

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

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

June 2025 South Palm Beach Edition - Monthly



**FREE**

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**LIVING WITH NO PAIN:**

**HOW INTERVENTIONAL PAIN MEDICINE  
CAN HELP OLDER ADULTS THRIVE**

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

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

**PROSTATE ARTERY EMBOLIZATION:  
A MINIMALLY INVASIVE BREAKTHROUGH  
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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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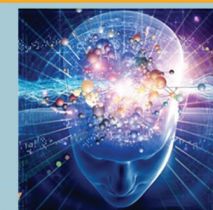


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# Forget the Tie And Give Dad Something He'll Use Everyday: *A FULL HEAD OF HAIR*

by Alan J. Bauman, MD, ABHRS

**W**hen 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](http://www.baumanmedical.com).



About Dr. Alan J. Bauman



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

With over 28 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman's "Hair Hospital," housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 35,000 patients. He's also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 9th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration."

Forbes magazine recognized him as one of "10 CEOs Transforming Healthcare in America" for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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# LIVING WITH NO PAIN:

## HOW INTERVENTIONAL PAIN MEDICINE CAN HELP OLDER ADULTS THRIVE



**A**s we age, aches and pains often become unwelcome companions—whether from years of wear and tear, osteoarthritis, or post-surgical discomfort. While over-the-counter medications and physical therapy help many, some chronic pain requires a more targeted approach. That's where **interventional pain medicine** comes in.

This medical specialty focuses on diagnosing and treating pain through **minimally invasive techniques**, offering relief without relying solely on medications or major surgery. For older adults, these treatments can be life-changing, restoring mobility, independence, and quality of life.

### WHAT IS INTERVENTIONAL PAIN MEDICINE?

Unlike traditional pain management, which often masks symptoms, interventional pain medicine **targets the source of pain directly**. Common procedures include:

- **Epidural steroid injections** for back or leg pain
- **Facet joint injections** or radiofrequency ablation for spinal arthritis
- **Nerve blocks** for pain in the neck, back, or limbs
- **Spinal cord stimulation** to modify pain signals
- **Joint injections** (knee, hip) with steroids or regenerative therapies

Performed in outpatient settings with minimal downtime, these treatments are tailored to each patient's needs.

### WHY OLDER ADULTS BENEFIT

Nearly **half of adults over 65** live with chronic pain, which can lead to reduced mobility, poor sleep, and depression. Many also take multiple medications, increasing the risk of side effects. Interventional pain treatments offer advantages like:

- **Reducing reliance on opioids**
- **Providing long-lasting relief** (weeks to months)
- **Improving daily function**
- **Avoiding unnecessary surgeries**

### COMMON CONDITIONS TREATED

- **Spinal arthritis** (facet joint pain): Radiofrequency ablation can provide months of relief.
- **Sciatica or nerve pain**: Epidural steroid injections reduce inflammation.
- **Post-surgical pain**: Nerve blocks or spinal cord stimulation may help.
- **Peripheral neuropathy**: Spinal cord stimulation can ease diabetic nerve pain when other treatments fail.

### DEBUNKING PAIN MYTHS

Many believe pain is an inevitable part of aging—it's **not**. While common, pain is **treatable**. Older adults sometimes avoid reporting pain, fearing medications or being a burden. But unmanaged pain can lead to **falls, isolation, and loss of independence**. Speaking openly with a healthcare provider is the first step toward relief.

### WHAT TO EXPECT AT A PAIN CLINIC

At **Interventional Pain and Wellness Center**, patients are evaluated **only by physicians**—not physician assistants or nurse practitioners. **Doctors like Dr. Özaktay, Dr. Cohen, and Dr. Tripathi** take time to understand each patient's pain, review imaging (X-rays, MRIs), and create a personalized plan.

Procedures use **fluoroscopic guidance** for precision, often taking **under 10 minutes** with little to no recovery time.

### RECLAIMING YOUR LIFE

Whether gardening, playing with grandchildren, or simply walking without discomfort, pain shouldn't limit your joy. Our physicians specialize in helping older adults regain mobility and confidence.

### YOUR QUESTIONS, ANSWERED

**Q: Are these treatments safe for seniors?**

**A:** Yes. Our doctors review health histories to ensure safety.

**Q: Does Medicare cover these treatments?**

**A:** Often, yes—if medically necessary. We verify coverage beforehand.



### MEET DR. ÖZAKTAY

With over **30 years of experience**, Dr. Özaktay is a leader in pain medicine. Trained at **Wayne State University** and **Dartmouth-Hitchcock Medical Center**, he's published **50+ research articles** and is a sought-after lecturer. Recognized as an **"Outstanding Researcher"** by U.S. Immigration, he combines cutting-edge science with compassionate care.

