

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

Health & Wellness[®] MAGAZINE

July 2025

South Palm Beach Edition - Monthly



FREE

www.sflhealthandwellness.com

**THE MIGHTY MAESTRO:
BOB "MIGHTY MITE" TOSKI'S
ENDURING LEGACY AT 98**

UPCOMING HEALTH CHANNEL TOWN HALL

**WHEN SOMEONE TELLS YOU
THEY HAVE CANCER**

**LIVING WITH NO PAIN:
HOW INTERVENTIONAL PAIN MEDICINE
CAN HELP OLDER ADULTS THRIVE**



**INVESTING IN A BULL MARKET FOR \$HAIR
LET BAUMAN MEDICAL
HANDLE YOUR FOLLICLE PORTFOLIO**

**THE MIGHTY MAESTRO:
BOB "MIGHTY MITE" TOSKI'S
ENDURING LEGACY AT 98**

INTERVENTIONAL PAIN & WELLNESS CENTER

TREATMENTS



OUR MISSION IS TO BRING YOU
A Life Free Of Chronic Pain

- ARTHRITIS
- CANCER RELATED PAIN
- CARPAL TUNNEL SYNDROME
- CHRONIC PAIN SYNDROME
- COMPLEX REGIONAL PAIN SYNDROME
- DEGENERATIVE DISC DISEASE
- FACIAL PAIN
- FAILED BACK SURGERY
- FIBROMYALGIA
- HERNIATED DISC
- HIP PAIN
- JOINT PAIN
- KNEE PAIN
- KYPHOSIS
- LOW BACK PAIN
- LUMBAR RADICULOPATHY
- MIGRAINES
- MYOFASCIAL PAIN
- NECK PAIN
- NEURALGIA
- NEUROPATHY
- OSTEOPOROSIS
- SCIATICA
- SHOULDER PAIN
- SPASTICITY
- SPONDYLOSIS
- STENOSIS



Kush H Tripathi, M.D.



Marc S Cohen, M.D.



A. Cüneyt Özaktay, M.D.

CALL | +1 (954) 633-2397
www.ipwcbroward.com

13722 S Jog Road, Suite A
Delray Beach, FL 33484



TRUSTED HOMECARE SERVICES

Our mission is to assess the needs of each client to help them maintain their independence while living in their own homes and communities.

Services



- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits



561.314.3976
WWW.TRUSTEDHCS.COM

TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
- Western Michigan University
Cooley Law School

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.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

The Cost of a Revocable Living Trust

Single Person
\$500⁰⁰*
Married Couple
\$650⁰⁰*
(plus incidental costs)

**VA/MEDICAID
BENEFITS
YOU MAY
QUALIFY**

Regardless of your assets

Office located in Boca Raton
Call Today! 1.800.731.8784
www.trustedlawoffice.com



NO TIME FOR HAIR TRANSPLANT DOWNTIME?

BREAKTHROUGH NO-SHAVE VIP|FUE™ DELIVERS DISCREET RESULTS!

BENEFITS OF VIP|FUE™

- No shave – Only FUE transplant procedure available requiring no trimming or shaving of the donor area
- Preview your results immediately
- Shorter, less restricted, more comfortable downtime
- No stitches or staples • No linear scar
- Natural results



VIP|FUE™ transplant by Dr. Alan J. Bauman | BEFORE AND ONE DAY AFTER





ADVANCED TREATMENTS. EXCEPTIONAL RESULTS. THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHRs

#1 Top Hair Restoration Surgeon



To book your VIP|FUE™ procedure or Virtual Consultation, visit **BaumanMedical.com** or call **561-220-3480** for more information.

1450 S. DIXIE HWY, BOCA RATON, FL 33432







SEX TALK

Dispels sex myths and looks into the science of sex.

HOPE IS HERE

Inspiring and refreshing personal stories told by cancer survivors and loved ones.

MENOPAUSE MAKEOVER

Features insights from health experts to alleviate menopause symptoms naturally.

& much more! **AllHealthTV.com**

A service of
SOUTH FLORIDA 





FLORIDA PROSTATE CENTERS



Shivank Bhatia, M.D.

