

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

# Health & Wellness<sup>®</sup> MAGAZINE

January 2025

North Palm Beach Edition - Monthly

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**FREE**



**NEW YEAR'S HAIR-SOLUTIONS SAY  
HELLO TO A NEW YOU  
(AND 'DO) FOR 2025  
WITH BAUMAN MEDICAL**

**VACCINES, THE NEXT LEVEL  
OF CANCER TREATMENT**

**TRUSTS ARE NOT JUST FOR  
THE WEALTHY**

**PTERYGIA AND SOUTH FLORIDA**

**BREAKTHROUGH LASER TREATMENT  
BRINGS HOPE  
TO SPINAL STENOSIS SUFFERERS**



**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.

# Revocable Living Trust

## ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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# Vaccines, the Next Level of Cancer Treatment

**W**hile not every person in the world will be diagnosed with cancer in their lifetime, nearly everyone has or will be impacted by the disease. Given its far-reaching impacts, many have wished for the discovery of a game-changing vaccine that would eradicate cancer once and for all.

While the likelihood of a single miracle shot is not on the near-term horizon, vaccines have enormous potential to transform cancer treatment and improve patient outcomes.

According to Manish Patel, MD, director of drug development at Florida Cancer Specialists & Research Institute LLC (FCS), advancements in cancer vaccine research are trending upward. “It’s an exciting, fast-paced field,” he said.

Therapeutic vaccines are a form of immunotherapy that help the body recognize, destroy and prevent the spread or return of cancer cells. Dr. Patel describes them as “next level” and especially promising for the treatment of melanoma and cancers of the breast, lung, stomach and bladder.

“Vaccines can be used by themselves or in combination with other therapies for patients with certain types of immunosensitive cancers whose treatment involves regulating the immune system in various ways,” he said.

For example, a newly diagnosed patient with early-stage cancer may receive standard therapy, such as chemotherapy, along with a tumor vaccine, followed by surgery and possibly more tumor vaccines. Vaccines can be given again after the initial treatment to boost the immune system in particular ways and reduce the risk of spread or recurrence.

Dr. Patel, who oversees the three FCS drug development units that conduct research on new cancer treatments when they are first developed — prior to FDA approval — can attest to the impressive results in therapeutic vaccine development.

Dr. Patel served as principal investigator in a Phase 1 clinical trial (mRNA-4157) to assess the safety and responsiveness of an investigational mRNA cancer treatment used in combination with pembrolizumab (Keytruda®) in patients with locally advanced or metastatic cancers. That study became the first of its kind to demonstrate notable effectiveness. Subsequently, a Phase 2b clinical trial was opened to include patients with high-risk melanoma and was shown to reduce the



risk of disease recurrence or death by 49%. Currently, there are openings in the trial for patients with early-stage non-small cell lung cancer and gastric cancer.

Cancer vaccines are considered a type of precision medicine, an approach that tailors cancer care to an individual’s unique genetic profile and tumor type. Vaccines are created in a lab where a patient’s tumor is analyzed using sophisticated next-generation sequencing. Producing an effective vaccine treatment is a complex process that takes time, often six to eight weeks.

As Dr. Patel explains, “Once samples of a patient’s cancer tissues, blood or other specimens are collected and sent to the laboratory, scientists are tasked with finding the specific antigen panel and then creating a custom vaccine that will trigger the immune system to target that patient’s specific gene panel.”

In addition to manufacturing obstacles, other logistics must be precise and planned with the treatment team and the patient’s schedule. “During that time, standard treatment can be started, with the knowledge that we’ll be able to add to it once the vaccine is manufactured,” said Dr. Patel.

Another possible roadblock is the cancer’s microenvironment — the complex ecosystem of cells, molecules and structures that surround a tumor cell and influence its behavior. “Tumors are smart and can find ways to evade the immune system,” notes Dr. Patel.

