

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2024

North Palm Beach Edition - Monthly

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FREE



**CLINICAL TRIALS
FOR CANCER PATIENTS:
TOP THREE MYTHS REVEALED**


**THE GIFT OF [HAIR] GROWTH –
MAKE THIS MOTHER'S DAY
ONE SHE'LL NEVER FORGET**

**SCULPT YOUR WAY TO CONFIDENCE
WITH EMSculpt Neo AND EXION
AT CARROLL DERMATOLOGY**

GOODBYE GUM GRAFTS

**WELCOME BACK
TO SUMMER
AND HURRICANE SEASON**






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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.

Revocable Living Trust

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- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
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CLINICAL TRIALS FOR CANCER PATIENTS: TOP THREE MYTHS REVEALED

In the past 30 years, the survival rate for cancer patients in the United States has increased by more than 30%. Early-stage diagnosis and advancements in treatments and detection are just a few of the reasons there are far fewer deaths caused by cancer. Clinical trials have played an important role in the advancements that are now saving more lives.

Clinical trials not only pave the way for the future, but patients who participate in this groundbreaking research today receive the latest treatments available, which can positively impact their outcomes.

So why do less than 5% of cancer patients choose to participate in clinical trials?

The answer is due to common myths that cancer experts hear and see daily. So, we're breaking down the facts on clinical trials. First, let's break down what clinical trials are and how they affect cancer research.

Clinical trials are studies that involve the careful research that takes place after promising results are seen in the laboratory. In this process, medical professionals closely and carefully conduct a study with a small group of people. They ensure the drug or treatment is not too strong and that every patient is kept safe.

This careful human research keeps medicine moving forward. These groundbreaking research studies are why new treatments exist for cancers that were previously considered incurable. Every cancer treatment, drug or therapy in place today started in a clinical trial.

Let's debunk the three most common myths about clinical trials together.

Here's the truth about clinical trials:

~~You have to give up your usual treatment to join a clinical trial.~~

Clinical trials expand treatment options.

Some people consider clinical trials a last resort, but this is and should not be the case. Patients who participate in clinical trials have the opportunity to receive the most up-to-date, innovative treatments available, personalized for their unique conditions. Studies consistently show that their outcomes are as good as — if not better than — those of the general patient population receiving standard treatments.

~~Clinical trials aren't safe.~~

Clinical trials are safe.



Experienced health care professionals carefully monitor patients at every step of treatment, and the U.S. Food & Drug Administration strictly manages all trials.

~~Clinical trials don't make that big of a difference.~~

Clinical trials provide hope for cancer patients everywhere.

Every clinical trial improves our understanding of cancer. They help determine if a therapy, drug or procedure shows a better way of treating a particular cancer or improves a condition for which a treatment didn't already exist. Because of difficulty finding patients, many clinical trials are delayed or closed, and, unfortunately, cancer research suffers.

With clinical trials, you can play an active role in your treatment plan and be part of the incredible incoming treatments that can change the world.

You don't have to travel far to find a clinical trial in Florida.

Oncology care experts with Florida Cancer Specialists & Research Institute (FCS) have played a critical role in bringing more effective drugs to the marketplace and offering patients opportunities to participate in clinical trials. Over 300 clinical trials are available to FCS patients at any time in one of our three phase 1 drug development units or 32 research locations close to home throughout Florida. In recent years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists & Research Institute participation, prior to approval.

**WORLD-CLASS CANCER TREATMENT,
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About Florida Cancer Specialists & Research Institute, LLC:
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Celebrating its 40th year in 2024, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapy, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



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For more information, visit
FLCancer.com.

THE GIFT OF [HAIR] GROWTH

Make This Mother's Day One She'll Never Forget

by Alan J. Bauman, MD, ABHRS



Say goodbye to the heavy downpours of April and say hello to the flourishing flowers of May! What I love about May is seeing those beautiful blossoms added to vibrant bouquets for the most influential women in our lives — our mothers. Being a mom is far from easy as they serve as the figurehead that helps shape our lives. I wouldn't be in my position without my mother's support. And no matter how strong they are, moms go through their struggles, often putting them on the back burner to support their children.

As someone who has dedicated their career to hair, I've witnessed the emotional toll of women's hair loss. Beyond the traditional gifts, there's a struggle that's not just about appearance but about identity and self-worth. Losing something so integral to their femininity and confidence can be incredibly challenging. May is a time to honor these women, but it's also an opportunity to challenge the stigma around this issue, offering empathy and support.

