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Health & Wellness[®] MAGAZINE

August 2025

North Palm Beach Edition - Monthly

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Shivank Bhatia, M.D.

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- 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.

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- Why Forbes Magazine says that the middle class may need living trusts
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- How a living trust may avoid probate
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- How a trust may protect your child's inheritance from divorce
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At-Home Cancer Screening. A Reliable Option?

Catching cancer early can greatly improve the chances of successful treatment and survival. Some tests can spot abnormalities even before signs or symptoms appear.

Unfortunately, many people avoid colonoscopies (to detect colon cancer) or Pap smears (to test for cervical cancer) because they find them invasive, uncomfortable, or embarrassing.

At-home cancer screening tests offer new ways for people to screen from the comfort and privacy of home at their convenience. But are these tests as accurate as going to the doctor's office?

New At-Home Cervical Cancer Screening Option Now Available

The first at-home screening device for cervical cancer was approved by the FDA in 2024. It enables women to self-collect vaginal cells to test for human papilloma virus (HPV), the virus that causes nearly all cervical cancers. Now available by mail through an on-line registration process, the collected sample is sent to a certified lab for testing.

"This test is one of the first of its kind and has the potential to broaden HPV testing, especially for patients who may be hesitant to see a doctor," says Heather Miller, MD, gynecologic oncologist with Florida Cancer Specialists & Research Institute. "The studies show similar accuracy to detect HPV compared to Pap tests conducted during clinic visits."

Dr. Miller stresses, however, that the test should be reserved for patients who are low risk and have no personal or family history of HPV or abnormal pap smears. "Any positive HPV test should prompt a visit to a gynecologist and further examination," she said.

At-Home Options for Colon Cancer Screenings

The two most common ways to screen for colon cancer are colonoscopy (the procedure examines the inside of the colon to look for polyps or abnormal growths) and stool-based tests like the FIT (fecal immunochemical tests) or gFOBT (guaiac-based fecal occult blood tests) that check for traces of blood or abnormal DNA in the stool.

Both types of screening tests are available for at-home use—some require a doctor's order, while others can be bought over the counter.

The first at-home non-invasive test for colon cancer that detects both altered DNA and blood in stool was approved by the FDA in 2014. Once prescribed by a doctor or through telehealth, the kit is mailed with detailed instructions, and results are sent to your provider within one to two weeks.

According to Florida Cancer Specialists & Research Institute medical oncologist Anjan Patel, MD, the key benefits of at-home screening are their "ease of availability and



affordability." That may be a positive advantage given the alarming rise in colon cancer among people in their 20s, 30s and 40s.

There are limitations, however.

"Results can vary depending on where the cancer may be in the colon," said Dr. Patel. "These tests have limited efficacy. A positive test is helpful to identify the need for a colonoscopy, but a negative result does not confidently allow a person to avoid a scope test." Like at-home cervical cancer tests, these tools are intended only for people at average risk.

Dr. Patel stresses that DNA-based testing is indicated for those who have had a negative colonoscopy in the past and not as an initial test. Additionally, he notes, "Colonoscopy also allows for the removal of potentially pre-cancerous polyps and the diagnosis of other conditions like inflammatory bowel disease during the procedure."

It's important to stay on schedule with all recommended cancer screenings. Guidelines may differ based on your age, family history and lifestyle.

A Pap test to screen for cervical cancer is advised for all women beginning at age 21 and continuing until age 65. Women from 21 to 29 should have a Pap test every three years. Beginning at age 30, a Pap test combined with human papillomavirus (HPV) testing is recommended every five years.

Colonoscopy screening should start at age 45 and be done every 10 years, unless recommended more often by your doctor, up until age 75. This screening can detect cancer early and help prevent it by finding and removing polyps—abnormal growths in the colon that can turn into cancer—during the procedure.

Talk to your healthcare provider to find out which screenings are right for you. Most are painless and covered by insurance plans or available through community prevention programs. Reducing cancer risk is definitely worth the effort.

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

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

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



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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 Palm Beach 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 South Palm Beach county, 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.