Despite the challenges and roadblocks, clinical researchers are increasingly optimistic and committed to the discovery of breakthroughs that enhance medical knowledge and contribute to positive patient outcomes. Dr. Patel reports that the pace of vaccine research has accelerated in the past 10 years and that the data is becoming more mature.

Therapeutic vaccines are being looked at for all cancers, with new platforms and technologies in constant development to help speed up development.

“Immunotherapy clinical trials continue to uncover critical new information about the body’s response to immunotherapy,” said Dr. Patel. “While cancer vaccine research worldwide is at an early stage, each discovery achieved is bringing us closer to improving treatment effectiveness and extending lives for people with cancer.”

FCS operates one of the largest clinical research programs in the country, providing access to more than 300 early- and late-phase clinical trials at any given time at clinic locations throughout Florida.

To learn more about clinical trial research at FCS, visit:

[FLCancer.com/ClinicalTrialParticipation](https://FLCancer.com/ClinicalTrialParticipation)



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# NEW YEAR'S HAIR-SOLUTIONS

## Say Hello to a New You (and 'do) for 2025 with Bauman Medical

by Alan J. Bauman, MD, ABHRS



**W**ith another year in the books and the hustle and bustle of the holiday season complete, we can now take a breath to shift our focus toward self-improvement. As the calendar turns over to reveal the halfway point of the 2020s, now's the time for many to start working on their New Year's resolutions. You might be wondering, "What are Dr. Bauman's New Year's Resolutions?" Well, to your surprise, I don't have any. Instead, I'm focused on one thing — hair solutions.

It may be a new year, but here at Bauman Medical we have the same goal as always, and that's providing cutting-edge hair restoration techniques and products to turn back the clock on your scalp. While improving your diet and getting a steady workout routine are great goals for a new you, we're keen on providing you with a "new 'do." As you make your list for self-improvement in 2025, why not add to it with "improve my hair?" After all, with our help here at Bauman Medical, we'll do the heavy lifting while you can rest easy with excellent results.

How can we maximize your 2025? With our array of pioneering technology and procedures, this will be your easiest resolution yet, thanks to the following:

### LOW-LEVEL LASER THERAPY

While some may opt for a new sense of fashion in the new year, I believe in sticking with the tried-and-true statement piece that is the Bauman TURBO LaserCap®. This innovative cap, unlike a regular winter cap, requires just five minutes of your day to cultivate effective hair growth. By next year, a lush head of hair will be the only statement piece you'll need to go out with. It's FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, making it a hassle-free solution for long-lasting results.

### FUE HAIR TRANSPLANT

As the years go by, with it comes progressive advancements in the realm of hair transplants. Long

gone are the days of pluggy-looking and painful procedures thanks to procedures like the state-of-the-art Bauman FUE (Follicular Unit Extraction) Hair Transplant. How does it differ from traditional FUT strip harvesting? It's a simple process that only requires the harvest of individual grafts from as little as one hair follicle to see tremendous results. With a quicker, more comfortable recovery process, you'll be walking out of our clinic, not needing to worry about a linear scar for 2025 and beyond.

But it doesn't stop there, as we here at Bauman Medical believe in giving your scalp the premier treatment it deserves. Treat it like the life of a New Year's party with VIP|FUE™. What makes it a step up from the base-level procedure? Well, you get the added benefits of the initial process but without needing any trimming or shaving. This means you won't need to worry about a buzzcut look afterward, making this the most discreet hair transplant around. Just because it's a new year and a new you, that doesn't mean you have to put your scalp through the dramatics.

### TED & EXOSOME THERAPY

I like to compare exosomes to family. No matter if you live two doors down or across the country, you still communicate with them. Exosomes act similarly, serving as the backbone for all things cellular communication. All across the body, exosomes are constantly chatting with your cells, all while containing key elements like nucleic acids, growth factors, and other proteins. How do we harness these chatty cell messages? By combining them with our TransEpidermal Delivery (TED), we apply a topical hair growth serum to your treatment zone along with ultrasonic waves and air pressure. In 30 minutes or less, you'll have increased scalp permeability and blood flow, both of which improve your scalp health and stimulate hair follicles.

