

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

Health & Wellness[®] MAGAZINE

June 2024

North Palm Beach Edition - Monthly

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FREE



**BLAME IT ON DAD –
EXPLORING DAD'S GENETIC
INFLUENCE IN HAIR LOSS**

**TRUSTS ARE NOT JUST
FOR THE WEALTHY**

**HOW DOCTORS
CHOOSE SURGEONS**

**REAL DEAL
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**LOST YOUR HEARING AID?
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TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
- Western Michigan University Cooley Law School

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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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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sybil@sflhealthandwellness.com

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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.

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About Florida Cancer Specialists & Research Institute, LLC:
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BLAME IT ON DAD

Exploring Dad's Genetic Influence in Hair Loss

by Alan J. Bauman, MD, ABHRS

We can thank Dad for plenty of things this Father's Day. From teaching us how to throw a football with the perfect spiral to the proper way to shave, the father-son bond is one that can't be explained but rather felt.

With all of the great things that dad has provided us through the years, there's one thing that we aren't so thankful for — the emotional toll of hair loss. It's not just about the physical change, but also the impact on our self-esteem and confidence.

Every June, I dedicate my article to all the men to shed some light on the impact of a father's genetics on hair loss. You don't have to be a dad yet to be weary of your hairline. Some men experience this phenomenon in their late teens to early twenties. And if you think it's just you going through this, here's some perspective — nearly a third of the male population experience hair thinning before age 35. The number jumps to half of men by the time they reach half a century.

While being proactive about your hair's health certainly has benefits, it's hard to beat the role of genetics in hair loss. And no, the theory about hair loss passing down through the mother is, in fact, a fallacy, so you can delete that angry paragraph you were about to send mom. Hair loss can stem from either parent, making dad just as much of a culprit.

Male pattern hair loss can be boiled down to a simple combination of genetics as mentioned above mixed with hormones. More specifically, androgens, a substance that plays a significant role in the development and management of masculine traits. While I could delve into the various androgens at play, I want to focus solely on the most prominent fugitive in hair loss, DHT.

DHT, or dihydrotestosterone, is a chemical made from testosterone that in some instances, can cause men's hair follicles to basically fade over time while also producing thinner and more fragile hair. In layman's terms, this is male pattern baldness or androgenetic alopecia. If you've noticed a receding hairline along with



a sparse amount of hair up top toward the crown, you're one of the many men experiencing AA. And while some guys can rock the George Costanza look, I understand wanting that full head of hair you once donned back in your hay day.

And before you go pointing the finger at dad for passing down lower levels of testosterone compared to other men, your levels are more than likely normal — you're just more likely to be sensitive to DHT.

You're probably wondering how you can repay dad for all he's done for you. I'm not trying to pat myself and my team on the back, but Bauman Medical, a trusted name in hair restoration, has not only dad but also your hair covered. We're here to promote hair growth and put an end to hair loss, backed by our expertise and proven results. Here are some of the most popular and most effective treatments for male pattern hair loss.

REGENERATIVE, NON-INVASIVE TREATMENTS

PRP Platelet-Rich Plasma

Give us one hour of your time, and we'll give you back thicker, fuller, healthier hair. PRP, or Platelet-Rich Plasma, is a no-risk, high-reward procedure that harnesses the healing power of your own blood. Our team of experts will draw a tiny blood sample from you, which will

then be processed in a centrifuge to concentrate the platelets. These concentrated platelets will be injected back into your scalp, stimulating hair growth. Even with all the drawings and injections, PRP is painless thanks to the local anesthesia we'll apply. All it takes is one hour and one treatment, to start your journey to a fuller head of hair.

PDOgro™

Like PRP, our cutting-edge PDOgro™ procedure couples PRP with our state-of-the-art thin and absorbable polydioxanone threads. PDOgro™ will stimulate endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity as an FDA-cleared synthetic absorbable material. You're probably thinking, "That's cool, but how does that help my scalp?" Well, when bonded with PRP, hair regrowth will begin. This process has been clinically shown to be more effective than a singular PRP session.

TED

I'm not talking about TED Talks here but TransEpidermal Delivery (TED sounds much better, I know). TED painlessly serves as an outlet for growth serum delivery into your scalp. Within this serum, your scalp will receive amino acids, dynamic growth factors, and cutting-edge peptides that, in turn, increase blood flow, secure hair fibers, and stimulate hair follicles for optimal scalp health. Say hello to thicker and stronger hair.



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and after PDOgro™ by Dr. Alan Bauman

NOT YOUR GRANDFATHER'S HAIR TRANSPLANTS

FUE

Sometimes, you have to go a bit beyond regenerative practices to see results. Some guys might hear hair transplants and think of an unnatural-looking do. But with advancements in the field, transplant procedures have become more effective and one-hundred percent natural.

