

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

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

July 2025

North Palm Beach Edition - Monthly

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Shivank Bhatia, M.D.

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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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# When Someone Tells You They Have Cancer

**W**hen we are shocked by unexpected news, it takes a bit of time to process our thoughts and feelings. We often go into a fight-or-flight or freeze-type response. This often does not allow for the best responses to be expressed.

It can be difficult to know the right thing to say when a friend or loved one tells you they have cancer. Most likely, they are adjusting to the news and feeling stress, confusion, anger, fear, sadness, worry, uncertainty, disappointment and discouragement all at the same time.

The following is a list of some **unhelpful** responses to someone who has shared with you that they have cancer:

- I know just how you feel.
- I know just what you should do.
- I know someone who had the same diagnosis.
- Don't worry.
- I'm sure you'll be fine.
- You're strong, and you can beat this.
- How long do you have?
- I could never go through what you're going through.
- I don't know how you deal with this.

These unhelpful responses can cause the person to feel dismissed and minimized or like they need to put a brave face on for you and everyone else in their life. They may begin to feel alienated or as if they will be a burden. Telling a person how they should feel or what they are not doing enough of can cause them to feel misunderstood and devalued.

Many people navigating cancer need time to process the details of their diagnosis; hearing someone tell them what they should or should not be doing is discouraging. Unhelpful responses can be seen as judgmental, uncaring, flippant and out of touch. The best way to encourage someone is to give them hope.

**Helpful responses** include:

- I care for you, and I'm here for you.
- I'm sorry to hear that you are going through this.
- If you want to talk, I'm here to listen.
- I'm not sure what to say, but I want you to know I care.
- I can hear it has been hard for you to share this. Thank you for sharing with me.
- You've been going through a tough time.
- I know you are still figuring things out and learning what you need. Please let me know how I can help.
- I will keep you in my thoughts.
- I will be here for you through this.

These helpful responses are authentic. They show that you may not have the perfect words to say but that you are present and care for them. These responses help to reassure a person that they do not need to hold in their emotions and that you are a safe place for them. Additionally, do not reject or abandon them or distance yourself. It leaves the person feeling isolated, alienated and alone.

Follow up is key and shows you care. When your friend or loved one tells you they have cancer, follow up with them, at least in one to two weeks after they tell you. If you promise to call, be sure to call. If you promise to text, make sure you text. If you promise to visit, please visit. We are all busy, and life does not stop for those with cancer. If you tend to forget in your busy day, set a reminder on your phone, write it on a physical calendar or use a good old-fashioned sticky note.

When we face a crisis, it causes fear. A loved one in crisis needs a caring, familiar face for comfort and to encourage them day after day. You are not there to fix the problem, just to walk with them through their journey. Simply showing up for someone navigating a cancer diagnosis and treatment is the best response.

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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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#2 course at Pinehurst

### Small in Stature, Giant in Impact

At just 5'7" and 118 pounds during his playing days, Toski earned his "Mighty Mite" nickname for his diminutive frame. Yet what he lacked in physical stature, he more than compensated for with an oversized talent and an indomitable spirit that continues to inspire generations of golfers.

"It's not the size of the man in the fight, but the size of the fight in the man," Toski has often said, a philosophy that propelled him to five PGA Tour victories during his competitive career, including the 1954 Insurance City Open where he defeated the legendary Sam Snead, who gave Bob his nickname, "Mighty Mouse" said "I've never seen anyone the size of a mouse hit a ball that far. and I could pick him up and toss him off the green."

But perhaps his most remarkable achievement was becoming the leading money winner on the PGA Tour in 1954—a testament to his exceptional skill, determination, and strategic genius in an era dominated by physically larger competitors.

### The Master Teacher

While Toski's playing career was impressive, it was his second act as a teacher that truly cemented his legacy. After retiring from full-time competition in his early 30s—a decision that shocked many—Toski devoted himself to teaching and revolutionized golf instruction in America.

"Teaching is my greatest joy," Toski once reflected. "When you help someone improve, you've given them something that lasts a lifetime."

