

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

Health & Wellness[®]

MAGAZINE

June 2025

North Palm Beach Edition - Monthly

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FREE



**FORGET THE TIE
AND GIVE DAD SOMETHING
HE'LL USE EVERYDAY:
A FULL HEAD OF HAIR**

**UNSEEN BATTLES:
THE SILENT TOLL OF PTSD**

**BEYOND THE BUZZ:
ALCOHOL-RELATED
CANCER RISK**

**PLANNING FOR
THE INHERITANCE
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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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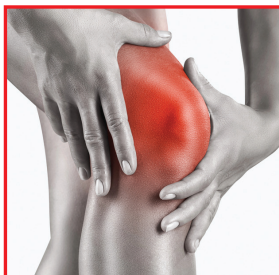
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UNSEEN BATTLES: THE SILENT TOLL OF PTSD

By Matthew Rocklage

Millions of people walk among us with hidden mental health challenges. It's a battle that doesn't always come with visual indicators. One of these conditions is Post-Traumatic Stress Disorder (PTSD). For veterans, survivors of abuse, first responders and countless others, PTSD is not just a mental health diagnosis – it's a daily struggle for peace and healing.

This experience can be isolating, making sufferers feel alone. However, when there is understanding, support and appropriate treatment, recovery is possible.

There's a common misconception that PTSD only affects combat veterans, but it can impact a variety of individuals. PTSD can affect anyone whose nervous system responds to a traumatic event with a heightened sense of fear or danger. Everyone is different, and what's traumatic for one person might not be for others. This could include natural disasters, physical assault, domestic violence or even a car accident. However, whether PTSD develops is unique to each person, so individuals may experience PTSD from sustained hardships like bullying, medical issues, family issues or grief. Each year, nearly 9 million people are affected by PTSD.

In Florida specifically, residents may experience hurricane-related PTSD.

With several significant storms in the past few years, it's common to feel fearful and vulnerable when hurricane season begins. A range of emotions, from anxiety to depression, can last for days, weeks or even months after the storm. People who experience particularly traumatic events during a hurricane, including being trapped or injured, or suffering the loss of a loved one or pet, may be at a higher risk of developing PTSD.

What are the symptoms of PTSD?

The most common warning signs include:

- Nightmares or flashbacks that vividly recall traumatic events leading to distressing emotions or even physical sensations.
- Avoidance behaviors, where you try to avoid people, places or situations that remind you of the trauma.
- Increased irritability, anger or difficulty concentrating, leading to challenges at home, work or school.



- Hyperarousal or being easily startled, having difficulty sleeping or feeling a constant sense of unease.
- Increased alertness, also known as hypervigilance, which can result in increased anxiety, persistent worrying or difficulty sleeping.
- Persistent feelings of guilt, shame or self-blame, even when you are not at fault.

Experiencing any of these symptoms can significantly impact your mental and physical well-being. They can also affect your daily activities, relationships and diminish your overall quality of life.

Who can experience PTSD?

PTSD is a mental health condition that can impact anyone, regardless of race, gender or background. However, the way it presents in children is often different than adults.

Very young children might have trouble describing their experiences, but there may be noticeable changes in their behavior, mood or academic performance. You may even see milestone regression in some children. In extreme cases, some children may stop talking entirely.

Adolescents may have dramatic shifts in their social behaviors, friend groups or stop taking part in hobbies and interests.

Recognizing the symptoms or spotting changes in your child's behavior is essential. You can help them get early intervention from a professional mental health provider, which is the first step towards recovery. Without treatment, the effects of PTSD can continue indefinitely.

Treatment options

Early diagnosis and intervention from a professional are key to effectively managing PTSD symptoms.

PTSD treatment plans often include a range of therapeutic approaches. Cognitive-Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR) and talk therapy are commonly used to

treat PTSD. In other cases, medication may also be utilized as part of the treatment approach. There isn't one specific treatment plan that works for everyone, so it's important to work with a professional you trust for individualized support.

How can you help someone with PTSD?

Caregivers play a vital role in supporting their loved ones with PTSD. Whether you're caring for a parent, spouse or child, it's crucial to educate yourself about the disorder and its effects.

Emotional support is one of the most valuable contributions caregivers can offer. Creating a safe space for someone to express their emotions and actively listening without judgment can make a significant difference. This especially applies for children, as they likely don't understand what they're experiencing and need support from a family member or loved one to process these feelings.

Even though it can be scary, it's critical to encourage your loved one to seek professional help and assist them in finding the right therapist. You can also provide support by attending their appointments with them.