PROSTATE ARTERY EMBOLIZATION (PAE) SPECIALIST

LEADING NON-SURGICAL TREATMENT FOR ENLARGED PROSTATE

Patients across the country trust us for Prostate Artery Embolization (PAE), drawn by our unmatched expertise and commitment to excellence. As Florida's most experienced PAE experts, we proudly serve our community with genuine, results-driven care. Our commitment to excellence, precision, and patient satisfaction sets Florida Prostate Centers® apart as trusted leaders for Prostate Artery Embolization.

ADVANTAGES OF PAE:

- Minimally invasive – Non-surgical, no incisions
 - Quick recovery
 - No hospital stay
 - No catheter in most cases
- Preserves sexual function and urinary continence
- Quick recovery and return to normal activities

Contact us today to schedule a consultation and learn if you're a candidate for PAE. Let us help you reclaim your comfort, confidence, and quality of life—without surgery.

PALM BEACH PROSTATE CENTER®

561-560-0723

FLORIDAPROSTATECENTERS.COM

13722 Jog Road, Suite A, Delray Beach, FL 33484



woz wellness

regenerative medicine

fast, minimally
invasive pain relief



- Regenerative Medicine
- Prolotherapy
- PRP
- Stem Cells

- expert diagnosis
- ultrasound guided
- spine and joint care
- concierge available

844-GO PROLO (844-467-7656)
<https://wozwellness.com>

Text "Shoulder"
to 844-467-7656
for a free shoulder ultrasound!



JEWISH NATIONAL CREMATION SOCIETY



Purchase Our Cremation Plans
and Receive Our National Travel
Protection Program and Urn
With Star of David FREE

★ **STARTING AT \$2,495** ★

CREMATION WITH TRADITION

SHIVA PACKAGE, CANDLE, ISRAELI EARTH,
KADDISH CARDS INCLUDED

JEWISH FAMILY OWNED AND OPERATED FOR 25 YEARS

CALL NOW

561-865-1746

JewishDirectCremation.com



contents

July 2025

- 6 Investing in a Bull Market for \$HAIR
Let Bauman Medical Handle Your Follicle Portfo
- 8 Upcoming Health Channel Town Hall
- 11 When Someone Tells You They Have Cancer
- 12 Prostate Artery Embolization: A Minimally Invasive Breakthrough in the Treatment of BPH (Enlarged Prostate)
- 13 Living with NO Pain: How Interventional Pain Medicine Can Help Older Adults Thrive
- 14 Laser Therapy: A Breakthrough for Joint Pain Relief Without Drugs or Surgery
- 15 South Florida's Best Priced Highest Reviewed Home Care
- 16 Trusts Are Not Just for the Wealthy
- 17 Unlocking Success in Regenerative Medicine: The Critical Role of Ultrasound Guidance in Platelet-Rich Plasma (PRP) Treatments
- 18 About Accepting Death
- 19 The Mighty Maestro: Bob "Mighty Mite" Toski's Enduring Legacy at 98
- 20 Anyone Can Suffer from Anxiety & Depression Neurofeedback Can Help
- 22 Anyone Can Suffer from Anxiety & Depression Neurofeedback Can Help
- 22 Spiritual Wellness: It's Hot Everywhere In July

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2025. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



Florida Best Home Care LLC
Licensed Home Health Agency & Nurse Registry

 **561-269-3747**

 **FLBESTHOMECARE@GMAIL.COM**

 **FLORIDABESTHOMECARE.COM**



#1 Home Health Agency for Long-Term Care Insurance

STOP paying expensive premiums today!

Best Price

AS LOW AS

\$21

PER HOUR

HICHEST PAY FOR CAREGIVERS, LOWEST FEES FOR CLIENTS!