### PRP

While we may have gotten through the stressful times of the holidays, I understand that your start to 2025 is filled with goals and plans. That's why at Bauman Medical, our staple PRP treatment offers effective results without throwing a wrench in your busy schedule. It's a minimally invasive procedure that begins with us taking a small blood sample and isolating the platelets using our advanced technology. Once we've concentrated them, we are able to harness



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and After PRP by Dr. Alan Bauman

the growth factors within and carefully apply them to your scalp to promote natural hair growth. With next to no discomfort, you can take on the new year as confident as ever!

**PDOgro™**

Much like how we look to improve in the new year, Bauman Medical is always looking for ways to improve upon our hair restoration solutions. Case in point: our PDOgro™ procedure. By taking the already effective PRP and coupling it with our delicate and absorbable polydioxanone threads, we're able to stimulate various scalp functions, all of which spark substantial hair regrowth. This FDA-cleared synthetic absorbable material serves as a catalyst for your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. What does this all mean? When activated, we'll be able to bolster hair

regrowth for a year or more through a safe and serene outpatient procedure. And through each step of the way, you can rest easy knowing that our Bauman Medical team is fully committed to your journey.

**LEARN MORE**

For 2025, don't limit yourself to just resolutions; aim for hair solutions courtesy of Bauman Medical. A new year means a new you, and what better way to start a new leaf than with a head of hair reminiscent of your younger days? From myself and the rest of the Bauman Medical team, we hope everyone has a safe and happy New Year! 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](http://www.baumanmedical.com).



**About Dr. Alan J. Bauman**



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

With over 28 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 35,000 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 9th 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 Laser Treatment Brings Hope to Spinal Stenosis Sufferers



*I put my faith in Dr. Costello and his laser treatments cured me! My back was hurting so badly, doctors here in the Bahamas told me I needed a surgery to "repair" two herniated discs.*

In an era where age-related lumbar spinal stenosis has reached epidemic proportions, a revolutionary treatment is offering hope to those suffering from this debilitating condition. J. A Costello, DC, DABCO is one of South Florida's leading experts in laser therapy, is bringing this groundbreaking treatment directly to patients' homes in Palm Beach County.

## Understanding the Epidemic of Spinal Stenosis

As our population ages, lumbar spinal stenosis—caused by soft tissue and disc degeneration—has become increasingly prevalent. The condition creates unrelenting pain in the legs, buttocks, thighs, and along the sciatic nerves, often leading to immobilization. While many patients are routinely directed toward invasive surgical solutions, Dr. Costello offers a safer, more effective alternative.

## Revolutionary Stealth, Micro, Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes Stealth Micro Pulsed Laser Therapy, an FDA-cleared treatment that has successfully helped numerous patients without a single reported side effect. This advanced technology works at the cellular level, stimulating the body's natural healing processes to provide remarkable long term results.

## The Science Behind the Success

The treatment, classified as "actinotherapy," creates chemical and metabolic changes in human tissue, accelerating the healing potential of every cell it contacts. **This sophisticated approach delivers multiple therapeutic benefits:**

- Decreases pain and inflammation of nerve endings
- Accelerates nerve regeneration
- Reduces swollen and enlarged soft tissues, including discs and ligaments
- Improves proprioception (balance awareness)
- Eliminates numbness and tingling
- Achieves results without pain, invasion, or side effects

## Expert Care from a Pioneer in Laser Medicine

Dr. Costello brings over four decades of specialized experience to every treatment. As a board-certified chiropractic orthopedist trained by experts from the Texas Back Institute, he has developed exclusive proprietary treatment protocols unavailable anywhere else in the world. His unique combination of orthopedic expertise and advanced laser technology has attracted patients from across the globe.

