

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

February 2025

North Palm Beach Edition - Monthly

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FREE



**CAN PRODUCT LABELS
HELP PREVENT CANCER?**

**SKIP THE CHOCOLATES
BECAUSE THERE'S
NOTHING SWEETER
THAN A FULL HEAD OF HAIR**

**BREAKING FREE
FROM NERVE PAIN:
REVOLUTIONARY
LASER THERAPY
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REAL DENTAL IMPLANTS

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- Florida State University
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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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Can Product Labels Help Prevent Cancer?

Smoking, excess body weight and alcohol consumption are the leading risk factors for cancer—and the most preventable, according to the American Cancer Society. While this information is well known to health care professionals, the U.S. Surgeon General recently recommended that warning labels be placed on alcohol products to help make more Americans aware of the relationship between alcohol consumption and increased cancer risk.

A Closer Look

Faye Yin, MD, medical oncologist and hematologist with Florida Cancer Specialists & Research Institute (FCS), notes that alcohol is a contributing factor associated with approximately 100,000 cancer cases and 20,000 cancer deaths every year, playing a role in breast, liver, colorectal, mouth, throat, esophagus and voice box cancer cases. “This is a serious health concern that needs to be addressed,” says Dr. Yin.

“Ethanol is the ‘alcohol’ portion in beverages, found in beer, wine and liquor spirits,” explains FCS Clinical Oncology Dietitian Rhone Levin, MEd, RDN, CSO, LDN, FAND. “When the body breaks down ethanol, there is production of a compound called acetaldehyde, a known cancer-causing agent that can directly damage DNA and encourage the development of cancer cells.”

Carrying extra body weight can also increase the risk for many of the most common cancer types, as well as cardiovascular disease, type II diabetes and other diseases.

Excess body weight, particularly visceral fat around the organs, can cause chronic inflammation, which can ultimately damage DNA and promote tumor development. Essentially, the more fat cells present, the higher the potential for abnormal cell division and cancer growth.

How can warning labels help?

In 1965, the Federal Trade Commission required that warning labels be placed on cigarette packages to educate consumers about the health risks of smoking. Research studies have shown that warning labels, especially those with graphic images, have helped to increase awareness and alter behaviors.

Similarly, Levin notes that nutrition labeling, which became mandatory in the U.S. in 1990, helps people understand how a food or beverage may impact their health and can lead to better choices. “For example, knowing what portion constitutes a serving of food or beverage is valuable information in managing diet quality,” she said.

Levin expects that warning labels on alcohol can be similarly helpful in heightening awareness about potential health risks, and Dr. Yin agrees.



Beyond labels — How to reduce your cancer risk

The Surgeon General’s call for warning labels has definitely brought the topic of preventable cancer risks to the forefront for a lot of people who may not have been aware of the risks. Ongoing research continues to expand our understanding of cancer-related processes in the body and offers exciting opportunities for breaking the link.

The increased risks associated with alcohol consumption are related to how much and how often a person drinks. The 2020-2025 U.S. Dietary Guidelines state that for adults who choose to drink alcohol, women should have one drink or less in a day and men should have two drinks or less in a day. Dr. Yin says the risk increases even at low levels of consumption (less than one drink in a day).

“There is no ‘safe’ level of consumption,” according to Levin. “That said, it makes sense to reduce the number of alcoholic beverages we consume at any one time and to reduce the frequency of consumption.”

Levin points to positive trends, such as the growing observance of “Dry January” and “Damp January,” when people purposefully decrease alcohol consumption. “Additionally, a growing number of restaurants and bars are creating a significant variety of ‘mocktails’ made with premium non-alcoholic ingredients,” she said.

When it comes to diet, the most impactful changes people can make to reduce the risk of cancer and other diseases are to include more plant portions on a regular basis. Levin says, “As you increase the portions of filling, high-fiber, low-calorie, dense vegetables and fruits, it is easier to eat smaller portions of the higher-calorie menu items. Cutting calories while feeling full is a great way to manage your weight.”

The American Institute for Cancer Research, which Levin cites as “the gold standard for reliable, evidence-based guidelines for cancer and all disease prevention,” offers a free online Cancer Health Check and a Healthy10 Challenge. To learn more about how the choices we make each day can help reduce our risk for cancer, visit www.aicr.org.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

For more than 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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SKIP THE CHOCOLATES

Because There's Nothing Sweeter Than a Full Head of Hair

by Alan J. Bauman, MD, ABHRS

With love officially in the air, you don't have much time to get your secret admirer something for Valentine's Day. And while there's nothing wrong with a box of chocolates and a bouquet of roses, don't you think your special someone deserves something a little more, oh, I don't know, special? I might not be a relationship guru, but nothing screams "I love you" more than a gift that keeps on giving.



our FUE (Follicular Unit Extraction) Hair Transplant. Now, whether it's a typical Tuesday or a night out on the town with your better half, you'll be looking your best.

