

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

Health & Wellness[®] MAGAZINE

December 2024

North Palm Beach Edition - Monthly

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FREE



**NAVIGATING
THE HOLIDAY SEASON
WHEN YOU HAVE CANCER**

**HAPPY HAIR DAYS!
GIVE THE GIFT OF HAIR
RESTORATION WITH
BAUMAN MEDICAL**

**BREAKTHROUGH NON-SURGICAL
SOLUTION FOR CHRONIC PAIN
DR. COSTELLO'S
STEALTH LASER THERAPY**

**ANTI-AGING:
THE HELIX DIFFERENCE**

REAL DENTAL IMPLANTS

EXPERIENCE THE MAGIC OF LASER THERAPY IN THE COMFORT OF YOUR OWN HOME!

YOU HAVE NOTHING TO LOSE, BUT YOUR PAIN!



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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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Navigating the Holiday Season When You Have Cancer

Managing stress during the holiday season can be uniquely challenging for cancer patients, who may be navigating physical and emotional struggles while trying to participate in holiday activities. Here are some thoughtful and supportive strategies to help cancer patients reduce stress during the holidays:

Prioritize Self-Care

The holidays often bring extra obligations, but self-care is especially important for cancer patients. Self-care may include meditation, light stretching, reading or simply taking time to relax. Rest, proper nutrition and adequate hydration should take priority over the need to attend every holiday gathering.

Set Realistic Expectations

The holidays don't need to look the way they always have. Consider setting boundaries around events, traditions or gatherings. This might mean choosing a few meaningful gatherings with close family or friends, only attending for a short time or even hosting a smaller, quieter event.

Ask for (and Accept) Help

Letting loved ones help with holiday tasks, like cooking, shopping, decorating or even gift wrapping, can help take some pressure off. Family members or friends are often eager to help but may not know how. It can be hard, but being open about where help is needed can make a significant difference for everyone.

Plan Energy-Conserving Activities

Cancer treatment can drain energy, so choosing holiday activities that don't require high energy output can reduce stress. For instance, watching holiday movies, decorating a small tree or baking simple treats can be joyful and manageable. Virtual gatherings are also a good option for connecting with loved ones, near or far, from the comfort of home.

Practice Mindfulness and Relaxation Techniques

Simple techniques like deep breathing exercises, visualization and mindfulness meditation can help in staying calm and grounded. Regular practice, even for just a few minutes each day, can alleviate stress and enhance mental well-being.

Prioritize Sleep

Having a restful sleep environment and incorporating good sleep practices into the daily routine can support a healthy mind, enhance mood and support the body's healing process. A relaxing bedtime ritual with calming activities before bed, such as reading, gentle stretching, meditation or deep breathing exercises, signal to the body that it's time to wind down. Going to bed and waking up at the same time every day can help regulate the body's internal clock and improve the quality of sleep.



Communicate with Loved Ones

Letting family and friends know what you can manage and what you cannot helps everyone feel more connected and supportive. Being open about energy levels, emotional needs and any limits also allows loved ones to offer support in meaningful ways.

Focus on Enjoyable, Low-Stress Traditions

Not every holiday tradition needs to be maintained, especially if they feel overwhelming. Embrace traditions that bring joy, are low-key and can be done in small groups or alone if preferred. Sometimes watching a favorite holiday film, listening to music or sipping hot cocoa in a cozy setting can create cherished moments.

Limit Holiday Overindulgence

While holiday eating and drinking are part of many celebrations, cancer patients may have specific dietary needs. Maintain balanced, nutrient-rich meals and consult with healthcare providers to understand dietary recommendations that best support health.

Express Gratitude and Find Joy in Small Moments

Taking time to reflect on small moments of joy or gratitude can help boost mood and reduce stress. Writing down a few things each day to be thankful for or sharing them with a loved one can create a positive perspective during the holiday season.

Seek Support from Cancer Resources and Counseling

The holiday season can heighten the emotional challenges of cancer treatment. Many organizations offer holiday support groups or counseling for patients and their families. Sometimes talking with others who understand the experience of cancer during the holidays can provide a comforting sense of community and perspective.

These strategies offer gentle ways for cancer patients to navigate the holiday season with reduced stress and more focus on self-care, personal comfort and meaningful connections.

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

For the past 40 years, 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 therapies, 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 and radiation oncology provide personalized care for all forms of cancers 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 immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available – increasing cure rates and extending lives.



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HAPPY HAIR DAYS!