ALL LONG-TERM CARE INSURANCE ACCEPTED

STOP paying expensive premiums now and keep 100% of your benefits. **We'll make sure you stay approved!**
[Call us today to learn more.](#)



BETTER CAREGIVERS, LOWER COST

We **Fully Disclose** in writing how much the caregiver gets paid & our fee. This ensures your money goes more to the caregiver, less to the company while you pay the **lowest price in town.**



NO CONTRACTS, QUIT ANYTIME

All caregivers are **FBI Level 2 background screened**, licensed, bonded, insured, professional liability/auto insurance, DMV record check. **Available 24/7.**

Proudly Serving Palm Beach & Broward.
Voted Best 24/7 White Glove Customer Service.



SERVICES CAREGIVERS OFFER

- ALZHEIMERS
- DEMENTIA
- RN/LPN/HHA/CNA
- BATHING
- HOUSEKEEPING
- COMPANIONSHIP
- TRANSPORTATION
- PARKINSONS
- DRESSING
- TOILETING
- TRANSFERRING
- MEAL PREP
- **24/7 CARE**

15 YEARS EXPERIENCE

CALL ROBIN - MS, CCC-SLP
NOW FOR SERVICES 561-269-3747



100% SATISFACTION GUARANTEED OR YOU PAY NO FEES.

FLORIDA BEST HOME CARE LLC

LICENSE 30212699 | 30212891 | 299996326 | 299996311

Investing in a Bull Market for \$HAIR

LET BAUMAN MEDICAL HANDLE YOUR FOLLICLE PORTFOLIO

by Alan J. Bauman, MD, ABHRS



While 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.

LEARN MORE

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.

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



About Dr. Alan J. Bauman



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

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

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

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

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

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

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



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

**Hair Restoration
for Men and Women**
www.BaumanMedical.com
561-220-3480



Upcoming Health Channel Town Hall

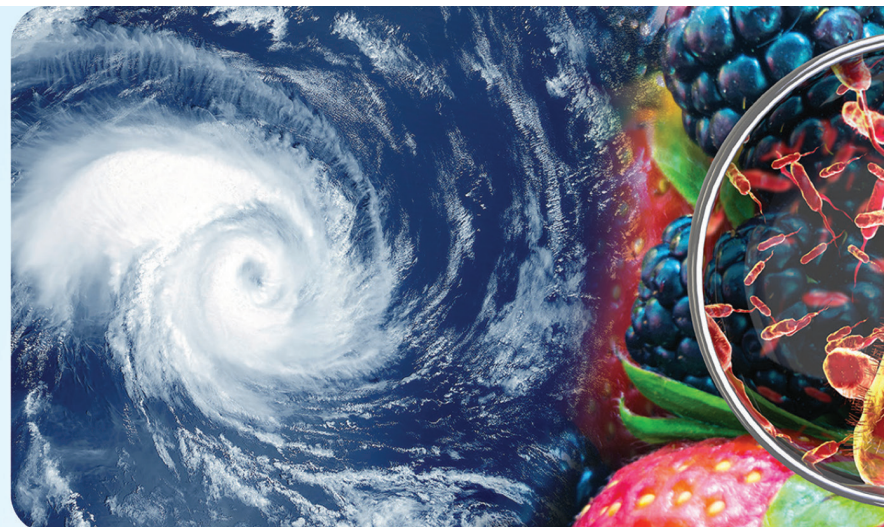
STORM SEASON SAFETY: HURRICANE, POOL & FIRE DANGERS

From hurricane-force winds to backyard pools and overloaded generators, dangers during storm season come in many forms. In this Town Hall, our panel of experts in disaster response, swim safety, and fire prevention will provide clear, life-saving guidance. Learn how to protect yourself and your loved ones when faced with nature's most unpredictable forces.

**Watch LIVE Tuesday, July 22 at 7PM
on the Health Channel
Rewatch anytime at AllHealthTV.com/Townhall**



With sincere gratitude to
**The Eunice Joyce Gardiner
Charitable Foundation**



A New Dawn in Benin | The Surgery Ship

The Africa Mercy arrives in Benin, delivering free surgical care to thousands who lack access to safe medical treatment. As hopeful patients line up, volunteers face heartbreaking decisions — who will receive life-saving surgery, and who must be turned away?

