

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

Health & Wellness[®] MAGAZINE

May 2025

North Palm Beach Edition - Monthly

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FREE



**WORK-LIFE BALANCE
STARTS WITH YOU:
FINDING HARMONY
IN YOUR CAREER AND LIFE**

**BLOOD IN YOUR URINE?
DON'T DELAY,
SEEK OUT HEALTH CARE**

**FROM BABY HAIRS TO FULL FLAIR
TREAT MOM TO A HAIR MAKEOVER
WITH BAUMAN MEDICAL**

**BACK RELIEF WITHOUT SURGERY:
A REVOLUTIONARY APPROACH**

**CATARACT SURGERY IN 2025:
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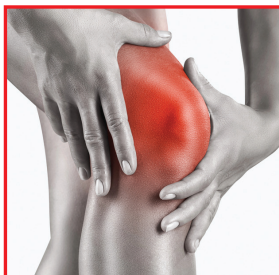
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WORK-LIFE BALANCE STARTS WITH YOU: Finding harmony in your career and life

By Misty Brueckner

Did you know the average person will spend 90,000 hours at work over their lifetime. Whether or not you work a typical 9-5, the hours add up. It's crucial for your overall well-being to achieve work-life balance and minimize your risk of burnout.

Burnout happens when we feel overwhelmed and stressed over a prolonged period of time. This can often be connected to your career but can also happen due to other demanding areas of life.

Life can be overwhelming at times. We have numerous daily responsibilities – work, taking care of family, managing a household, raising children – and sometimes, we get too busy to take a step back and attain balance. That's when burnout creeps in.

The emotions that come with burnout often leave you feeling hopeless, unmotivated and overall unhappy. This can ultimately hurt your work productivity and connections, your familial relationships and your social life. Burnout can also cause physical implications too, such as chronic fatigue, headaches, muscle pain, digestive issues and a weakened immune system.

May is Mental Health Awareness Month, a crucial time to spotlight the importance of mental well-being and breaking the stigma around mental health. This month serves as a reminder to prioritize self-care and promote healthy coping mechanisms, including establishing a work-life balance and setting boundaries.

A healthy work-life balance can help you feel motivated at work, reduce stress, improve your mental and physical health and enhance your overall well-being. This is imperative to minimizing burnout.

There isn't a one-size-fits-all solution. Everyone has different personal and professional goals. It's important to find an effective way to manage the demands of work and personal life while feeling fulfilled in both areas. This includes balancing work obligations, family commitments, personal interests, self-care and other areas of importance. It's not about strictly splitting your time evenly but rather finding a harmony that works for you and your priorities.



Burnout tends to happen over time so there are ways to get ahead of it. Symptoms may be subtle at first, but the longer they go unaddressed, the worse they can become.

According to the National Institutes of Health, signs of burnout can include:

- **Exhaustion:** You may feel drained, emotionally exhausted and unable to properly deal with the problems around you, both personally and professionally. These symptoms can present as physical pain or even stomach or bowel problems.
- **Isolation:** People who are experiencing burnout find their jobs increasingly stressful and can target frustration toward work or colleagues. You may find yourself distancing and feeling disinterested in your work and environment or avoiding social activities.
- **Reduced performance:** This can occur in your personal or professional areas because you have little or no energy left for everyday tasks. Burnout can make it hard to concentrate or handle your responsibilities and not feel negative toward them.
- **Feeling down:** You may feel self-doubt, helplessness, defeat and failure. This can result in feeling alone and isolated, losing your sense of purpose and feeling increasingly dissatisfied or incapable.
- **Physical fatigue:** You may feel greatly fatigued and without energy. Burnout can lead to getting sick often, suffering from colds, having body aches and recurring headaches, losing your appetite or experiencing insomnia.

If you find yourself experiencing these symptoms, it's important to recognize your feelings and work

toward finding solutions that work for you. If you're comfortable doing so, talk to your employer about how you're feeling. Communication is essential, and they may be able to help you with your time management, delegating, setting boundaries and other skills. This also applies at home. When feeling burnout, communication with your significant other, family members, roommates or friends is key, as they may be able to help lighten your burden during especially stressful times.

