

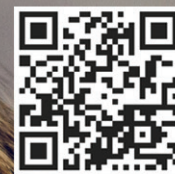
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October 2024

North Palm Beach Edition - Monthly

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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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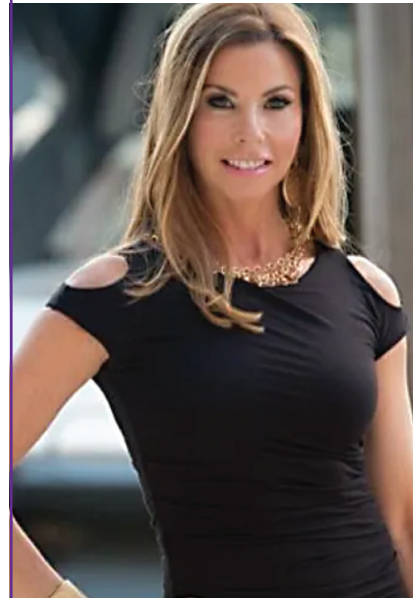


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World Mental Health Day

World Mental Health Day is observed on October 10 each year. The day aims to educate, reduce stigma and advocate for better mental health services and policies worldwide.

The topic of mental health is of critical importance for the more than 18 million Americans with cancer and their loved ones.

Support for psychological, mental and emotional health during and beyond cancer treatment is essential.

It is not uncommon for patients dealing with cancer or chronic illness to experience emotional and psychological distress. A cancer diagnosis or unexpected health issue can increase feelings of stress, anxiety, depression or grief.

Treatments, which can become intense and span many months or years, can negatively impact a person's mood, routine and ability to work or limit participation in activities and relationships. Patients may experience:

- Loss of interest
- Depressed mood
- Fatigue
- Changes in appetite
- Anxiety and worry
- Difficulty concentrating and sleeping
- Irritability
- Fear

Talking with trained and licensed mental health professionals during this journey can help to address and remedy these issues. Research shows that having access to behavioral health services helps to improve patient treatment outcomes and overall quality of life.

Community oncology practices typically incorporate behavioral health and wellness services as part of routine care. If not offered proactively, patients are encouraged to request access to a therapist whenever needed. Therapy services can be provided in person or virtually via video or telephone, and many services can be billed to insurance. Services are confidential, voluntary and driven by the patient's unique needs and goals.

Support groups are another option that patients may benefit from. They are a valuable resource for connecting with others who can relate to their experience. Virtual or in-person support groups are often free of charge and moderated by a trained professional or expert.

Cancer can be emotionally challenging for family members and other loved ones, too.

Many people report that being a caregiver is more difficult emotionally than being the one with cancer. As one patient described, "At least I (the patient) am doing something about the disease by having chemo, getting radiation, going to appointments, etc. My husband can only watch, and he feels powerless."



Certain relationships in families can enhance the stress and loneliness a cancer patient may feel. Here are some common beliefs and action steps that can improve the dynamics for loved ones living with cancer:

We must be positive all the time.

Some families refuse to allow themselves or the patient to utter any so-called negative words or thoughts regarding an illness. They believe that the power of only positive thinking somehow enhances survival odds. But this notion is fantasy, not reasonable or realistic, and can lead to massive disappointment. The truth is, there will be difficult times on the cancer journey for every member of a family. Not being allowed to talk about these scary and sad truths is unhelpful and dishonest and can lead to burying negative emotions. While striving for a positive attitude is helpful in these circumstances, open communication is always recommended. It is okay not to be okay.

Let's pretend.

Some family members and patients will not show any evidence that they feel fear, sadness or anger – preferring to stuff the powerful emotions deep down. Patients and family members sometimes believe that sharing their honest feelings and thoughts will "make it worse" for the other. The cancer becomes the elephant in the room that everyone pretends not to see.

You must have treatment no matter what.

Some families insist that the patient get as much treatment as possible, as quickly as possible and for as long as possible – sometimes despite the patient's doubts or reluctance about the side effects. Some families coerce a patient to continue treatment against their wishes to satisfy their desire to "do something!" Patients are entitled to self-determination when choosing their treatment or not to take treatment.

Families can overcome these and other challenges if they are educated, willing to change and motivated to grow.

No one has to go through cancer alone. Help is available.

Mental health services are available to help educate and support cancer patients and their loved ones.