As the founding father of the Golf Digest Schools and author of numerous instructional books, Toski developed a distinctive teaching philosophy that emphasized rhythm, balance, and the efficient transfer of energy—principles that remain foundational in modern golf instruction.

# The Mighty Maestro: Bob "Mighty Mite" Toski's Enduring Legacy at 98

In the warm glow of a spring evening in Delray Beach, Florida, a remarkable celebration unfolded as the golf world paid tribute to one of its most treasured icons. Bob "Mighty Mite" Toski, standing proudly at 98 years young, watched, in the dining room at The Delray Beach Golf Club filled to capacity, as his honorary portrait was unveiled—a moment that crystallized a lifetime of achievement in a sport he has shaped for over seven decades.

His roster of students reads like a who's who of golf excellence, including major champions Tom Kite, Bruce Crampton, and Jane Blalock, Judy Rankin, Birdie Kim, Ken Duke, along with countless club professionals and amateur golfers whose lives he touched with his wisdom.

### A Spirit Undimmed by Time

What makes Toski's story particularly relevant to health and wellness enthusiasts is his extraordinary longevity and vitality. At 98, when many of his contemporaries have long since faded from public life, Toski continues to demonstrate a zest for living that defies his chronological age.

Until well into his 90s, Toski could be found on the practice tee, sharing insights with students, his voice still carrying the same enthusiasm and his demonstrations still remarkably fluid. His secret? A lifelong commitment to staying active, maintaining curiosity, and nurturing social connections.

"Golf is a game you can play for a lifetime," Toski has often said, "but only if you treat your body and mind with respect." His daily routine has historically included stretching exercises, light strength training, and mental challenges—habits he adopted long before they became standard practice for athletes.

### The Joy of Purpose

Perhaps most inspirational is Toski's unwavering sense of purpose. In a culture that often sidelines its elders, Toski has remained relevant, engaged, and profoundly influential well into his tenth decade.

"Age is just a number," he told an interviewer on his 95th birthday. "What matters is how you use each day you're given."

This philosophy has kept him connected to the game he loves through teaching, writing, and mentoring new instructors—creating a living legacy that will influence golf for generations to come. Randy Mintz of J&R Productions Co., who has a friendship and business relationship with the legend himself, states "Bob has no intentions of quitting any time soon"!

### A Life Well-Lived

As friends and admirers gathered in Delray Beach to honor this living legend, the portrait unveiled was more than just a physical likeness. It represented a life defined by passion, perseverance, and the pursuit of excellence—qualities that have made Toski not just a golf icon but a model for vibrant longevity.

Inducted into the World Golf Teachers Hall of Fame and the PGA Golf Professional Hall of Fame, Toski's formal accolades are numerous. Yet his greatest achievement may be the example he sets for embracing life fully at every age.

As we celebrate Bob "Mighty Mite" Toski and his extraordinary contributions to golf, we're reminded that the most inspiring health stories aren't always about dramatic transformations or extreme feats of athleticism. Sometimes, they're about the quiet discipline of showing up day after day, maintaining passion and purpose across the decades, and approaching each new challenge with the same enthusiasm that marked our earliest endeavors.

In Toski's own words: "Golf gives you a reason to get up in the morning, a challenge to face during the day, and beautiful memories to reflect on in the evening." It's a philosophy not just for golf, but for a well-lived life—one that Bob Toski continues to exemplify with every swing, every lesson, and every smile at the remarkable age of 98.

Legendary golf pro Jack Nicklaus said of Bob Toski, "He competed and succeeded against some of the world's most talented players. Putting that behind him, he welcomed many of those same players, as well as many of the generations to come to the corner of his range. He has given so much back to this great game. Well, done my friend!"

For more information obtaining a Certified Limited Edition portrait signed by Bob himself contact [Joegazzoart.com](http://Joegazzoart.com).

