

S O U T H F L O R I D A ' S

Health & Wellness[®] MAGAZINE

April 2024

North Palm Beach Edition - Monthly

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FREE



**CANCER DIAGNOSIS? THREE STEPS
TO FINDING THE BEST ONCOLOGIST**

**REASSESSING YOUR STRESSING –
TAKE A LOAD OFF AND LET YOUR
HAIR DOWN**

**TRUSTED HOMECARE AGENCY:
SERVING VETERANS WITH FREE
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**SEEKING A SECOND OPINION
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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CANCER DIAGNOSIS? THREE STEPS TO FINDING THE BEST ONCOLOGIST

A cancer diagnosis is life-changing and comes with countless emotions for you and those who love you most. As you navigate this journey, the most important first step is choosing the best oncologist for you. They become a critical member of your health care team and will play a lead role in recommending and providing the highest-quality treatments and services to help you achieve the greatest possible outcome.

This can be overwhelming, so we've outlined three essential tips to help you get started, narrow your search and find the right oncologist for your care needs.

Tip No. 1: Ask for advice from the people you trust and do some basic research.

Ask your primary care doctor for a referral.

Your doctor is a great place to start and will have an extensive database and network of experts to help you find an oncologist. The best question for your doctor is, "Whom would you recommend to a family member?"

Research their qualifications.

Ask the doctor who referred you, ask the clinic or office staff when scheduling your appointment and check online to ensure the oncologist you're looking into has positive reviews and ample experience.

Below are a few things you should check:

- Find out where they went to medical school and received training, how many years of experience they have and the location of their practice.
- Look for a board certification. This tells you the doctor has the necessary training, skills and experience to provide cancer care.
- Malpractice and disciplinary history, if any, is posted on Healthgrades.com and state websites.
- Read online reviews via Google and health care review sites.

Tip No. 2: Ask questions . . . lots of questions.

As you research your prospective oncologists, make a list of questions that can provide you with reassurance that your care will be their priority. We've provided some samples below.

- How soon can you see me and get treatment started?
- How many patients have you treated with my type of cancer?
- Who else will be involved in my care?
- What services are provided at your office location?
- Will I be able to receive all the care I need at this location?
- Do you encourage loved ones to participate in appointments?



- How are you keeping up with advancements in cancer care?
- Will I have the opportunity to participate in clinical trials?
- What other support services are available to me at this practice (emotional support, support groups, financial counseling, social services)?
- What will my treatment cost, and what payment options do I have if I lack generous health insurance?

Tip No. 3: Consider the little things that make a big difference.

Communication style and personability: A doctor's communication style and attentiveness equally contribute to patient satisfaction. Be aware of how they greet you and respond to your questions. Do they make you feel comfortable? Do they take time to provide clear answers and use terms that you understand? Do they show an interest in you as a person, and will they consider your treatment preferences?

Gender: You will need to discuss very personal information throughout your treatment openly, and this factor may be important to you. If so, some oncologists specialize in gender-specific cancer care.

Insurance coverage: Ask your oncologist what your treatment is expected to cost. Do they have an experienced person on their team to assist you? How and when will you receive bills? Talk to your insurance company. Be sure you understand your deductibles, co-insurance, pharmacy coverage and any other costs and considerations.

Location, location, location: The best cancer care isn't exclusive to national or academic treatment centers. Getting quality, cutting-edge treatment closer to home has numerous benefits. Cancer treatment can take a long time and involves multiple appointments, tests and forms of treatment.

Ideally, you'll want to find an office location closer to home that is easy to access. Some additional items to consider: Is there convenient or free parking? Do the office hours match your schedule?

And lastly, don't forget to ask yourself, is this a pleasant space where you and anyone accompanying you will feel comfortable?

Don't settle.

Remember, when choosing the right oncologist, no question is too silly, and no amount of research or preparation is too much. Do not be afraid to ask for what you need, and only settle on a doctor when you feel comfortable with your choice.

Now that you know what you're looking for and where to start, you are well on your way to meeting a compassionate and quality oncologist who will help you through your cancer journey.

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About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

In Palm Beach County, board-certified physicians specializing in medical oncology, hematology, gynecologic oncology, cancer rehabilitation and pain management, as well as vascular, interventional and diagnostic radiology, provide personalized care for all forms of cancer and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their loved ones. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available — increasing cure rates and extending lives.



