

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

Health & Wellness[®] MAGAZINE

December 2025

North Palm Beach Edition - Monthly



FREE



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**HAIR FOR THE HOLIDAYS
BAUMAN MEDICAL
HOLIDAY BUNDLES TO
GIVE THE GIFT OF HAIR**

**HANDLING HOLIDAY
EMOTIONS: GRIEF, JOY,
AND EVERYTHING IN
BETWEEN**

**BREAKTHROUGH
LASER TREATMENT
BRINGS HOPE TO
SPINAL STENOSIS
SUFFERERS**

**PLANNING FOR THE INHERITANCE
OF A DISABLED CHILD**

HOW DOCTORS CHOOSE SURGEONS





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Shivank Bhatia, M.D.

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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

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HANDLING HOLIDAY EMOTIONS: GRIEF, JOY, AND EVERYTHING IN BETWEEN

The holiday season is often described as “the most wonderful time of the year.” Yet for many, it’s also one of the most emotionally complicated. For people living with cancer, survivors, or caregivers, the holidays can stir up a deep mix of feelings — joy and gratitude intertwined with fatigue, uncertainty, or grief. Even those in good health can find the season emotionally charged, as expectations of happiness and togetherness clash with the realities of stress, loss, or change.

All the emotions you feel this season are valid; they’re part of being human.

The Two Sides of Emotion

The holidays have a way of magnifying whatever we’re feeling. For some, they bring comfort, connection, and warmth. For others, they can highlight absence, illness, or the way life has changed. People undergoing treatment or recovery may find it difficult to join every gathering or keep up with traditions. Caregivers might feel stretched thin, torn between responsibilities and the desire to make things “normal.”

Recognize that it’s OK to feel both grateful and sad at the same time. Emotions can coexist — we can laugh through tears, celebrate while remembering those we miss, and feel joy even amid uncertainty.

What Happens When Emotions Run High

Emotions aren’t just in our heads — they affect the body, too. Stress, sadness, and anxiety can influence hormone levels, immune function, and sleep. For those navigating cancer or recovery, chronic stress can increase fatigue, tension, and even physical discomfort.

Understanding this connection can help us approach emotional wellness as a key part of physical health. Simple coping tools — mindfulness, deep breathing, brief walks, journaling, or moments of stillness — can help reduce stress hormones and restore balance.

Coping with Grief and Loss

The holidays can be especially hard when illness has changed what used to be familiar or when someone you love is no longer here.

Grief is often more intense during a season that celebrates togetherness. Rather than trying to avoid or suppress that pain, consider gently acknowledging it. Light a candle in a loved one’s honor. Share stories about them during dinner. Create a small ritual that brings them into the moment — like playing their favorite song or cooking their favorite dish.

Grief is not something to “get over”; it’s something we carry differently over time. If sadness feels overwhelming or persistent, reaching out to a counselor, faith leader, or oncology social worker can provide support and perspective.



Giving Yourself Permission to Feel Joy

When you’re going through something hard, moments of joy can sometimes bring guilt — as if happiness means you’re forgetting what’s painful.

Allow yourself to embrace small pleasures: watching holiday lights, sharing a meal, laughing at a movie, or enjoying the scents of pine and cinnamon. These simple experiences can lift the spirit and support healing.

Managing Emotional Overload

Between travel, gatherings, and expectations, the holidays can easily lead to emotional or sensory overload. To protect your energy:

- Set limits: It’s OK to decline invitations or leave early if you’re tired.
- Simplify traditions: Focus on what feels meaningful, not what’s “expected.”
- Take small breaks: Even a few minutes of quiet breathing or stretching can reset your body and mind.
- Ask for help: Loved ones often want to help but don’t know how; let them know what would be most supportive.

The Healing Power of Connection

If you’re struggling, reach out — to friends, family, support groups, or communities of faith. You’re likely to find that others are also navigating mixed emotions this season. Sharing honestly, without pressure to “be OK,” can help lighten the weight.

For those supporting someone facing cancer or grief, the most meaningful gift isn’t advice or cheer — it’s presence. A listening ear, a handwritten note, or simply showing up can make a profound difference.

Finding Meaning and Peace

Whether you’re celebrating, remembering, or simply getting through each day, allow yourself to feel it all — the joy, the sadness, the gratitude, the ache. This season, try letting go of “shoulds” and focusing on “what is.” Rather than trying to change how you feel, allow yourself to feel it.

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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.

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PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

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How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

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Does this disabled child receive government benefits?



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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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HAIR FOR THE HOLIDAYS

Bauman Medical Holiday Bundles to Give the Gift of Hair

by Alan J. Bauman, MD, ABHRS



As the year comes to a close, we're just a few weeks away from the holiday season! And while spending time with friends and family to get in the festive spirit is always a treat, there also comes the stress we all know too well: gifts.

Just when you think you have enough time to figure out a plan, it's the night before, and all through the house, not a gift is to be found, not even a pair of socks. The stress of buying gifts is enough to make you want to pull your hair out. And if you know me well, you know exactly where this is going.