Follow the emotional journeys of Julian, who lives with a massive facial tumor, and baby Michelle, whose rare condition poses a critical risk. This powerful story reveals the impact of compassion, medical expertise, and hope on the front lines of global healthcare.

Friday, July 11 at 8 PM | Health Channel



AllHealthTV.com
#AllHealthGo @AllHealthGo





Recognizing the Signs: Developmental Delays in Children

Pediatrician **Dr. Scarlet Constant** of Constant Care Pediatrics shares expert advice on the importance of regular doctor visits and how parents can identify early signs of developmental delays. Learn what milestones to watch for, when to seek guidance, and how timely intervention can make a lasting difference in a child's growth and development.



Have a question? Email us now at:
Questions@AllHealthTV.com
Weekdays at 12:30 PM on the
Health Channel
Stream anytime at AllHealthTV.com

LIVING MINUTE

Food Safety During Power Outages

According to the FDA, perishable food is only safe to eat for a limited time once a power outage interrupts refrigeration. After that window, harmful bacteria and viruses can grow, making the food unsafe to consume. Even within that time frame, if a food item looks or smells off — it's best to throw it out.

Watch now at: **LivingMinute.TV**



ask Hanna®

Ask medical experts
your health questions
at **askhanna.tv**

A service of
South Florida PBS
in partnership with



WHERE TO WATCH US

Find the **HEALTH CHANNELSM**

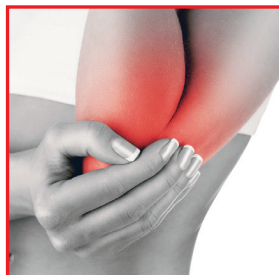
- **OVER-THE-AIR (FREE TV) Channel 2.3**
- **XFINITY**
Miami Dade: Channel 201 Broward: Channel 201
Palm Beach County: Channel 205 or 1193
Martin County: Channel 1193
Monroe County: Channel 201 or 1196
- **BREEZELINE**
Miami-Dade & Fort Lauderdale: Channel 652
West Palm Beach & Boca Raton: Channel 195
- **HOTWIRE – Channel 634**
- **BLUE STREAM FIBER**
Miami Dade: Channel 175 Broward: Channel 175
Palm Beach County: Channel 17

HEALTH CHANNEL ADVERTISING SALES
Adam Levy | 561.364.4428 mobile: 214.755.4700
alevy@SouthFloridaPBS.org

REVOLUTIONARY RELIEF: ADVANCED LASER THERAPY FOR ACUTE AND CHRONIC PAIN

EXPERIENCE THE MAGIC OF LASER THERAPY IN THE COMFORT OF YOUR OWN HOME OR OFFICE!

YOU HAVE NOTHING TO LOSE, BUT YOUR PAIN!



ARTHRITIS | BACK PAIN | BURNS | CARPAL TUNNEL SYNDROME

GOLFERS & TENNIS ELBOW | HEADACHE | HERNIATED DISC | HIP & JOINT PAIN

KNEE & HIP ARTHRITIS | NERVE PAIN | NEUROPATHY | PLANTAR FASCIITIS

ROTATOR CUFF TEARS | TMJ | SHINGLES | SCIATICA | SPINAL STENOSIS | TORN MENISCUS

WRIST PAIN ... and many more

Providing Concierge Laser Medicine Service at Your Home with the State-of-the art Laser Technology invented by Dr. Costello himself. We Provide Patients with a Cost effective Alternative to traditional forms of treatment, which is Free of Side Effects, Completely Painless and Works When Other Treatments Fail.




JOSEPH A.COSTELLO. DC. DABCO
CHIROPRACTIC ORTHOPEDIST - SINCE 1985

For consultation with the Doctor call
561 329-5597

ConciergeLaser.com



NO INSURANCE ACCEPTED.
ALL TREATMENT IS
MEDICALLY NECESSARY & TAX DEDUCTIBLE.
\$150|TREATMENT.