Recovery is possible – even when it feels entirely out of reach. Healing doesn't mean forgetting the trauma or pretending it never happened; it means learning to live with the past without it controlling you. With timely intervention, professional help and a compassionate support system, the brain can unlearn fear and rebuild trust. The path may be difficult, but there is hope.

About the Author

Matthew Rocklage, DNP, PMHNP-BC, is a board-certified psychiatric-mental health nurse practitioner at Elite DNA Behavioral Health's North Palm Beach location. Elite DNA is one of Florida's largest mental health providers, offering accessible and affordable in-person and virtual behavioral health services for children, adolescents, and adults at more than 30 locations across the state. For more information, visit [EliteDNA.com](https://www.EliteDNA.com).



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Beyond the Buzz: Alcohol-Related Cancer Risk.

Most people are aware that “binge drinking” or having too much alcohol in a brief period can cause alcohol poisoning and be deadly. With the average calorie count in a standard drink ranging from 90 to 200 calories, it’s a well-known contributor to weight gain. Yet, research confirms that less than half of all Americans know that long-term consumption of alcohol can raise both cancer and death risk.

Alcohol use is, in fact, a leading **preventable** cause of cancer in the U.S.—contributing to 100,000 cancer cases and about 20,000 cancer deaths each year.

Understanding Alcohol

The most common alcoholic drinks include beer, wine and spirits, also known as hard liquor. Ready-to-drink alcoholic beverages, such as canned margaritas and other pre-mixed cocktails, continue to grow in popularity by offering easy access to classic favorites without the need for extensive preparation.

The type of alcohol found in beverages is ethanol, and it’s the primary ingredient that makes people feel intoxicated. Ethanol is a chemical compound that, when consumed, affects the central nervous system, leading to changes in behavior, thinking and motor skills.

On average, the human body can process, or metabolize, about 10 to 15 grams of ethanol per hour. Let’s break down what that actually means:

- A 12-ounce regular beer typically contains about 5% alcohol by volume (ABV), which equates to 14 grams of ethanol.
- One 5-ounce glass of table wine contains about 12% ABV—also equal to 14 grams of ethanol.
- A standard 1.5-ounce shot of hard liquor—such as vodka, whiskey, tequila, etc.—is typically 40% alcohol by volume, or just over 9 grams of ethanol.

Beyond the Buzz: The Real Effects of Alcohol

According to the American Institute for Cancer Research, alcohol increases the risk of developing six common cancers: mouth, throat, liver, colorectal, breast and stomach cancer. There is also evidence suggesting that alcohol increases the risk of developing lung, pancreatic or skin cancers (i.e., basal cell carcinoma or malignant melanoma).

Alcohol can cause cancer by different mechanisms. When alcohol is consumed, the body breaks it down into acetaldehyde, a toxic compound that can damage DNA and cause mutations. Excessive alcohol metabolism also produces free radicals, which harm cells and contribute to cancer risk. Alcohol can also act as a solvent, helping



harmful substances like tobacco smoke particles enter the body more easily, especially in the mouth and throat. Additionally, alcohol can disrupt hormone levels, such as increasing estrogen, which may raise the risk of breast cancer.

More people need to be aware of the relationship between alcohol consumption and cancer risk when considering whether to drink alcohol or how much to drink. This is especially true for individuals who are more likely to develop certain diseases or conditions because of the genes they inherited from their parents.

There is a generalized belief that drinking red wine is good for heart health due to the potential health benefits of resveratrol, a plant compound found in red wine with antioxidant and anti-inflammatory properties. However, the potential benefits are overshadowed by the increased risk for developing cancer. Red wine is not the only source of resveratrol—consider instead eating grapes, berries (blueberries, cranberries, strawberries, raspberries), nuts (peanuts and pistachios) or dark chocolate.

The Bottom Line

When it comes to cancer risk, there is no safe amount of alcohol. Therefore, for cancer prevention, it is best not to drink alcohol.

Mocktails are a healthier alternative. These delicious and refreshing drinks can provide hydration, vitamins and naturally occurring phytochemicals derived from fruits, fruit juices, herbs and spices that may play a role in cancer prevention by acting as antioxidants and reducing inflammation. Herbs and spices rich in phytochemicals include rosemary, mint, basil, turmeric, cardamom, cinnamon, ginger, anise and vanilla, among others.

Unleash your creativity, and reduce your cancer risk! Create your own combinations by mixing sparkling water, a piece of fruit or fruit juice, herbs and spices, and even a sweetener, if desired.