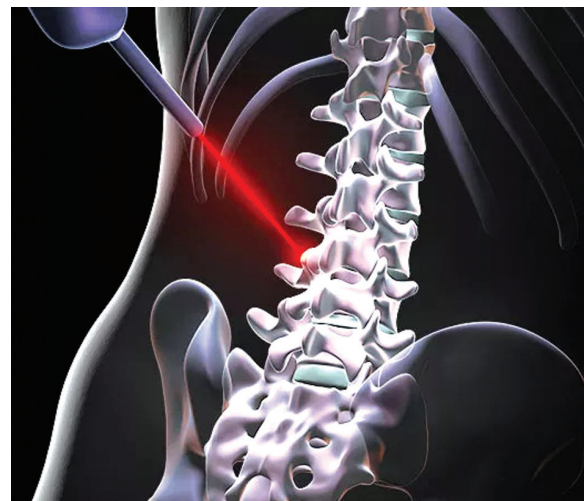
## The Comfort of Concierge Treatment

What sets Dr. Costello's practice apart is not just his expertise, but his commitment to patient comfort.

### Every 30 minute in home treatment session is:

- Performed personally by Dr. Costello
- Delivered in the comfort of your own home
- Tailored to your specific condition
- Designed for optimal therapeutic results

## Beyond Spinal Stenosis



While particularly effective for spinal stenosis, this revolutionary treatment also successfully addresses:

- Arthritis
- Back pain
- Disc herniations
- Headaches
- Knee and hip pain
- Neck pain
- Peripheral nerve disorders
- Neuropathy
- Sciatica
- Shingles
- TMJ dysfunctions

## A Better Path to Healing

"Our treatment protocols actually heal human tissue," explains Dr. Costello. "They can achieve results when other treatments fail." This approach represents a significant advancement over traditional treatments, offering hope to those who have been disappointed by conventional medical approaches or are seeking to avoid invasive surgery.

## The Future of Pain Management is Here

As Chief of Laser Medicine for Diowave Laser Systems and developer of the Stealth Laser™ system, Dr. Costello continues to pioneer advancements in laser medicine. His in-home treatment model combines cutting-edge technology with personalized care, offering Palm Beach County residents a safer, more effective path to recovery.

Don't let spinal stenosis control your life any longer. Experience the revolutionary treatment that's helping patients reclaim their mobility and comfort, all from the convenience of home.



**JOSEPH A. COSTELLO**  
CHIROPRACTIC ORTHOPEDIST - SINCE 1985  
CHIEF OF LASER MEDICINE  
DIOWAVE LASER SYSTEMS - FAU  
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# TRANSFORM YOUR SKIN: THE LATEST REVOLUTION IN ANTI-AGING TREATMENT



In the quest for youthful, radiant skin, innovative technology has opened new doors for women seeking effective anti-aging solutions. At Carroll Dermatology in West Palm Beach, board-certified dermatologist Dr. Carroll is helping patients turn back the clock with the advanced Vivace RF Microneedling system.

## The Future of Skin Rejuvenation

RF Microneedling represents the perfect marriage of two proven technologies: traditional microneedling and radiofrequency energy. This powerful combination delivers remarkable results in reducing fine lines, wrinkles, and other signs of aging—with minimal downtime.

## Understanding the Vivace Advantage

The Vivace system stands apart as one of the most sophisticated RF Microneedling devices available today. This state-of-the-art treatment works by creating microscopic channels in the skin while simultaneously delivering precisely controlled RF energy to multiple layers of tissue. The result? A powerful stimulation of your skin's natural collagen and elastin production—the building blocks of youthful skin.