You might wonder, "How does this differ from the traditional FUT strip harvesting?" Well, this simple process starts with the harvesting of individual grafts from as little as one hair follicle. That's right, all it takes is one for impeccable results. And with a revamped recovery process with a faster timetable and added comfortability, you'll want to make reservations for date night right after leaving our clinic.

But those who want to go above and beyond to give their scalp the love it deserves, give yourself the gift of VIP|FUETM. How can something so fantastic get any better? With the VIP procedure, we can skip the trimming and shaving, leaving you with your normal do and no buzz cut. Talk about discreteness, as no other hair transplant comes close to the VIP|FUETM. So, at your next dinner event, be sure to raise a glass to FUE, a procedure you'll grow to love more and more each year.

That's where our team at Bauman Medical comes in to help. With our various treatments and products, you'll fall back in love with a full head of hair in no time. Our treatments are not just about restoring hair, they are about restoring confidence and hope. While a lovely truffle is oh-so-sweet, I bet looking in the mirror and seeing some lovely flowing locks is a bit sweeter.

Make 2025 the year you start falling back in love with your hair. You're probably thinking, "How can I do that?" Leave it to me and my Bauman Medical team to get you two back on speaking terms this February with the following options:

LOW-LEVEL LASER THERAPY

Getting your significant other an article of clothing seems like a great gift idea on the surface, but who

knows, maybe they already have something like it, or worse, it ends up in a pile of never-worn attire. You know what will be worn? A state-of-the-art Bauman TURBO LaserCap®! With just five minutes of daily use, your loved one will cultivate robust hair growth in no time. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the LaserCap will bring tremendous results quicker than you can say "I love you."

FUE HAIR TRANSPLANT

We've all had our fair share of bad hair days, especially before a date night. The thought of a hair transplant might have you thinking of pluggy-looking, painful procedures that leave you with a buzz cut and scars. Thankfully, the advancements made at Bauman Medical ensure all the pros without the cons with

TED & EXOSOME THERAPY

Valentine's Day is more than just loving your partner. It's also a time to tell your family how you feel about them. When I think of family, my mind drifts to the immense potential of exosomes (I know, what a way of thinking). And much like us with our families, exosomes are able to communicate near and far. So when you call to talk to your parents this V-Day, your exosomes, the backbone for all things cellular, do the same. Think of exosomes as a large group chat, communicating all across your body with cells, all the while containing key elements like nucleic acids, growth factors, and other proteins. So, what do exosomes have to do with our work at Bauman Medical? Well, you aren't the only one with a partner to celebrate with this February. We couple exosomes



Before and 6 months after using the Bauman TURBO LaserCap



Before and 6 months after PDOgro™ by Dr. Alan Bauman

with our TransEpidermal Delivery (TED), as we apply a topical hair growth serum to the treatment zone along with ultrasonic waves and air pressure. In about half an hour, say hello to increased scalp permeability and blood flow, two major factors in improving your scalp's health, as well as stimulating hair follicles.

PRP

The clock's ticking, and your special date is nearing. Our team at Bauman Medical understands that you have a busy schedule, making our staple PRP treatment an excellent and effective choice without giving up too much of your time. Give us an hour and we'll give you back years! We start this procedure by taking a small blood sample and then isolating the platelets with help from our advanced technology. After concentrating them, we now have the ability to utilize the growth factors found within, which are then applied to your scalp to promote natural hair growth. We'll give your

scalp the TLC it deserves, as this minimally invasive procedure offers next to no discomfort.

PDOgro™

While I love our PRP and other procedures present at Bauman Medical, there's one thing I love more: finding ways to improve them. Anytime we can make an advancement in our hair restoration solutions, it's like falling back in love. And there's no better example of furthering an already fantastic option than with our PDOgro™ procedure. If you love PRP, you're going to want to hear this. A true power couple, PDOgro™ combines PRP with our special polydioxanone threads. These delicate and absorbable materials help stimulate an array of scalp functions — functions that are integral in 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. In Layman's terms? Say hello to a year or more of blossoming hair regrowth

through a safe and tranquil outpatient procedure. And no matter how far along you are, rest easy knowing that the Bauman Medical team will be there from start to finish.