Say goodbye to that receding hairline, thinned-out crown, and other affected areas, as FUE (follicular unit extraction) is a fan favorite at Bauman Medical. With a variety of choices depending on your situation, we will harvest individual hair follicles directly from the scalp, in turn replacing the older, invasive method of strip harvesting. All of this is done via robotics or with specialized mechanical instruments, ensuring a safe and efficient procedure. Imagine the confidence and joy of seeing your hairline artistically restored with no linear scar to hide, and that's what FUE can offer you.

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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The best part about TED? There are no needles and no pain. This is achieved by combining sound waves and air pressure. In less than half an hour, your treatment is done, and you're on your way to that head of hair you once loved.

TED w/Exosomes

When it comes to hair loss, I always want to keep up to date, which has led me to becoming well versed on exosomes. The latest buzz in all things regenerative medicine, exosomes play an integral role in cellular communication.

Much like PRP, exosomes serve as a way to cultivate hair growth thanks to the growth factors and proteins they carry. Healing and tissue regeneration come as a result of this, making TED with exosomes a duo almost as good as father and son.

LOW-LEVEL LASER HAIR REGROWTH DEVICES

Turbo LaserCap

Forget getting dad a baseball cap. Instead, opt for my medical grade Bauman Turbo LaserCap®! While I'm sure he loves repping the Marlins or his favorite sports team, I have a hunch he would much rather be repping a full head of hair. In less than half an inning of baseball, this medical-grade low-level laser therapy cap will improve his hair quality, strength, and thickness in only five minutes. Not only that, but it also cultivates hair growth, too.

As a result, a FUE hair transplant allows follicles to be harvested without any linear scar to show. Not only that, but you will also have a rapid recovery with added comfort. Ditch those hair plugs that you might have seen grandpa don and stay with the times with FUE.

VIPIFUE™

When I said FUE has options, this is what I was referring to. The VIP|FUE™ is all about making this procedure as undetectable as possible, starting with no shaving and no trimming. There's no need to fret about losing those locs or having to get staples and stitches taken out. It'll be like we weren't even there. And to go along with it, the VIP|FUE™ may allow you to see immediate results with our "long-hair preview" because I know how excited you'll be to see that mane flowing again.

LEARN MORE

With all of these choices, I can imagine it's hard to pick which one suits dad the best. Save the hard decision making for him by giving him a Bauman Medical gift e-card available on our eStore. And for the sons out there, there's no time like the present to protect your scalp from dad's gift of hair loss. No matter what you choose for dad and yourself, just know that the Bauman Medical Team and I are here for you and your scalp.

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.





TRUSTS ARE NOT JUST FOR THE WEALTHY

Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.



Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage your assets in the event, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove to be a bad result, because the husband could remarry

and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will,

follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supplemental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement

for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

Amanda Achong, Esq. is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate from Thomas M. Cooley Law School. Before opening her own legal practice, she practiced law under numerous well-established firms. Her experience has given her the expertise to be assertive in court and detail-oriented in her client work. 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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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.

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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 INDELLICATI,

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.



120 S. Olive Avenue #116,
West Palm Beach, FL 33401

(561) 223-6238

drcarrollderm.com

JUNE IS MEN'S HEALTH MONTH AT SIMPLY MEN'S HEALTH

CHANGING MEN'S LIVES, ONE TREATMENT AT A TIME



For those who are unfamiliar, Men's Health Month is a national initiative aimed at raising awareness about the importance of men's health and encouraging them to take action in prevention and early detection of diseases. This month serves as a reminder for all the men out there that their health should not be taken for granted.

At Simply Men's Health, we strongly believe in promoting healthy lifestyles and being proactive about one's well-being. That is why we have decided to celebrate this month by offering a limited-time summertime special for every man can take advantage of – Get RejuvaWAVE® Shockwave Therapy for just \$99*

Our Shockwave Therapy has gained immense popularity due to its non-invasive nature and numerous benefits aiding in issues such as Erectile Dysfunction and Peyronie's Disease.

This innovative therapy helps improve sexual performance and treat erectile dysfunction without any surgery or medication. It uses precision energy waves that stimulate blood flow, increases stamina, and promotes tissue regeneration. Many studies have shown that Shockwave Therapy can be effective in treating ED with long-lasting results.

According to a study published in the Journal of Urology, men with moderate vasculogenic ED who received Li-ESWT experienced significant improvements in their erectile function scores, with a notable 79% of participants showing at least a 5-point increase on the International Index of Erectile Function (2023).