Prioritizing your health and well-being are key to preventing or treating burnout. After all, you cannot effectively help others if you can't help yourself. Make sure you're getting enough quality sleep at night, practice mindfulness and set aside personal time for things that help you relax or bring you joy, like reading, spending time with loved ones or other hobbies. Talking to a therapist to share your feelings and learn new coping skills can help. In some cases, psychiatric care or medication may be beneficial in reducing symptoms of burnout.

Remember, life can get busy and it's easy to get caught up in the chaos. Slow down, take a step back and reflect on what's most important to you, discover your definition of work-life balance and keep both your body and mind healthy. Addressing the issue in the beginning is key to avoiding more serious implications down the road. We all want to live fulfilling, healthy lives, but achieving that often requires intentional effort. Dedicate the time to prioritizing your well-being and take the necessary steps to create the life you deserve.

About the Author

Misty Brueckner is a licensed clinical social worker for Elite DNA Behavioral Health's Fort Myers office. Elite DNA seeks to provide accessible, affordable mental health care to everyone and has become one of the largest mental health providers in the state, providing in-person and virtual behavioral health services to children, adolescents and adults at more than 30 locations across Florida. For more information, visit [EliteDNA.com](https://www.EliteDNA.com).



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Blood in Your Urine? Don't Delay, Seek Out Health Care

Bladder cancer is a significant health concern in the U.S., and there are some interesting gender differences to be aware of.

Bladder cancer mainly affects adults over 55, with the highest rates in those ages 65–74. It is the third most diagnosed cancer in U.S. men, who are three to four times more likely than women to develop it, due to a mix of biological, behavioral and environmental factors. Lifetime risk is about 1 in 28 for men and 1 in 91 for women.

However, women in the U.S. often experience delays in being diagnosed with the disease. Studies show that nearly 70% of women are initially diagnosed with another condition, compared to only 39% of men.

According to Elizabeth Guancial, MD, board-certified medical oncologist and hematologist with Florida Cancer Specialists & Research Institute (FCS), these delays can result in more advanced disease at the time of diagnosis and poorer outcomes for women.

Let's take a closer look:

Warning Signs & Symptoms

There can be many warning signs of bladder cancer and the most common include:

- Blood in the urine, which may cause the urine to appear bright red or cola-colored
- Frequent urination or a strong and sudden urge to urinate, even when the bladder is not full
- Discomfort or pain while urinating
- Pain in the pelvic area, lower back or sides
- Loss of bladder control, leading to involuntary leakage of urine

Blood in the urine is the most common and often the first very visible warning sign of bladder cancer.

"For a man to have blood in his urine, that's abnormal," said Dr. Guancial, noting that primary care physicians will often check for prostatitis, an inflammation of the prostate gland, or for urinary tract infection in men, and then refer promptly to a urologist.

"With women, it takes longer," said Dr. Guancial. "They may go through multiple courses of antibiotics thinking, 'Oh, it's a urinary tract infection that's hard to treat. Maybe it's related to vaginal or postmenopausal bleeding.'" Sometimes they'll even see a gynecologist before they eventually get to a urologist."

Why is early detection important? When symptoms aren't clearing up quickly, referral to a urologist is really important. Dr. Guancial explains: "When patients do get to us earlier on, once a cancer diagnosis has been made, very often they have an earlier stage of disease, and so it



opens up a lot more treatment options. And it's also associated with better outcomes. Any delay in that initial workup, I definitely think contributes to the disparity that we see in terms of gender outcome."

Bladder Cancer Basics

The bladder is a hollow organ in the lower pelvis that stores urine. When a person urinates, the bladder's muscle walls contract, pushing urine out through the urethra. The bladder wall is made up of several layers of cells, and when the DNA in these cells changes, it can cause uncontrolled cell growth, leading to the formation of tumors.

Bladder cancer comes in several types, with urothelial carcinoma being the most common. This type begins in the cells lining the inside of the bladder and is often non-muscle invasive, meaning it stays in the bladder's inner layer. Less common types include squamous cell carcinoma and adenocarcinoma, which originates in glandular cells.

When found in early stages, bladder cancer is highly treatable and potentially curable.

Who's at Higher Risk?

Research has shown that smoking causes about half of all bladder cancers in both men and women, due to the harmful chemicals that can accumulate and damage the bladder lining. Exposure to certain industrial chemicals, such as dyes, rubber and leather, previous radiation aimed at the pelvis or treatment with certain anti-cancer drugs, as well as chronic urinary tract inflammation or infections can increase risk. As with many forms of cancer, family history can play a role.