Let's call a spade a spade — hair loss in women is more common than you think. Just how common? Oh, just about 40 to 50 million women in America experience it; nearly a third of the population and half over the age of 50 experience some hair thinning. No matter how thorough you are with your hair care, factors like stress,

genetics, heredity, medications, age, and others don't care. They'll find a way to remove potentially 50% of your hair without you even realizing it.

While you can try a new hairstyle, buy extensions, or even dye your hair, nothing quite feels like your natural flow. At Bauman Medical, we don't offer any of that. Instead, we're a practice at the forefront of hair restoration, delivering practical solutions for all to return to the head of hair they once had, instilling that sense of confidence you once had.

It's time to step away from the usual gifts and consider something truly unique. For all the significant others and children out there, instead of the typical presents, why not choose a gift that's both practical and meaningful?

Bauman Medical offers a range of unique solutions that can make this Mother's Day a truly unforgettable one, showing your mom just how much she means to you.

Let's dive into some of my most popular services & products among women here at Bauman Medical:

LOW-LEVEL LASER LIGHT THERAPY:

Give your mom the gift of hair restoration without her having to leave the comfort of her home. Our low-level laser light caps are a favorite among those with thinning hair. Scientifically proven to improve the overall quality, strength, and thickness of hair, they also promote hair regrowth. It's a gift that keeps on giving, showing your mom that you care about her long-term well-being.

My personal suggestion is our latest and most advanced LaserCap, the Award-Winning Bauman TURBO LaserCap™, our drug-free, chemical-free, non-invasive, and FDA-cleared cap. What makes the TURBO the most advanced LaserCap on the market today for at-home use?

- We don't call it the TURBO for nothing: all it requires is five minutes daily to see exceptional results.
- The TURBO cap features over 300 high-quality laser diodes that deliver more energy and power to 25% more scalp area than other caps on the market.
- You can take it wherever you please! With flexible spines, it's collapsible for travel so you don't have to feel limited to using it in one place.
- With a longer battery life, say goodbye to extra charging sessions and more personal usage.
- It's adjustable, so your mom, dad, or even you can find the perfect fit for optimal hair growth.
- We offer a lifetime warranty with it.

PRP (PLATELET-RICH PLASMA)

With PRP, all it takes is an hour of your day to start turning back the clock. With no recovery or potential risks, our experts will draw a small sample of your blood to harness the platelets found within. We then will take said platelets, which have now been separated from the blood and concentrated, and inject them back into your scalp. These are where the delicate hair follicles are. You might be thinking, "This sounds painful." Quite the opposite, actually, as we apply local anesthesia to make the process quick



Before and 12 months after starting Low-Level Laser Light Therapy

and painless. And as much as we'd love to see you again soon, all it takes is one PRP treatment to see astounding results that last a year or more.

SCIENTIFIC SCALP MAKEOVER

Instead of a spa day at your local resort, why not take your mom to Bauman Medical for relaxation and results? With our soothing SalonB Head Spa, our Scientific Scalp Makeovers are great options for women dealing with stress-induced hair loss. Take a deep breath and relax as you enter our low-light room and be serenaded by a dreamy melody. With therapeutic aromatherapy, customized scalp masks, deep scalp massages, and a thorough cleaning with our shampoo and conditioner, a scalp makeover will have you and your hair feeling breezy.

Just how good are our makeovers? I've seen plenty of people stop in to enjoy some well-deserved R&R without any scalp issues. If you enjoy a good facial, you'll love a Scalp Makeover!



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.

SOOTHE SHAMPOO & CONDITIONER

It's time to throw out that bottle of Head & Shoulders. Treat mom right this year by looking into my Soothe Shampoo and conditioner kit. If she's dealing with an irritated or dry scalp, my CBD oil-infused cleansers will make for a terrific gift for mom this year. Coupled with the light-reflecting properties of the porcelain flower, her hair will feel as hydrated as ever.

Soothe can be used as an everyday combo, reducing scalp sensitivity in no time. With its anti-inflammatory and deep moisturizing properties, the Soothe duo will serve as the perfect remedy for an angry and arid scalp. Along with CBD, I've also added things like Procapil to reduce DHT levels and increase blood flow, ceramides so moisture stays in the fibers, and 12 other essential oils for all the soothing and anti-inflammatory needs mom's scalp has.

