com For more information or for a physician referral call 800-616-1927

THE PALM BEACH POST **REAL NEWS STARTS HERE** | TUESDAY, FEBRUARY 12, 2013 D2

Low-dose chemo holds promise



Dr. Melanie Bone Surviving LIfe

Every day I get promotional literature on subjects varying from laser skin innovations to new approaches to treating uterine fibroids. The beauty-related advertisements hold the promise of income from nonmedical services, and the "educational materials" from medical equipment manufacturers hint at increased revenue from incorporating "state-ofthe-art" treatments that will draw boatloads of patients in search of the newest and best way to cure their gynecological problems.

I had never heard of "low-dose metronomic chemotherapy" until I opened a letter from a doctor introducing it as an advanced integrative approach to cancer. The letter was a thinly veiled advertisement akin to the ones referenced above.

On some level I was offended, but on another my curiosity was piqued.

The National Cancer Institute referred to low-

dose metronomic chemotherapy (LDMC) dating back to the early millennium years. An article from 2006 explained that LDMC differs from standard chemotherapy because it targets the cells that line the inside of the blood vessels that feed the cancer. Standard chemotherapy aims to overwhelm the cancer by killing off the rapidly-growing cells that make up tumors.

Unfortunately, the chemotherapy also kills off rapidly dividing cells that line the intestine and make up the bone marrow. Side effects of standard chemotherapy are a direct result of this "collateral" damage to healthy cells.

Most doctors and patients try to put a positive spin on this situation. If the healthy cells are dying off, then, in all likelihood, the cancer's cells are, too.

The rate-limiting step of standard chemotherapy is the time it takes for the body to rebound from the unavoidable damage to red blood cells and white blood cells. In the time it takes for the body to regain enough strength to face another round of chemotherapy, the tumor cells and their blood supply also have recovered. After readGoogled it and had a hard time finding many more current studies. It could be that the hype for LD-MC has peaked and leveled off.

LDMC holds promise as a way to control cancer without damaging healthy cells. The premise behind LDMC is that cancers become immune to high-dose chemotherapy over time. Instead of destroying the cancer cells with the maximum tolerated dose of chemotherapeutic agents, the lower dose of LDMC is designed to be given almost continuously. It can be given at very close intervals because it doesn't damage the good cells and has minimal toxicity.

It seems to hold promise for pediatric patients who get long-term treatment protocols for leukemias.

The introductory letter in my mailbox promoted LDMC for late-stage cancer. Of course there was no promise about outcome, but the letter offered hope for patients who might have exhausted their options for conventional treatments.

The doctor also mentioned that the LDMC he utilizes is designed to kill cancer "stem cells." Frankly, I am not certain exactly what he means by cancer "stem cells," ing the NCI information, I | but it is seductive. In addition, he promotes "pH manipulation" as a proprietary mainstay of his protocol. Given that the human body is autoregulated to maintain a pH in an ultra-narrow range, I am suspect of claims attributed to the impact of pH alterations or manipulations.

Ultimately, the letter introducing LDMC is no different from any other marketing material delivered on a daily basis.

Perhaps most surprising was the title "Integrative Advanced Cancer Therapeutics" at the top header, followed by the website, www.AgeManagementDocs.com just beneath it.

I cannot say that the doctor offering LDMC is doing any harm, and he may be helping people in his own way.

Since I am the ultimate believer in mind-body medicine, I feel certain that if you or your loved one are interested in LD-MC, you are lucky that there is a devoted practitioner within reach. Best of luck with it, and let me know about your story.

Dr. Melanie Bone is a cancer survivor and gynecologist who practices in West Palm Beach. Have a question? Email bonequestions@ pbpost.com. Any questions submitted to Dr. Bone will be considered for her column.