Give the Gift of Hair Restoration with Bauman Medical

by Alan J. Bauman, MD, ABHRS

I know Andy Williams said, "It's the most wonderful time of the year," to describe the month of December. And while I would agree with him for the most part, that sentiment doesn't ring true in the realm of hair care. While South Florida doesn't have to worry too much about that, the drop in temperatures up north can lead to a myriad of problems for your scalp.



renewal for your hair, as our SalonB Head Spa offers our Scientific Scalp Makeovers to combat stress-induced hair loss.

Just as tranquil as your average spa, you'll be greeted by a low-light room coupled with soothing music. And that's just the tip of the iceberg, as our therapeutic aromatherapy, customized scalp masks, deep scalp massages, and thorough cleaning with our shampoo and conditioner will make your scalp feel fresh for the new year.

You can give the gift of renewal through our eCards, ranging from 60-minute, to 90-minute, to two-hour sessions.

SHAMPOOS & CONDITIONERS

Speaking of our shampoos and conditioners, skip this year's sale at Bed, Bath & Beyond and instead opt for the Boost and Soothe haircare from Bauman Medical. What's great about this pairing is that they tackle different goals you have for your hair. If you're dealing with thinning and want to give your hair a little "boost," then you can see where this is going. With DHT-controlled ingredients and other supporting cast members, the Boost line will deliver results in no time.

Whether it be split ends or damaged follicles, that December chill can do quite a number to your luscious locks. And throwing on a winter cap to fend off the cold isn't doing your scalp any favors, either. So, with the gift-giving season upon us, what better way to spread joy this year than by giving the gift of hair restoration to those you love?

At Bauman Medical, we understand that not everyone can make the trip down to our state-of-the-art hair clinic in Boca Raton. So that's why we're here to showcase a few of our products that you can gift to someone and let them unwrap the immense benefits of Bauman Medical this month. But first, I want to highlight a staple of our practice that you can gift to someone on their way down to Florida to escape the cold up north.

SCALP MAKEOVER

While a week of rest and relaxation usually means a trip to the spa, make a detour this month and head over to Bauman Medical for an extra "R." That, of course, being



The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for both men and women with thinning hair, as well as hair loss prevention and overall hair health.

Meanwhile, for those suffering from an itchy scalp or mounds of dandruff, our Soothe line will bring some peace of mind to your hair. Infused with CBD, you'll experience moisturized hair, all while soothing any inflammation, irritation, and sensitivity you're suffering from. And the best part about these products? You can use them daily without any issues.

BAUMAN TURBO LASERCAP

While winter caps are known for bringing warmth, why not warm up (and rejuvenate) your scalp with my Award-winning Bauman TURBO LaserCap®? While this might not be as stylish as a beanie, there's nothing as fashionable as a full head of hair. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, you can throw this cap on while opening presents and give yourself another gift in just five minutes per day.



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

Come next year, and you'll be sporting a head of hair that rivals Santa's beard.

PEPGRO

Introducing a new member to the Bauman Medical family of products, PEPgro is a great stocking stuffer designed to support your hair's natural growth cycle. With a morning and evening application of these powerful peptides, you'll be gifting your scalp an array of benefits, ranging from improved blood flow, reduced scalp inflammation, more robust hair structure, antimicrobial properties (for a clean scalp), and preserved natural hair color.

Using PEPgro is as simple as part of your daily routine. Whether you apply it in the morning before styling your hair or in the evening before bed, it's a gift that keeps on giving, providing benefits while you go about your day and even while you sleep.

NUTRA-TEAM BAUMAN

Beyond our terrific staff at Bauman Medical, you can also give the gift of the Nutra-Team. That is, of course, the all-star "team" of our proprietary nutritional supplements. Those dealing with hair loss, thinning, or just want a thicker head of hair, let this star-studded cast help you out:

- **The Recruiter:** And I'm not talking about jobs here. The Recruiter brings a scientifically-proven blend of fermented probiotics, plant extract, and Vitamin D3 in an effort to release stored stem cells. These cells actually encourage healing caused by age, injury, or stress. This rallying call will increase the number of circulating stem cells in your body, not only cultivating hair growth but also improving your overall well-being.