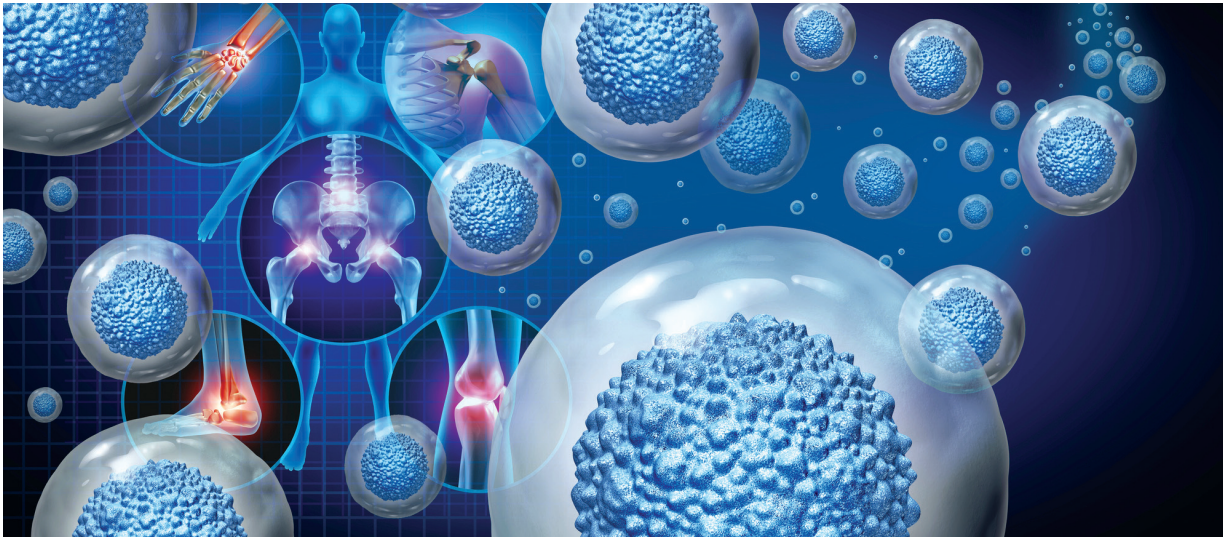
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REGENERATIVE MEDICINE IS THE FUTURE OF HEALING



In the world of modern medicine, patients suffering from chronic pain and degenerative conditions often face a difficult choice: undergo invasive surgery with lengthy recovery times or rely on corticosteroids that provide only temporary relief. However, an innovative and highly effective alternative is revolutionizing the way we heal—regenerative medicine. Utilizing the body's natural healing mechanisms, regenerative therapies offer a powerful, long-term solution that is safer, more effective, and far less disruptive than traditional treatments.

Achieving the best results with regenerative medicine requires the expertise of a highly trained specialist. An expert in regenerative medicine understands the complexities of these advanced treatments, ensuring they are applied with precision and tailored to each patient's specific condition. From selecting the right therapy—such as stem cell treatments or platelet-rich plasma (PRP)—to utilizing state-of-the-art imaging techniques for accurate application, the role of a skilled practitioner is vital in maximizing the benefits of regenerative medicine. With the right specialist guiding the process, patients can experience optimal healing, reduced pain, and long-term recovery without the risks associated with surgery and corticosteroids.

The Role of an Expert in Regenerative Medicine

Choosing the right specialist can make all the difference in your recovery. An experienced regenerative medicine physician:

- Conducts a thorough assessment to determine the best treatment approach for each patient.
- Utilizes advanced imaging technology to ensure precise placement of regenerative injections.
- Monitors patient progress and adjusts treatments to optimize healing.
- Understands the latest research and techniques to enhance treatment effectiveness.

Working with an expert ensures that you receive a customized treatment plan rather than a one-size-fits-all approach. This personalized care leads to better, longer-lasting results and a faster return to an active lifestyle.

The Science Behind Regenerative Medicine

Regenerative medicine harnesses the body's natural ability to repair and regenerate damaged tissues. It involves innovative treatments such as:

- **Stem Cell Therapy** – Uses stem cells to promote the repair of damaged cartilage, tendons, and tissues, enhancing the body's ability to heal itself.
- **Platelet-Rich Plasma (PRP) Therapy** – A concentration of platelets derived from the patient's own blood is injected into the affected area to accelerate healing and reduce inflammation.
- **Exosome Therapy** – Tiny vesicles that carry growth factors and genetic material to damaged cells, stimulating repair and rejuvenation.
- **Prolotherapy** – A natural injection therapy that promotes the regeneration of ligaments and tendons by triggering the body's healing response.