## Immediate Results, Lasting Benefits

Unlike many aesthetic treatments that require weeks to show improvement, Vivace RF Microneedling offers something extraordinary: immediate results. Patients typically notice:

- Immediate skin tightening
- Enhanced skin texture
- Reduced appearance of fine lines
- A natural, healthy glow
- Progressive improvements over the following months

## Expert Care You Can Trust

Dr. Carroll, who has been practicing in South Florida since 2010, brings extensive expertise in both pediatric and adult dermatology to every treatment. Her board certification and comprehensive understanding of skin health ensures that each patient receives optimal results tailored to their unique needs.

## The Treatment Experience

During your Vivace RF Microneedling session at Carroll Dermatology, you'll experience:

- Personalized treatment planning
- Precise, computer-controlled delivery of RF energy
- Minimal discomfort thanks to advanced technology
- Little to no downtime
- Professional guidance for optimal results

## Beyond Traditional Anti-Aging Treatments

What sets Vivace RF Microneedling apart from conventional treatments is its ability to:

- Target multiple skin layers simultaneously
- Stimulate natural collagen production
- Deliver consistent, predictable results
- Accommodate all skin types safely
- Provide both immediate and long-term benefits

## Is Vivace RF Microneedling Right for You?

This revolutionary treatment is particularly effective for women who want to:

- Reduce the appearance of fine lines and wrinkles
- Improve skin texture and tone
- Enhance skin firmness
- Achieve natural-looking results
- Minimize treatment downtime

## The Carroll Dermatology Difference

At Carroll Dermatology, each treatment is performed with meticulous attention to detail and a deep understanding of facial aesthetics. Dr. Carroll's extensive experience ensures that every patient receives safe, effective care designed to achieve optimal results.

## Your Journey to Renewed Skin

The path to more youthful, radiant skin begins with a consultation at Carroll Dermatology. Under Dr. Carroll's expert guidance, you'll discover how Vivace RF Microneedling can help you achieve your aesthetic goals with minimal disruption to your busy lifestyle.

Take the first step toward rejuvenated, younger-looking skin. Experience the transformative power of Vivace RF Microneedling at Carroll Dermatology in West Palm Beach, where cutting-edge technology meets expert care.



**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.



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# 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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# Laser Treatment Replaces Gum Surgery

If you've been diagnosed with periodontal (gum) disease, you're not alone. Nearly 80 percent of us have periodontal disease in our lifetime. Sometimes surgery is recommended to save teeth and restore oral health. Now, there's an easier option.

## Introducing LANAP

For decades patients with periodontal disease endured gum pocket reduction surgery. While results are typically good with this surgery, it can be painful, and recovery takes weeks.

Today, there is Laser Assisted New Attachment Procedure or LANAP. LANAP's results mimic gum pocket reduction surgery but without the scalpels and sutures. LANAP patients experience little to no pain. Downtime is a few hours, not days or weeks.

## How LANAP Works

The LANAP treatment is a two-step process. During your LANAP visit you rest comfortably. You won't feel a thing.

To begin, we measure the depth your gum pockets. This helps us create a precise treatment protocol, designed specifically for you. Then, we use LANAP technology.

The first pass with the LANAP laser removes harmful bacteria from the pockets of your gums. It's a gentle, yet effective approach with a high success rate for eliminating gum disease.

Second, we change the LANAP laser setting to stimulate healing. On this setting, LANAP speeds gum tissue regeneration for improved oral health.

## Better for Your Health

Treating gum is beneficial to your whole body. This is because untreated gum disease increases your risk for a heart attack and heart disease, hypertension, and complications from diabetes.

## We Care About You

Every visit to our specialty practice begins with a conversation about you. Your health needs, concerns, and desires for a great-looking outcome matter here.

- We talk and learn about you.
- Review your health history and desired outcome.
- Together we build a treatment plan for your health and appearance.