THE BUILDER MULTI-COLLAGEN COMPLEX

When it comes to The Builder, I like to view it as your hair's own protein powder. With three proprietary ingredients — Fortigel, Fortibone, and Verisol — this trio serves as a way to deliver essential proteins to your hair that increase natural collagen levels. Collagen, in turn, gives your hair a boost in production and follicle strength while also restoring that once-bright shin.

I can assume you've heard of collagen before, whether that be in the form of other supplements or consumable powders. On a more definitive scale, collagen is actually the most rich protein in our bodies. This is the reason why our connective tissues are, well, connected. You can thank collagen for your tendons, ligaments, muscles, skin, and, of course, hair. To put it into a numerical perspective, 30% of our body's total protein is collagen.

Hair health will improve, and you can also expect to see increased bone density, skin elasticity, and muscle strength, as well as more support to the cartilage, tendons, and ligaments. Just like Rome wasn't built in a day, the impacts of The Builder will take time. Most users noticed these benefits within three to six months of daily use. I highly recommend continuing beyond that time frame for even better results.

LEARN MORE

No matter what you feel is the best fit for your mom this year, just know that the Bauman Medical team and I are ready to provide her with services that put her first. Eliminate some stress from your life by contacting us today to find the gift of all gifts and make this Mother's Day one she'll never forget. Not sure which one suits her best? Let her make the decision with a Bauman Medical gift e-card available on our eStore. If anyone knows Mom best, it's her.

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



About Dr. Alan J. Bauman



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

With over 26 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.

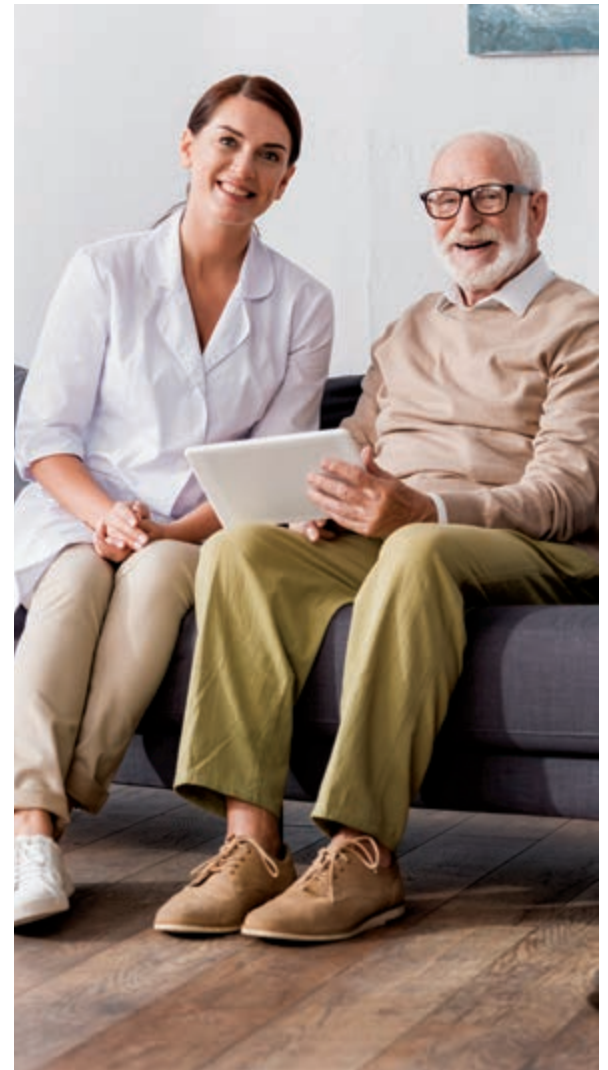
Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare



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 **561-770-6030**.

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.

Do you use
the VA medical
at least once a year?

Are you using Homecare
now but need more
hours? Is the cost
too high?

Are you in need of
home healthcare?

SCULPT YOUR WAY TO CONFIDENCE WITH EMSCULPT NEO AND EXION AT CARROLL DERMATOLOGY



In a world where confidence often goes hand in hand with feeling good in your own skin, advancements in aesthetic procedures have become a beacon of hope for many seeking to enhance their physical appearance.

At Carroll Dermatology, we understand the importance of feeling confident and comfortable in your body. That's why we're excited to introduce two revolutionary treatments, Emsculpt Neo and Exion, designed to help you sculpt your way to a more confident you.

EMSCULPT NEO: Redefining Body Contouring

Emsculpt Neo is a cutting-edge non-invasive body sculpting treatment that combines radiofrequency and high-intensity electromagnetic energies to simultaneously reduce fat and build muscle. This revolutionary technology allows you to achieve results that were once only possible through rigorous workouts and strict diets.

