

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

Health & Wellness[®]

MAGAZINE

March 2025

North Palm Beach Edition - Monthly

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FREE



**A LOOK AT CANCER TRENDS
IN THE U.S.**

**SPRINGING INTO FULLER HAIR
RESTORE GROWTH WITH
THE SEASON AT BAUMAN MEDICAL**

**SCULPT YOUR WAY TO
CONFIDENCE WITH EMSCULPT NEO
AND EXION AT CARROLL
DERMATOLOGY**

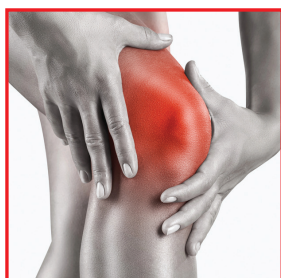
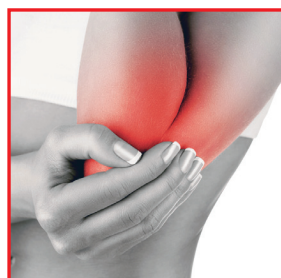
**PLANNING FOR
THE INHERITANCE
OF A DISABLED CHILD**

**REVOLUTIONARY RELIEF:
ADVANCED LASER THERAPY
FOR ACUTE AND CHRONIC KNEE PAIN**

REVOLUTIONARY RELIEF: ADVANCED LASER THERAPY FOR ACUTE AND CHRONIC KNEE PAIN

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

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A Look at Cancer Trends in the U.S.

The American Cancer Society's recently released annual report of cancer trends provides a deep dive into cancer incidence, death rates and survival. The publication is a go-to resource and forms the basis for vital, ongoing research into the causes and risk factors of cancer as well as transformational treatment discoveries.

Report Summary

According to the report, just over 2 million new cancer cases will be diagnosed in the U.S. during 2025, averaging about 5,600 new cases daily. The projected number of cancer-related deaths for the year is 618,120.

On the bright side, cancer mortality (the number of deaths from cancer) continues to decline in both men and women, a result of reductions in smoking, better treatments and earlier detection for some cancers.

An Upward Trend Among Younger People

The report also shines the light on some concerning trends related to the most common cancers:

- Women ages 50 to 64, as well as those under 50, now have higher rates of cancer compared to men in the same age groups. Women under age 50 are 82% more likely to be diagnosed with cancer than men, a significant increase from 51% in 2002.
- The surge among women is largely due to higher incidences of breast and thyroid cancers, alongside rising cases of lung and cervical cancers.
- Rates for lung cancer among younger American women have surpassed those of males, particularly in cases of adenocarcinoma, a common subtype of lung cancer.
- The incidence of colorectal cancer among younger adults is rising as well.

What's Behind the Trends?

The reasons for the increases in several early-onset cancers in younger women and men are not fully understood, but several factors may contribute.

Delaying childbirth and reduced breastfeeding rates have been linked with increased breast cancer risk, as well as a rise in alcohol consumption, obesity and physical inactivity. Genetics can also play a role. Younger women diagnosed with breast cancer are more likely to carry BRCA1 or BRCA2 gene mutations, which significantly elevate risk.

While smoking remains the primary risk factor for lung cancer, the upward trend among younger women is not fully explained by smoking behaviors. Studies indicate that even in populations where smoking rates between young men and women are similar, women exhibit higher lung cancer rates. Nearly 20% of lung cancer diagnoses in women occur among non-smokers, which suggests that other factors contribute, but definitive causes have not yet been determined.



Researchers are also investigating various potential causes for the upward trend in colorectal cancers. Modern diets, exposure to environmental toxins and lifestyle factors are among the likely potential causes.

Racial & Ethnic Disparities Persist

Large and persistent disparities also exist between different racial and ethnic groups. Alaskan and American Indians experience the highest cancer mortality rates. The Black population has the second-highest mortality for prostate, breast and endometrial cancers (2x that of every other group), and Black women are 50% more likely to die of cervical cancer.