Mixed diagnosis for interstitial cystitis



Dr. Keith Roach To Your Health

Dear Dr. Roach: What can you tell me about interstitial cystitis? A friend of mine was recently diagnosed with this. What is the prognosis? She is only in her 30s. Answer: Interstitial cystitis is an inflammation of the lining of the bladder. Its cause is unknown. Its major symptom is pain, which can be anywhere from mild to severe, along with increased urinary frequency and discomfort, and sometimes pain during sex. Depression is commonly associated with this condition, probably because of the chronic pain. Many more women than men have this disorder. Diagnosis is difficult, and there often is a long delay from the time someone complains about symptoms until the time it is correctly diagnosed. Often, there have been many treatments with antibiotics for presumed but not proven urinary infections.

The prognosis is mixed. On the one hand, interstitial cystitis doesn't increase the risk of cancer or progression to worse diseases. However, the pain can be disabling, and the treatments aren't al

the blood test showed a positive ANA. My primary-care physician sent me to a rheumatologist, and it was explained to me that my result is a possible sign of scleroderma or perhaps lupus. I have no symptoms of any of these diseases, and have no joint or skin problems. The rheumatologist ordered some additional blood tests, and nothing else remarkable showed up. Should I be concerned? - W.T.

Answer: The ANA test is a test for anti-nucl

likely that this is a false positive. Sometimes ANA tests turn positive months or years before symptoms of lupus or other autoimmune diseases start, but I think it is much more likely that this is not something to worry about.

Write to Dr. Roach in care of The Palm Beach Post, 2751 S. Dixie Highway, West Palm Beach, FL 33405-1233.

Man angry to learn longtime girlfriend once had abortion



Jeanne Phillips Dear Abby

Dear Abby: I just found out that my girlfriend of nearly four years had an abortion when she was in high school.

I overheard her during a conversation she was having with someone. I later asked her what was implied when the name of her ex-boyfriend from high school was brought up. She proceeded to tell me what had happened and then said, "I never told you that?" Obviously, she never mentioned it to me because I certain ly would have remembered something of that magnitude.

My reaction is feelings of disgust, betrayal and of having been lied to. Am I overreacting or are my feelings warranted? -Feels Betrayed in Connecticut

Dear Feels Betrayed: That depends upon whether you ever had a conversation with your girlfriend about her sexual history during which you were supposed to tell each other "everything." If so, then the omission was deliberate. If not, she was under no obligation to reveal that she had terminated a pregnancy during high school.

Dear Abby: My husband gives me gift cards for my birthday and special occasions, but with it comes, "I want to know everything you buy!" I tell him it's a gift and I shouldn't HAVE to tell

Humana

him what I use it for. If I do tell him what I bought, he invariably says, "Did you really need that?"

It ruins the whole thing for me when I must reveal what I bought with the card. So who's right he or I? – Reluctant Recipient in Alaska

Dear Reluctant Recipient: You are, for the reason you stated. The object of a gift is to bring pleasure, and there are few comments your husband could make that would put a bigger damper on your purchase than, "Do you really need that?"

Dear Abby: My stepmother was in a fatal car accident. She was very dear to me.

A few days after the funeral while cleaning, we ran out of towels, so I went to fetch more from the guest bathroom. Seeing a penny on the sink, I grabbed it and threw it in the wastebasket. Suddenly, I remembered the letters in your column from people saying if you find a penny after you have lost a loved one, it means they are sending you a message of love from heaven.

I quickly reached into the wastebasket to retrieve the penny, praying that it was newly minted - and it was! I showed it to Dad, explaining the significance, and we both had a good cry. We keep it in my stepmother's china cabinet to remind us that love is eternal.

- Reader in Connecticut

Dear Reader: You're welcome. To me your experience is priceless.

Dear Abby appears daily. Send letters in care of The Palm Beach Post, 2751 S. Dixie Highway, West Palm Beach, FL 33405-1233.

ways effective. One specific treatment is pentosan (Elmiron). Other treatments include antidepressants like amitriptyline, which can reduce pain. Most people with interstitial cystitis find that certain foods tend to aggravate the problem, especially acidic foods.