### FINAL THOUGHTS

Pain doesn't have to be your "new normal." At our **Delray Beach clinic**, we **prioritize personalized, physician-led care**—helping patients of all ages live **fully and pain-free**.

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# Beyond the Buzz: Alcohol-Related Cancer Risk.

**M**ost 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.

## WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

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as "the long-term care insurance experts of South Florida" is a testament to our dedication and proficiency in this area. If you have long term care insurance we are happy to go over your benefits and complete all of the paperwork and make sure that you not only get approved, but stay approved.

### CONCLUSION

In summary, Florida Best Home Care LLC is the best home care company in South Florida due to our low fees, stringent caregiver referral process, commitment to transparency, and expertise in long-term care insurance. We are dedicated to providing high-quality care at affordable rates, ensuring that both our clients and the caregivers referred are satisfied. Our unique approach and unwavering commitment to excellence make us the top choice for home care services in the region. Whether you are in need of care for yourself or a loved one, Florida Best Home Care LLC is here to provide the compassionate, professional, and reliable care you deserve.



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**N**erve 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:  
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# 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.”

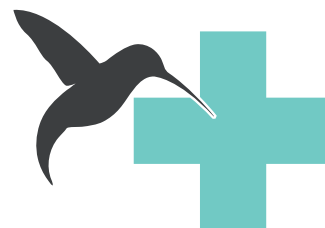
For persistent cases where therapy and medications don’t provide relief, **prolotherapy and platelet-rich plasma (PRP) treatments** can be an effective solution. “These treatments target weakened ligaments directly, promoting tissue repair and restoring stability,” Dr. Woznica explains. Administered 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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## PROSTATE ARTERY EMBOLIZATION: A Minimally Invasive Breakthrough in the Treatment of BPH (Enlarged Prostate)

By Dr. Shivank Bhatia, M.D. FSIR

Interventional Radiologist, Founder of Florida Prostate Centers® and Naples Prostate Center®

**B**enign Prostatic Hyperplasia (BPH), a non-cancerous enlargement of the prostate gland, affects approximately 50% of men over age 50 and up to 90% over age 80. The resultant lower urinary tract symptoms (LUTS)—including urinary frequency, urgency, nocturia, weak stream, and incomplete bladder emptying or Urinary Retention—can significantly diminish quality of life. Traditionally, management options have included pharmacotherapy and surgical interventions such as transurethral resection of the prostate (TURP). However, for many patients, particularly those with comorbidities or aversion to surgical risks, Prostate Artery Embolization (PAE) has emerged as a safe, effective, and durable minimally invasive alternative.

### What is PAE?

Prostate Artery Embolization is a catheter-based endovascular procedure performed under conscious sedation. It involves selective catheterization of the arteries supplying the prostate followed by embolization—controlled blockage—of these vessels using calibrated microspheres. The occlusion reduces blood flow, inducing ischemia in hyperplastic prostatic tissue. Over time, this leads to volume reduction and symptomatic improvement.

### Patient Selection and Pre-Procedural Considerations

Optimal candidates are typically men with moderate to severe LUTS due to BPH who wish to preserve their ejaculation, sexual function or prefer a minimally invasive option. PAE is a size independent option – it serves patients with both moderate (<80cc) and large prostates (>80 cc), where traditional surgery carries higher complication risks and options are limited.

Evaluation includes detailed urologic history, physical examination, International Prostate Symptom Score (IPSS) assessment, Prostate Specific Antigen (PSA) level and imaging—most commonly a pelvic MRI or ultrasound—to evaluate the health of prostate and bladder. A collaborative approach with urologists ensures comprehensive care and proper diagnosis.

### The PAE Procedure

PAE begins with percutaneous arterial access—usually via the femoral artery (groin access) using image-guided fluoroscopy. Through a microcatheter, the interventional radiologist navigates into the prostatic arteries bilaterally. Embolic microspheres (typically 300–500 µm in size) are then injected until stasis is achieved.

Technical challenges include arterial tortuosity and variability in pelvic vascular anatomy. However, advancements in microcatheter technology, experienced operators and imaging have improved success rates. In the hands of experienced operators like those at Naples Prostate Center®, bilateral embolization is achievable in over 97% of cases.

### Clinical Outcomes and Efficacy

A Cochrane review comparing PAE to TURP based on up to 24 months' follow-up, showed that PAE and TURP may work similarly well in helping to relieve symptoms. Men's quality of life may be also improved similarly.