One of the key benefits of Emsculpt Neo is its ability to target multiple areas of the body, including the abdomen, buttocks, arms, and thighs. Whether you're looking to tone your core or enhance the definition of your glutes, Emsculpt Neo offers customizable treatments to suit your individual goals.

Unlike traditional body sculpting procedures, Emsculpt Neo requires no downtime, allowing you to resume your daily activities immediately after treatment. Plus, with just a few sessions, you can start to see noticeable improvements in muscle tone and reduction in fat, helping you achieve the sculpted physique you've always desired.

EXION: Rejuvenate Your Skin, Reveal Your Radiance

At Carroll Dermatology, we believe that true beauty starts with healthy, radiant skin. That's why we're proud to offer Exion, a state-of-the-art skin rejuvenation treatment that harnesses the power of fractional radiofrequency technology to target a wide range of skin concerns.

Exion works by delivering controlled energy deep into the skin, stimulating collagen production and promoting cellular renewal. This helps improve skin texture, reduce wrinkles and fine lines, and even out skin tone, leaving you with a smoother, more youthful complexion.

One of the standout features of Exion is its versatility. Whether you're struggling with acne scars, sun damage, or signs of aging, Exion can be customized to address your specific skin concerns. Plus, with minimal discomfort and downtime, you can achieve noticeable results with just a few quick and convenient sessions.

The Carroll Dermatology Difference

What sets Carroll Dermatology apart is our commitment to delivering personalized care and exceptional results. Our team of experienced dermatologists and aesthetic professionals will work closely with you to develop a customized treatment plan tailored to your unique needs and goals.

From your initial consultation to your final follow-up appointment, we'll be with you every step of the way, ensuring that you feel comfortable, informed, and confident throughout your aesthetic journey.

Take the First Step Towards a More Confident You

Are you ready to sculpt your way to confidence with Emsculpt Neo and Exion at Carroll Dermatology? Schedule your consultation today and discover how our innovative treatments can help you look and feel your best. With Emsculpt Neo and Exion, the body you've always wanted is within reach.

At Carroll Dermatology, we believe that everyone deserves to feel confident and comfortable in their own skin. With our state-of-the-art treatments like Emsculpt Neo and Exion, achieving your aesthetic goals has never been easier. Say goodbye to stubborn fat and dull skin and hello to a more confident, radiant you. Schedule your consultation today and take the first step towards a brighter, more beautiful future.



DR. MARIANNE T. CARROLL stands as a distinguished Board Certified Osteopathic Physician, renowned for her expertise in Dermatology and Dermatologic Surgery, and holds an additional Board Certification in Internal Medicine. Since 2010, she has been a trusted figure in Florida's healthcare landscape, specializing in Adult and Pediatric Dermatol-

ogy. Dr. Carroll's extensive repertoire encompasses the gamut of skin conditions, offering adept solutions from common issues to intricate skin cancer treatments, including the precision of Mohs micrographic surgery.

A proud alumna of Michigan State University, she earned her Doctorate in Osteopathic Medicine and completed rigorous residencies in Internal Medicine and Dermatology. Dr. Carroll, armed with a Master's in Biological Sciences and Nursing, has contributed to medical literature with published articles covering diverse topics.

Beyond her clinical work, Dr. Carroll is a compassionate global healthcare advocate, actively participating in international missions across Europe, South, and Central America. She extends her healing touch to the underserved and underprivileged, embodying a commitment to philanthropy. As a devoted member of professional organizations, Dr. Carroll exemplifies a holistic approach to healthcare, seamlessly integrating education, compassion, and global outreach into her impactful medical career.



Meet **STEFANIE INELLICATI**, a board-certified Licensed Physician Assistant specializing in general, surgical, and cosmetic dermatology. Stefanie earned her Masters in Physician Assistant studies from the University of Florida and further honed her skills through the prestigious Dermatology Research and Practice scholars program.

With a diverse background spanning emergency medicine, urgent care, and primary care across Tampa and Southeast Florida, Stefanie brings a wealth of experience to her role. A proud member of the Society of Dermatology Physician Assistants and the Florida Academy of Physician Assistants, Stefanie is dedicated to delivering exceptional care.

As a Florida native, Stefanie's commitment extends to her community in West Palm, where she passionately crafts personalized treatment plans. Beyond the basics, Stefanie's extensive knowledge allows her to offer a consultative approach, ensuring comprehensive care for her fellow Floridians from head to toe.