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

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In Pasco 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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Forget the Tie And Give Dad Something He'll Use Everyday: *A FULL HEAD OF HAIR*

by Alan J. Bauman, MD, ABHRS

When it comes to Father's Day, it's always hardest trying to get a gift for the man who has everything.

Sure, you can stick to the cliches like a new tie or a pair of socks, but come on, that's a little played out by this point. And good luck asking for ideas, as most dads love to downplay a day meant for them. With only a few weeks until Father's Day, the clock is ticking, and that striped tie you saw at the store is looking more enticing by the day.

Save yourself a trip to the store and think outside the box this year. Our team at Bauman Medical has just what dad (and many men) want: a full head of hair.

If dad has been experiencing a thinned-out crown, he's not alone. Nearly a third of men experience some form of hair thinning before they reach the age of 35. By age 50? We're looking at half the male population.

No amount of precaution can stop genetic or situation-driven male-pattern hair loss. Whether it's a life full of stress or the impacts of dihydrotestosterone (you may know it as DHT), male pattern baldness doesn't plan on stopping once it's in motion.

So, where does Bauman Medical come into play? As a pioneering name in hair restoration, we've got products and treatments that will put those ties you were looking at to shame. Our goal? Promote hair growth and put an end to hair loss. And here are the ways that we go about it:

PRP

If you're down for PRP, you're down for thicker, fuller, healthier hair. In about the time it takes for dad to finish "resting his eyes," he'll harness the healing power of his



own blood. After we draw a quick blood sample, our team then separates and concentrates the platelets. These will then be injected back into the scalp, triggering hair growth. No pain, no side effects, just an hour of dad's time for a full year or more of results.

PDOGRO™

Just like how dad is always wanting to work on something around the house, our team at Bauman Medical is always looking for ways to improve upon our cutting-edge procedures. As a result, we've coupled our PRP treatment with PDOgro™, our state-of-the-art thin and absorbable polydioxanone threads. How does this differ from what PRP has to offer? Well, these tiny threads hidden under the skin will stimulate endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity as an FDA-cleared synthetic absorbable material, which means more effective hair regrowth results in comparison to a single PRP session.

TED

Just because dad is the toughest man in our lives doesn't mean he has to go through unnecessary pain. With our TransEpidermal Delivery (TED, to keep it short), we've broken ground with a non-invasive growth serum administered. Within this serum, you'll find essential

components for a healthy scalp, like amino acids, powerful growth factors, and advanced peptides. All of these lead to increased blood flow, stronger hair fibers, decreased shedding and stimulated hair follicles.

With our ability to harness sound waves and air pressure, we can apply the serum without needles or anesthesia—not that Dad would need it anyway.

TED w/Exosomes

Just like with PDOgro™, we've taken steps to further an already fantastic method by combining TED with exosomes. I'm sure you've heard the term exosomes before, but you might not know how it works. Think of exosomes as a way of communication, like texting Dad!

And whether you're downstairs or across the country, you're able to communicate with one another. Exosomes do that for cells, allowing for information sharing across the body. In turn, exosomes help bolster hair growth because they contain nucleic acids, growth factors, and other proteins specifically for rejuvenation and repair.

LOW-LEVEL LASER HAIR REGROWTH DEVICES

While the so-called "dad hat" is quite a trend in fashion, why not give dad a cap that will let him ditch that hat to show off his flow? With the Bauman Turbo LaserCap®, all dad needs is five minutes of use for hair reminiscent of his heyday. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the Turbo LaserCap is the proverbial "gift that keeps on giving."

There is no need to throw on your thinking cap to figure out how to restore your hair. Instead, opt for my trademark Bauman Turbo LaserCap® for hair regrowth. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, you'll reap what you sow in just five minutes of use — a bountiful head of hair that will have you ditching the hats to show off your flow.

FUE

While the regenerative options here at Bauman Medical offer immense results, sometimes you need to break out the big guns. Those two words that most men dread hearing: "hair transplant." Instead of making dad fly somewhere and get a questionable procedure, why not treat him to the peaceful, sunny scapes of Boca Raton for a one-hundred percent natural transplant procedure?



Before and After PRP by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

If dad's had concerns about a receding hairline or thinned-out crown, gift him the fan-favorite FUE (follicular unit extraction) procedure this Father's Day. We cater depending on your situation, giving dad plenty of options depending on what his concern is. Instead of the outdated and invasive strip harvesting method, we now harvest individual hair follicles directly from the scalp. And with some great assistance via robotics and specialized mechanical instruments, you can rest easy as you embark on a safe and efficient procedure. The best part? Dad will walk out of our clinic without a linear scar, just a ray of confidence he's been missing for years.