Across all races, some cancers have a strong genetic component and some appear to run in families, while age, overall health, lifestyle and environmental factors also contribute to cancer risk. Research has cited economic and social impacts as primary reasons for the higher impact of cancer among Black Americans — among them, limited access to quality health care, lower socioeconomic status and lack of health insurance, which can delay diagnosis and treatment.

Reducing Cancer Risk

One of the best ways all people can reduce cancer risk is by taking the time to prioritize health and well-being. Plan ahead and schedule appointments for recommended wellness checkups and cancer screenings.

A growing number of screening tests are effective at finding and even preventing cancer, often before signs or symptoms appear. When detected early, certain cancers are much easier to treat.

Preventive health care and screening tests are necessary even if you are feeling fine. Talk with your doctor about what is right for you, based on your own health, family health history and personal risk factors.

Hope Behind the Numbers

While it's easy to become overwhelmed by the numbers, it's important to focus on the dramatic, ongoing discoveries that continue to enhance our understanding of cancer and uncover lifesaving treatments that are providing hope and enabling people with the disease to enjoy life to the fullest.

Reference: American Cancer Society. Cancer Facts & Figures 2025. Atlanta: American Cancer Society; 2025

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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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SPRINGING INTO FULLER HAIR

Restore Growth with the Season at Bauman Medical

by Alan J. Bauman, MD, ABHRS

Now that the snowbirds soon begin to flock back up north, we can finally start to see a return to our warm spring days in South Florida. With the change in seasons imminent, I know myself and others are looking forward to springing into longer days. As the clocks move forward, March is the perfect time for your hair to spring forward, too.

When I think of spring, my mind immediately jumps to the blossoming of flowers. And with hair always on my mind, I can't help but liken a fully blooming garden to that of a flowing mane. After all, you can't flourish without a proper foundation and nutrients.

Think of your scalp like the soil in which you would plant some stunning hibiscus flowers. In order to reach full bloom, you need well-maintained quality soil; otherwise, they'll begin to shrivel. Here at Bauman Medical, our treatments and procedures aim to cultivate your scalp for hair follicles that blossom stronger than ever. Give your scalp the TLC it deserves, and you'll reap the benefits.

While tiling the soil is essential, sometimes you have to go above and beyond for better results. Adding proper nutrients strengthens the soil, leading to increased plant growth. In the case of hair, Bauman Medical offers a line of nutrient-packed supplements that tackle an array of concerns. For more information on these products, see the sidebar.

Before you can get planting, you have to make sure you have the correct tools for the job. So, instead of visiting your local hardware store, stop into our clinic at Bauman Medical for the following treatments:

TRICHOLOGICAL EVALUATION

It's always good to consult the experts for what tools are best for your next project. Bauman Medical's fantastic in-house certified trichologist and HairCoach™ Kimberly Jenkins, WTS, CHC will guide you to a bountiful harvest. In this comprehensive evaluation, Kimberly will probe



your scalp to address every aspect of scalp health. This includes examining your pH balance, hydration status, sebum production, and scalp elasticity. After this, you'll have a better course of action for which treatments will work best for the future of your scalp. Along with close-up images and lifestyle details, Kimberly will craft a specific plan just for you, earning her the title of "The Scalp Whisperer." The benefits of this evaluation are not just immediate, but long-term, as it sets the foundation for successful hair restoration.

PRP PLATELET-RICH PLASMA

When tending to your soil, it's vital to avoid overtiling. Sometimes, less is better. That's also the case for our fan-favorite PRP treatment. This minimally invasive procedure starts with us taking a small blood sample and isolating the platelets within using our advanced technology. We then concentrate them to utilize the growth factors found within, which are then applied back to your scalp to help promote natural hair growth. In about an hour of time, you'll have a properly cultivated

scalp ready to start growing. We take every precaution to ensure your comfort and safety during this procedure, from topical anesthesia, to the sterile environment, to the expertise of our medical staff.