- **The Good Guys:** Not all heroes wear capes. Some come in capsule form, like The Good Guys hair probiotic. This supplement tackles issues in the gut, more specifically, aiding in the digestive process. Infusing it with the optimal elements for improved health and wellness, you'll also notice stronger follicles, which leads to optimal hair growth.
- **The Bodyguard:** Protect yourself and your immune system with the unique blend of herbs and mushrooms found in The Bodyguard.
- **A-List Hair Vitamin Complex:** Not only is the A-List Hair Vitamin complex a star at Bauman Medical, but it's also our strategic supplement. That's because we've combined top-of-the-line ingredients to bolster hair and support skin elasticity. Along with that, the A-List also has antioxidants and trace minerals, which are critical components in protecting the hair and skin, as well as promoting collagen renewal, skin hydration, and wound healing.
- **Hero Super-Biotin Mega Hair Support Caps:** If you want stronger hair and nails, you're going to need biotin. Thankfully, our Hero Super-Biotin Mega Hair Support Caps contain a plethora of this key nutrient, which also aids in digestion and cellular metabolism.
- **The Zenmaster:** Get ready to say "ohm" after taking the Zenmaster. With the herb ashwagandha, you'll be cutting down on stress and the byproduct of it, cortisol. While being able to relax is great, getting your cortisol under control will help your hair follicles as well as other organs in the body.
- **The Builder:** There's more to gains than just muscles. With the Builder, a multi-collagen complex peptide-protein powder, you'll be giving your body vital proteins that multiply natural collagen levels while also boosting hair production, follicle strength, and a shine akin to your younger days.

eCARDS

Let's face it: we've all been there. There's always someone who's impossible to shop for. You can never go wrong with a gift card, making an eCard for any of the Bauman Medical services and products a gift no one can beat. Whether someone's looking for a scalp treatment or wants to start a new line of supplements, let them choose what's best without spending a dime.

LEARN MORE

This holiday season, take your gift-giving game to a new level and opt for one of the many options at Bauman Medical. No matter what you choose, you'll be giving the gift of hair restoration to those in need, a gift that truly keeps on giving — happy Holidays from our team here at Bauman Medical.

Point your camera at the QR code below to shop at the Bauman Medical eStore. To schedule a private one-on-one in-person or virtual consultation, call 561-220-3480 or go to www.baumanmedical.com.



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.

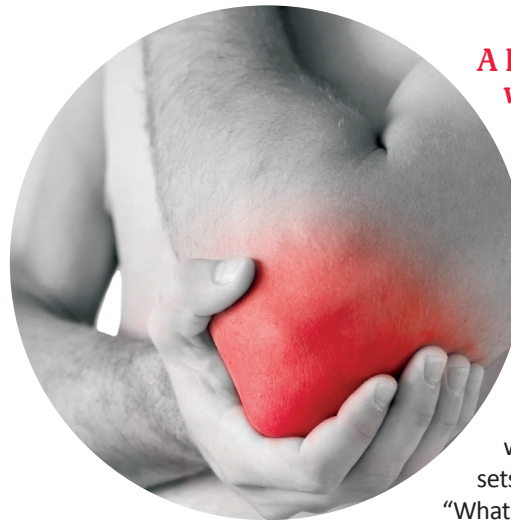
Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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Breakthrough Non-Surgical Solution for Chronic Pain: Dr. Costello's Stealth Laser Therapy



A Personal Touch with Global Reach

Patients from around the world seek out Dr. Costello's expertise, traveling from as far as Europe, Asia, and Australia to experience his cutting-edge care. Dr. Costello's commitment to his patients is evident—he even goes out of his way to accommodate their schedules.

This level of personalized care, combined with the effectiveness of the Stealth Laser, sets Dr. Costello apart from other providers. "What Dr. Costello does is far superior to anything I've found elsewhere," says Mr. Bushey.

At 55, Mr. Bushey was forced to put his shipping career on hold when debilitating spinal pain became too much to bear. After years of traditional treatments, surgeries, and frustration, Michael found relief in an unlikely place—South Florida. It was here that Dr. Joseph A. Costello introduced him to the Stealth Laser, a groundbreaking technology designed to treat chronic pain without the need for surgery.

Dr. Costello's Concierge Service, led by this board-certified chiropractic orthopedist, offers a revolutionary approach to pain relief through advanced laser therapy. With over three decades of experience, Dr. Costello has become a global leader in non-invasive treatment, transforming lives for patients like Mr. Bushey.

A New Hope for Chronic Pain Sufferers

For years, Mr. Bushey struggled with the pain caused by an annular tear in his spine. After unsuccessful surgeries, he resigned himself to a life limited by pain. That changed during a visit to South Florida, where he learned about Dr. Costello's innovative treatment protocols.

The results were life-changing. After just two sessions with the Stealth Laser, Michael noticed significant improvements. "My wife said, 'You're standing up straight for the first time in years,'" he recalls. Today, Michael estimates his pain has been reduced by 80%, allowing him to enjoy a more active and fulfilling life.