These treatments work at the cellular level, addressing the root cause of pain and dysfunction rather than merely masking symptoms. However, achieving the best results depends on the expertise of the physician administering these therapies. A qualified regenerative medicine specialist understands how to precisely apply these treatments, ensuring they are delivered in the right concentration, at the right location, and at the right time for maximum effectiveness.

The Limitations of Surgery and Corticosteroids

For decades, surgery has been the go-to option for patients with musculoskeletal issues, joint damage, and tissue degeneration. While effective in some cases,

surgery carries significant risks, including infections, complications, and prolonged downtime. Many patients who undergo joint replacement surgeries or spinal fusions find themselves dealing with months, if not years, of rehabilitation and potential repeat procedures. Corticosteroids, on the other hand, offer a quick fix for inflammation and pain but come with serious drawbacks. Repeated steroid injections can weaken tissues over time, accelerating joint degeneration rather than preventing it. Furthermore, long-term steroid use has been linked to complications such as osteoporosis, weight gain, high blood sugar, and immune system suppression. In short, while surgery and corticosteroids may provide temporary relief, they fail to address the underlying cause of pain and degeneration.

Benefits of Regenerative Medicine Over Traditional Treatments

- **Minimally Invasive with Minimal Downtime**
- **Long-Lasting, Natural Healing**
- **Reduced Risk of Complications**
- **Avoids the Dangers of Steroids**
- **Personalized, Cutting-Edge Treatments**

Every patient's condition is unique, and regenerative medicine treatments can be tailored to meet individual needs. Whether it's PRP for a torn ligament or stem cells for arthritis, the therapy is customized for optimal results—especially when overseen by an

Who Can Benefit from Regenerative Medicine?

Regenerative medicine is an ideal solution for individuals suffering from:

- Arthritis and joint pain
- Sports injuries (ACL tears, tendonitis, rotator cuff injuries)
- Back pain and spinal conditions
- Ligament and tendon damage
- Post-surgical recovery delays

A Healthier Future with Regenerative Medicine

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IN HOME CONCIERGE AVAILABLE

TURN THE CLOCK BACK “A HAIR” DURING HAIR LOSS AWARENESS MONTH

With Bauman Medical’s Latest Hair Restoration Advancements

by Alan J. Bauman, MD, ABHRS

I’m sure you’ve heard this phrase a bit too often, but there truly is no time like the present. Your mind probably drifts to an array of different thoughts, like living in the moment or getting to work on that task you’ve been procrastinating on.



Me? I immediately think about hair loss. I know not everyone thinks like I do, but in this line of work, it’s hard to ignore how quickly thin follicles and receding hairlines creep up on you. And of course, with August being Hair Loss Awareness Month, now is the perfect time to start addressing issues before it’s too late.

In past articles, I’ve spoken ad nauseam about the importance of keeping up with the ever-evolving landscape of hair restoration. This month, I’m putting my money where my mouth is, as our team at Bauman Medical has made tremendous strides in the detection, diagnosis, and treatment of hair loss. Because to me, time equals follicles, and keeping as many as possible is our aim. With a few new tricks up our sleeve, you’ll be turning back the clock to a full head of hair.

STEMGRO™

It shouldn’t come as a surprise to past readers that Bauman Medical utilizes the help of our own patients to further their hair restoration. Our latest treatment, STEMgro™, continues that trend, as we tap into the powerful biologic messages and growth factors from

your own hair follicle stem cells. A fully personalized, non-invasive treatment, STEMgro™ is entirely derived from you. Once we’ve sent off a small sample of your hair follicles, the cells are multiplied and their secretions are collected, purified, concentrated, then freeze-dried, courtesy of the great ACORN Biolabs. This powerful Regenerative Reserve is then sent back to us and utilized for scalp health and the stimulation of natural hair growth at our clinic. Go ahead, feel free to pat yourself on the back for your help with this—it’s literally your cells helping YOU out!

EXO-Soak Protocol

Whether it be from me or outside sources, I’m sure you’ve come across the term exosome at least once in your life. When it comes to regenerative medicine, exosomes are the talk of the town. See, exosomes act as the stream of communication for cells. No matter where they’re located across the body, cells can chat with one another thanks to tiny exosomes. How does this relate to your scalp? Exosomes are little packages that contain key nucleic acids, growth factors, and other proteins involved in hair growth.