Importance of Awareness

It's crucial for women and men to pay attention to their bodies and recognize that blood in the urine should be promptly evaluated. See your medical doctor if you experience this or other symptoms, which can also indicate other non-cancerous conditions. Early and accurate diagnosis is essential for effective treatment and improved outcomes.

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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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FROM BABY HAIRS TO FULL FLAIR

Treat Mom to a Hair Makeover With Bauman Medical

by Alan J. Bauman, MD, ABHRS

As we usher in another year of May flowers, we get closer to a day dedicated to that remarkable woman in our lives: mom. From getting us to practice on time to making sure lunch was packed, it's hard to find a way to thank mothers for all they truly do. Here at Bauman Medical, we believe we offer a gift that may not compare to a mother's love, but it surely is something your mom will love: the gift of hair restoration.



Let's face it: kids aren't always the easiest to deal with. In fact, I wouldn't be surprised if some cases of women's hair loss are caused by pulling it out from annoyance. And for the new moms out there, you might be facing an early case of this due to postpartum. Before you panic, just know this is perfectly normal, as your hormone levels come back down to earth after childbirth. But here at Bauman Medical, we offer treatments that can provide relief and comfort, helping you regain your confidence and beauty.

Regardless of whether you're a rookie mom or a vet going strong, hair loss in women is more common than you might imagine. It is so common that it affects nearly a third of the population, about 40-50 million women. Life is already stressful enough as is. Throwing in a 24/7 job like motherhood only further fuels that stress. While jewelry and flowers are staples for Mother's Day, it's hard to beat being able to turn back the clock to full, healthy hair.

With plenty of time left before Mother's Day, all the significant others and kids out there still have a bit to browse the various Bauman Medical products and services that are bound to make this year's holiday one that mom will never forget, such as:

LOW-LEVEL LASER LIGHT THERAPY

An essential in the realm of hair restoration, the benefits of low-level laser light therapy are beyond immense. And with the highly advanced Bauman TURBO LaserCap®, you can bring this essential treatment to the comfort of mom's home. Drug-free, chemical-free, non-invasive, and FDA-cleared, the TURBO LaserCap only requires five minutes of use each day to achieve results that will last for five lifetimes. While it may not reverse all the stress you caused your mom in your heyday, it can at least promote hair regrowth thanks to its 300+ high-quality laser diodes, which deliver more energy and power to a 25% larger scalp area than other laser caps on the market.

PRP (PLATELET-RICH PLASMA)

For moms in the Boca Raton area or looking for an escape to Florida, I might also suggest another in-demand service at Bauman Medical. Our PRP procedure is an effective way to get mom's hair looking like it did in high school. The best part? It only takes an hour. How does PRP work? First, we start by drawing a small sample of

your blood to harness the platelets found within. Once we've obtained them, we separate them from the blood and concentrate them before injecting them back into your scalp. For those with a phobia around needles, no need to fret. With local anesthesia applied, mom won't feel a thing. Once your PRP is complete, you're good for a year or more, as a single annual treatment is usually all you need.

SCIENTIFIC SCALP MAKEOVER

Before you opt for a gift certificate for your local spa resort, why not elevate an already serene day by taking mom to our soothing SalonB Head Spa? Beyond a tranquil afternoon, she'll also be treated to our Scientific Scalp Makeover, a fantastic option for women dealing with stress-induced hair loss. Prepare for relaxation and results as you enter our low-light room, scored by soothing melodies. Couple that with our therapeutic aromatherapy, customized scalp masks, deep scalp massages, and a thorough cleaning with our shampoo and conditioner, SalonB will have mom feeling rejuvenated and optimistic about her hair health.

The results speak for themselves, as many people return to SalonB just to enjoy a day of relaxation and recovery without any scalp issues.

SOOTHE SHAMPOO & CONDITIONER

Restoring hair is one thing; maintaining it is a whole other beast. Using shampoos and conditioners filled with chemicals counteracts any type of treatment you use. Keep mom's hair looking and feeling good well past a procedure by investing in the calming Soothe Shampoo and Conditioner kit from Bauman Medical.