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

Valerie, actual patient



## 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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# UNLOCKING SUCCESS IN REGENERATIVE MEDICINE: The Critical Role of Ultrasound Guidance in Platelet-Rich Plasma (PRP) Treatments

**P**latelet-rich plasma (PRP) therapy has become a game-changer in regenerative medicine, offering a natural, non-invasive treatment option to accelerate healing and reduce pain for various musculoskeletal conditions. However, the success of PRP treatments heavily relies on one crucial factor: precision. Enter ultrasound guidance—an advanced imaging technique that enhances the accuracy, safety, and efficacy of PRP treatments. Here's why integrating ultrasound guidance into PRP therapy is not just a luxury but a necessity.

## The Foundation of PRP Therapy

PRP therapy works by harnessing the body's healing potential. A sample of the patient's blood is processed to concentrate platelets, which are rich in growth factors and can recognize damaged tissue. These growth factors stimulate tissue repair and enhance recovery, showing benefits in pain and function in conditions such as knee arthritis, rotator cuff tears, as well as the spinal pain conditions.

However, the effectiveness of PRP depends on delivering the concentrated platelets precisely to the injured area. This is where ultrasound guidance comes into play.

## The Challenge of Blind Injections

Traditionally, injections were administered using palpation techniques or anatomical landmarks, often referred to as "blind injections." While experienced practitioners can achieve decent results with this method, it leaves much to chance, particularly when targeting deep or hard-to-locate structures.

## Blind injections pose several risks, including:

- **Inaccurate Delivery:** Without visual confirmation, the PRP may miss the intended target, diluting its therapeutic potential.
- **Increased Pain:** Misplaced injections can cause unnecessary pain or discomfort for the patient.
- **Complications:** Inadvertently injecting nearby structures such as nerves

Given these limitations, a precise approach is imperative to maximize the benefits of PRP therapy.

## Ultrasound Guidance: Redefining Precision

Ultrasound guidance transforms PRP treatments into a precise, visualized procedure. Using real-time imaging, clinicians can visualize the target tissue, surrounding structures, and the needle's trajectory. This approach significantly enhances the accuracy of PRP delivery, ensuring optimal results.

## Key Advantages of Ultrasound Guidance

- **Enhanced Accuracy** With ultrasound, clinicians can locate the exact site of injury or degeneration, whether it's a small tendon tear or a specific joint capsule. This ensures that the PRP is deposited precisely where it is needed, maximizing its effects.



- **Improved Safety** Real-time imaging allows practitioners to avoid critical structures such as nerves, arteries, and veins, minimizing the risk of complications. This is especially crucial for delicate areas like the spine or wrist.
- **Better Outcomes** By ensuring accurate delivery of PRP, ultrasound guidance enhances the treatment's effectiveness. Studies show that image-guided injections consistently outperform blind injections in terms of pain relief, functional improvement, and patient satisfaction.
- **Reduced Patient Discomfort** Precise needle placement reduces the number of attempts and tissue trauma, making the procedure more comfortable for the patient. This also contributes to quicker recovery times.
- **Customization and Flexibility** Ultrasound enables real-time adjustments during the procedure. Doctors can assess tissue response and modify their approach as needed, tailoring the treatment to each patient's unique anatomy and condition.

## Clinical Applications of Ultrasound-Guided PRP Treatments

The versatility of ultrasound guidance makes it applicable across a wide range of conditions, including:

- **Tendon Injuries:** Conditions like tennis elbow, Achilles tendinitis, and rotator cuff injuries benefit from precise PRP delivery to the damaged tendon fibers.
- **Joint Osteoarthritis:** Injections into the joint space, such as the knee or hip, are more effective when guided by ultrasound, ensuring accurate placement within the joint capsule.
- **Ligament Tears:** Partial ligament tears, such as those in the ankle or knee, require targeted PRP delivery to stimulate repair and strengthen the structure.
- **Muscle Tears:** Ultrasound helps identify the exact location of muscle damage, allowing plasma to be injected directly into the affected area.

- **Nerve Entrapments:** In complex cases like carpal tunnel syndrome, ultrasound ensures that PRP is delivered precisely to the area of nerve compression.