The following are helpful resources for patients and caregivers to find support: Cancer Support Community (CancerSupportCommunity.org), Family Caregiver Alliance® (Caregiver.org) and Can Care (CanCare.org).

Consider working with a licensed behavioral health therapist who has expertise in oncology or grief and loss to help navigate a cancer journey. It's likely a new experience for many, so there is a lot to learn – and it's never too early or too late to reach out.

Collectively, on World Mental Health Day and every day, significant strides continue to offer more hope and better outcomes for those affected by cancer.

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

For the past 40 years, Florida Cancer Specialists & Research Institute (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.

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



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NO TRICKS, ALL TREATS

Spook-Free Solutions for Scary Hair Loss

by Alan J. Bauman, MD, ABHRS



It's time to gather around the campfire and huddle close for a scary Halloween story sure to fill you with fear. This tale doesn't feature ghosts, ghouls, goblins, or any masked murders on the prowl. No, this story has a much more frightening villain – hair loss – one that you may already be well-acquainted with.

Sorry if your eyes are rolling, but I can't help it. Hair loss is a terrifying phenomenon that impacts roughly 80 million people in the United States alone. After all, the scariest stories are the ones based on actual events. What's even more frightening is the rise of snake oil treatments found on the Internet. With buzzwords like "quick results," these solutions put the "trick" into Trick-or-Treat.

When you choose Bauman Medical, you're not signing up for a spooky experience. We believe in treating our patients with comfort and care, leaving the tricks to the self-proclaimed gurus on social media. So, leave your costume at home and come as you are, ready to embark on a journey towards a rejuvenated head of hair.

While we won't be providing any sweets, I can confidently say you'll be in for quite a treat when opting for our various treatment options, including:

LOW-LEVEL LASER THERAPY CAPS

While some costumes aren't complete without a hat, your hair loss journey isn't complete without my trademarked Bauman TURBO LaserCap®. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, this laser cap only takes five minutes of daily use for effective hair growth results, paving the way for hair as wicked as the witch's brew at your next party.

PRP

When it comes to horror movies, you can always expect a bit of blood at some point. With PRP, we take a typically harrowing feature and turn it into our very own elixir. Choosing this option entails drawing a small blood sample from you, and we'll then synthesize a potent brew from the platelets found in the blood by separating them. Once the platelets are concentrated, we painlessly inject them into your scalp under local anesthesia. And the best part? PRP only takes an hour for results that last a year or more, giving you more time to go candy and costume shopping.

PDOGRO™

The state of hair restoration is one that is ever-changing. At Bauman Medical, staying stagnant isn't part of our plans, which is why we developed our PDOgro™ procedure. With this, we take our already established PRP and team it up with our delicate and absorbable polydioxanone threads. With this combination, we can cultivate an array of scalp functions that, in turn, lead to a massive boost in hair regrowth. FDA-cleared, these

threads activate your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity, all of which is completed in a secure outpatient procedure. PDOgro™ is a reliable and impactful option that activates hair regrowth without any need for recovery or aftercare. And with our team with you every step of the way, you'll have the best of Bauman Medical leading you to a flowing mane.

EXOSOME THERAPY

While couple's costumes are always in style, here at Bauman Medical, our pairing of TransEpidermal Delivery (TED for short) and exosomes will bring your hairstyle back in no time. You may have heard the buzz around exosomes, a blossoming trend in regenerative medicine, but you probably don't know how essential they are in cellular communication. Like humans, cells chat with other cells located closely or throughout different parts of the body. This connection is accomplished thanks in part to exosomes, thanks to their nucleic acids, growth factors, and other proteins found within them. You may not win the best costume award at your next Halloween party, but a full head of hair is a solid consolation prize.

TRICHOTEST

We've all had nightmares about having an impromptu pop quiz that we aren't prepared for. Thankfully, our TrichoTest doesn't require any preparation from you. All that's needed is a quick swab of your cheek, and we'll be able to curate the perfect treatment protocol specific to you. With access to your DNA, we can analyze it and examine the metabolic pathways that may impact your hair loss, along with how you'll respond to specific hair loss medications, so you can save time and money. Thanks to our algorithm, no more nightmares about pop quizzes and hair loss.