**\* Bob's most proud experience is his service to our country in World War II.**



# Investing in a Bull Market for \$HAIR

## LET BAUMAN MEDICAL HANDLE YOUR FOLLICLE PORTFOLIO

by Alan J. Bauman, MD, ABHRS



**W**hile I'm far from a financial guru, I can't help but see the similarities between an investment portfolio and hair. Bear with me for a second. Much like how each of your stocks is valuable to the portfolio as a whole, each follicle is integral to a healthy scalp.

What happens when you pay no mind to your portfolio? You run the risk of losing money meant for days to come. And what happens when you treat your hair the same? You can say goodbye to that rich mane.

So, if you wouldn't let your stocks tank after the market crashes, why would you wait to focus on your hair when it's already gone? While I can't say anything about when to call your financial advisor, I can recommend calling me to manage your follicle portfolio.

At Bauman Medical, hair doesn't have to be something of the past — it's a part of you today and tomorrow. We place a strong emphasis on saving for the future while still focusing on the present, much like how the earlier you start investing, the more growth potential your follicles retain. Sure, there's no "wrong" time, but giving yourself more opportunities for healthy and full hair is hard to pass up. You'll reap the dividends now and down the line.

Much like investments, your follicle portfolio should be diversified. Instead of ETFs, bonds, and crypto, Bauman Medical offers an array of strategies that go beyond those run-of-the-mill biotin gummies and shampoos. Here, we offer blue chip solutions to reinsure your follicle future, including:

### PRP (PLATELET-RICH PLASMA)

Your portfolio won't be the only thing feeling "rich" after getting a PRP treatment. All we need is an hour of your time for your scalp to reap the dividends of hair regrowth. Our experts will carefully draw a blood sample, isolate the platelets within, and apply them comfortably back to your scalp once they have been separated from the blood and concentrated. While it may hurt to lose money in a bear market, you don't have to worry about pain with PRP, as our local anesthesia application will have you feeling right. You only have to invest in this stock once for a year's worth of benefits.

### PDOGRO™

Mergers aren't exclusive to the S&P 500. PDOgro™, an extension of PRP, further improves upon the established procedure by introducing our one-of-a-kind polydioxanone threads. These FDA-cleared synthetic threads stimulate the production of endogenous collagen, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. Like an ETF, PDOgro™

offers an array of benefits that cultivate hair regrowth. And the proof is in the pudding, as studies show that PDOgro™ is 30% more effective than a single PRP session.

### TED

Usually, "no-risk, high reward" investments sound like something that will leave you bankrupt. TransEpidermal Delivery, or TED, however, begs to differ. This asset isn't the flashiest but rather works behind the scenes to boost hair returns. By administering a potent hair growth serum packed with amino acids, advanced peptides, and dynamic growth factors, we're able to increase blood flow, strengthen hair fibers, reduce shedding, and revitalize follicles. And the best part? There's no need to worry about pain, as sound waves and air pressure deliver this blue-chip procedure, ensuring your comfort throughout.

### TED W/EXOSOMES

Just like with PDOgro™, we've taken steps to further an already fantastic method by combining TED with Exosomes. While you might not know the intricacies of them, I'm sure the word "Exosomes" rings a bell for you. To put it simply, these vesicles play an integral role in cell communication.

Just like how you want to be able to chat with your financial advisor at any time, Exosomes allow cells to share information all across the body. As a result, Exosomes lead to improved hair growth due to their nucleic acids, growth factors, and other proteins, which are key to rejuvenation and repair.

### HAIR FOLLICLE STEM CELL BANKING

While you might not be able to take follicles to your actual bank, you can certainly prepare for the future with Bauman Medical's Hair Follicle Stem Cell Banking. Compared to other procedures, Stem Cell Banking is more akin to a 401(k), a long-term, high-yield retirement plan, only this investment is made entirely by you.

After we gently extract about 50 hairs from your scalp, they're placed in a specialized solution housed in a temperature-controlled container. After that, we send them to a secure tissue bank, where they are then examined, expanded, and cryopreserved for future use. As a result, you now have a savings account containing a personal reserve of regenerative potential, all thanks to





Before and after PDOgro™ by Dr. Alan Bauman



Before and After 2 TED Treatments by Dr. Alan Bauman

you! And unlike withdrawing from your bank account, there are no overdraft fees or penalties, just results personalized for you.