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REASSESSING YOUR STRESSING

Take a load off and let your hair down

by Alan J. Bauman, MD, ABHRS

Even with the weather getting warmer and the sun shining longer, there's just one thing you can never escape: stress.

Whether it's your daily commute to the office, getting the kids to and from soccer practice, or getting behind on bills, life is filled with enough anxiety to make you want to pull your hair out.

There's just one problem with that—you're so stressed that you don't have enough hair to pull out. With April being Stress Awareness Month, our Bauman Medical team wanted to emphasize stress's impact on one's scalp. Spoiler alert: it's harsh. External factors like stress are a top cause of hair loss, behind genetics and hormonal changes.

But what exactly is causing your hair to fall out due to stress? Just as we feel stress in different parts of our body, for example knots in our stomach or a restless leg, our scalp can also get stressed out. I've seen a lot of people experiencing hair loss during my time here in Boca Raton, and especially through the pandemic, but the three most common causes of hair loss all share an underlying stress component:

Telogen effluvium: If you've ever noticed more hair falling out in the shower or getting caught in your brush, you may have TE. Hair follicles are delicate and highly sensitive to stress hormone cortisol, whether it be from physiological factors such as illness or surgery to underlying psychological stressors and perceived stress. These cause our follicles to shed abnormally and go into a sort of hibernation phase, deemed the Telogen or resting stage. During this time, follicles become dormant and growth is hampered.

Trichotillomania: This is more of a subconscious case. Trichotillomania, to put it simply, is when you excessively or compulsively twirl or pull your hair while stressed out. While it may seem soothing for your mind, you're causing stress on your hair, leading to shedding and damaged follicles. Yeah, hair is delicate.

Alopecia areata (AA): Our immune systems fight germs and bacteria that enter our bodies. But AA can turn our bodies against us, attacking hair follicles and disturbing their typical growing phases. AA can be brought on by various things, one of the most common being stress.

I like to view hair growth like a garden. How fitting, with the upcoming April showers soon to bring May flowers. But it's not just rain that cultivates a blossoming rose. You need quality soil, too. In this case, your scalp is the soil necessary to promote hair growth, and my soothing Scientific Scalp Makeovers ought to do the trick.

Geared for those battling stress-related hair loss, these makeovers help reverse those effects, providing some well-needed R&R for both you and your scalp. You'll be welcomed with low lighting and soft music when you step into the serene SalonB "head spa" room. Let the relaxation begin and your stress melt away, as the 60-minute to three-hour session will consist of an array of calming services, such as:

- Aromatherapy
- A customized scalp mask treatment for maximum scalp health and hair beauty
- A deep and thorough scalp massage to stimulate and cleanse the scalp, as well as increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

Just reading that brings on a calming nature. But there's more to stress relief than our Scalp Makeovers. For your everyday needs, you'll need to tackle the root cause of your stress. While we can't help you find that, we can at least provide you with a root that might alleviate it.

At Bauman Medical, we believe in melding Eastern and Western medicine philosophies to provide the perfect Ying for your Yang. Enter: the Zenmaster. As a stress adaptogen, the Zenmaster unleashes the superpowers of the ancient herb ashwagandha to provide stress relief for your damaged follicles, creating a perfectly choreographed namaste for your scalp.

For those overwhelmed by stress, taking 2-4 capsules daily will produce results within two weeks of use. Adaptogens are natural substances that help the body adapt to stress. While not all stress is inherently harmful, chronic levels of high stress lead to the production of cortisol. This hormone, when produced, affects various organs throughout the body, including hair follicles.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR Hair Loss Expert

With over 25 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman's "Hair Hospital," housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 34,000 patients. He's also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 8th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration."

Forbes magazine recognized him as one of "10 CEOs Transforming Healthcare in America" for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles. It also makes the perfect gift. Gift E-cards are available on our eStore.



Used for centuries, ashwagandha helps put your body at ease by reducing levels of cortisol during stressful times. Coupled with BioPerine® for absorption aid, the Zenmaster will have you saying "Om" in no time.