HAIRMETRIX

While the rise of the machines in the Terminator franchise made for scary thoughts of the future, our use of AI at Bauman Medical lends us promising insight into diagnostic evaluations and tracking. Thanks to HairMetrix, we can turn microscopic scalp photos into precise data on your overall hair quality and quantity thanks to our advanced AI-powered algorithm. HairMetrix allows us to diagnose more accurately and create a treatment plan that aligns with your specific needs. All this time, we will monitor your scalp to see how it reacts to said plan, allowing us to adapt when needed to give you the best results possible.



Before and after
PDOgro™ by
Dr. Alan Bauman



Before and after
FUE Hair Transplant
by Dr. Alan Bauman

About Dr. Alan J. Bauman



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

With over 27 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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HAIRCHECK

There is no need to check yourself in the mirror to ensure your hair looks strong. Instead, our HairCheck device allows us to determine your exact hair volume faster than you can say "trick or treat." With these noninvasive standardized hair bundle measurements, our team at Bauman Medical can compare affected areas to more permanent zones. To ensure your treatment is working where needed, the HairCheck gets the job done long before noticeable results.

HAIR TRANSPLANTS

Save yourself the extra expenses of buying a wig for your costume this year. Instead, treat yourself to the state-of-the-art Bauman FUE (follicular unit extraction) transplant that'll last you for all the Halloweens to come. You might be thinking about a tortuous and painful procedure straight out of an 80s slasher flick, but we've taken giant leaps in the hair restoration process. With FUE, we harvest grafts with as little as one hair follicle directly from your scalp. FUE differs heavily from the traditional FUT strip harvesting method. With some assistance from our specialized mechanical instruments, your FUE procedure will be done less invasively and without any pain whatsoever. And no need to fret about scars, as FUE leaves no traces. Save those blemishes for your Freddy Krueger costume.

HAIR FOLLICLE STEM CELL BANKING

No two cases will be the same when it comes to hair restoration. You've probably noticed the theme of curating specific plans by now, but what if we took a step further? With Hair Follicle Stem Cell Banking, you

yourself can help with your next treatment plan. In this procedure, we collect stem cells directly from your hair follicles, which are kept cryopreserved in a tissue bank for future use. You shouldn't wait, though, as there's nothing more frightening than running out of donor follicles for potential treatment.

So where's the treat in all this? At this point, Hair Follicle Stem Cell Banking can be used to make an autologous topical treatment that is applied directly to your scalp. But that's just the present. We're looking to continue furthering this innovative solution toward using your stem cells for hair follicle cloning once this technology becomes available.

But why stop there? While Bauman Medical's aim is hair restoration, stem cell banking has the potential to help with skin rejuvenation, orthopedic treatments, and even organ repair and replacement. Quite a treat, right?

LEARN MORE

This Halloween, there's no need to fear losing your hair. At Bauman Medical, we're all about giving our patients all the treats without the unnecessary tricks. Ditch those snake oil scams online and opt for our 100% effective and reputable diagnostic and regenerative options. To get started, be sure to contact us at Bauman Medical. Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation 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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UNVEILING RADIANT SKIN: CARROLL DERMATOLOGY Introduces EMFace and Exion Technologies

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



Unlocking the Power of EMFace

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

How EMFace Works

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

The Advantages of EMFace at Carroll Dermatology

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

Introducing Exion: The Future of Skincare

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

Benefits of Exion at Carroll Dermatology

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

Why Choose Carroll Dermatology for EMFace and Exion?

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

Experience the Future of Skincare with Carroll Dermatology

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



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.



120 S. Olive Avenue #116,
West Palm Beach, FL 33401
(561) 223-6238 / drcarrollderm.com

EXPERIENCE UNMATCHED HOME CARE SERVICES WITH FLORIDA BEST HOME CARE LLC

When it comes to reliable, affordable, and compassionate home care in South Florida, look no further than Florida Best Home Care LLC. We pride ourselves on providing personalized care that puts clients first, delivering high-quality service 24/7. Whether you need daily assistance or help for a loved one, our team ensures you feel like family from the moment you join. Here's why more South Florida residents are turning to us for their home care needs:

UNBEATABLE PRICING

Quality Care Without the High Costs At Florida Best Home Care LLC, we believe everyone deserves access to high-quality care without financial strain. That's why we offer rates starting as low as \$18 per hour—well below the local average of \$28. While other agencies charge steep fees, we keep costs low while ensuring our caregivers earn above-market rates. You get the best value in South Florida without compromising on quality care. We don't believe in overcharging or adding hidden fees. Our pricing structure is clear, straightforward, and designed to save you money. Affordable care doesn't have to mean cutting corners, and with us, it never will.