While Stem Cell Banking is meant for long-term use, there is still a payoff in the short-term, STEMgro™: a pain-free personalized topical treatment to support current hair regrowth all derived from your own cells. In the future, we're already seeing clinical trials move toward injectable treatments, as well as lab-grown hair follicles tailored specifically for your scalp.

Our diverse portfolio of regenerative medicine options extends beyond hair restoration. It includes skin rejuvenation and future organ therapies. These therapies, which are still in the research phase, aim to use your own cells to regenerate and repair damaged organs. While it's never too late to invest in your health, younger stem cells are more potent and versatile when banked compared to older ones.

Secure all of your cellular assets while they're still at peak performance. Let Bauman Medical be the hair hedge fund that leads you to a future of follicle prosperity.

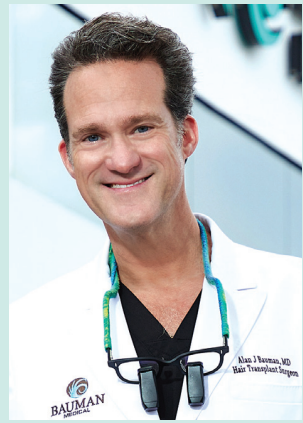
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Instead of treating your hair like a meme stock, why not build a portfolio that'll be paying dividends tomorrow? With Bauman Medical, your follicle portfolio is in good hands. We're predicting a bull market on hair regrowth for the future, ensuring a secure and prosperous journey for your hair.

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**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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# TRUSTS ARE NOT JUST FOR THE WEALTHY

Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.



Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage your assets in the event,, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove to be a bad result, because the husband could remarry

and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will,

follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supplemental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement

for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

Amanda Achong, Esq. is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate from Thomas M. Cooley Law School. Before opening her own legal practice, she practiced law under numerous well-established firms. Her experience has given her the expertise to be assertive in court and detail-oriented in her client work. 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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# Goodbye Gum Grafts

Gum recession treatment is easier than ever thanks to the Chao Pinhole Technique®. The Pinhole Technique replaces gum grafts with a quick, simple, and non-invasive procedure that works just as well.

## Hello Pinhole

The Pinhole Technique is performed without grafting. Scalpels and sutures are unnecessary. You can expect little to no downtime.

The benefits of the Pinhole Technique are many:

- Less discomfort after treatment
- Fast recovery
- No need for uncomfortable sutures
- No need for scalpels or invasive surgical tools
- No need to take tissue from your palate
- Excellent, natural-looking, long-lasting results

### How Pinhole Works

Gum recession is a common dental problem that requires care.

The Pinhole Technique involves replacing your lost gum tissue with tissue from the immediate vicinity. It's a natural and conservative approach with little risk of complication.

With the Pinhole Technique, a pin-size hole is made in your existing gum tissue, just above or below your tooth. Then, small periodontal instruments are used to gently loosen your gum tissue. The gum tissue is moved into place to cover the exposed root structure of your tooth and restore the appearance of your gumline. Your body simply adjusts to the slight movement in gum tissue and periodontal health is restored.



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Karen, actual patient

### Better for Your Teeth

Gum recession can lead to tooth loss. When you reverse gum recession with the Pinhole Technique, you're reducing your risk for tooth loss. All while giving your pearly whites a beautiful frame.

### Trained Specialist

Palm Beach Gardens Periodontist Dr. Lee R. Cohen completed postdoctoral training and Pinhole Technique Certification with the doctor who pioneered the procedure. Dr. Cohen sought the training because he wanted his patients to have faster results and less pain. He was one of the first gum surgery specialists in the country to offer the Pinhole Technique.