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Simply Men's Health Expanding our Services: Grand Opening of our NEW State-of-the-Art Center

EMBARK ON A JOURNEY TO REVITALIZE YOUR VITALITY FROM THE BEDROOM TO THE GOLF COURSE



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. Restore your health from the inside from Semiglutide weight loss, non-invasive Body Sculpting, Energizing IV Drips, and medical aesthetic procedures including PRP Facelift, cosmetic fillers, botox and more.

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.



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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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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

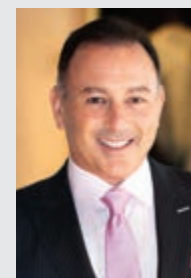
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- 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



WELCOME BACK TO SUMMER AND HURRICANE SEASON!

Welcome back to summer and hurricane season! It seems we may be in for a very active hurricane season – I think we can all agree that South Florida has been very lucky the past few years and so it is not unreasonable to feel we have become complacent and relaxed about preparing for hurricanes. People with hearing loss need to be a little more prepared than others and so here are some hints you might find helpful.

PREPARE AN EMERGENCY KIT

In addition to items everyone should have such as **food, water, and medications**, you should prepare a kit that includes:

- **Paper and a pen** to communicate if you're unable to hear. Devices like smartphones can also be used for this purpose, but in the case of longer-term emergencies, the batteries may die.
- **Your old hearing aids** make a great backup and should be stored somewhere safe. They can be used as replacements if the current ones run out of batteries or are lost during a storm. Store them in moisture-proof plastic bags.
- Keep **extra batteries** for all hearing devices. Make sure that this includes batteries for new and old hearing aids, as well as batteries for microphones or other equipment that help you communicate. Portable power banks are essential for today's rechargeable hearing aids.
- Purchase **car chargers** for items such as cochlear implant battery packs, hearing aid chargers and cellphones. This is a great way to recharge devices when the power is out.
- **Charge all your devices and backup batteries.** If you have rechargeable hearing aids make sure they are at a full charge and that you have a backup charger if the electricity goes out.
- Get some **weatherproof bags** or containers to hold hearing devices, batteries, and other items. Many stores now sell inexpensive waterproof sacks that you can find in the camping section.



PUT TOGETHER AN EMERGENCY CONTACT LIST

In emergencies, you can't rely on your cell phone or other devices. You need to have phone numbers and other important information hard copy, just in case.

Both state and local agencies offer support for people with hearing loss in the case of a natural disaster. Your local department of emergency services will have vital information regarding an incoming storm: <https://discover.pbcgov.org/publicsafety/dem/Pages/default.aspx>

If you think you will need to go to a shelter, check with your local emergency department for special needs shelters in your area.

Wherever you live, make sure you have the numbers for the local fire and police departments, the mayor's office, and any support or volunteer groups that help people with hearing loss during an emergency. Your doctor's number should also be on the list, as well as the **manufacturer of your hearing aid** in case you need emergency service.

INVEST IN TECHNOLOGY

Many companies sell **receivers that work in conjunction with the National Weather Service's system** to get severe weather warnings through National Oceanic and Atmospheric Administration Weather Radio. These receivers send output such as strobe lights or loud sirens, while other devices shake the bed or vibrate the pillows so that people with hearing loss are alerted to severe weather conditions and warnings. These radios are readily available on Amazon and are relatively inexpensive (see example below).

You can also get devices that assist hearing. **Amplified telephones** or telephones explicitly designed to work with hearing aids can help you hear vital information. Your TV should be equipped with closed captioning. TV amplifiers work both by themselves and with the assistance of a headset.

Also make sure you have an **evacuation plan** and that other members of the family are aware of your plan.

This is not an exhaustive list but we urge you to be prepared. The worst thing during a storm is to be out of touch and unable to know what is happening.



If you would like more information about how to be prepared for a storm, please don't hesitate to call **561-366-7219**.

We are celebrating our 10th Anniversary! As a 501c3 agency, we are beginning an ambitious fundraising campaign to purchase some new, innovative equipment. We are currently conducting a 50/50 raffle with the drawing on August 4 (our actual anniversary date). We have two events planned and will have more information on that in the coming months. If you would like to purchase a 50/50 raffle ticket, please call **561-366-7219** or text **561-559-7673**.

We are looking for sponsors for our events, so if you have a business and would like to be promoted over the summer, please don't hesitate to reach out.

Receipts for donations will be provided upon request

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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, house-keepers 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
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561-249-2219



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The 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

By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.

Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



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