EXCEPTIONAL CAREGIVERS

You Can Trust We know that great care comes from great caregivers, which is why we thoroughly vet each professional we refer. Our caregivers undergo FBI Level 2 background checks and must provide at least two professional references. This ensures you or your loved one receives care from qualified, trustworthy individuals who are committed to your well-being. Your satisfaction is our priority, and we guarantee it. If you're not completely satisfied with your caregiver, we'll replace them at no cost to you. With Florida Best Home Care LLC, you can rest easy knowing you're in capable hands.

24/7 AVAILABILITY

We're Always Here for You Emergencies don't follow a 9-5 schedule, and neither do we. Florida Best Home Care LLC is available 24/7, meaning we're just a phone call away whenever you need us. Whether it's a question, a scheduling change, or an urgent need for care, we're here to respond promptly and ensure continuous support.

TRANSPARENCY

No Hidden Fees, No Surprises Our commitment to transparency means you'll never have to worry about hidden costs or confusing terms. We don't lock clients into contracts or require deposits.

You're free to stop services anytime without penalties. Billing is straightforward, occurring every two weeks after services start, so you always know what to expect. We're here to foster trust, ensuring a smooth, hassle-free experience for you and your family.



EXPERTS IN LONG-TERM CARE INSURANCE

Navigating long-term care insurance can be confusing, but we're here to help. Florida Best Home Care LLC is known as the "long-term care insurance experts" of South Florida. We work directly with all long-term care insurance providers, assisting with paperwork and making sure you maximize your benefits. Our goal is to simplify the process so you can focus on what matters most—receiving the care you need.

WHY FLORIDA BEST HOME CARE LLC?

When it comes to home care in South Florida, our combination of affordability, exceptional caregivers, transparency, and long-term care insurance expertise sets us apart. At Florida Best Home Care LLC, we're not just providing a service—we're building lasting relationships. From the moment you switch to us, you'll experience personalized care that puts your needs first. Let us take the stress out of home care. Call today to learn more or schedule a consultation—your peace of mind is just a phone call away!



15 YEARS EXPERIENCE

**CALL ROBIN - MS, CCC-SLP
NOW FOR SERVICES 561-765-0697**



Florida Best Home Care

561-765-0697

flbesthomecare@gmail.com

floridabesthomecare.com

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.



Palm Beach Center
for PERIODONTICS & IMPLANT DENTISTRY

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

Dental Implants

Pinhole Technique

LANAP Gum Rejuvenation



Karen, actual patient

Better for Your Teeth

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

Trained Specialist

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

We Care a Lot

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

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

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

Welcome to Great Care

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

About Dr. Lee R. Cohen

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

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



HAVING TROUBLE GETTING IN AND OUT OF YOUR BATHTUB, TUBCUT HAS YOUR ANSWER

THE TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES

When was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

For most homeowners, there's usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you're like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You've probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you're worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.

WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one's legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be

saved, and the project can be reversed if you want to sell your home and not lose value.

"We can do this without disturbing the plumbing or making a big deal of construction. We're in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning," says Paul Echavarría, owner of One Day Bath for the past two decades. "We also have no problem with doing a complete reversal for this project, and once that's complete, you would never know what that tub looked like before. It's seamless and waterproof. The whole entire tub gets resurfaced so that when we're done, the tub looks brand new again."

**"YOU WON'T HAVE
ANYMORE TROUBLE
GETTING IN AND OUT
OF THE BATHTUB
WITH TUBCUT®"**



Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub's color can be matched perfectly to the panel's edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don't have any of the versatility of the TubcuT®.



VA APPROVED

The Tub Cut Company

877-882-2887

www.TUBCUT.COM



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.



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561-249-2219

UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having “dry eye”, experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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, microincisional 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.

The logo for Goldman Eye, featuring a stylized eye shape with the text "GOLDMAN EYE" inside.

www.goldmaneye.com 561-630-7120

selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “*Let us make human beings in our image, to be like us... So God*

created human beings in his own image. In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very good*.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece...*” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



A church that wants to help you live the life you were created for.
www.christfellowship.church



Cancer doesn't wait. Neither do we.

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

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

To learn more, visit
FLCancer.com/TimeToTreat

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