PDOGRO™

While certain gardening techniques never go out of style, there's nothing wrong with trying to improve upon the tried and true. PRP remains a staple at Bauman Medical, but whenever we can, we're attempting to further even the best of our procedures—case in point: our PDOgro™ procedure. Think of PDOgro™ as the compost you add to your garden that further enriches your plants. By combining PRP with our special polydioxanone threads, an incredibly delicate and absorbable material, you'll be stimulating various essential scalp functions when it comes to growing your hair back. This FDA-cleared synthetic absorbable material cultivates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. All of this leads to a



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman



bloom of hair like you’ve never seen. With over a year or more of hair regrowth, your garden will be jealous of the year-round blossoming your scalp will experience. And the best part? PDOgro™ is performed through our safe and serene outpatient procedure, with Bauman Medical being with you every step of the way, regardless of your progress.

TED TRANSEPIDERMAL DELIVERY

Again, sometimes less is more. That’s especially the case with our TransEpidermal Delivery, or TED, as we like to refer to it. Save the significant hardware for the garden by opting for this revolutionary growth serum administer. Just like proper nutrients and compost are essential for flowers, the serum within TED is about as integral as it gets. Why, you might ask? It offers amino acids, dynamic growth factors, and advanced peptides that benefit the scalp. You’ll soon blossom thanks to increased blood flow, stronger hair fibers, decreased shedding and stimulated hair follicles. Non-invasive thanks in part to our ability to harness sound waves and air pressure, you can get all the comfort and impacts of a procedure without the poking and prodding, as TED requires no needles and no anesthesia.

Extraction) Hair Transplant. It doesn’t matter what season we’re in; this crop is sure to grow.

We’ve come a long way from the traditional strip harvesting method, with the process starting with the harvesting of individual grafts. These can be as small as one hair follicle for massive results. Coupled with a quicker recovery process and additional comfort, you can tend to your garden upon leaving our clinic. But it doesn’t stop there, as the VIP|FUE™ method furthers an already phenomenal treatment by skipping the trimming and shaving portion, making it seem like you didn’t even have a procedure to the public eye. It’s the most discreet hair transplant available today.

LEARN MORE

It’s always important to stay with the times, especially when it springs forward. This season, don’t let your hair stay behind — give it the boost it needs to jump forward with you! To start tending to your garden of a scalp, be sure to contact our team at Bauman Medical today.

Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



LOW-LEVEL LASER THERAPY

When dealing with the harsh Florida sun, you best be going outdoors donning a sun hat. And while you wait for your plants to grow, be sure to throw on the state-of-the-art Bauman TURBO LaserCap® to grow, too. Because why waste time when you can maximize hair regrowth with five minutes of daily use? FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the LaserCap will continue the growth pattern when you step back inside this spring.

FUE HAIR TRANSPLANTS

When your plants begin to wither, and all options have been exhausted, sometimes you have to start fresh. At Bauman Medical, we can plant the seeds for growth come the next harvest. While hair transplants still carry a stigma of pluggy-looking, pain-riddled procedures, you can rest easy thanks to the advancements made by Bauman Medical with our comfortable and natural-looking FUE (Follicular Unit

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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REVOLUTIONARY RELIEF: ADVANCED LASER THERAPY FOR CHRONIC KNEE PAIN

Knee pain affects millions of Americans, limiting mobility and diminishing quality of life. While traditional treatments often provide temporary relief, innovative approaches like Stealth laser therapy are revolutionizing how we address this common condition, offering hope for long-term healing without the risks of surgery or medication side effects.



UNDERSTANDING THE ROOT CAUSES

"Knee pain stems from various sources, but abnormal biomechanics is the most prevalent cause," explains Dr. Joseph Costello, DC, DABCO of Concierge Laser Medicine. "Over time, these mechanical issues affect the patella, meniscus, and joint cartilage, leading to progressive deterioration."

While trauma, genetic predisposition, and organic diseases can contribute to knee pain, many patients suffer from wear-and-tear damage that worsens with age and activity. This degradation creates a cycle of inflammation, pain, and reduced function that conventional treatments often fail to adequately address.

LIMITATIONS OF TRADITIONAL APPROACHES

The standard medical approach to knee pain typically follows a predictable path: cortisone injections for inflammation, followed by arthroscopic surgery to remove damaged tissue. While these interventions may provide temporary relief, they come with significant drawbacks.