Long-term outcomes of PAE are favorable. Our study of 1075 PAE patients – the largest in the US – published in the prestigious, *Peer-Reviewed Journal* – showed sustained symptom relief at three to five years post-PAE in over 84% of patients. Importantly, PAE preserves sexual function—an often under-recognized concern with surgical options like TURP or laser ablation, which carry risks of retrograde ejaculation and erectile dysfunction. This article can be accessed at:



*Prostatic Artery Embolization: Mid-to Long-Term Outcomes in 1,075 Patients - Journal of Vascular and Interventional Radiology*

### Safety Profile and Complications

PAE has a strong safety profile. Minor complications, such as transient urinary discomfort, and bladder spasms typically resolve within few days and are managed by over the counter medications. Major complications are rare (<1%), especially in experienced hands. The non-surgical nature of the procedure allows it to be performed without need for anesthesia, avoiding systemic risks. This safety profile, minimally invasive nature and preservation of sexual function make PAE a preferred option for most men.

### Advantages of PAE in the Modern Therapeutic Landscape

In the context of modern value-based care, PAE stands out for several reasons:

- 1. Minimally-Invasive** – No incisions, no general anesthesia.
- 2. Outpatient Procedure** – Typically performed in under an hour, with same-day discharge.
- 3. Lower Risk Profile** – Reduced risk of bleeding, infection, or incontinence.

**4. Preservation of Sexual Function** – A significant factor for many men.

**5. Durability of Results** – Sustained symptom improvement with a low reintervention rate.

**Conclusion:** With personal experience of over 1800 PAE procedures, I am an advocate for patient-centred, minimally invasive therapies, I have witnessed first-hand the transformative impact PAE can have on patients suffering from BPH. For residents of Collier and Lee counties, access to this advanced treatment offers new hope—particularly for those seeking alternatives to traditional surgery.

While no treatment is universally appropriate, PAE provides a compelling option in the evolving algorithm for BPH management. We ensure that patients receive the most appropriate and individualized care.

### About the Author:

Shivank Bhatia, M.D. FSIR, is a board-certified interventional radiologist and founder of Florida Prostate Centers. He served as Chariman and Professor of Interventional Radiology at UHealth - University of Miami Health System from 2019 - March 2025.

Dr. Shivank Bhatia is an internationally renowned for his expertise in minimally invasive image-guided therapies that can treat various common medical conditions. Dr. Bhatia's career highlights include:

- Performed over 1800 PAE procedures – one of the largest in United States
- Pioneered prostate artery embolization in the U.S.
- Served as a PI on 3 clinical trials related to PAE
- Published the largest series of 1075 PAE patients to date in U.S
- Led an FDA approved Investigational Device Exemption (IDE) study for investigating the effects of GAE (Geniculate Artery Embolization) for knee osteoarthritis.
- Awarded Fellow of Society of Interventional Radiology, January 2020
- Delivered more than 100 invited lectures and published dozens of scientific articles in peer-reviewed journals on the topic of interventional radiology
- Trained more than 400 physicians on techniques related to prostate artery embolization

With a strong background in radiology and advanced training in interventional techniques, Dr. Bhatia has dedicated his career to improving patient outcomes through innovative approaches. Dr. Bhatia has contributed significantly to advancing literature supporting the adoption of PAE as a standard of care for BPH (enlarged prostate).

*Jung et al: PAE for the treatment of LUTS in men with BPH. Cochrane Database of Systematic Reviews 2022, Issue 3. Art. No.: CD012867.*

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# About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

If we were to walk across the fields in summertime to some undisturbed spot and mark off a piece of ground say four feet square then examine this little area minutely, we would find an astonishing variety of life. There would be many species of plants; possibly a mouse's nest, and other small creatures. Then resorting to a microscope, we would observe an incredible host of microorganisms functioning in association with the larger life forms.

In that little square of ground we would have seen an interdependent community of life in which

birth and death were continuously taking place and in which diverse life forms were sheltering and nourishing one another. Written in the rocks beneath was a story of a similar process going back through eons of time.

Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures in that little square of ground.



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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?**



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# WHY AM I SUDDENLY STRUGGLING WITH MEMORY, CONCENTRATION, ANXIETY OR DEPRESSION?

By Renee Chillcott, LMHC



In the summer months, heat and humidity create an enormous amount of blood flow in our bodies and can cause a lot of disruption in our brains. But how does the weather affect my mood? And, why is anxiety and depression and maybe even headaches happening with more frequency when stress levels are not peaking?

The answer is simple... INFLAMMATION. But what exactly is inflammation?