With the EXO-Soak Protocol, your hair transplant with exosomes will fly by faster than ever. By soaking the transplanted grafts in exosomes, we’re able to accelerate regrowth and also enhance post-transplant healing — it’ll be like you never lost any hair.

FoLix Laser for Hair Growth

This is far from the laser pointer your professor used in school. The impacts of laser therapy on hair loss are as bright as the laser itself. The Lumenis FoLix Hair Growth Laser is the first of its kind: an in-office, non-ablative device. This means we can heat the skin without disrupting the outer layer, and with no downtime whatsoever. The FoLix is the first fractional laser cleared by the FDA to safely and effectively treat patients suffering from mild to moderate genetic hair loss and Bauman Medical is proud to be one of the first doctors in the US to bring it to you!

TrichoPat

A healthy scalp is a full scalp. And sometimes, that’s all you need in preventing hair loss down the line. Avoid any unnecessary procedures by adhering to the TrichoPAT Scalp Health System. These non-invasive treatment protocols are the cream of the crop when it comes to fully optimized scalp health. By reducing inflammation, your scalp will be in peak shape, ready to cultivate strong follicles and even stronger hair. Think of it like taking care of the fertile soil in your garden.

TrichoLab Transplanner

While I don’t have a crystal ball revealing all the secrets of hair restoration, I do have the next best thing: the TrichoLab Transplanner. With this innovative tool, we’re able to render a 3D transplant preview simulation to show patients what to expect down the line. This leads to a more precise procedure and a better understanding of final outcomes before making a decision. While patience is a virtue, I, too, would be excited to see the results beforehand.

The Usual Suspects

Over 80 million American men and women go through their own battle with hair loss. With these innovations, the Bauman Medical team and I will be able to mitigate future hair loss promptly. While we have more



Before and 6 months after using the Bauman TURBO LaserCap



Before and 6 months after PDOgro™ by Dr. Alan Bauman

scientifically advanced and effective options than ever before, you don't always have to reinvent the wheel.

Low-Level LaserCaps

Bring the benefits of laser therapy to the comfort of your own home. With the Bauman TURBO LaserCap®, just five minutes of use can start turning the clock back. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, you won't believe who will be looking back at you in the mirror in no time.

PRP (Platelet-Rich Plasma)

Much like STEMgro™, our PRP treatments need your assistance to get the job done. Don't worry, we'll handle the procedure; you just need to give us a small blood sample in exchange for a lush head of hair. In about an hour's time, our team will have harnessed the platelets found in your blood and concentrated them. Then, they'll gently apply it back to your scalp without having to worry about pain. On the theme of time, you don't have to worry about wasting any coming back for a follow-up in the near future; one PRP treatment has you covered for a year or more.

PDOgro™

Just because something is already great doesn't mean it can't get better. Keeping up with the theme of improvement, our state-of-the-art PDOgro™ combines PRP with our thin and absorbable polydioxanone threads. This leads to an invigoration of scalp functions,

such as endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. FDA-cleared, this synthetic absorbable material leads to significant hair regrowth on its own, but even more powerfully when combined with PRP. And since PDO threads are applied with surgery, you won't have to worry about pain or aftercare once completed.

TED

Anytime you can avoid needles and potential pain, you'll take it. With our TransEpidermal Delivery (TED, for short), we drop the needles in exchange for sound waves and air pressure. You're probably thinking, "How do either of those things translate to hair growth?" TED at its core is a growth serum delivery system. Said serum optimizes the scalp, containing amino acids, dynamic growth factors, and advanced peptides that offer immense benefits. Increased blood flow, stronger hair fibers, decreased shedding, and stimulated hair follicles, (and even some repigmentation in some cases!) all lead to a new and improved head of hair and scalp. We apply it with the aforementioned sound waves and air pressure, making this procedure a walk in the park.

Hair Follicle Stem Cell Banking

While I've seen my fair share of hair loss cases, no two are alike. That means that we need to tailor solutions to your needs. With Hair Follicle Stem Cell Banking, we're able to do just that. By collecting and cryopreserving the youngest stem cells found within your hair follicles, we can utilize them for STEMgro™ and even more exciting treatments in the future. From scalp topical solutions to potential hair follicle cloning, the potential of Stem Cell Banking is limitless.