"What many patients don't realize is that removing damaged tissue through arthroscopic procedures can actually predispose the joint to further breakdown and accelerate arthritic changes," Dr. Costello notes. "This creates a domino effect that eventually leads many patients to joint replacement surgery."

Non-surgical alternatives like hyaluronic acid and platelet-rich plasma (PRP) injections represent improvements over surgery but still involve invasive procedures with variable results.

THE LASER THERAPY REVOLUTION

Stealth laser therapy represents a paradigm shift in knee pain treatment. This advanced approach utilizes micropulsed laser photonic stimulation to address knee problems at the cellular level, promoting actual healing rather than merely masking symptoms.

"The biological effects of laser therapy are remarkable," says Dr. Costello. "Through photobiomodulation of tissue, we can reduce inflammation while simultaneously alleviating pain. But the benefits extend far beyond pain relief."

THE TREATMENT WORKS THROUGH SEVERAL MECHANISMS:

- Increases production of synovial fluid, providing natural lubrication to the knee joint
- Improves the health and integrity of cartilage within the knee
- Promotes healing of the meniscus, particularly in the outer third where blood supply exists
- Accelerates cellular repair processes through increased ATP production
- Reduces inflammatory markers in damaged tissues
- Improves microcirculation to facilitate healing

Unlike cortisone injections that merely suppress inflammation temporarily, laser therapy addresses the underlying cellular dysfunction that perpetuates knee pain.

BEYOND KNEE PAIN: COMPREHENSIVE APPLICATIONS

The applications of this revolutionary therapy extend well beyond knee pain. The same biological mechanisms that make laser therapy effective for knee issues also apply to other joint conditions, including hip pain, shoulder injuries, and spinal problems.

"We've successfully treated patients with conditions ranging from degenerative disc disease to complex regional pain syndrome," Dr. Costello explains. "The common denominator is inflammation and cellular dysfunction, which respond remarkably well to our specific laser protocols."

Each treatment is personally administered by Dr. Costello, ensuring optimal delivery and customization based on the patient's specific condition and response.

For patients facing the prospect of invasive surgery or ongoing medication dependence, Stealth laser therapy offers a compelling alternative. As one patient remarked, "After years of cortisone shots and pain medications, I'd resigned myself to eventually needing knee replacement. Finding this treatment changed everything – I'm hiking again pain-free for the first time in a decade."

With its combination of pain relief and genuine healing potential, advanced Stealth laser therapy is transforming expectations about what's possible for those suffering from chronic knee pain.



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SCULPT YOUR WAY TO CONFIDENCE WITH EMSCULPT NEO AND EXION AT CARROLL DERMATOLOGY



In a world where confidence often goes hand in hand with feeling good in your own skin, advancements in aesthetic procedures have become a beacon of hope for many seeking to enhance their physical appearance.

At Carroll Dermatology, we understand the importance of feeling confident and comfortable in your body. That's why we're excited to introduce two revolutionary treatments, Emsculpt Neo and Exion, designed to help you sculpt your way to a more confident you.

EMSCULPT NEO: Redefining Body Contouring

Emsculpt Neo is a cutting-edge non-invasive body sculpting treatment that combines radiofrequency and high-intensity electromagnetic energies to simultaneously reduce fat and build muscle. This revolutionary technology allows you to achieve results that were once only possible through rigorous workouts and strict diets.

One of the key benefits of Emsculpt Neo is its ability to target multiple areas of the body, including the abdomen, buttocks, arms, and thighs. Whether you're looking to tone your core or enhance the definition of your glutes, Emsculpt Neo offers customizable treatments to suit your individual goals.

Unlike traditional body sculpting procedures, Emsculpt Neo requires no downtime, allowing you to resume your daily activities immediately after treatment. Plus, with just a few sessions, you can start to see noticeable improvements in muscle tone and reduction in fat, helping you achieve the sculpted physique you've always desired.

EXION: Rejuvenate Your Skin, Reveal Your Radiance

At Carroll Dermatology, we believe that true beauty starts with healthy, radiant skin. That's why we're proud to offer Exion, a state-of-the-art skin rejuvenation treatment that harnesses the power of fractional radiofrequency technology to target a wide range of skin concerns.