It is crucial to seek treatment from experienced men's health providers to ensure the correct therapy is administered. As your leading men's health clinic in Boca Raton for the past 10 years, it is our top priority to provide excellent service and a range of affordable treatment options that cater specifically to men's needs. In addition to RejuvaWAVE®, Simply Men's Health also offers treatment options for other men's health concerns, including:

- Penis Size
- Enlarged Prostate
- Hair Loss
- Low Testosterone
- Memory Loss
- Chronic Pain

TAKE CHARGE OF YOUR HEALTH, EVERY WAY POSSIBLE:

At Simply Men's Health, you not only have access to the best men's health treatments, but also the convenience of buy now pay later options! Make this men's health month your healthiest one yet with our all-in-one solution.

We understand that talking about men's health can sometimes be seen as taboo or uncomfortable. However, it is crucial to break this stigma and openly discuss these concerns so that we can take charge of our health. To get started and claim your limited-time summertime savings, call Simply Men's Health to schedule your men's health appointment today.



561-459-5356

**3301 NW 2nd Ave Suite 101
Boca Raton, Florida 33431**

**ONE RejuvaWAVE
FREE Treatment**

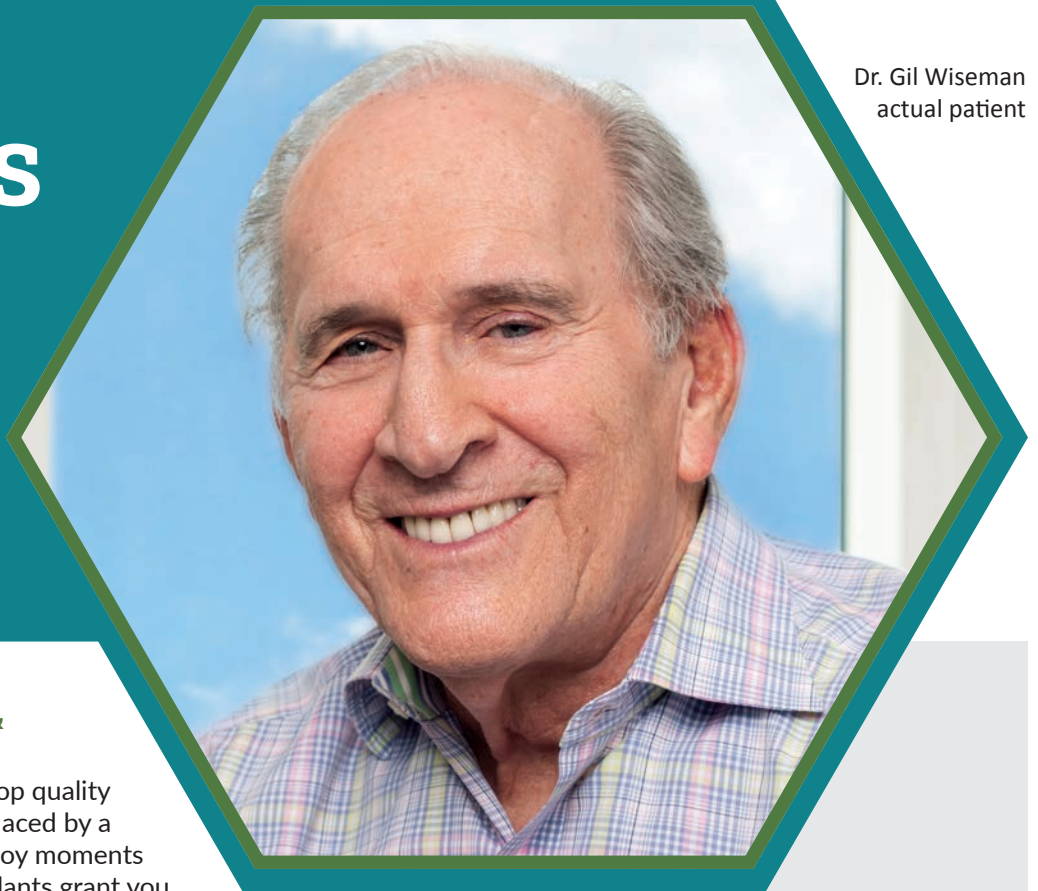
SimplyMensHealth.com

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

Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.



Dr. Gil Wiseman
actual patient

Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
- Precision placed with guided surgery.
- Biocompatible to bond with your body.

Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills.

Every visit begins with a conversation about you. 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.

Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.

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; Management

- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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Dental Implants

Pinhole Technique

LANAP Gum Rejuvenation

LOST YOUR HEARING AID? HERE'S WHAT TO DO ASAP

Lost your hearing aid? It happens more often than you might think. Hearing aids are tiny and can be so comfortable you may not even notice right away if one falls out.

According to ESCO, a hearing aid warranty company, some of the top reasons people lose their hearing aids are from simply misplacing them around the house, or they fall out while traveling. But that was before the COVID-19 pandemic. In the past couple of years, face masks have become a major culprit for why people lose hearing aids. When people take off a face mask, the hearing aid may inadvertently get removed, too.