Now that your scalp and body feel at ease let's tackle hair regrowth. From procedures to products, Bauman Medical will have your hair flowing in no time thanks in part to these proven effective hair restoration solutions:

PRP (Platelet-Rich Plasma): When you come down to Boca Raton, you can bask in the warm sun and refreshing waters. Sounds relaxing, doesn't it? Well, who said you can't be comfortable while improving hair growth? With PRP, you carve out an hour of your day in our office without worrying about recovery or potential risks. Curious how it works? Our experts will take a small blood sample to harness the platelets within. These platelets are then separated from the whole blood and concentrated. We then take this and inject them back into the scalp, where fragile hair follicles reside. And don't worry about pain, as we use local anesthesia for a smooth procedure. It takes only one PRP treatment to see tremendous results that last a year or more.

Bauman Turbo LaserCap:

This isn't the typical LaserCap you may find on Amazon or at Costco. The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. With over 300 high-



Before and 12 months after PRP by Dr. Alan Bauman

quality laser diodes, sit back and relax for only 5 minutes daily to feel the cap rejuvenate your hair's overall health and promote regrowth. The Turbo also covers 25% more area of the scalp than any other on the market, packs flat and is easy to travel with, it's adjustable and customizable, has a longer battery life and comes with a lifetime warranty.

If you're concerned about hair loss and what would be the best treatment for you, I suggest having a private, one-on-one consultation either at our 12,000 ft² "Hair Hospital" or virtually from the comfort of your home. Either way, Bauman Medical is here to provide you with some peace of mind.

Call **561-220-3480** or scan the QR code below to schedule your private one-on-one in-person or virtual consultation at www.baumanmedical.com.



TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare

When it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

BENEFITS:

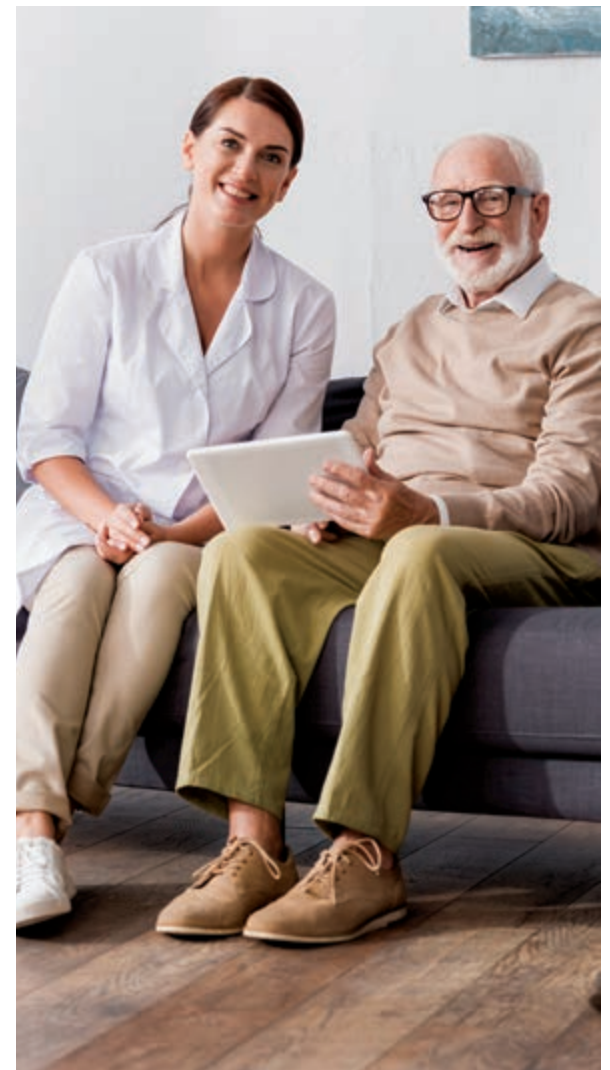
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.



Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free. This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

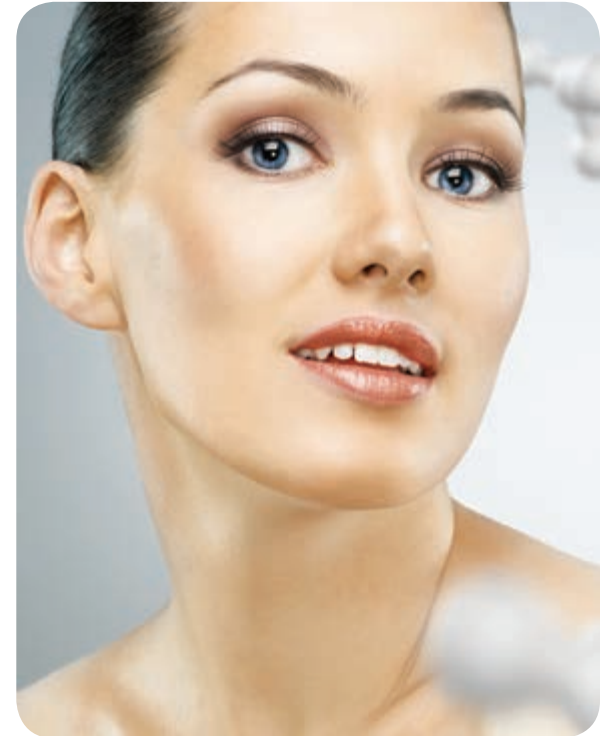
Do you use
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now but need more
hours? Is the cost
too high?

Are you in need of
home healthcare?

UNVEILING RADIANT SKIN: CARROLL DERMATOLOGY Introduces EMFace and Exion Technologies

In the ever-evolving landscape of skincare, Carroll Dermatology proudly introduces two revolutionary technologies, EMFace and Exion, setting new standards in dermatological innovation. Renowned for our unwavering commitment to excellence, we continually strive to provide our clients with cutting-edge solutions that deliver unparalleled results. With the introduction of EMFace and Exion, we reinforce our dedication to enhancing natural beauty and promoting skin health.



Unlocking the Power of EMFace

EMFace, or Electro-Magnetic Facial Enhancement, represents a breakthrough in non-invasive skincare technology. By harnessing electromagnetic waves, EMFace rejuvenates the skin, promoting collagen production, reducing fine lines, and tightening the skin for a youthful, radiant complexion. This gentle and painless treatment requires no downtime, making it an ideal option for individuals with busy lifestyles. Suitable for all skin types, EMFace offers inclusive solutions for anyone seeking to enhance their beauty naturally.

How EMFace Works

EMFace works by delivering targeted electromagnetic energy to the skin's underlying layers. This energy stimulates collagen production, the essential protein responsible for maintaining skin elasticity and firmness. As collagen levels increase, wrinkles and fine lines diminish, resulting in smoother, more youthful-looking skin. With EMFace, clients can enjoy long-lasting results and a gradual improvement in skin texture and tone over time.

The Advantages of EMFace at Carroll Dermatology

- **Youthful Radiance:** EMFace promotes the skin's natural radiance, reducing the signs of aging and leaving clients with a rejuvenated glow.
- **Non-Invasive:** Unlike surgical procedures, EMFace is a non-invasive treatment that ensures a comfortable and pain-free experience for clients.
- **Minimal Downtime:** With EMFace, there is no downtime, allowing clients to resume their daily activities immediately after treatment.
- **Long-Lasting Results:** By stimulating collagen production, EMFace provides clients with enduring transformations and sustained improvements in skin health.

Introducing Exion: The Future of Skincare

In addition to EMFace, Carroll Dermatology is proud to introduce Exion, an advanced skincare technology designed to address a wide range of skin concerns. Exion utilizes cutting-edge techniques to deliver customized treatments tailored to each client's unique needs, providing comprehensive solutions for various dermatological conditions.

Benefits of Exion at Carroll Dermatology

- **Customized Treatments:** Exion offers personalized skincare treatments tailored to address specific concerns, ensuring optimal results for each client.
- **Versatility:** From acne management to skin rejuvenation, Exion can target a diverse range of skin conditions, making it suitable for individuals with different skincare needs.
- **Enhanced Efficacy:** By combining advanced technologies and expert techniques, Exion delivers superior results, promoting healthier, more radiant skin.
- **Professional Expertise:** Our experienced team of skincare specialists utilizes Exion to provide clients with high-quality care and exceptional outcomes.

Why Choose Carroll Dermatology for EMFace and Exion?