What Makes the Stealth Laser Unique?

Unlike traditional surgical methods or generalized laser treatments, Dr. Costello's Stealth Laser therapy is uniquely tailored to each patient. The laser stimulates cellular repair and regeneration, addressing the root causes of pain and inflammation.

Key benefits include:

- Reduction of nerve pain and inflammation
- Acceleration of tissue and nerve healing
- Reduction of swelling in soft tissues, such as discs and ligaments
- Improved mobility and balance

Sessions are painless and relaxing, typically lasting 30 to 60 minutes. Each treatment is personally administered by Dr. Costello, ensuring precision and care unmatched by other facilities.

Conditions Treated with Stealth Laser Therapy

Dr. Costello's Concierge Service addresses a wide range of conditions, including:

- Spinal stenosis
- Arthritis
- Herniated discs
- Neuropathy
- Sciatica
- Soft tissue injuries, such as rotator cuff damage and plantar fasciitis
- Temporomandibular joint (TMJ) dysfunction

With its FDA clearance and over a million successful treatments worldwide, the Stealth Laser has proven to be a safe and effective alternative for patients seeking relief from chronic pain.

Why Wait? Explore Non-Invasive Relief

Living with chronic pain doesn't have to be your reality. Dr. Costello's Concierge Service provides a proven, non-surgical solution that can help you regain mobility and reduce pain.

As Dr. Costello explains, "Surgery will always be an option. But why not try a safer, proven alternative first?" Take the first step toward a pain-free life today. With treatments available six days a week, Dr. Costello and his team are ready to help you rediscover the joy of living without pain.

For more information or to schedule your consultation, contact Dr. Costello's Concierge Service. Sessions are conveniently available Monday through Saturday.



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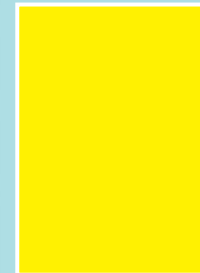
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ANTI-AGING: THE HELIX DIFFERENCE



EXPERIENCE THE DIFFERENCE AT CARROLL DERMATOLOGY

At Carroll Dermatology, we're passionate about combining cutting-edge technology with exceptional care to provide our clients with unparalleled service. Whether you're exploring the benefits of the Helix machine or seeking Tanya's expert guidance, we're here to help you achieve your skincare goals. Ready to transform your skin? Book your consultation today and discover how the Helix and Tanya Guez can help you look and feel your best. Call Carroll Dermatology at **561-2236238** to schedule your appointment.



MEET TANYA GUEZ: Your Skincare Expert We are thrilled to welcome Tanya Guez to the Carroll Dermatology family. Born in Lyon, France, Tanya has dedicated her career to helping clients achieve radiant, healthy skin. Her journey began in Los Angeles, where she honed her

skills in a variety of skincare techniques. Over the years, she expanded her expertise in New York and Florida, working at elite medical spas and mastering advanced treatments like microneedling, medical-grade peels, and laser therapies. Tanya's approach to skincare is both science-driven and deeply personal. She takes the time to understand each client's unique concerns, crafting individualized treatment plans to deliver noticeable results. With her extensive knowledge and compassionate care, Tanya ensures that every client feels confident and supported throughout their skincare journey.

Carroll Dermatology is proud to introduce the Helix machine, an innovative addition to our advanced skincare treatments. This state-of-the-art technology is designed to address a wide range of skin concerns with precision and efficiency, offering remarkable results for our clients. Combined with the expertise of our talented new provider, Tanya Guez, we are taking skincare to the next level in our local community.

THE HELIX MACHINE: TRANSFORMATIVE SKINCARE TECHNOLOGY

The Helix machine is revolutionizing the way we treat skin. By combining advanced energy-based technology with customizable treatment settings, it addresses multiple skin concerns, including:

- **Fine Lines and Wrinkles** – The Helix stimulates collagen production, improving skin texture and reducing the appearance of fine lines.
- **Acne Scarring** – Its targeted energy helps to smooth and refine scarred skin, revealing a clearer complexion.
- **Uneven Skin Tone** – The Helix promotes cell turnover, reducing hyperpigmentation and restoring radiance.
- **Skin Tightening** – By enhancing elasticity, it helps to lift and firm areas prone to sagging. Treatments with the Helix are quick, effective, and non-invasive, requiring little to no downtime. Whether you're looking for a refreshed glow or a targeted solution for specific concerns, the Helix delivers exceptional outcomes tailored to your needs.



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PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.

How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?