While hair is our focal point, it's just the tip of the iceberg for Stem Cell Banking. Think as far as skin rejuvenation, orthopedic treatment, and potentially organ repair and replacement. All of this and more, simply from your own cells.

Learn More

The clock is ticking, and a potential bout with hair loss could occur at any given moment. Thankfully, the Bauman Medical team and I have continued to expand our scope of solutions to mitigate the concerns of a thinned-out crown or an inflamed scalp. Whether it's day one or day 100, Bauman Medical has the cure to turn back the clock to a day when hair loss wasn't a worry. For this year's Hair Loss Awareness Month, make sure you familiarize yourself with the hair loss treatment plan best for you.

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



About Dr. Alan J. Bauman



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

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

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

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

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

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

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



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TRUSTED HOMECARE AGENCY:

Serving Veterans with Free Supplemental Home Healthcare

When it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

BENEFITS:

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

PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.



Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free. This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

**Do you use
the VA medical
at least once a year?**

**Are you using Homecare
now but need more
hours? Is the cost
too high?**

**Are you in need of
home healthcare?**

Laser Treatment Replaces Gum Surgery

If you've been diagnosed with periodontal (gum) disease, you're not alone. Nearly 80 percent of us have periodontal disease in our lifetime. Sometimes surgery is recommended to save teeth and restore oral health. Now, there's an easier option.

Introducing LANAP

For decades patients with periodontal disease endured gum pocket reduction surgery. While results are typically good with this surgery, it can be painful, and recovery takes weeks.

Today, there is Laser Assisted New Attachment Procedure or LANAP. LANAP's results mimic gum pocket reduction surgery but without the scalpels and sutures. LANAP patients experience little to no pain. Downtime is a few hours, not days or weeks.

How LANAP Works

The LANAP treatment is a two-step process. During your LANAP visit you rest comfortably. You won't feel a thing.

To begin, we measure the depth your gum pockets. This helps us create a precise treatment protocol, designed specifically for you. Then, we use LANAP technology.

The first pass with the LANAP laser removes harmful bacteria from the pockets of your gums. It's a gentle, yet effective approach with a high success rate for eliminating gum disease.

Second, we change the LANAP laser setting to stimulate healing. On this setting, LANAP speeds gum tissue regeneration for improved oral health.

Better for Your Health

Treating gum is beneficial to your whole body. This is because untreated gum disease increases your risk for a heart attack and heart disease, hypertension, and complications from diabetes.

We Care About You

Every visit to our specialty practice begins with a conversation about you. Your health needs, concerns, and desires for a great-looking outcome matter here.

- We talk and learn about you.
- Review your health history and desired outcome.
- Together we build a treatment plan for your health and appearance.

Dr. Cohen's gentle touch, friendly chairside manner, and consistent follow up get rave reviews.

Valerie, actual patient



We Care a Lot

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

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

We care for you like you are part of our family. Our team keeps everyone in your care circle up to date, and we check in to make sure you feel good once treatment is complete.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.



About

Dr. Lee R. Cohen

Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

- NYU, Doctor of Dental Surgery; Management
- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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Pinhole Technique

LANAP Gum Rejuvenation

Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



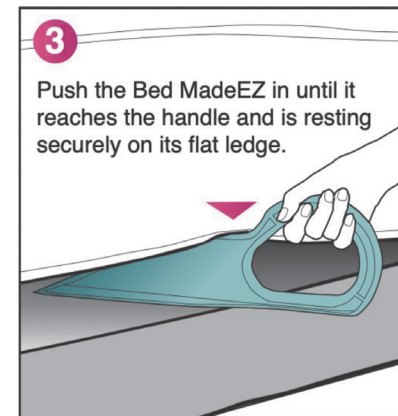
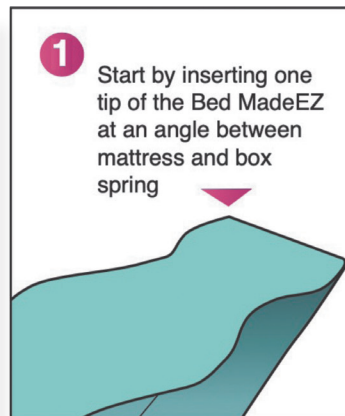
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

Changing linens is a pain, literally. Strain to your back from lifting and holding your heavy mattress, frustration as the sheets untuck before you can finish, and occasionally a chipped nail ... bed making is exhausting. And it isn't getting better anytime soon. With the increase in pillow-top mattresses, foam mattresses, and luxury coil mattresses, mattresses are getting heavier by the year.