### We Care a Lot

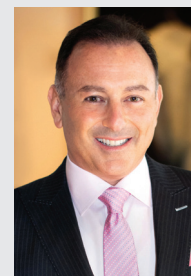
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

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- 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; Master's in Health Policy & Management
- University of Florida, Master's of Science in Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



# THE LATEST TECHNOLOGY WITH HEARING AIDS

**M**any modern electronic devices these days come equipped with Bluetooth technology. This feature lets you stream audio between various devices, such as from a TV to your headphones, or from your phone to your car speakers.

Bluetooth connection to Apple iPhone® devices and other smartphones is available in hearing aids from every major hearing aid manufacturer.

When you pair the Bluetooth in your hearing aids to your smartphone, you can stream audio from phone calls, podcasts, music and other apps directly to your hearing aids. It varies by brand, but most hearing aids have a range of about 30 feet.

**WHY DO I WANT BLUETOOTH IN MY HEARING AIDS?**  
This advanced hearing aid technology offers many benefits to you, including:

## Personalized listening experience

When having a phone conversation, or listening to music, the audio signal from your smartphone can often stream to one hearing aid, or both. The volume will be matched to amplify sounds according to what you need based on your hearing loss. You also can adjust the volume of the input, depending on the model you have. This personalization lets you hear other sounds in the room if you choose, or you can immerse yourself in the streaming input from your device.

## Hands-free listening from across the room

Since streaming is a wireless technology, you do not have to hold your audio device closely to hear the sounds. Bluetooth technology allows you to move up to 30 feet away from the device, depending on the device used and the environment. For example, you can have your phone across the room from you and still be able to hear a podcast in your hearing aids.

## Remote control of your hearing aids

You can remotely change the volume or program from either a streamer or from an app on your smartphone or smartwatch. This is especially useful if your hearing aids are too small to accommodate external controls, or you want to be discreet when adjusting your hearing aids in public.

## Reliability

Bluetooth® is an electronics industry standard protocol. It's not unique to a particular hearing aid or hearing aid manufacturer, so there is uniformity and reliability in the way that it works across all devices. The platform has been tested and refined already, as it's been in use for many years in the mobile phone industry.

## BLUETOOTH TYPES

You may hear several types of Bluetooth mentioned. "Classic" is used to connect larger audio devices. It has a long range and requires a lot of power. The power requirement is too large a burden for hearing aids, which need to have enough power to last at least 14 hours per day. However, hearing aids have been able to leverage specific protocols to connect to Bluetooth that exists in smartphones, i.e., the Apple Made for iPhone technology or Android Audio Streaming for Hearing Aids (ASHA protocol).

## Auracast™

The Bluetooth LE (low energy) technology in hearing aids will make them ready for Auracast, a new Bluetooth protocol that lets multiple people connect to audio in a public setting, such as airport announcements or the TV at a sports bar. The website Soundly has a thorough article on Auracast and hearing aids. (Auracast is not yet widely available.)

## WILL MY SMARTPHONE CONNECT TO HEARING AIDS?

### Made for iPhone™

Certain hearing aids can communicate with iPhone, iPad® and Apple Watch® devices. This technology allows connection without extreme stress on battery power. Most hearing aid manufacturers have released hearing aids that implement this Bluetooth technology, marketed as Made for iPhone. Visit the Apple website for a current listing of specific hearing aids that are compatible.

### Android phones

Several hearing aid brands can also stream to Android-based phones using version 10.0 or higher. Check the version of your phone before visiting your hearing care provider so you know what options are available.

## FAQ: BLUETOOTH HEARING AIDS

### Can Bluetooth help me watch TV?

Yes, depending on the model of hearing aid and television, you can stream the signal from a TV via Bluetooth to your hearing aids. Often you will need an adapter to wirelessly send the signal to your hearing aids. Talk to your hearing care provider for suggestions.

### Does streaming cause my battery to drain faster?

Most manufacturers will estimate battery usage times based on non-streaming and streaming. The hearing aids



*With Bluetooth, you can stream sound from your smartphone to your hearing aids.*

will be working harder when streaming, and therefore the battery can drain faster. Usually this doesn't negatively impact the wearer's experience, but if you are often on the phone for hours or plan to stream TV all day, you may want to discuss this with your hearing healthcare provider when buying your next pair of hearing aids.