Say goodbye to irritated and dry scalps, as my CBD oil-infused cleansers are a massive step up from the run-of-the-mill drugstore shampoos. And by harnessing the light-reflecting properties of the porcelain flower, her scalp will be as hydrated as ever. The best part of the Soothe kit is that it can be applied daily without worrying about overuse. While CBD is the main talking point,



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



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

the Soothe kit also features ingredients like Procapil, a natural hair loss solution that reduces DHT levels and increases blood flow, as well as ceramides for moisture in the fibers and 12 other essential oils that will help mom's scalp feel as calm as ever.

THE BUILDER MULTI-COLLAGEN COMPLEX

While it might not be as exciting as a bouquet of roses or chocolates from a chocolatier, the BUILDER Multi-Collagen Complex will last well beyond those traditional Mother's Day gifts. Consisting of a big three of Fortigel, Fortibone, and Verisol, the BUILDER simplifies delivering essential proteins to your hair that increase natural collagen levels. With collagen, your hair gets a boost in production and follicle strength, as well as bringing back those shining locs mom has missed so much. This long-term solution will give you the confidence and security that your hair will be healthy and strong for years to come.

But the BUILDER is more than just a hair supplement - it's an all-around supplement. Collagen is the most rich protein in our body. You can thank it for your tendons, ligaments, muscles, skin, and hair. Nearly 30% of our body's total protein is collagen. So, you can also enjoy an increase in bone density, skin elasticity, and muscle strength, along with an improvement in overall hair health. But be patient, mom, as the BUILDER takes about three to six months of daily use to see these immense benefits. And just imagine how you'll feel continuing beyond that time frame.

LEARN MORE

While one day isn't enough to let mom know just how special she is, you can let her know what she means to you by choosing Bauman Medical for all your gift needs. Because nothing compares to wanting the best for the ones who brought us here. Uncertain about what you think Mom would like best? We've got you covered. Opt for a Bauman Medical gift e-care available on our eStore.

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.



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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Back Pain Relief Without Surgery: A Revolutionary Approach



According to the U.S. Department of Health and Human Services, spinal surgery is only truly indicated for patients suffering from specific conditions: instability in the spine, lack of bowel and/or bladder control related to a spinal condition, or progressive neurological deterioration related to a spinal condition.

Unless a patient is afflicted by one of these conditions, he or she should exhaust “all conservative measures of treatment” before opting for back surgery. What’s more — and this is not surprising to Dr. Costello — the “failure rate” for the most commonplace forms of spinal surgery is 70 percent or higher.

“This means that most people’s back pain is not alleviated by spinal surgery,” Dr. Costello explains.

Indeed, many of the patients that Dr. Costello treats at his revolutionary practice, Concierge Laser Medicine, Inc. come to him after having undergone unsuccessful spinal surgery.

“I just wish people who are in back pain would come to us before undergoing unnecessary surgery,” says Dr. Costello.

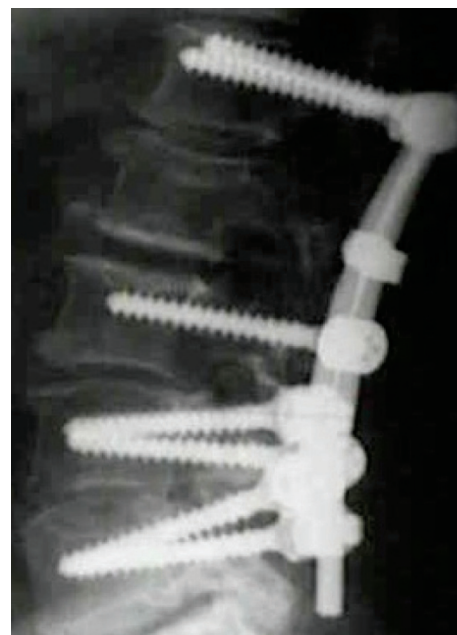
The painless, affordable, wholly non-invasive techniques utilized at Concierge Laser Medicine, Inc. Micro-pulsed Therapeutic Laser have proven remarkably successful at alleviating all kinds of pain — including neck, spine and back pain.

Dr. Costello’s unique treatment — “high-intensity laser-light therapy,” which features micro-pulsed therapeutic lasers.

“These lasers are classified as an ‘actinotherapy,’” explains Dr. Costello. “That means they produce positive changes in the body’s chemical and metabolic systems.”