GOLDMAN EYE
DAVID A. GOLDMAN, M.D.
561-630-7120
www.goldmaneye.com

- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410





Brain & Wellness Center

All Ages Welcome
Brain Biofeedback is a
Non-Medication
Approach


(561) 206-2706 WWW.BOCABRAINCENTER.COM

ARE YOU ADHD?

Can't Concentrate? Can't Focus? Can't Remember? Too Tired or Too Hyper? Interferes with School, Work, Sleep, Relationships? Affects Grades or Work Performance?

STOP CALL OR VISIT OUR WEBSITE TODAY!
STOP living with these symptoms and teach your brain how to get in SYNC!

458 Town Center Road, Suite 13, Boca Raton, FL 33486 (561) 206-2706, LIC. MH7899



- Lifetime Warranty
- Factory Trained Installers
- Watertight Construction
- Custom Solutions



- Improve Accessibility
- Complete in One Day
- Reversability Available
- Satisfaction Guarantee

Save 90% on Replacement Cost!

We convert your tub to a walk in shower in just one day. No plumbing or demolition. Little to no disruption. A simple shower curtain, the same used on a shower stall, stops any water concerns. Shower doors optional.

It's Like Having A Walk In Shower Without The Cost!

We create the opening that fits your needs. Unlike a cap system, The TubcuT® adapts to you. With our exclusive process, you dictate where we create the opening, how wide and how low, typically just 4" off the floor.

The TubcuT® System is 100% REVERSIBLE

If you sell your home we can reverse The TubcuT® back to a regular tub again, just like brand new! The removed section of the tub can be replaced restoring it to original condition. Save thousands on resale!







"You won't have anymore trouble getting in and out of the bathtub with TubcuT®"

The Tub Cut Company • www.southfloridatubcut.com
877-TUB-CUTS • 954-466-4413 • Showroom: 3991 SW 12th CT Ft Lauderdale FL
Hours: Monday - Friday 9am - 5pm Saturday By appointment - Sunday Closed

When Someone Tells You They Have Cancer

When 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.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

For more than 40 years, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

In Palm Beach County, board-certified physicians specializing in hematology, medical oncology, gynecologic oncology and radiation oncology provide personalized care for all forms of cancer and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their families. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available — increasing cure rates and extending lives.



Boca Raton

21020 State Road 7, Ste 200C
Boca Raton, FL 33428-1320

Delray Beach

5130 Linton Blvd, Ste B4
Delray Beach, FL 33484-6595

Lake Worth

4801 S Congress Ave, Ste 400
Palm Springs, FL 33461-4746

Palm Beach Gardens

3401 PGA Blvd, Ste 200
Palm Beach Gardens, FL 33410-2824

Wellington North

1037 S State Road 7, Ste 303
Wellington, FL 33414-6140

West Palm Beach

1309 N Flagler Dr
West Palm Beach, FL 33401-3406

For more information, visit
FLCancer.com.





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®

Benign 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.

PALM BEACH PROSTATE CENTER

13722 Jog Road, Suite A, Delray Beach, FL 33484

561-560-0723

www.FloridaProstateCenters.com

LIVING WITH NO PAIN:

HOW INTERVENTIONAL PAIN MEDICINE CAN HELP OLDER ADULTS THRIVE



As 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**.

Stay strong, stay informed, and seek help. Relief may be closer than you think.

CALL | +1 (954) 633-2397
www.ipwcbroward.com
13722 S Jog Road, Suite A
Delray Beach, FL 33446

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

By The Health and Wellness Magazine



If 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!**

**CONCIERGE LASER MEDICINE, INC.
MICRO-PULSED THERAPEUTIC
LASER SAFE, PAINLESS,
HIGHLY EFFECTIVE RELIEF – NATURALLY!**

NO INSURANCE ACCEPTED



**JOSEPH A. COSTELLO DC, DABCO
CHIROPRACTIC ORTHOPEDIST**

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

SOUTH FLORIDA'S BEST PRICED/HIGHEST REVIEWED HOME CARE

Florida Best Home Care LLC stands out as the premier home care company in South Florida, providing unparalleled service and value to both clients and caregivers. With a commitment to offering the best prices (AS LOW AS \$21/HR!) exceptional caregiver referrals, and a transparent approach, we set ourselves apart from the competition in a number of significant ways. We are open 24/7 and always answer the phone. We know all of our customers and their caregivers well, and you will be treated like family from the day you sign up or switch to us.