Exion works by delivering controlled energy deep into the skin, stimulating collagen production and promoting cellular renewal. This helps improve skin texture, reduce wrinkles and fine lines, and even out skin tone, leaving you with a smoother, more youthful complexion.

One of the standout features of Exion is its versatility. Whether you're struggling with acne scars, sun damage, or signs of aging, Exion can be customized to address your specific skin concerns. Plus, with minimal discomfort and downtime, you can achieve noticeable results with just a few quick and convenient sessions.

The Carroll Dermatology Difference

What sets Carroll Dermatology apart is our commitment to delivering personalized care and exceptional results. Our team of experienced dermatologists and aesthetic professionals will work closely with you to develop a customized treatment plan tailored to your unique needs and goals.

From your initial consultation to your final follow-up appointment, we'll be with you every step of the way, ensuring that you feel comfortable, informed, and confident throughout your aesthetic journey.

Take the First Step Towards a More Confident You

Are you ready to sculpt your way to confidence with Emsculpt Neo and Exion at Carroll Dermatology? Schedule your consultation today and discover how our innovative treatments can help you look and feel your best. With Emsculpt Neo and Exion, the body you've always wanted is within reach.

At Carroll Dermatology, we believe that everyone deserves to feel confident and comfortable in their own skin. With our state-of-the-art treatments like Emsculpt Neo and Exion, achieving your aesthetic goals has never been easier. Say goodbye to stubborn fat and dull skin and hello to a more confident, radiant you. Schedule your consultation today and take the first step towards a brighter, more beautiful future.



DR. MARIANNE T. CARROLL

stands as a distinguished Board Certified Osteopathic Physician, renowned for her expertise in Dermatology and Dermatologic Surgery, and holds an additional Board Certification in Internal Medicine. Since 2010, she has been a trusted figure in Florida's healthcare landscape, specializing in Adult and Pediatric Dermatol-

ogy. Dr. Carroll's extensive repertoire encompasses the gamut of skin conditions, offering adept solutions from common issues to intricate skin cancer treatments, including the precision of Mohs micrographic surgery.

A proud alumna of Michigan State University, she earned her Doctorate in Osteopathic Medicine and completed rigorous residencies in Internal Medicine and Dermatology. Dr. Carroll, armed with a Master's in Biological Sciences and Nursing, has contributed to medical literature with published articles covering diverse topics.

Beyond her clinical work, Dr. Carroll is a compassionate global healthcare advocate, actively participating in international missions across Europe, South, and Central America. She extends her healing touch to the underserved and underprivileged, embodying a commitment to philanthropy. As a devoted member of professional organizations, Dr. Carroll exemplifies a holistic approach to healthcare, seamlessly integrating education, compassion, and global outreach into her impactful medical career.



Meet **STEFANIE INDELLICATI**, a board-certified Licensed Physician Assistant specializing in general, surgical, and cosmetic dermatology. Stefanie earned her Masters in Physician Assistant studies from the University of Florida and further honed her skills through the prestigious Dermatology Research and Practice scholars program.

With a diverse background spanning emergency medicine, urgent care, and primary care across Tampa and Southeast Florida, Stefanie brings a wealth of experience to her role. A proud member of the Society of Dermatology Physician Assistants and the Florida Academy of Physician Assistants, Stefanie is dedicated to delivering exceptional care.

As a Florida native, Stefanie's commitment extends to her community in West Palm, where she passionately crafts personalized treatment plans. Beyond the basics, Stefanie's extensive knowledge allows her to offer a consultative approach, ensuring comprehensive care for her fellow Floridians from head to toe.



120 S. Olive Avenue #116,
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PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



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

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

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

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

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

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

Does this disabled child receive government benefits?