For patients, this means:

- Regeneration of nerves
- Regeneration of articular cartilage
- Healing of discs
- Reduction of inflammation
- Analgesic pain relief



Have you experienced a failed surgery? Are pain management treatments not working? Still in pain? Living on addictive pain medication? Dr. Costello can help! His treatments are safe, painless and highly effective.

The Concierge Laser approach removes pain, inflammation and swelling while regenerating healthy tissue. Best of all, treatments are free of side effects and performed in the comfort and privacy of your home.

As the developer of the Stealth Laser system for pain management, Dr. Costello offers cutting-edge technology for just \$150 per treatment. No insurance is accepted.

Dr. Costello stresses, the surgical option for all kinds of pain will always be there, “Why not come see us first and let our micro-pulsed, laser-light therapy relieve your pain?”



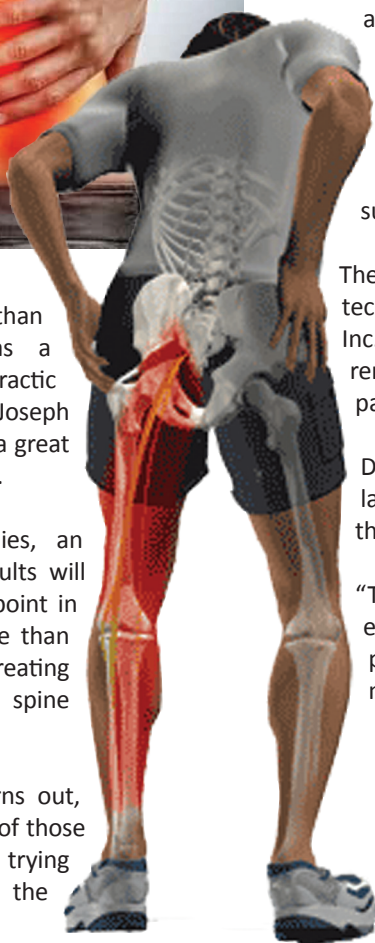
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After spending more than a quarter-century as a Board-Certified Chiropractic Orthopedist, Dr. Joseph Costello knows all too well that a great many of us suffer from back pain.

“According to numerous studies, an estimated 80 percent of all adults will experience back pain at some point in their lives,” Costello says. “More than \$14 billion is spent annually on treating conditions related to back and spine pain.”

Unfortunately — and, as it turns out, unnecessarily — a vast majority of those dollars are spent by patients trying to cure their back ailments in the operating room.



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:

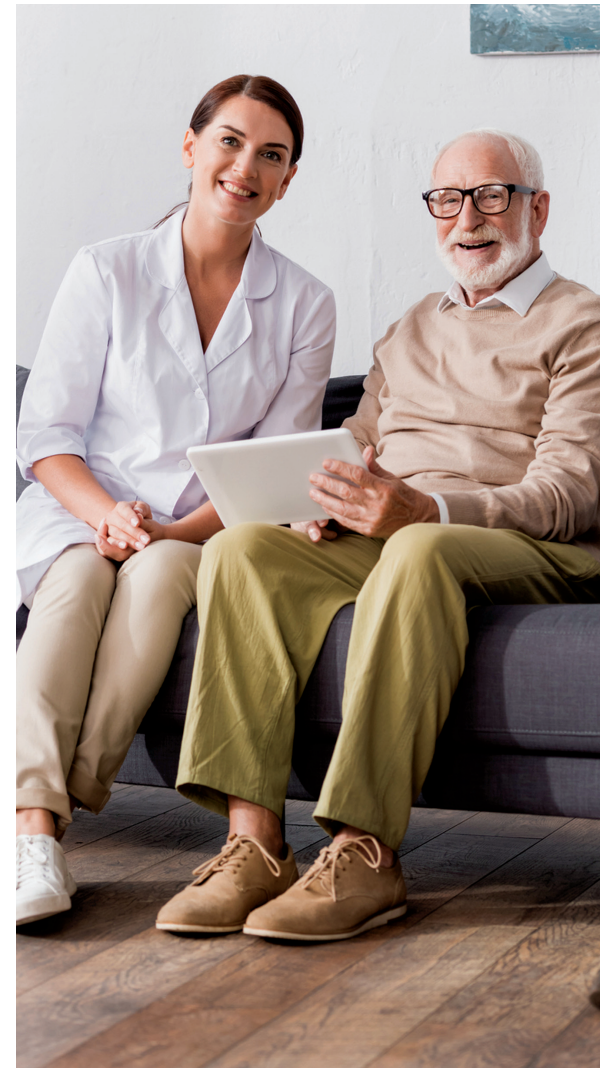
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

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?**

TRANSFORM YOUR SKIN: THE LATEST REVOLUTION IN ANTI-AGING TREATMENT



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

The Future of Skin Rejuvenation

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

Understanding the Vivace Advantage

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

Immediate Results, Lasting Benefits

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

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

Expert Care You Can Trust

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

The Treatment Experience

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

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

Beyond Traditional Anti-Aging Treatments

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

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

Is Vivace RF Microneedling Right for You?