**15 YEARS
EXPERIENCE**

COMPETITIVE PRICING

One of the key reasons why Florida Best Home Care LLC is the best choice for home care services is unbeatable savings. With customers paying as low as \$21 per hour, we are making high-quality care accessible to a wider range of clients. We have the lowest fees in town. The average client using home health care agencies in South Florida is paying \$28/hr with the caregiver receiving an average of \$15/hr. Florida Best Home Care average caregiver rate is higher while our fees remain significantly lower. Our clients affordable rates are a testament to our commitment to providing excellent service without breaking the bank. Unlike other agencies that charge exorbitant fees, we believe that quality care should be available to everyone.

EXCEPTIONAL CAREGIVER STANDARDS

At Florida Best Home Care LLC, we understand that the quality of care provided is directly related to the quality of the caregivers. That's why we go above and beyond to refer the best caregivers in the industry. Our rigorous screening process includes checking at least two professional references to ensure each caregiver's reliability and past performance. Additionally, all caregivers referred undergo FBI Level 2 background checks, ensuring that they have no criminal history and are safe to work in clients' homes. This thorough vetting process guarantees that our clients receive care from trustworthy and qualified professionals. We guarantee 100% satisfaction with our services, and if you are not happy we will replace the caregiver and charge you NO FEE.

CALL ROBIN - MS, CCC-SLP

NOW FOR SERVICES 561-269-3747

TRANSPARENCY

Our commitment to transparency extends to our clients as well. We believe in being upfront about pricing and services, so there are no surprises or hidden fees. There are no contracts and you can stop whenever you want. There are no deposits and you will be billed every 2 weeks after services start. This open approach fosters trust and confidence, making us a trusted partner for families, hospitals, and doctors seeking home care solutions.

EXPERTISE IN LONG-TERM CARE INSURANCE

Florida Best Home Care LLC is also renowned for our expertise in handling long-term care insurance. We accept all forms of long-term care insurance, making it easier for clients to access the services they need without the hassle of navigating complex insurance policies. Our team is well-versed in the nuances of long-term care insurance and can guide clients through the process, ensuring they receive the maximum benefits available. Our reputation

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.



Florida Best Home Care

561-269-3747

flbesthomecare@gmail.com

floridabesthomecare.com



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.

561-998-6039

for more information contact
Offices located in Boca Raton
visit www.trustedlawoffice.com
or call 800-731-8784.

UNLOCKING SUCCESS IN REGENERATIVE MEDICINE:

The Critical Role of Ultrasound Guidance in Platelet-Rich Plasma (PRP) Treatments

Platelet-rich plasma (PRP) therapy has become a game-changer in regenerative medicine, offering a natural, non-invasive treatment option to accelerate healing and reduce pain for various musculoskeletal conditions. However, the success of PRP treatments heavily relies on one crucial factor: precision. Enter ultrasound guidance—an advanced imaging technique that enhances the accuracy, safety, and efficacy of PRP treatments. Here's why integrating ultrasound guidance into PRP therapy is not just a luxury but a necessity.

The Foundation of PRP Therapy

PRP therapy works by harnessing the body's healing potential. A sample of the patient's blood is processed to concentrate platelets, which are rich in growth factors and can recognize damaged tissue. These growth factors stimulate tissue repair and enhance recovery, showing benefits in pain and function in conditions such as knee arthritis, rotator cuff tears, as well as the spinal pain conditions.

However, the effectiveness of PRP depends on delivering the concentrated platelets precisely to the injured area. This is where ultrasound guidance comes into play.

The Challenge of Blind Injections

Traditionally, injections were administered using palpation techniques or anatomical landmarks, often referred to as "blind injections." While experienced practitioners can achieve decent results with this method, it leaves much to chance, particularly when targeting deep or hard-to-locate structures.