“Each of those lost hearing aids was someone’s way of communicating with family, friends, and loved ones,” during a difficult time, notes Patrick Miller, marketing manager for ESCO, in a blog post on the spike in hearing aid losses during the pandemic.

LOST A HEARING AID? HERE'S WHAT TO DO FIRST

Some hearing aids may come with a **hearing aid app** that has a “find my hearing aid” feature. This can be invaluable and should be the first thing you do if a quick search of your immediate surroundings comes up short. If your hearing aids have this feature, they will take you to the last area your hearing aids connected with your phone, even if the batteries in the hearing aids have died.

STILL NO LUCK? RETRACE YOUR STEPS

While this may seem like frustratingly obvious advice, retracing your steps just before you lost your hearing aid can pay off. Even if you’ve done so already, try once more. Give some serious thought to when you are sure you last had your hearing aid and what you were doing at the time. How did you notice your hearing aid was missing and where were you then?

REPORT YOUR LOST HEARING AID

If you were in a public venue or business when you lost your hearing aid, either call them or visit. Good Samaritans are everywhere, and one of them may have turned your valuable hearing aid into the “lost and found.” Talk to someone at the venue and describe what your hearing aid looks like. If they don’t have it, leave your name and number and request a phone call if the hearing aid turns up. It may help to check back several times. Enlist the help of family and friends to help you look for your hearing aid at home or wherever you think it could be.

Retracing your steps can pay off if you lose your hearing aid.

CALL YOUR HEARING CARE PROFESSIONAL

If retracing your steps and searching your home, office, car, purse or briefcase doesn’t help, contact your hearing healthcare provider. Most **hearing aids are covered by warranties** from the manufacturer for one-time loss and

damage for at least the first year and sometimes longer. Your provider will easily be able to tell you if you are covered. They also may know if your app has a “find my hearing aid” feature and can help you use it if you’re not sure how to use the app.

It is counter-intuitive, but wait a couple of days before panicking. Very often the hearing aids show up in strange places such a pair of pants you swore you weren’t wearing or a purse you haven’t used in forever. We often get another phone call, saying the hearing aid was found in an unexpected place.

IF YOU HAVE A WARRANTY

Some hearing aid wearers opt to purchase additional coverage for their devices through third-parties such as **ESCO** or **Midwest Hearing Industries**. Others choose to add a special rider to their existing homeowner’s insurance to cover hearing aid loss and damage.

If you are covered by the manufacturer or one of these additional options, ask your provider about next steps. Sometimes, you will need to supply a simple notarized letter for the manufacturer or insurer.

Be aware that even if the hearing aid is covered and you can get a replacement at no cost, your hearing care professional will still charge you a small fee for the replacement hearing aid.

Here at Audiology with a Heart, we have partnered with ESCO. When your original warranty is getting ready to expire, you will receive a letter offering an extended warranty. There are typically two choices: replacement and repair coverage for a year or replacement only. Prices vary depending on the coverage you choose and the technology tier of the hearing aids. If your warranty has lapsed, you can still purchase a warranty as long as the hearing aids are in good condition.



PREVENTING A LOST HEARING AID

Knowing what to do in the event you lose a hearing aid is important, but most wearers would prefer to avoid loss altogether. Here are some things you can do to prevent lost hearing aids:

- If you are active outdoors or enjoy athletics, there are **special clips available online** (www.gearforears.com) that can help secure your hearing aids.
- Make sure your hearing aids fit snugly and properly. If they feel loose in the ear, tell your hearing care professional.
- Do not leave hearing aids within reach of kids or pets.
- Store your hearing aids in the same safe place every night. If they’re rechargeable, this should be easy—set them in the charger and nowhere else.
- Don’t get in the habit of taking your hearing aids out during the day and setting them aside since you will be more likely to misplace them or forget where you’ve left them. Plus, it’s better for your brain to **wear your hearing aids all day**.
- Be extremely cautious when removing your face mask when wearing hearing aids. Double-check they’re still in after you remove your mask.
- If you are the caretaker of a person who uses hearing aids, go over all these tips with them and set up a routine as much as you can for how and when they use and remove their hearing aids. Talk to staff if your loved one is in a **nursing home** so that they know the routine, too.

If you have questions, please call **561-366-7219** for more information.

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With A Heart

(561) 366-7219

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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.



- 1** Start by inserting one tip of the Bed MadeEZ at an angle between mattress and box spring



- 2** Keeping the Bed MadeEZ angled slightly towards you, insert it between mattress and box spring.



- 3** Push the Bed MadeEZ in until it reaches the handle and is resting securely on its flat ledge.

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



How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



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



Brent Myers

You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

PHYSICALLY. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

EMOTIONALLY. Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

MENTALLY. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from

all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



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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
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