Carroll Dermatology is synonymous with excellence in skincare, driven by a passion for delivering personalized and effective treatments. With state-of-the-art facilities and a team of skilled professionals, we offer a comprehensive approach to skincare that integrates the latest technologies, such as EMFace and Exion. Committed to safety, efficacy, and client satisfaction, Carroll Dermatology is your trusted partner on the journey to achieving radiant, youthful skin.

Experience the Future of Skincare with Carroll Dermatology

Embark on a journey to radiant skin with Carroll Dermatology, where innovation meets beauty and excellence is our standard. With EMFace and Exion, we provide transformative skincare solutions that empower our clients to look and feel their best. Schedule a consultation today and discover the difference that EMFace and Exion can make in your skincare routine.



DR. HERDENER is a board-certified fellow of the American Academy of Dermatology. Dr. Herdener served 10 years in the US Navy Medical Corps and has since practiced dermatology in Spokane, Washington for over 36 years. His resume includes participation in over 40 research studies on a variety of topics. His vast experience in general dermatology, especially in the treatment of psoriasis, contact dermatitis, eczema, and skin cancer, makes Dr. Herdener a go-to expert for all things dermatological.

One of the kindest men you will meet, Dr. Herdener makes every patient feel cared about and understood. His unique clinical approach ensures that all dermatological issues can be addressed and treated, while maintaining the overall health and wellness of the patient, holistically. Dr. Herdener is also passionate about aesthetic treatments, that encourage patients to look better and feel better.



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DERMATOLOGY**
SURGERY AND LASER INSTITUTE

120 S. Olive Avenue #116,
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REJUVAnation MedSpa: Elevating Men's Health to New Heights

EMBARK ON A JOURNEY TO REVITALIZE YOUR VITALITY



Rediscover the joy of a spontaneous sex life with Simply Men's Health REJUVAnation MedSpa, emerging as the forefront leader in men's sexual health, vitality, and memory in Boca Raton. Dr. Joan Katz, a Harvard-trained physician and the visionary behind Simply Men's Health, revolutionized erectile dysfunction (ED) treatment in 2015 with RejuvaWAVE®, an innovative approach derived from proven European methods—no pills, no needles, no drugs.

Fast forward to 2023, and after successfully treating thousands of patients, Simply Men's Health REJUVAnation MedSpa is once again reshaping the landscape of ED treatment with the groundbreaking RejuvaWAVE Multi-Wave Shockwave™. This pioneering therapy, the first of its kind, seamlessly integrates Radial and Focused waves alongside Photobiomodulation LASER, achieving an unparalleled success rate of over 95% in curing both ED and Peyronie's Disease.

Beyond addressing ED and Peyronie's, RejuvaWAVE Multi-Wave Shockwave goes above and beyond by proactively combating the inevitable aging process. It enhances overall performance, promoting a rejuvenated sense of well-being, and even contributes to size restoration.

ATTENTION MEN: NOT ALL ED SHOCKWAVE THERAPIES ARE CREATED EQUAL

Simply Men's Health set the new standard of care with RejuvaWAVE® shockwave therapy. Despite a surge in copycat clinics offering variations of shockwave treatments, Simply Men's Health maintains its gold-

standard treatment protocol. Regrettably, some men have sought treatment at franchise operations, often lacking physician ownership, only to be disappointed after significant financial investment.

THE GENUINE DIFFERENCE: EXPERIENCE REJUVAWAVE® RISK-FREE

If you've undergone shockwave treatment elsewhere and found it lacking, Simply Men's Health invites you to experience the genuine RejuvaWAVE® Difference. Our highly trained and certified technicians are dedicated to showcasing the superior effectiveness of our approach. Call Simply Men's Health now to secure a FREE session—absolutely NO obligation, NO fee, and NO purchase required. Hear it from satisfied patients like Jeff, who attests, "I've come to Simply Men's Health. I had gone to a previous place... this one is the REAL deal. Absolutely, a completely different procedure. Everything is much better. The procedure worked the first time. Completely satisfied." Choose excellence in men's health—choose Simply Men's Health REJUVAnation MedSpa.