LEARN MORE

While chocolates are sweet for a second, hair restoration is sweet for a lifetime. So before going to the store for your last minute shopping, save yourself the trip and opt for a Bauman Medical gift e-Card. This convenient option gives your partner the freedom to choose the procedure or treatment plan best fit for them. Give them the gift of hair, something you both will fall in love with. 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.



About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR
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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BREAKING FREE FROM NERVE PAIN: REVOLUTIONARY LASER THERAPY OFFERS NEW HOPE

In a world where over 25 million Americans live with chronic pain daily, innovative treatments are emerging that promise relief without the drawbacks of traditional medications or surgery. Among these breakthrough therapies, micro-pulsed laser therapy stands out as a beacon of hope for those suffering from debilitating nerve pain and neuropathy.



"Laser therapy is the most effective treatment for nerve pain," explains Dr. Joseph A. Costello, DC, DABCO, clinic director at Concierge Laser Medicine. "Because it promotes cell growth, it does more than just mask the pain – it heals at a cellular level and removes inflammation. The results are very impressive."

Neuropathy, characterized by symptoms such as burning sensations, numbness, tingling, and loss of balance, particularly affects diabetics and chemotherapy patients. Traditional medical approaches typically rely on antidepressants and anticonvulsants to manage symptoms, often leading to unwanted side effects and potential dependency issues.

Enter micro-pulsed laser therapy, a revolutionary treatment that works by harnessing the power of light to stimulate the body's natural healing

processes. During treatment, specific laser light penetrates the skin's layers, reaching damaged nerve cells and promoting healing from within. The therapy increases blood flow through vasodilation and new capillary growth while simultaneously reducing nerve inflammation and pain.

The science behind this groundbreaking treatment is fascinating. Similar to how plants utilize light for photosynthesis, human cells can use specific wavelengths of light to regenerate and heal. The laser therapy excites light-sensitive elements within cells, accelerating their metabolic rate and promoting

faster, more complete healing. This process not only blocks pain signals to the brain but also decreases nerve sensitivity, while stimulating nerve regeneration.

The transformation can be dramatic, as illustrated by patient Mrs Greenawalt's experience. After suffering from severe neuropathy for nearly 15 years, she found relief through Dr. Costello's laser therapy protocol. "By the fourth treatment, I really began to feel an improvement," Greenawalt shares. "And by the time I got to the 16th treatment, the pain was completely gone. I was amazed! It was the best I'd felt in years!"

Unlike traditional treatments, laser therapy is non-invasive and free from side effects. Patients often report feeling improvement after several treatments, with results building over time through a series of treatments. The therapy can address a wide range of conditions beyond neuropathy, including arthritis, back pain, sciatica and spinal stenosis.

Dr. Costello emphasizes the importance of proper administration, personally performing each treatment. "Our treatment protocols actually heal human tissue," he notes. "They can achieve results when other treatments fail."

For those suffering from chronic nerve pain, this revolutionary therapy offers a promising alternative to surgery and medication. As more patients discover the benefits of laser therapy, it continues to establish itself as a leading treatment option in the field of pain management, providing hope for a pain-free future.



When surgery fails, or you are not a candidate, Laser Therapy is the best option you haven't tried yet!

After several treatments, I am completely pain free and already back to boxing and running. I am very grateful and excited I could avoid the surgery.

Dina M. | Daytona Beach
(Torn ACL & Meniscus)



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REVOLUTIONIZING ANTI-AGING WITH HELIX CUSTOMIZED CO₂ + TECHNOLOGY



In the quest for youthful and radiant skin, advancements in technology have continuously pushed boundaries, offering new solutions that are both effective and non-invasive. One such groundbreaking innovation is Helix Customized CO₂+ technology, heralded as a game-changer in the field of anti-aging skincare.

UNDERSTANDING HELIX CUSTOMIZED CO₂+

Helix CO₂+ technology combines the power of fractional CO₂ laser treatment with customizable parameters tailored to individual skin types and concerns. Unlike traditional CO₂ lasers, which were known for their intensity and downtime, Helix CO₂+ delivers controlled micro-pulses of laser energy to target specific areas with precision. This approach promotes collagen production and stimulates skin renewal while minimizing discomfort and recovery time.