The Truth About Your Mattress.

- Mattresses now average 12 ½' high;
- They are over 15" thick;
- A king mattress can easily top 300 pounds.

So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



What does the Bed MadeEZ do?

This aqua beauty (comes in pink too) does it all it:

- **Lifts and Holds** – as you insert the Bed MadeEZ under your mattress, it lifts the mattress for you and holds it up to 4 inches while you change your linens, giving you the time to make those famous hospital corners too!
- **Tucks** – using the tip, you can quickly tuck sheets, quilts, and blankets easily for a perfectly finished nice, crisp edge, saving your hands and wrists from scraping and strain.

It is **Ergonomically Designed** to eliminate strain. The design includes a large round handle, allowing for versatility in gripping positions for either one or two hands.

Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

- **Independently Tested** – to reduce strain on your back and shoulders caused by repeated lifting of a heavy mattress.
- **Recommended by OSHA** – around the world, housekeepers use the Bed MadeEZ to avoid injury and go home less tired.
- **Backed by a Lifetime Warranty**
- **Made in the USA** – and always will be made right here in Florida!

Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

- Reader's Digest – <https://www.rd.com/article/mattress-lifter/>
- Southern Living – <https://www.southernliving.com/bed-madeez-mattress-lifter-7109456>
- Apartment Therapy – <https://www.apartmenttherapy.com/amazon-mattress-lifter-tool-review-37184419>

Easy to Order, Fast Shipping!

The Bed MadeEZ can be ordered right off Amazon and it arrives quick! Simple to understand instructions are included and you can get right to business. The Bed MadeEZ makes changing linens and making the bed a breeze.

Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

- Back Injuries
- Arthritis
- A heavy mattress
- Recently Undergone Surgery
- Those undergoing Breast Cancer treatments
- Pregnant Women
- Anyone at all who wants to make their bed quickly, professionally and without heavy lifting and fear of back injuries due to strain.



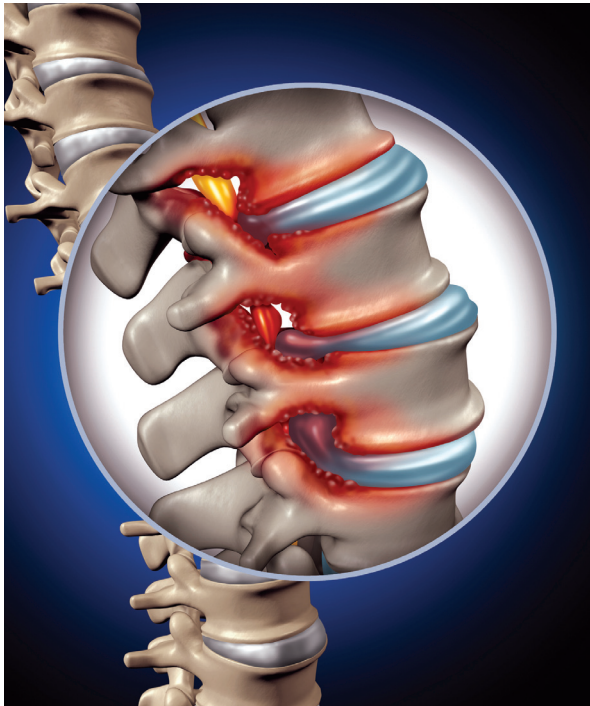
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Breakthrough Laser Treatment Brings Hope to Spinal Stenosis Sufferers



In an era where age-related lumbar spinal stenosis has reached epidemic proportions, a revolutionary treatment is offering hope to those suffering from this debilitating condition. J. A Costello, DC, DABCO is one of South Florida's leading experts in laser therapy, is bringing this groundbreaking treatment directly to patients' homes in Palm Beach County.