TRUSTED LAW OFFICE

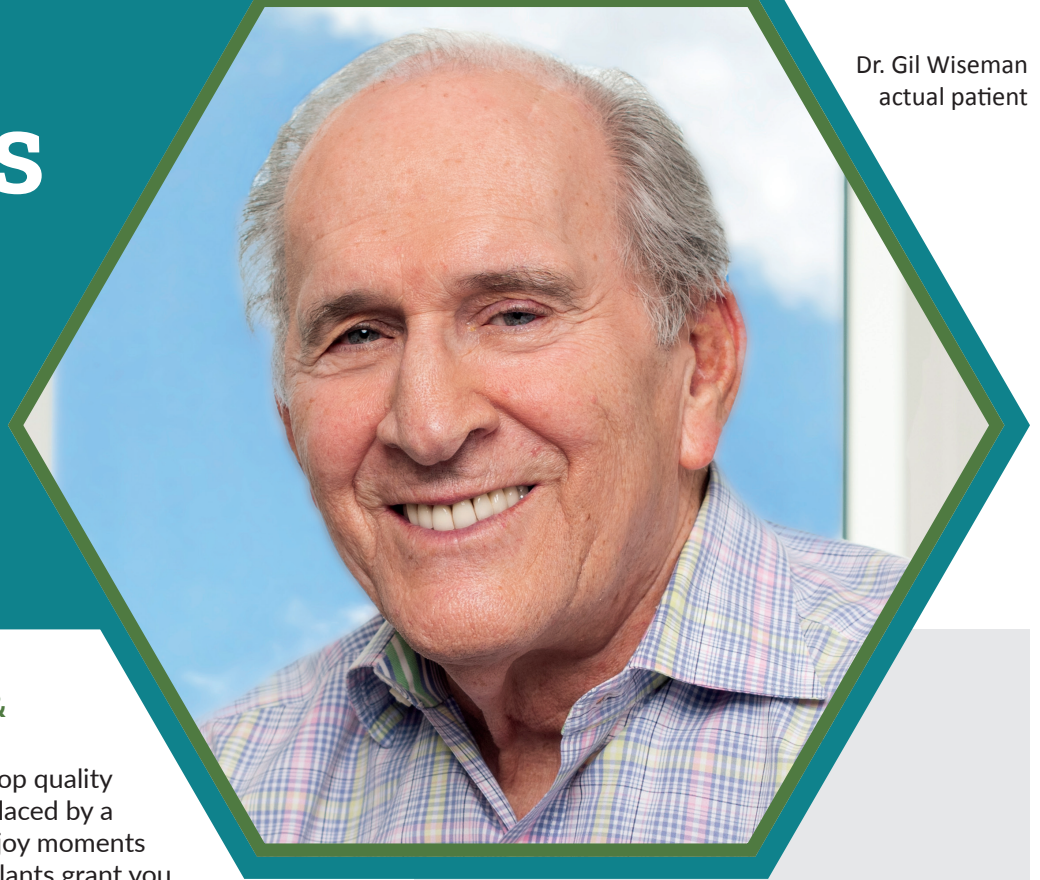
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Real Deal Dental Implants

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

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



Dr. Gil Wiseman
actual patient

Buyer Beware: Low Quality Dental Implants on Market

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

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

Dental Implants Done Right

Dental implants are an investment in your health and appearance.

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

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

Big Benefits & Better Living

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

Welcome to Great Care

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

Every visit begins with a conversation about you. Your unique needs, concerns, and desires for care matter to us.

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

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

We Care a Lot

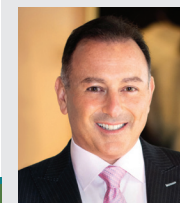
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

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

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

Welcome to Great Care

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



About Dr. Lee R. Cohen

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

- NYU, Doctor of Dental Surgery; Management

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



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Pinhole Technique

LANAP Gum Rejuvenation

IS YOUR CELL PHONE TO BLAME FOR THAT HEADACHE?

“You’ve probably heard it a thousand times by now, but one of the most common pieces of advice I give patients with neck pain and headaches is to change their cell phone habits.” – David Woznica, MD, MS

In today’s digital world, our smartphones have become indispensable—but could they also be a hidden culprit behind your persistent headaches and neck pain?

The Connection Between Your Phone and Pain

Many individuals unknowingly suffer from a condition called **cervicogenic headaches**, which stem from issues in the neck. “These headaches often involve pain on one side of the neck and head, and in some cases, even radiate down the arm,” explains Dr. Woznica. Another variety can cause pain on both sides of the head and is common among people in occupations like hairdressing, carpentry, or driving—where neck positioning plays a major role.