The term for opening of capillaries and increased flow of blood is called vasodilation. Capillaries open and an increase in blood flow occurs in the area. An area of injury may visibly swells up and we describe the area as “swollen” or “inflamed”. In the case of body temperature, “when we are too hot, blood vessels supplying blood to the skin can swell or dilate (vasodilation). This allows more warm blood to flow near the surface of the skin, where the heat can be lost to the air.” After healing or a reduction in body temperature, the capillaries return to normal through a process called vasoconstriction. This process is happening on an almost consistent basis during the summer months when temperatures can reach into the 90’s to 100’s, even in the evenings and early mornings.

If the capillaries do not close or do not close fast enough, we help them along. We apply ice (constricting the capillaries) or take a medication that reduces inflammation (such as ibuprofen) or promotes vasoconstriction (such as caffeine).

But, what happens to our heads if our body temperature rises, we experience vasodilation, but then do not experience vasoconstriction? A headache occurs. This is the result of increased blood flow we can feel through pain receptors covering the brain or scalp.

What if there is increased blood flow in our actual brain? This part of our body does not have pain receptors. Our brain doesn’t technically “feel” pain. The result of increased blood flow in the brain that does not constrict is what we call Brain Inflammation.

## What are some causes of vasodilation or increased blood flow in the brain?

- Heat or increased body temperature
- Inflammatory foods such as Gluten or Dairy
- Traumatic Brain/Head injuries
- Concussions
- Viruses such as Covid-19, the Flu or Lyme
- Medications such as Vaccinations, Antibiotics or Anesthesia
- Illness, Sinus irritation or colds/flu

What happens if there is increased blood flow (inflammation) in a part of the body that we cannot see? After vasodilation or increases in blood flow, the brain, just as with other parts of the body should enter a period of vasoconstriction where blood flow decreases. If this does not happen, the blood flow or swelling remains. Unlike swelling in a wrist or ankle, the swelling that remains in your brain is not easily observed. Our first indication that we have increased blood flow that is not constricting is from symptoms.

## Some of the symptoms that result from Brain Inflammation are:

- Depression
- Anxiety or related disorders
- Brain Fog
- Fatigue
- Trouble with memory
- Trouble with concentration
- Trouble with learning
- New allergies or sensitivities to food
- Headaches
- Irritability
- Increased pain
- Insomnia or sleep problems

## HOW DO I FIX BRAIN INFLAMMATION?

Because we cannot see increased blood flow in the brain without special equipment, it can be difficult to know it is happening. As mentioned earlier, there are not pain receptors in the brain so we don’t have pain to indicate swelling or inflammation. Typically, we notice symptoms that do not seem to resolve as an indication that there’s a problem that needs to be fixed. There are medications that can provide some relief. However, when we are prescribing medication based solely off of symptoms, you can easily end up on the wrong medication track and not receive relief. Natural anti-inflammatory supplements



can also provide relief as well as an adjustment to diet or change in lifestyle. However we recommend an evaluation and EEG study to confirm the inflammation and then suggest the appropriate treatment options for your situation.

### WHAT IS AN EEG STUDY?

An EEG study or QEEG (Quantitative EEG) is also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to be read and analyzed. We provide a summary of significant findings and the report shows the result of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas of the brain have increased blood flow by indicating what areas of the brain have excessive amounts of slower neuron activity (slow neurons promote more blood flow). Another study that can be helpful is the SPECT scan.

### HOW CAN NEUROFEEDBACK HELP?

Once the areas of inflammation or dysregulation are identified, we use Neurofeedback or EEG Biofeedback to balance the neural patterns and reduce excessive slow activity. Teaching the brain to reduce these waves will help the brain to slow down increases in blood flow and return the brain to a more balanced and flexible state, thus relieving symptoms.

### WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain by allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through visual recognition of the changes on the screen and the auditory reinforcement of "beeps".



It is important to understand that the neurofeedback approach does not "cure" or "fix" anything. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time.

### HOW DOES A "BEEP" OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity can affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

### WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down "inner chatter" or activate a "sleepy" brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be of remarkable value with school-age children who experience focus and learning problems. Through brain training, children can learn to better concentrate on schoolwork, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory overload while seated in

a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.

### WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety • Sleep disorders • Depression • ADD/ADHD
- Sensory processing disorder • Bipolar disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke • Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger's
- Obsessive-compulsive disorder • Learning disabilities

Memory or concentration issues following illness or vaccinations

### HOW DO I GET STARTED?

Getting started is easy, just message us. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled for a free telephone consultation. Email or message us today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. E-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or text us at **(561) 206-2706** or visit our website at **[www.BocaBrainCenter.com](http://www.BocaBrainCenter.com)**.



#### Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern

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# How Doctors Choose Surgeons

By David A. Goldman MD

**W**hen 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.

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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 affects 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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