THE CUTTING-EDGE OF ANTI-AGING

At Carroll Dermatology, Helix CO₂+ represents the forefront of anti-aging treatments. By precisely targeting

fine lines, wrinkles, and skin laxity, this technology helps to rejuvenate and tighten the skin effectively. Its ability to penetrate deeper layers of the skin stimulates long-term collagen remodeling, resulting in smoother texture and improved overall skin tone.

NON-INVASIVE EXCELLENCE

One of the most significant advantages of Helix CO₂+ technology is its non-invasive nature. Clients can achieve remarkable results without the need for surgical procedures or extended recovery periods. This aspect not only enhances convenience but also appeals to those seeking natural-looking improvements without the risks associated with more invasive treatments.

PERSONALIZED TREATMENT PLANS

Each client at Carroll Dermatology receives a personalized treatment plan utilizing Helix CO₂+. This customization ensures that specific skin concerns are addressed comprehensively, whether targeting sun damage, acne scars, or general signs of aging. The adjustable settings of the Helix CO₂+ system allow for tailored treatments that optimize results while prioritizing client comfort and safety.

EMBRACING INNOVATION

Helix CO₂+ technology exemplifies innovation in skincare by integrating advanced laser technology with a focus on patient-centric care. Its versatility and effectiveness make it a preferred choice among dermatologists and clients alike, seeking reliable solutions in anti-aging and skin rejuvenation.

Carroll Dermatology offers the break through Helix Customized CO₂+ technology stands as a revolutionary tool in the pursuit of youthful and healthy skin. Its ability to deliver significant anti-aging benefits with minimal downtime underscores its role as a cornerstone of modern dermatological practice. At Carroll Dermatology, clients can trust in this cutting-edge solution to achieve remarkable improvements in skin texture, tone, and overall appearance, ensuring they can face each day with confidence and radiance.

For those considering anti-aging treatments, Helix CO₂+ technology represents not just a treatment option, but a promise of transformative results backed by the latest in skincare innovation. If you are seeking the latest technology in anti-aging, reach out to the medical professionals at Carroll Dermatology to determine if Helix is the right fit for you.



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TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare

When it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

BENEFITS:

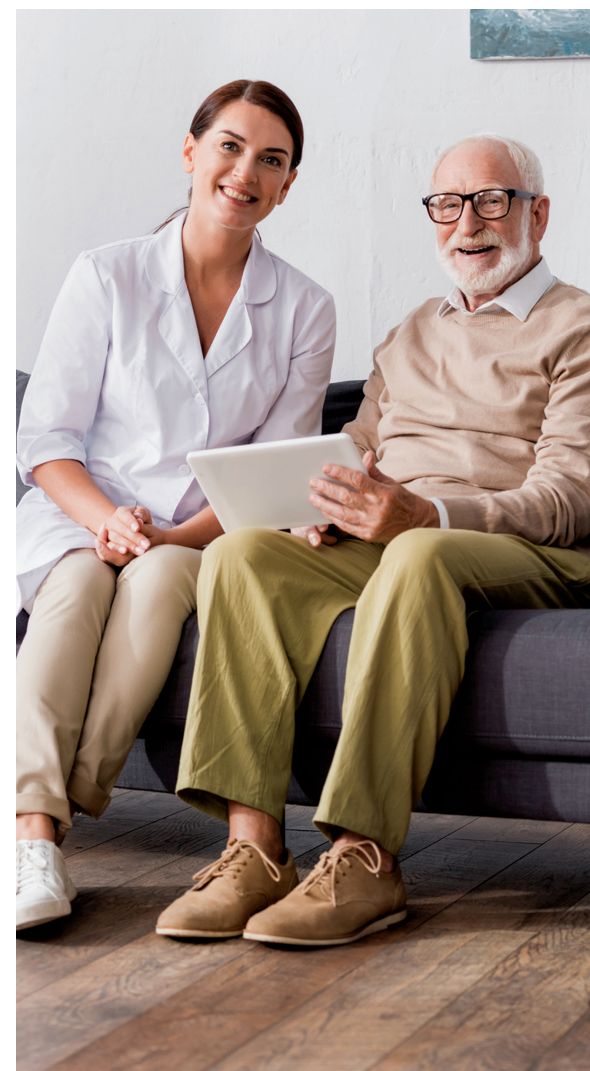
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.



Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free. This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

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

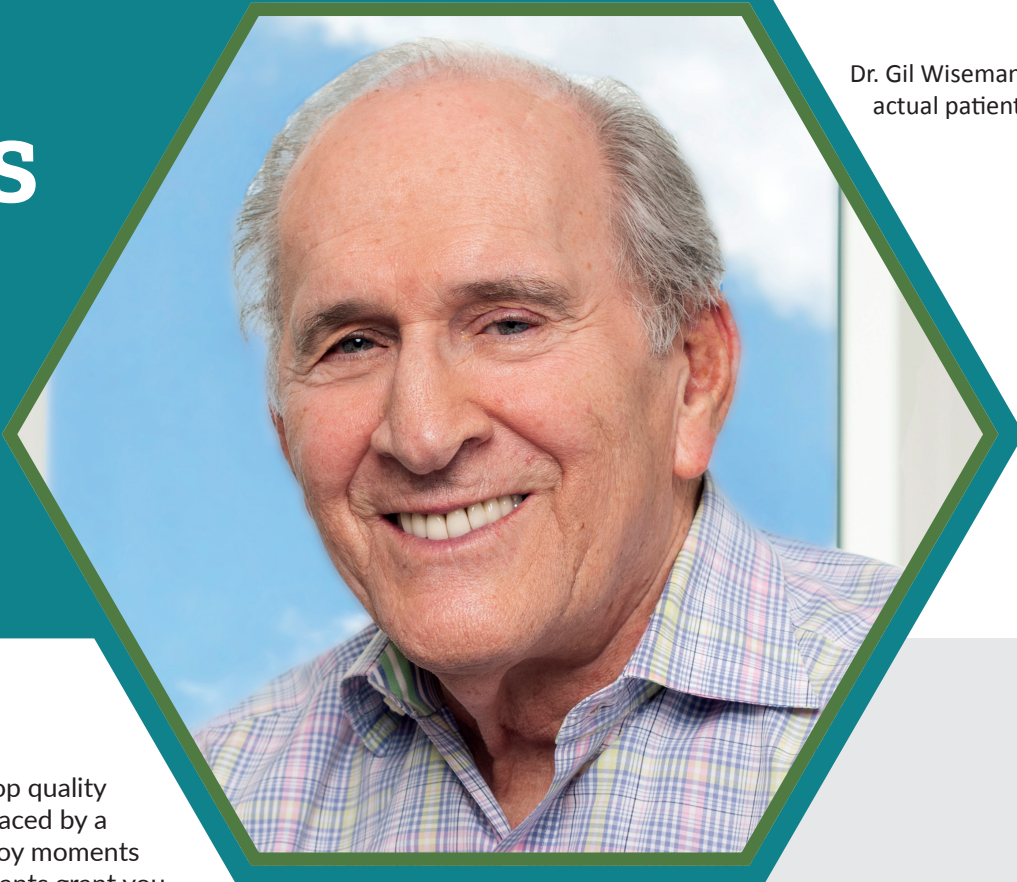
Are you using Homecare
now but need more
hours? Is the cost
too high?

Are you in need of
home healthcare?

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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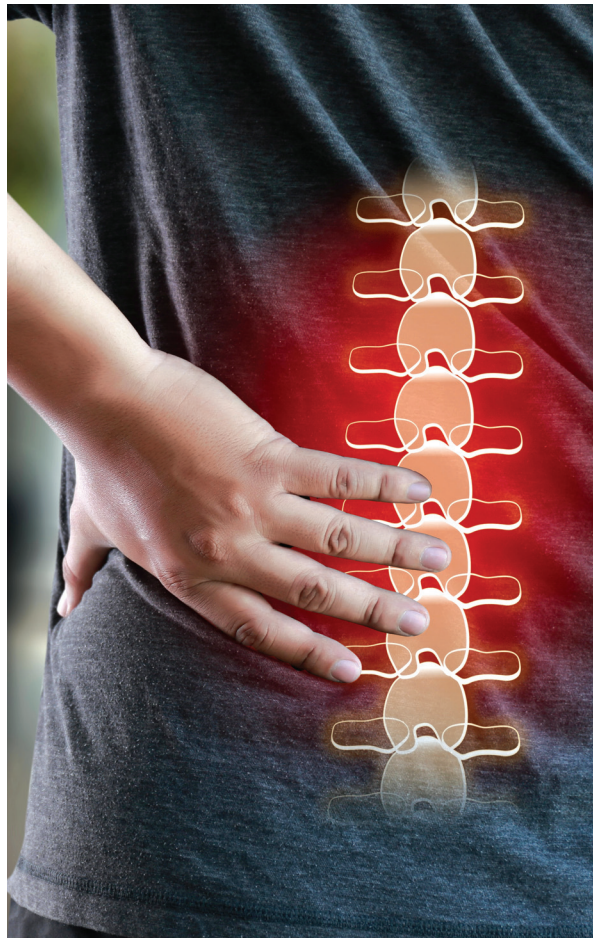
website: www.pbcperio.com