VIP|FUE™

You might've wondered what I meant when I said FUE offers different options. VIP|FUE™ is what I'm talking about. This VIP treatment is about being on the periphery, making sure dad's transplant is as undetectable as possible. This starts with no shaving and no trimming. In fact, dad won't even have to worry about losing hair or needing staples or stitches removed. It'd be like our

team wasn't even there. And before sending dad on his way, there are some instances where the VIP|FUE™ can show patients what to expect down the line with our "long-hair preview." Just wait until next Father's Day when dad is showing off his new 'do.

LEARN MORE

While there's nothing wrong with sticking to the Father's Day staples, there's nothing more exciting than switching it up. Having trouble figuring out which one is best for dad? We've got you covered. Save the decision-making to him by opting for a Bauman Medical gift e-card available on our eStore. Enjoy a day of resting your eyes and mowing the lawn with a full head of hair.

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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Nerve pain, or neuropathic pain, is one of the most challenging conditions to treat in modern medicine. Unlike typical pain caused by an injury or inflammation, nerve pain stems from damaged or dysfunctional nerves that send faulty signals to the brain. Traditional treatments—such as medications, injections, and surgery—often provide limited relief and come with significant side effects. However, a breakthrough treatment, the **Stealth Laser**, is changing the game for patients suffering from debilitating nerve pain.

Under the expert care of **Dr. Costello at Concierge Laser**, patients with peripheral neuropathy, trigeminal neuralgia, postherpetic neuralgia, and sciatica are finding remarkable relief—without drugs, surgery, or side effects.

The Challenge of Treating Nerve Pain

Nerve pain is notoriously resistant to conventional treatments. Here's why these conditions are so difficult to manage—and how the Stealth Laser is succeeding where other methods fail.

1. Peripheral Neuropathy (Diabetes & Chemotherapy-Induced)

Peripheral neuropathy, often caused by **diabetes** or **chemotherapy**, leads to numbness, tingling, and burning pain in the hands and feet. Traditional treatments include:

- **Medications** (gabapentin, pregabalin, antidepressants) – These often cause dizziness, drowsiness, and cognitive fog.

Breaking Through the Pain: How the Stealth Laser is Revolutionizing Nerve Pain Treatment

- **Topical creams** – Provide temporary relief but don't address nerve damage.
- **Nerve blocks & surgery** – Invasive, with mixed results and risks.

How Stealth Laser Helps: The laser penetrates deep into damaged nerves, stimulating cellular repair and increasing blood flow. Patients report **reduced pain, improved sensation, and restored function**—without side effects.

2. Trigeminal Neuralgia (The "Suicide Disease")

Often called the most painful condition known to medicine, trigeminal neuralgia causes **excruciating, electric-shock-like facial pain**. Traditional approaches include:

- **Anti-seizure medications** – Can cause severe fatigue and liver toxicity.
- **Nerve ablation or surgery** – High risk of complications, including permanent numbness.

How Stealth Laser Helps: By targeting the inflamed trigeminal nerve with precise laser energy, the treatment **calms nerve hypersensitivity** and reduces pain episodes—often within just a few sessions.

3. Postherpetic Neuralgia (Complication of Shingles)

After shingles, some patients develop **chronic burning pain** where the rash once was. Standard treatments involve:

- **Painkillers & nerve medications** – Often ineffective and addictive.
- **Steroid injections** – Temporary relief with risks of tissue damage.

How Stealth Laser Helps: The laser accelerates nerve healing and disrupts pain signals, providing **long-lasting relief** where medications fail.

4. Sciatica (Nerve Compression Pain)

Sciatica causes **shooting pain down the leg** due to nerve compression. Common treatments include:

- **Physical therapy** – Helps some, but not all.
- **Epidural steroid injections** – Temporary and can weaken tissues over time.
- **Surgery** – Risky, with long recovery periods.

How Stealth Laser Helps: The laser reduces inflammation around the sciatic nerve and promotes healing, allowing patients to **avoid surgery and return to normal activity** quickly.

Why Stealth Laser is the Safest, Most Effective Treatment

Unlike drugs or surgery, the **Stealth Laser** offers a **non-invasive, painless, and side-effect-free** solution. Here's why it stands out:

- **No Medications** – Avoids dependency and side effects.
- **No Surgery** – Zero downtime or risks of complications.
- **Stimulates Natural Healing** – Enhances nerve regeneration.
- **Fast & Effective** – Many patients feel improvement within weeks.

Dr. Costello & Concierge Laser: Leading the Way in Nerve Pain Relief

At **Concierge Laser**, **Dr. Costello** specializes in cutting-edge laser therapy for nerve pain. His personalized approach ensures patients receive the most advanced care available—without relying on temporary fixes.