3301 NW 2nd Ave, Suite 101

Boca Raton, FL 33431

561-459-5356

SimplyMensHealth.com

ONE FREE RejuvaWAVE Treatment

100% SAFE
Non-invasive • No Down Time
No Side Effects

Goodbye Gum Grafts

Gum recession treatment is easier than ever thanks to the Chao Pinhole Technique®. The Pinhole Technique replaces gum grafts with a quick, simple, and non-invasive procedure that works just as well.

Hello Pinhole

The Pinhole Technique is performed without grafting. Scalpels and sutures are unnecessary. You can expect little to no downtime.

The benefits of the Pinhole Technique are many:

- Less discomfort after treatment
- Fast recovery
- No need for uncomfortable sutures
- No need for scalpels or invasive surgical tools
- No need to take tissue from your palate
- Excellent, natural-looking, long-lasting results

How Pinhole Works

Gum recession is a common dental problem that requires care.

The Pinhole Technique involves replacing your lost gum tissue with tissue from the immediate vicinity. It's a natural and conservative approach with little risk of complication.

With the Pinhole Technique, a pin-size hole is made in your existing gum tissue, just above or below your tooth. Then, small periodontal instruments are used to gently loosen your gum tissue. The gum tissue is moved into place to cover the exposed root structure of your tooth and restore the appearance of your gumline. Your body simply adjusts to the slight movement in gum tissue and periodontal health is restored.



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for PERIODONTICS & IMPLANT DENTISTRY

Accepting New Patients
561-691-0020

website: www.pbcperio.com
location: 4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418

Dental Implants

Pinhole Technique

LANAP Gum Rejuvenation



Karen, actual patient

Better for Your Teeth

Gum recession can lead to tooth loss. When you reverse gum recession with the Pinhole Technique, you're reducing your risk for tooth loss. All while giving your pearly whites a beautiful frame.

Trained Specialist

Palm Beach Gardens Periodontist Dr. Lee R. Cohen completed postdoctoral training and Pinhole Technique Certification with the doctor who pioneered the procedure. Dr. Cohen sought the training because he wanted his patients to have faster results and less pain. He was one of the first gum surgery specialists in the country to offer the Pinhole Technique.

We Care a Lot

From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

We care for you like you are part of our family. Our team keeps everyone in your care circle up to date, and we check in to make sure you feel good once treatment is complete.

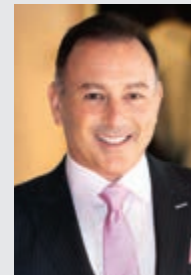
Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.

About Dr. Lee R. Cohen

Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

- NYU, Doctor of Dental Surgery; Master's in Health Policy & Management
- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



COMMUNICATION IS A TWO-WAY STREET



As an Audiologist, I often put on the hat of therapist with my patients. The most common conversation I have is focused on facilitating good communication. The truth is that when a person gets hearing aids, the hearing aids do not cure the hearing loss but they help a person communicate more easily than without hearing aids. Unfortunately, many times the person's friends and family expect the person to hear perfectly when wearing the hearing aids. None of us, even those of us with normal hearing, ever hear perfectly all of the time. There are plenty of times when I misunderstand someone or just don't hear what was said. This is normal - our brains sometimes have a hard time when there lots of competing noise or distractions.

I often use the saying "communication goes both ways" meaning that good communication is the responsibility of everyone in the conversation, not just the person with the hearing aids.

What does this mean? Here are some concrete things that everyone can do to help the person with the hearing loss:

- look directly at the person; we all use visual cues to understand what is being said
- don't speak to one another from separate rooms or even from a distance
- lower the TV - it's distracting and confusing to try to understand when the TV is loud
- get the attention of the person wearing the hearing aids; they might not even realize you are speaking to them and not on the phone (or talking to the dog!)
- understand that they are not misunderstanding you on purpose; hearing aids help, they do not restore normal hearing function
- avoid loud restaurants or dimly lit restaurants
- have a sense of humor!

SUDDEN HEARING LOSS

Sudden hearing loss is a medical emergency



Seek help right away if you notice sudden hearing loss in either ear.



Some people feel an alarming "pop" sensation, or a feeling of fullness in the affected ear. Ringing in the ear may occur, too.



In most cases, a cause can't be found. Most experts think viral infections are a major contributor, though.



Even if the cause is unknown, steroids can reduce harmful inflammation in the delicate inner ear. Without prompt treatment, permanent hearing loss can result.