Understanding the Epidemic of Spinal Stenosis

As our population ages, lumbar spinal stenosis—caused by soft tissue and disc degeneration—has become increasingly prevalent. The condition creates unrelenting pain in the legs, buttocks, thighs, and along the sciatic nerves, often leading to immobilization. While many patients are routinely directed toward invasive surgical solutions, Dr. Costello offers a safer, more effective alternative.

Revolutionary Stealth, Micro, Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes Stealth Micro Pulsed Laser Therapy, an FDA-cleared treatment that has successfully helped numerous patients without a single reported side effect. This advanced technology works at the cellular level, stimulating the body's natural healing processes to provide remarkable long term results.

The Science Behind the Success

The treatment, classified as "actinotherapy," creates chemical and metabolic changes in human tissue, accelerating the healing potential of every cell it contacts. **This sophisticated approach delivers multiple therapeutic benefits:**

- Decreases pain and inflammation of nerve endings
- Accelerates nerve regeneration
- Reduces swollen and enlarged soft tissues, including discs and ligaments
- Improves proprioception (balance awareness)
- Eliminates numbness and tingling
- Achieves results without pain, invasion, or side effects

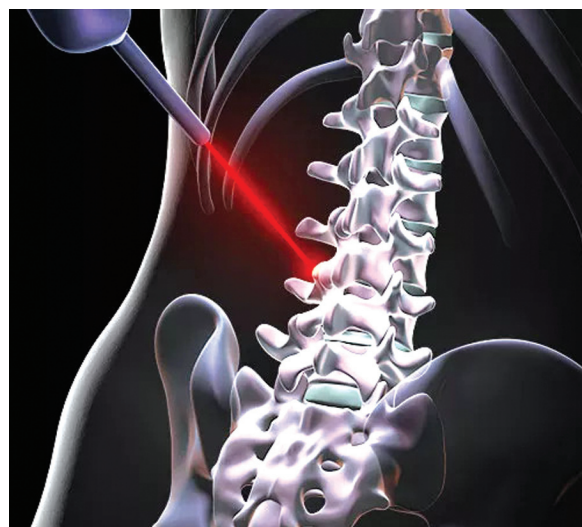
Expert Care from a Pioneer in Laser Medicine

Dr. Costello brings over four decades of specialized experience to every treatment. As a board-certified chiropractic orthopedist trained by experts from the Texas Back Institute, he has developed exclusive proprietary treatment protocols unavailable anywhere else in the world. His unique combination of orthopedic expertise and advanced laser technology has attracted patients from across the globe.

The Comfort of Concierge Treatment

What sets Dr. Costello's practice apart is not just his expertise, but his commitment to patient comfort. **Every 30 minute in home treatment session is:**

- Performed personally by Dr. Costello
- Delivered in the comfort of your own home
- Tailored to your specific condition
- Designed for optimal therapeutic results



Beyond Spinal Stenosis

While particularly effective for spinal stenosis, this revolutionary treatment also successfully addresses:

- Arthritis
- Back pain
- Disc herniations
- Headaches
- Knee and hip pain
- Neck pain
- Peripheral nerve disorders
- Neuropathy
- Sciatica
- Shingles
- TMJ dysfunctions

A Better Path to Healing

"Our treatment protocols actually heal human tissue," explains Dr. Costello. "They can achieve results when other treatments fail." This approach represents a significant advancement over traditional treatments, offering hope to those who have been disappointed by conventional medical approaches or are seeking to avoid invasive surgery.

The Future of Pain Management is Here

As Chief of Laser Medicine for Diowave Laser Systems and developer of the Stealth Laser™ system, Dr. Costello continues to pioneer advancements in laser medicine. His in-home treatment model combines cutting-edge technology with personalized care, offering Palm Beach County residents a safer, more effective path to recovery.

Don't let spinal stenosis control your life any longer. Experience the revolutionary treatment that's helping patients reclaim their mobility and comfort, all from the convenience of home.



JOSEPH A. COSTELLO
CHIROPRACTIC ORTHOPEDIST - SINCE 1985
CHIEF OF LASER MEDICINE
DIOWAVE LASER SYSTEMS

CALL | TEXT : 561.329.5597
JAC@ConciergeLaser.com
ConciergeLaser.com

Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

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

Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS.

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



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FLCancer.com/TimeToTreat