location: 4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418

Pinhole Technique

LANAP Gum Rejuvenation

CHRONIC LOW BACK PAIN TREATMENT



Chronic low back pain is a condition that can significantly impact your quality of life, limiting activities and even interrupting sleep. Traditional treatments such as physical therapy, medications and surgery, often have limited success and may carry risks. In recent years, Platelet-Rich Plasma (PRP) therapy has emerged as a promising regenerative treatment for spinal pain.

Understanding PRP Therapy

PRP is a suspension of platelets in plasma, obtained from your own blood. PRP contains a high level of growth factors and substances called cytokines that play a crucial role in tissue repair and regeneration. It is generally painless to obtain, using a simple blood draw followed by several processing steps to concentrate the platelets to the desired level. For pain involving the spine, concentrated PRP may be injected into ligaments, joints, discs, around nerve roots or all the above. This approach aims to enhance the body's natural healing processes.

Mechanism of Action in Spinal Pain

The intervertebral discs and facet joints are common sources of LBP, often due to degenerative changes. PRP therapy targets these areas by delivering growth factors that promote cell proliferation, matrix synthesis, and anti-inflammatory effects. Studies have demonstrated that PRP can stimulate cell proliferation and metabolic activity of intervertebral disc cells, suggesting potential benefits in disc regeneration.

Clinical Evidence Supporting PRP for Low Back Pain

A systematic review published in *Biomedicine* evaluated the efficacy of PRP injections in managing LBP. The review highlighted that PRP might restore both structure and function in spines affected by disc degeneration. The authors concluded that PRP injections could be a viable therapeutic option for patients with degenerative disc disease, offering pain relief and functional improvement.

Another critical review in the *Journal of Pain Research* assessed the role of PRP in managing chronic LBP. The study reported that PRP injections are safe and effective in reducing back pain, with patients experiencing significant improvements in pain and function. The authors emphasized the need for further large-scale studies to confirm these findings but acknowledged the potential of PRP as a minimally invasive treatment option.

Comparative Studies: PRP vs. Corticosteroids

Steroid injections are commonly used for LBP management due to their anti-inflammatory properties. However, their effects are often short-lived, and repeated use can lead to adverse effects. A systematic review with meta-analysis compared the clinical efficacy of PRP against corticosteroids for treating LBP. The study found that PRP provided more sustained pain relief and functional improvement than corticosteroids, suggesting that PRP could be a superior alternative for long-term management of LBP.

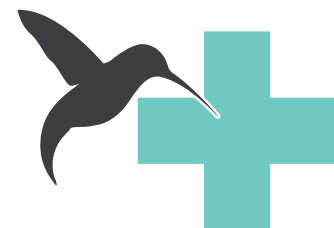
Safety and Considerations

PRP therapy is generally considered safe, given its natural source, which minimizes the risk of immune reactions and disease transmission. Reported side effects are typically mild and may include temporary pain at the injection site. However, as with any medical procedure, it's essential to consult with a qualified healthcare provider to determine if PRP therapy is appropriate for your specific condition.



Conclusion

Emerging peer-reviewed research indicates that PRP therapy holds promise as an effective treatment for spine-related pain, particularly in cases of degenerative disc disease and chronic LBP. While initial findings are encouraging, further large-scale, randomized controlled trials are necessary to establish standardized protocols and confirm long-term efficacy. As the field of regenerative medicine advances, PRP therapy may become a cornerstone in the non-surgical management of spinal pain, offering hope to those seeking relief from chronic pain.



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www.wozwellness.com

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



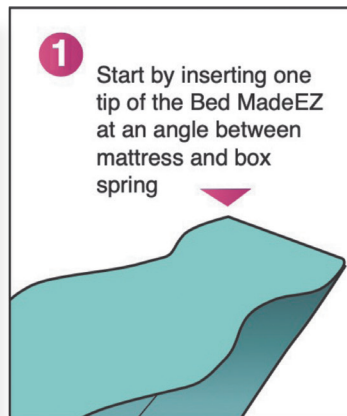
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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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A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit www.goldmaneye.com or call Dr. Goldman’s office at (561) 630-7120.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all

your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers



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