Sudden hearing loss is a topic I've written about in the past but I think it's time to talk about it again. Recently, I have had two people in the office complaining about a sudden hearing loss. Even though both of the people were experienced, long-term hearing aid users, they experienced a phenomenon called sudden hearing loss. In one case, the person went to bed feeling fine and when they woke up, couldn't hear out of one ear. At first, they thought it was the hearing aid not working but subsequent testing indicated it wasn't the hearing aid but a sudden hearing loss. In both cases, they waited a few days before contacting me and I referred them immediately to an Ear, Nose and Throat physician. Immediate treatment is a key factor in whether or not the hearing will recover.

A sudden hearing loss can happen to anyone; you do not have to have an underlying hearing loss or any other disease pathology. I always use this comparison: if you woke up in the morning and were blind in one eye, you would immediately head to the emergency room. It's a little harder with hearing loss: maybe it's just wax or maybe you think you are coming down with a cold or your allergies are bad. If this happens to you, get to an ENT right away. Ideally, treatment should occur within 48 hours of the incident.

There is not a lot of research on this since it is somewhat uncommon and since most people don't report it right away, it is difficult to determine the cause. Please do not hesitate to reach out to our office for more information.

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2324 S. Congress Ave.
Suite 2G Palm Springs, FL 33406

Hearing Healthcare That You Can Trust

Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

Changing linens is a pain, literally. Strain to your back from lifting and holding your heavy mattress, frustration as the sheets untuck before you can finish, and occasionally a chipped nail ... bed making is exhausting. And it isn't getting better anytime soon. With the increase in pillow-top mattresses, foam mattresses, and luxury coil mattresses, mattresses are getting heavier by the year.

The Truth About Your Mattress.

- Mattresses now average 12 ½' high;
- They are over 15" thick;
- A king mattress can easily top 300 pounds.

So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



What does the Bed MadeEZ do?

This aqua beauty (comes in pink too) does it all it:

- **Lifts and Holds** – as you insert the Bed MadeEZ under your mattress, it lifts the mattress for you and holds it up to 4 inches while you change your linens, giving you the time to make those famous hospital corners too!
- **Tucks** – using the tip, you can quickly tuck sheets, quilts, and blankets easily for a perfectly finished nice, crisp edge, saving your hands and wrists from scraping and strain.

It is **Ergonomically Designed** to eliminate strain. The design includes a large round handle, allowing for versatility in gripping positions for either one or two hands.

Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

- **Independently Tested** – to reduce strain on your back and shoulders caused by repeated lifting of a heavy mattress.
- **Recommended by OSHA** – around the world, housekeepers use the Bed MadeEZ to avoid injury and go home less tired.
- **Backed by a Lifetime Warranty**
- **Made in the USA** – and always will be made right here in Florida!

Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

- Reader's Digest – <https://www.rd.com/article/mattress-lifter/>
- Southern Living – <https://www.southernliving.com/bed-madeez-mattress-lifter-7109456>
- Apartment Therapy – <https://www.apartmenttherapy.com/amazon-mattress-lifter-tool-review-37184419>

Easy to Order, Fast Shipping!

The Bed MadeEZ can be ordered right off Amazon and it arrives quick! Simple to understand instructions are included and you can get right to business. The Bed MadeEZ makes changing linens and making the bed a breeze.

Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

- Back Injuries
- Arthritis
- A heavy mattress
- Recently Undergone Surgery
- Those undergoing Breast Cancer treatments
- Pregnant Women
- Anyone at all who wants to make their bed quickly, professionally and without heavy lifting and fear of back injuries due to strain.



Find out more at
www.ckisolutions.com

Email
customerservice@ckisolutions.com

Phone
561-249-2219



SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman’s clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

I Have A Wait Problem

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows



Brent Myers

we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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Cancer doesn't wait. Neither do we.

When you're diagnosed with cancer, every minute matters — our nearly 100 statewide locations and in-house pathology lab ensure that your treatment is timely and personalized.

With lab results returned faster than the national average, our team of precision oncology experts takes action to quickly match each patient's data with the appropriate targeted therapy or clinical trial.

To learn more, visit
FLCancer.com/TimeToTreat



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