### Does streaming cause my battery to drain faster?

Most manufacturers will estimate battery usage times based on non-streaming and streaming. The hearing aids will be working harder when streaming, and therefore the battery can drain faster. Usually this doesn't negatively impact the wearer's experience, but if you are often on the phone for hours or plan to stream TV all day, you may want to discuss this with your hearing healthcare provider when buying your next pair of hearing aids.

### How do I connect my hearing aids to my smartphone?

Open up the Bluetooth options on your smartphone and you should see the hearing aids detected. Select the hearing aids and they will be paired. If you're having trouble pairing your hearing aids, turn the hearing aids on and off and try to detect them with your smartphone again. If this isn't successful, talk to your hearing care professional.

### What if I don't have Bluetooth in my hearing aids?

Nearly all brands of hearing aids sell a separate go-between device to allow you to connect your hearing aids to Bluetooth-enabled devices, such as a smartphone. These are typically called streamers. Usually, the streamer is worn around the neck or placed in a pocket for hands-free operation. Speak to your hearing care provider about if a streamer option is necessary for you.

### What about OTC hearing aids and Bluetooth?

Some OTC hearing aids also have the capability of connecting to devices via Bluetooth, but not all. Discuss with your hearing care professional about your options.

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# Laser Therapy: A Breakthrough for Joint Pain Relief Without Drugs or Surgery

By The Health and Wellness Magazine



**I**f you suffer from chronic joint pain, you know how debilitating it can be. Simple movements become agonizing, and over time, stiffness and inflammation can rob you of your mobility. Many people turn to painkillers, steroid injections, or even joint replacement surgery—but what if there was a **safe, painless, and highly effective** alternative?

Dr. Joseph Costello, a Board-Certified Chiropractic Orthopedist with over 40 years of experience, offers a revolutionary solution: **Micro-pulsed Therapeutic Laser Therapy**. This cutting-edge treatment provides **pain relief without drugs, injections, and joint replacements!**

## How Laser Therapy Works

High-intensity laser-light therapy is an **actinotherapy**, meaning it stimulates positive biochemical changes in the body. Unlike surgery or medications that merely mask symptoms, laser therapy **removes inflammation of all tissues** while promoting natural healing.

## Key Benefits of Laser Therapy for Joint Pain:

- **Promotes synovial fluid production and joint cartilage growth and health** – This helps cushion and lubricate joints, reducing friction and discomfort.

- **Helps to remove stiffness and increase range of motion** – Patients often notice improved flexibility after just a few sessions.
- **Long-term effective management without joint replacement surgery** – Avoid the risks and lengthy recovery of invasive procedures.
- **Safe, painless, and highly effective** – No side effects, no downtime, just lasting relief.

## Why Choose Laser Therapy Over Surgery or Medications?

Many patients come to Dr. Costello after exhausting other options—failed surgeries, ineffective painkillers, or repeated steroid injections, leaving patients in the same (or worse) pain than before.

Laser therapy offers a **non-invasive, drug-free** alternative that:

- **Regenerates nerves and cartilage**
- **Heals damaged discs and tissues**
- **Reduces inflammation naturally**
- **Provides lasting analgesic (pain-blocking) effects**

## Experience the Concierge Laser Medicine Difference

Dr. Costello's **Stealth Laser system** is designed for maximum effectiveness, with treatments performed in the comfort of your home. At just **\$150 per session**, it's an affordable solution compared to costly surgeries or ongoing medication expenses.

## Don't Let Pain Control Your Life—Take the First Step Toward Relief!

As Dr. Costello says, *"Surgery will always be an option—why not try laser therapy first?"* If you're tired of living with joint pain, stiffness, or failed treatments, **Concierge Laser Medicine** can help.