Dear Dr. Roach: I am a 61-year-old woman in good health. Earlier this year, I had a blood test for suspected Lyme disease (I did not have it), and one of the results in

ar antibodies, which are common in autoimmune disorders, like the scleroderma and lupus you mentioned. However, a falsepositive ANA test is very common. At least 5 percent of healthy people will have a positive ANA at any given time, and as we get older, that number goes higher, as high as 30 percent.

Since you took the test to look for Lyme disease and not because of suspicion of an autoimmune disease, it is even more

Infrared sauna 'hot' trend

Boomer health

continued from D1

sweat elicited by exposure to infrared heat contains up to 20 percent toxins.

The toxin percentage produced via conventional saunas: just 3 percent.

In other words, your body releases far more of the potentially damaging chemicals of which you want to rid yourself.

There are many other purported health benefits – including lowered blood pressure, increased metabolism and rejuvenation of the skin, to name a few – but more on those in a moment.

Here's how infraredsauna technology works:

Within the enclosed, programmable "suite," infrared light – which, essentially, is "sunlight" with the harmful ultraviolet light filtered out penetrates the skin.

"This heats you up and raises your body's core temperature - from the inside out," explains Kelly Dorsey, owner of the recently opened Infrasweat in Delray Beach (infrasweat.com). Her spa-like facility consists of six private infrared saunas. In stark contrast to the

near-suffocating humidity of typical health-club saunas, which are usually heated by pouring water on hot rocks, an infrared sauna feels downright arid.

What's more, the infrared sauna's temperature hovers in a toasty, but wholly tolerable, 100- to 150-degree range.

That's a far cry from the typical 180- to 200-degree, oven-like temps in your standard gym's sauna.

Dr. David Rudnick, owner of Chiropractic & Sports Rehab Institute in Boynton Beach, extols the therapeutic advantages of infrared saunas to his patients.

"The benefits of infrared saunas are vast," Rudnick says.

"From neuro-musculoskeletal conditions ... to rheumatoid arthritis ... to sports injuries, infrared saunas, used as an adjunct to traditional therapies, seem to consistent-Îy relieve pain and to decrease healing time."

Likewise, Marisa Pruzan, 31, a Delray Beach holistic-health coach, could not be more enthusiastic about the trans

formation that her daily infrared exposure has yielded.

"I have lost weight in the troublesome areas where toxins build up – under the armpits, around the 'muffin top.'

"I've also been receiving compliments on how fresh, clear and smooth my skin looks. Even my menstrual cycle has changed – it's lighter, shorter and cramp-free."

According to Dorsey - whose establishment is the only one in Palm Beach County dedicated solely to providing private infrared sauna treatments – sessions typically last 30 to 40 minutes.

The infrared lights in each suite can be set and readjusted during the session – to meet the client's health goals.

Each private suite comes equipped with an input for an LCD/DVD player and/or MP3 player.

Among the major contra-indications for infrared sauna usage are pregnancy and chronic disorders associated with the inability to sweat properly.

Dorsey recommends wearing light, comfy workout-type attire – and being fully hydrated before each session.

Then, relax while your troubles - and toxins melt away.



Learn how to make your investments work for you **Discover great travel opportunities** Search out ideal retirement living choices Health, recreation, fitness, and much more



Transportation, Boarding, Buffet & \$20 in Free Slot Play...Four winners each day!

FREE "EDUCATIONAL SEMINARS" **HOURLY DRAWINGS & DOOR PRIZES 2 FULL DAYS OF GREAT ENTERTAINMENT** Tuesday & Wednesday February 12 & 13 9 a.m. to 3 p.m. **SOUTH FLORIDA FAIRGROUNDS - EXPO CENTER** (On Southern Blvd. 1.5 miles West of Turnpike and 1 mile East of 441/SR7) FREE ADMISSION & PARKING SPONSORED BY:

Humana

The Palm Beach Post **REAL NEWS STARTS HERE**





aaa