## Patient Experience and Confidence

For patients, the use of ultrasound guidance provides an added layer of confidence. Seeing the real-time imaging during the procedure reassures them that the treatment is both precise and personalized. Moreover, the reduced discomfort and improved outcomes associated with ultrasound-guided injections enhance overall patient satisfaction.

## The Evidence Speaks for Itself

Scientific studies consistently highlight the superiority of ultrasound-guided injections over blind techniques. For instance:

- A study published in *The American Journal of Sports Medicine* found that ultrasound-guided PRP injections for rotator cuff tendinopathy resulted in significantly better pain relief and functional improvement compared to blind injections.
- Research in *Arthroscopy: The Journal of Arthroscopic & Related Surgery* demonstrated that ultrasound guidance improved the accuracy of intra-articular injections by up to 95%.

These findings underscore the importance of ultrasound as an indispensable tool in PRP therapy.

## Conclusion: A Gold Standard in PRP Therapy

Ultrasound guidance has revolutionized the way PRP injections are performed, setting a new standard in regenerative medicine. Its ability to enhance accuracy, safety, and patient outcomes makes it an essential component of modern PRP therapy.

If you're considering PRP therapy, ensure that your provider is an expert in the use of ultrasound guidance—it's the key to unlocking the full potential of regenerative medicine. Your health deserves nothing less than precision, safety, and success.



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



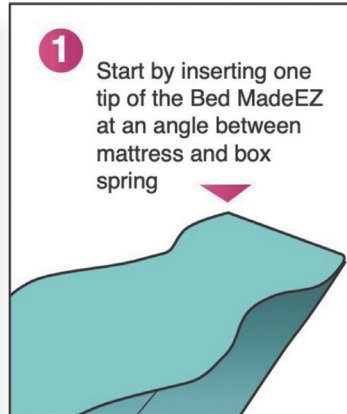
**I**wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.

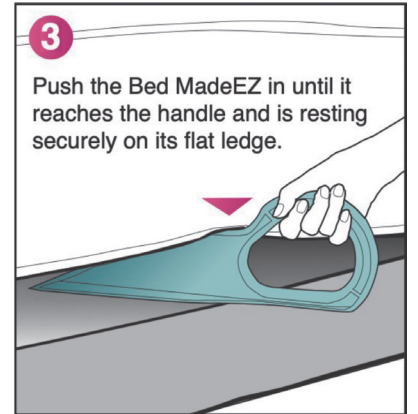
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



**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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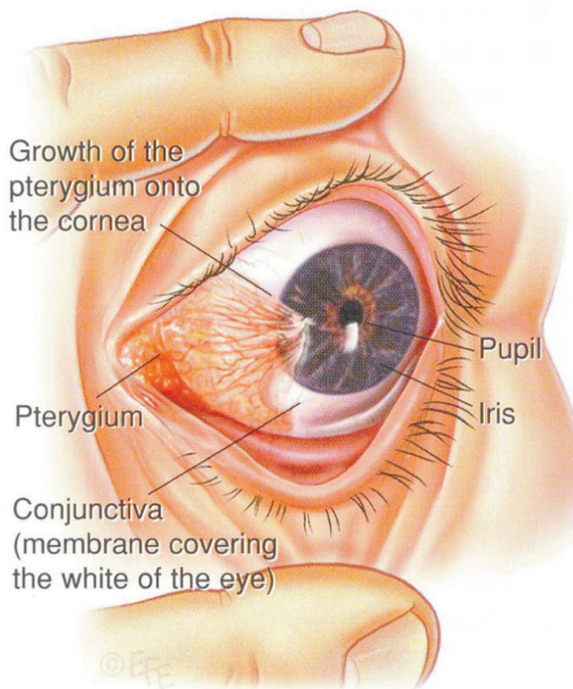
# PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

**A** pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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 2<sup>nd</sup> 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.

**SELFIES**



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.

**P**ersonally, 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*



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