**Contact Dr. Costello** today to learn how laser therapy can restore your mobility and quality of life—**without drugs, needles, or surgery!**

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# THE CORNEA

By David A. Goldman MD



**A**lthough people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



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 2<sup>nd</sup> place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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# Spiritual Wellness

## IT'S HOT EVERYWHERE IN JULY

Brent Myers

**H**ave you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

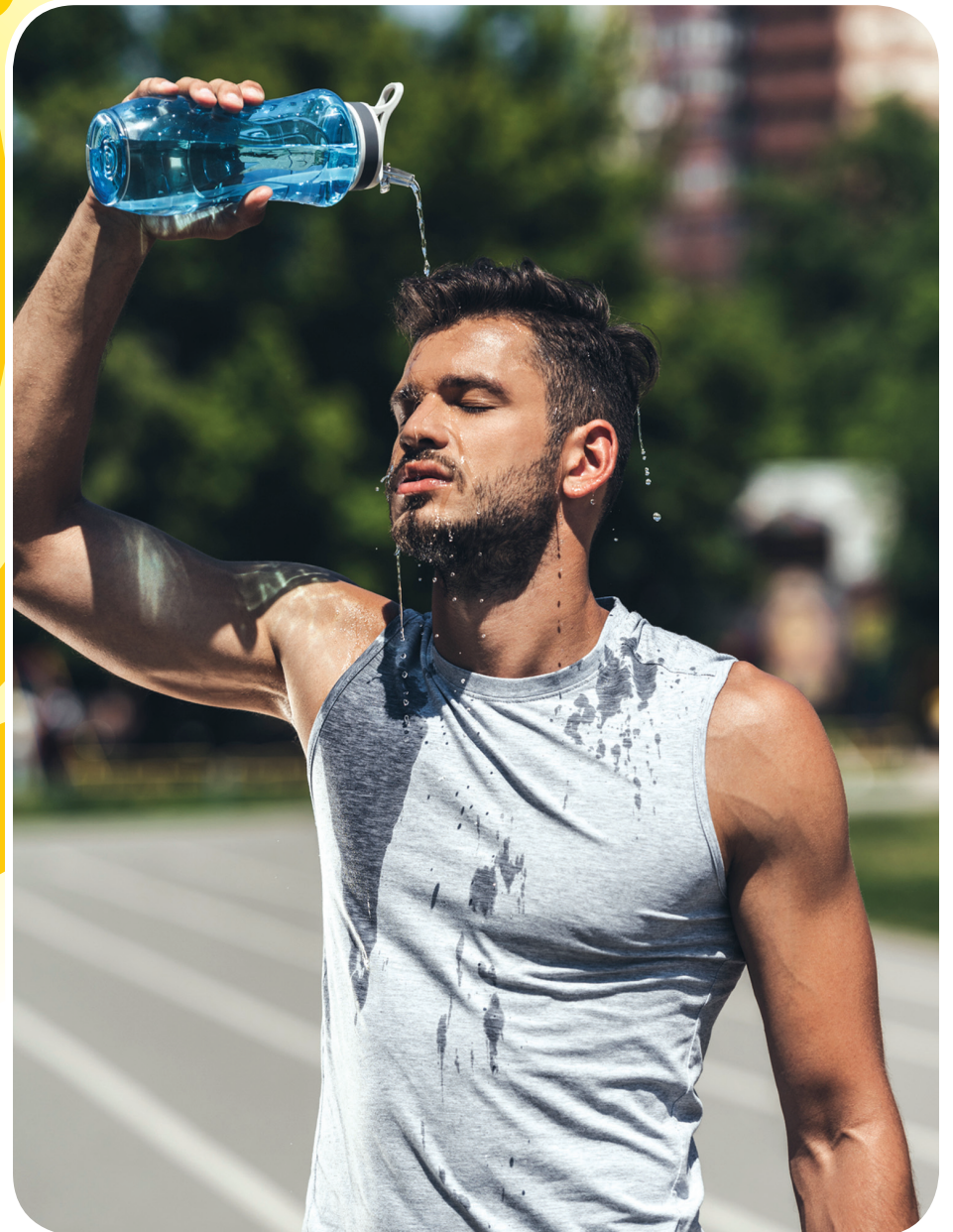
Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



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