Blind injections pose several risks, including:

- **Inaccurate Delivery:** Without visual confirmation, the PRP may miss the intended target, diluting its therapeutic potential.
- **Increased Pain:** Misplaced injections can cause unnecessary pain or discomfort for the patient.
- **Complications:** Inadvertently injecting nearby structures such as nerves

Given these limitations, a precise approach is imperative to maximize the benefits of PRP therapy.

Ultrasound Guidance: Redefining Precision

Ultrasound guidance transforms PRP treatments into a precise, visualized procedure. Using real-time imaging, clinicians can visualize the target tissue, surrounding structures, and the needle's trajectory. This approach significantly enhances the accuracy of PRP delivery, ensuring optimal results.

Key Advantages of Ultrasound Guidance

- **Enhanced Accuracy** With ultrasound, clinicians can locate the exact site of injury or degeneration, whether it's a small tendon tear or a specific joint capsule. This ensures that the PRP is deposited precisely where it is needed, maximizing its effects.



- **Improved Safety** Real-time imaging allows practitioners to avoid critical structures such as nerves, arteries, and veins, minimizing the risk of complications. This is especially crucial for delicate areas like the spine or wrist.
- **Better Outcomes** By ensuring accurate delivery of PRP, ultrasound guidance enhances the treatment's effectiveness. Studies show that image-guided injections consistently outperform blind injections in terms of pain relief, functional improvement, and patient satisfaction.
- **Reduced Patient Discomfort** Precise needle placement reduces the number of attempts and tissue trauma, making the procedure more comfortable for the patient. This also contributes to quicker recovery times.
- **Customization and Flexibility** Ultrasound enables real-time adjustments during the procedure. Doctors can assess tissue response and modify their approach as needed, tailoring the treatment to each patient's unique anatomy and condition.

Clinical Applications of Ultrasound-Guided PRP Treatments

The versatility of ultrasound guidance makes it applicable across a wide range of conditions, including:

- **Tendon Injuries:** Conditions like tennis elbow, Achilles tendinitis, and rotator cuff injuries benefit from precise PRP delivery to the damaged tendon fibers.
- **Joint Osteoarthritis:** Injections into the joint space, such as the knee or hip, are more effective when guided by ultrasound, ensuring accurate placement within the joint capsule.
- **Ligament Tears:** Partial ligament tears, such as those in the ankle or knee, require targeted PRP delivery to stimulate repair and strengthen the structure.
- **Muscle Tears:** Ultrasound helps identify the exact location of muscle damage, allowing plasma to be injected directly into the affected area.

- **Nerve Entrapments:** In complex cases like carpal tunnel syndrome, ultrasound ensures that PRP is delivered precisely to the area of nerve compression.

Patient Experience and Confidence

For patients, the use of ultrasound guidance provides an added layer of confidence. Seeing the real-time imaging during the procedure reassures them that the treatment is both precise and personalized. Moreover, the reduced discomfort and improved outcomes associated with ultrasound-guided injections enhance overall patient satisfaction.

The Evidence Speaks for Itself

Scientific studies consistently highlight the superiority of ultrasound-guided injections over blind techniques. For instance:

- A study published in *The American Journal of Sports Medicine* found that ultrasound-guided PRP injections for rotator cuff tendinopathy resulted in significantly better pain relief and functional improvement compared to blind injections.
- Research in *Arthroscopy: The Journal of Arthroscopic & Related Surgery* demonstrated that ultrasound guidance improved the accuracy of intra-articular injections by up to 95%.

These findings underscore the importance of ultrasound as an indispensable tool in PRP therapy.

Conclusion: A Gold Standard in PRP Therapy

Ultrasound guidance has revolutionized the way PRP injections are performed, setting a new standard in regenerative medicine. Its ability to enhance accuracy, safety, and patient outcomes makes it an essential component of modern PRP therapy.

If you're considering PRP therapy, ensure that your provider is an expert in the use of ultrasound guidance—it's the key to unlocking the full potential of regenerative medicine. Your health deserves nothing less than precision, safety, and success.



woz wellness

Fast, minimally invasive pain relief.