**TRUSTED
LAW OFFICE**

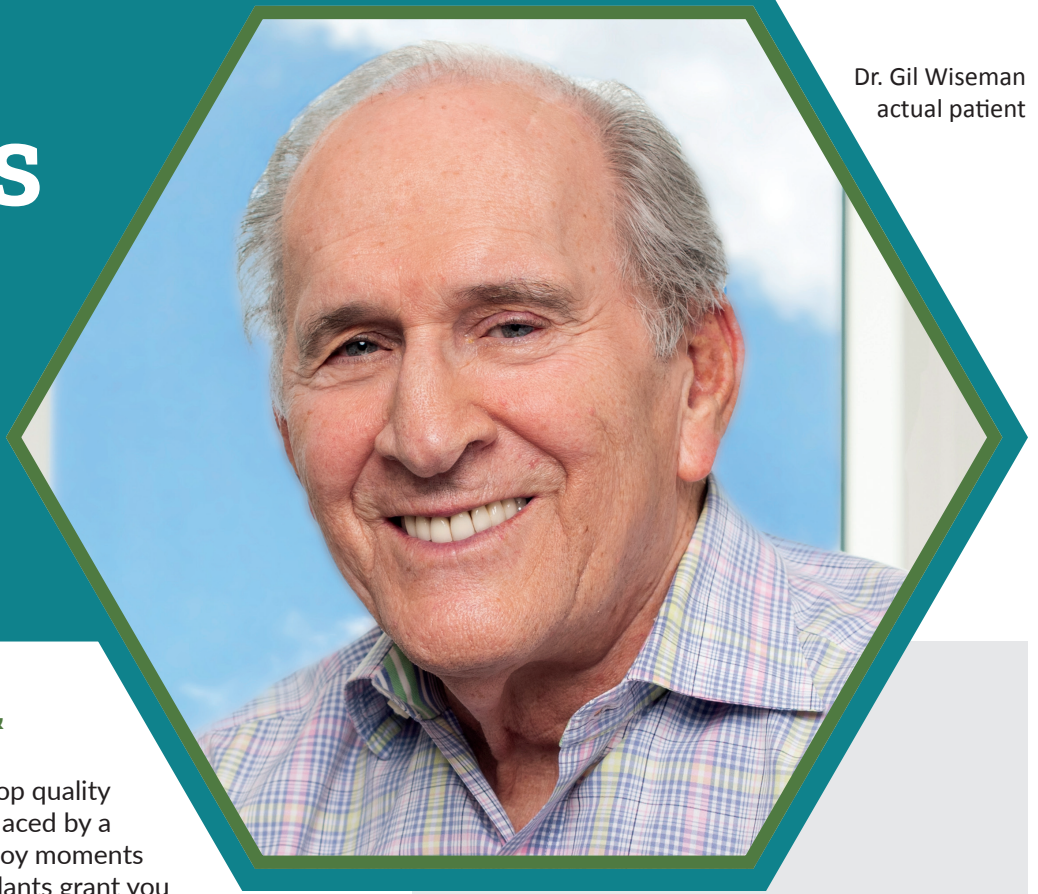
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Real Deal Dental Implants

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

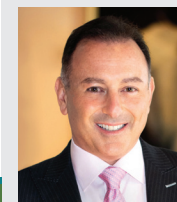
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- 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

TubcuT[®] Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT[®] Company.

The TubcuT[®] is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT[®] as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT[®] creates an opening that fits your needs. Unlike cap systems, The TubcuT[®] adapts to you and what your lifestyle requires. With TubcuT's[®] exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT[®] threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT[®] Follows the same exact contour of your tub there, and there is no ledge on the

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT[®] is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT[®] is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT[®] changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT[®].

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT[®] can be a life-changing product. To find out more, contact them today!



The Tub Cut Company
877-882-2887
www.TUBCUT.COM
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Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



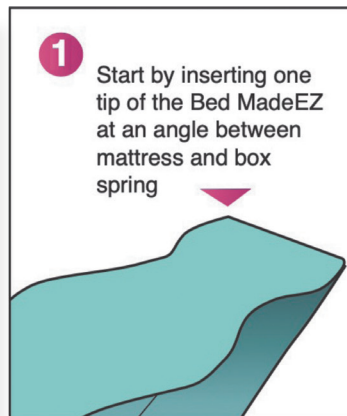
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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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THE CORNEA

By David A. Goldman MD



the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



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, 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.

561-630-7120 | www.goldmaneye.com





THE ARRIVAL

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness,

on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers



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



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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.

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