Patient Success Stories

- **Diabetic neuropathy patients** regaining feeling in their feet.
- **Trigeminal neuralgia sufferers** eating and speaking without pain.
- **Shingles pain patients** finally sleeping through the night.
- **Sciatica sufferers** avoiding surgery and returning to active lifestyles.

CONCLUSION:

A New Hope for Nerve Pain Sufferers

For too long, nerve pain patients have been told to "just live with it." But with the **Stealth Laser**, relief is possible. If you or a loved one struggles with **peripheral neuropathy, trigeminal neuralgia, postherpetic neuralgia, or sciatica**, **Dr. Costello at Concierge Laser** offers a **safe, effective, and drug-free solution**.

Don't let nerve pain control your life—discover the healing power of the Stealth Laser today.

Contact Concierge Laser to schedule a consultation and take the first step toward a pain-free future!



JOSEPH A. COSTELLO DC, DABCO
CHIROPRACTIC ORTHOPEDIST

For consultation with the Doctor, call:
561 329-5597

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

(561) 998-6039



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 Dermatology. 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 INDELICATI**,

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.

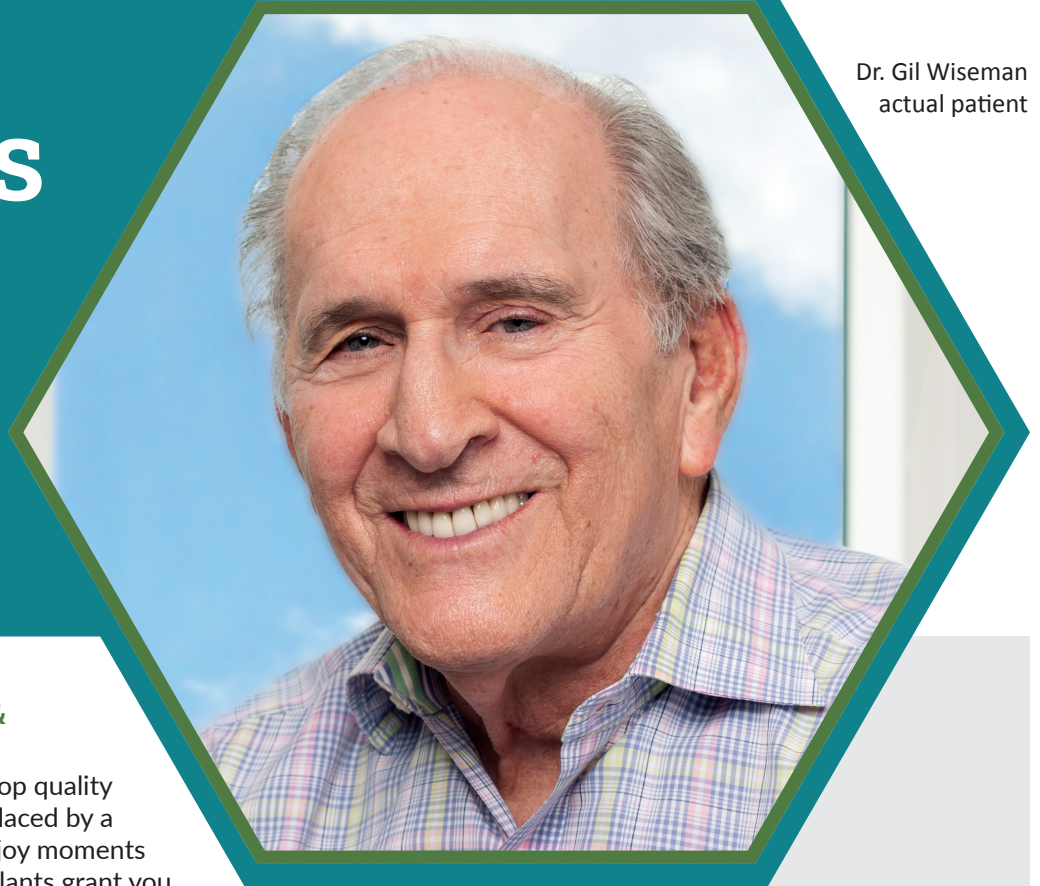


120 S. Olive Avenue #116,
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drcarrollderm.com

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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Dental Implants

Pinhole Technique

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How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



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



Brent Myers

You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

PHYSICALLY. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

EMOTIONALLY. Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

MENTALLY. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

"By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from

all the work of creating that he had done." (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

"Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the "top ten", most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



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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.

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