844-GO PROLO (844-467-7656)
www.wozwellness.com



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.



561-865-1746

www.JewishDirectCremation.com



#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.

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

ANYONE CAN SUFFER FROM ANXIETY & DEPRESSION

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC



It's human nature to seek out the reasons why we feel anxious and depressed. Very often we look at external factors for the root cause; the economy, COVID, being unhappy in a job, unhappy with a living situation, or conflict with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, or past trauma, to explain this unrelenting uneasy feeling we have inside. But is this accurate? Do external factors create internal feelings?

The truth is that anxiety and depression are patterns of neuron firing in the brain that can be present from birth and life situations can exacerbate it to the point of dysfunction. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment, situation or behavior won't alter the patterns. Therefore, you can't talk someone out of their mood. Anxiety and depression are also not reserved for adults and can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of anxiety and depression and for children and young adults, you can't change their routines or discipline them from their feelings.

In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Not a good sleeper
- Tantrums
- Sensitive

As a child gets older into the toddler years it may present as:

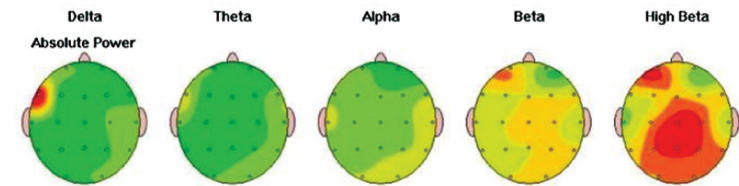
- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing mood disorders in young children is very difficult and not usually done unless symptoms are severe. In most cases, symptoms manifest at an older age when they are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety and depression patterns can look different but produce the same results.

Here is an example of brain patterns from a QEEG. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.



Very often, we contribute mood symptoms such as anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

As a child reaches school age, anxiety and depression may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet
- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

As they reach the teenage and adult years, the problem can become more apparent and more severe:

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic

Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to *The Anxiety and Depression Association of America*, “Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children’s Mental Health Report.”

Many health professionals believe that anxiety and depression are a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating mood with medication. The diagnosis is a broad one and there may be very different neuron patterns causing anxiety and depression. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

Neurofeedback can help. Neurofeedback can not only help reduce the symptoms specific to you, but it can “retrain” the neural patterns in the brain so that stress is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the dysregulated patterns in the brain.

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; 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 an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

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
- Learning disabilities • Obsessive compulsive disorder

WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. **Examples of those positive changes may be:**

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions
- Motivation and organization
- Feelings of Well Being
- Obsessive behaviors or thoughts
- Memory/cognitions
- Anxiety patterns or trauma patterns
- Coping
- Regulation
- Learning, communicating, and/or performance

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP?

The QEEG is a quantitative EEG. It’s 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 an independent specialist be read and analyzed. 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 need to be addressed more efficiently than just training spot by spot.

We don’t always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

Is there enough research?

Neurofeedback has been researched since the 60’s. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman (Credited for earliest development of Neurofeedback).

Look for specific researched conditions:

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

Print Resources:

Journal of Neurotherapy

Neuroregulation

Applied Psychophysiology and Biofeedback

A Symphony in the Brain: The Evolution of the New Brain

Wave Biofeedback (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.

Healing Young Brains: The Neurofeedback Solution Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

HOW DO I GET STARTED?

How do I get started? Getting started is easy. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. Email or text message us today to schedule a free telephone consultation. Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. E-mail us at **info@bocabraincenter.com**, or text us at **(561) 206-2706** or visit our website at **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 University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



5458 Town Center Road, Suite 13

Boca Raton, FL 33486

(561) 206-2706

www.BocaBrainCenter.com

THE CORNEA

By David A. Goldman MD



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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com



Spiritual Wellness

IT'S HOT EVERYWHERE IN JULY

Brent Myers

Have 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.



**Christ
Fellowship
CHURCH**

A church that wants to help you live
the life you were created for.

www.christfellowship.church



Cancer doesn't wait. Neither do we.

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

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

To learn more, visit
FLCancer.com/TimeToTreat