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

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

The Carroll Dermatology Difference

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

Your Journey to Renewed Skin

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

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



Meet Tanya Guez: Your Skincare Expert We are thrilled to welcome Tanya Guez to the Carroll Dermatology family. Born in Lyon, France, Tanya has dedicated her career to helping clients achieve radiant, healthy skin. Her journey began in Los Angeles, where she honed her skills in a variety of skincare techniques.

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

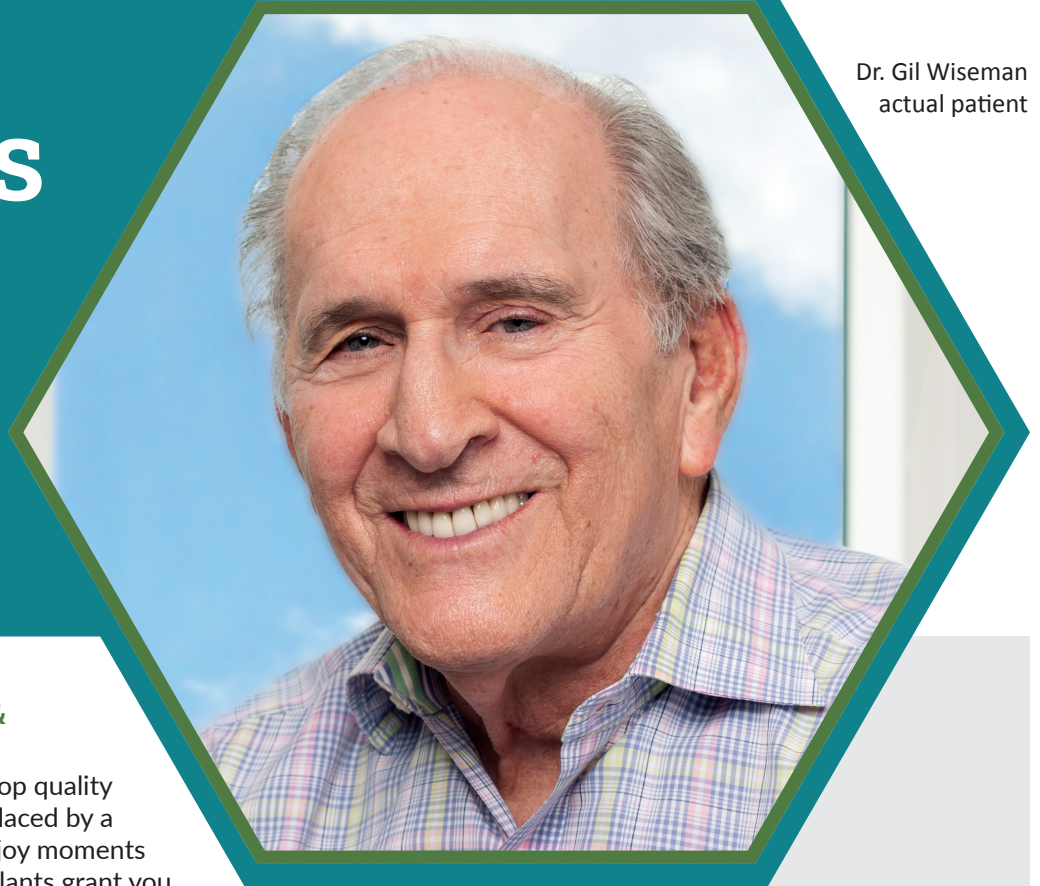
CARROLL DERMATOLOGY
SURGERY AND LASER INSTITUTE

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West Palm Beach, FL 33401
(561) 223-6238
drccarrollderm.com

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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Cataract Surgery in 2025: What should you expect?

By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



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