One critical factor? **Neck stability**. “Many of my patients have hypermobility, repetitive stress injuries, or past sports/accident-related trauma that can weaken the deep tissues of the neck,” Dr. Woznica says. The **spinal ligaments**, which are responsible for stabilizing the spine, can become strained over time, leading to instability and discomfort.

The Hidden Impact of Looking Down at Your Phone

Now, what does this have to do with your smartphone? A lot, actually.

“When you look down at your phone for extended periods—whether for work, education, or let’s be honest, scrolling Instagram—you’re often at a 45-degree neck angle. That position forces your neck to rely on ligament stiffness, disc strength, and muscle engagement to maintain stability,” says Dr. Woznica.

Research shows that prolonged use of this posture reduces **neck stiffness**, increasing strain on deeper tissues. “Your neck muscles naturally want to conserve energy,” Dr. Woznica explains. “Over time, your body activates the **cervical flexion relaxation response (FRP)**—where the muscles disengage and shift the load onto the ligaments and discs, which weren’t designed to handle it alone.”



How to Prevent Neck Pain from Phone Use

Fortunately, there are ways to protect your neck and prevent these issues:

- **Practice good posture** when using electronic devices
- **Take frequent breaks and stretch** to relieve tension
- **Limit screen time** and be mindful of prolonged downward gaze

For those already experiencing neck instability, strengthening **intrinsic neck muscles** may help—but Dr. Woznica warns, “It’s essential to do this under the guidance of a physical therapist, as some marketed devices or online exercises may actually worsen pain.”

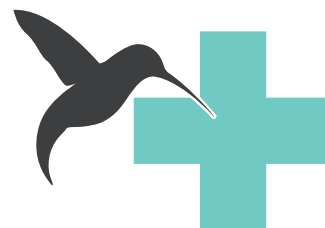
For persistent cases where therapy and medications don’t provide relief, **prolotherapy and platelet-rich plasma (PRP) treatments** can be an effective solution. “These treatments target weakened ligaments directly, promoting tissue repair and restoring stability,” Dr. Woznica explains. Administered with precision using fluoroscopy or ultrasound guidance, these regenerative injections can offer long-term relief from cervical instability.

Get a Personalized Treatment Plan

The best approach? Prevent the problem before it starts! Whether you’re constantly on your phone, laptop, or tablet, prioritizing **proper ergonomics** can save you from chronic discomfort.

If you’re already struggling with persistent neck pain or headaches, **Dr. Woznica is here to help**. He specializes in custom prolotherapy treatment plans tailored to your specific condition and lifestyle. From discussing the best treatment options to outlining the estimated number of sessions and costs, Dr. Woznica ensures you have all the information you need to start your recovery journey.

Don’t let your smartphone dictate your well-being—schedule a consultation today and take control of your neck health!



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



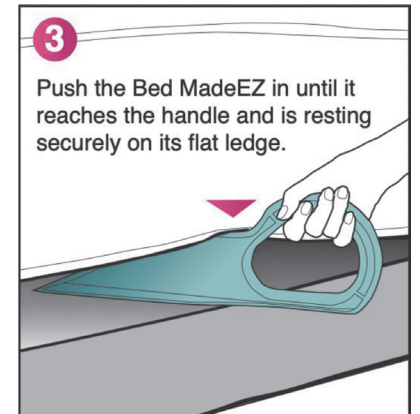
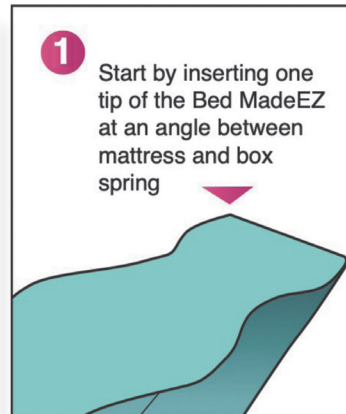
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.



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, house-keepers 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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Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femto-second laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes than Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*



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the life you were created for.
www.christfellowship.church



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

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

To learn more, visit
FLCancer.com/TimeToTreat