The impacts of stress on hair loss cannot be emphasized enough, so couple the daily stressors of life with the fast-paced nature of the holiday season, and you have a volatile cocktail for a thinned-out crown and receding hairline.

Save yourself the added stress of finding the right gifts by following our guide courtesy of Bauman Medical. These personal recommendations are sure to bring joy to whoever unwraps them. And who knows, with all the stress you're currently facing, maybe you'll find yourself something as a gift to you.

TURBO LaserCap

While not everyone can make the journey with the snow birds to Boca Raton this winter, that doesn't mean you can't bring the impacts of low-level laser therapy to your friends and family. Ditch the beanie and opt for a hat that gives heat and hair.

With my award-winning, trademarked Bauman TURBO LaserCap®, you'll be giving the gift that jumpstarts thicker, stronger, longer hair with quick daily use! All it takes is five minutes of use for the TURBO LaserCap to revitalize your scalp and trigger hair regrowth. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the Bauman TURBO LaserCap® is truly the gift that keeps on giving.

But why stop there, especially when Bauman Medical offers a variety of gifts so tempting that you might just have to buy yourself something. Beyond the TURBO LaserCap, we're proud to also suggest these options:

Hair Loss Evaluation

Just like how no snowflake is the same, your scalp is one-of-one, meaning hair restoration isn't a one-size-fits-all solution. Whether you're considering early intervention or advanced treatment, a hair loss evaluation with one of our hair experts is a personalized gift tailored to your specific stage of hair loss.

Finding a regimen tailored to your scalp yields results on a timeline that fits your hair restoration needs. Along the way, our knowledgeable team will answer any questions you may have, making your first step into hair restoration seamless.

TrichoTest

While products like 23 & Me reveal your genetic history, our breakthrough TrichoTest goes a step further, identifying genetic factors and characteristics to create a personalized hair loss treatment plan based on your unique DNA. While typically done in-house, Bauman Medical offers a fast, easy, and 100% non-invasive option that can be done from the comfort of home.

For those looking to learn about how their genetics impacts their hair loss treatments, have a family history of hair loss, or have tried different therapies with disappointing results, the TrichoTest is a perfect gift this holiday season. With personalized reports and plans featuring genetic factor explanations and prescription recommendations, the TrichoTest is a once-in-a-lifetime breakthrough that will solve your hair loss for good.

Hair Vitamin Complex

For those looking to improve their daily routine, incorporating the Bauman Medical Hair Vitamin Complex is a simple addition for massive results. Our Hair Vitamin Complex couples essential vitamins, minerals, and powerful antioxidants designed for optimal nutrition for your hair follicles. From vitamin D3 and C to Resveratrol and Selenium, this supplement promotes overall scalp health, leading to the gift of thicker, shinier, and more vibrant-looking hair.



The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for both men and women with thinning hair, as well as hair loss prevention and overall hair health.

can be applied dry or wet. Give your scalp a few minutes to absorb the solution before styling. The same is done in the evening as well.

Xtressé

While a box of chocolates is always a sweet gift to give, there's nothing sweeter than a full head of hair. With our Xtressé Nutrient Gummies, you can curb both cravings. Xtressé is designed to support hair follicle health on a cellular level thanks to its proprietary X3-Bioactive™ blend born from regenerative medicine.

Containing essential micronutrients like vitamins C, D3, E, magnesium, and zinc, along with powerful regenerative compounds like NAD and taurine, and hair restorative ingredients like pumpkin seed extract and saw palmetto, Xtressé also plays a role in supporting women's health, too. Strawberry flavored and sugar-free, enjoy two of these guilt-free gummies daily for optimal results.

Microneedling Session

Also known as dermarolling, microneedling is an effective way to trigger the release of growth factors in the scalp, leading to hair growth and hair follicle regeneration. While you could opt for a dermaroller as a gift, why not leave it to the experts to get the job done right? By booking a microneedling session at Bauman Medical, our certified trichologist will have your scalp feeling invigorated. Combine microneedling with a topical treatment like PEPgro, and you have a combination as iconic as milk and cookies.

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PEPgro™

Another stocking stuffer to improve daily routines, our Bauman Medical PEPgro™, a potent dual peptide-containing formulation, will have your mornings and nights supporting your natural hair growth cycle. Beyond optimizing hair health, PEPgro™ offers an array of benefits, such as:

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Before and 6 months after using the Bauman TURBO LaserCap

E-Store Gift Cards

While the joy of giving gifts is unmatched, it's safe to say it's sometimes not the easiest part of the holiday season. From the friend who already has everything to the parent who insists on not getting them anything, it can get stressful as the holidays near. Save yourself the anxiety of guessing by letting them make the decision. With an e-store gift card from Bauman Medical, friends and family can find the product best suited to them.

Learn More

With still plenty of time to spare, save yourself the added stress of finding the perfect gift and opt for one of the many options Bauman Medical has to offer. Giving the gift of hair is one that truly keeps on giving, so make this year's holiday season one that your friends and family won't forget. From the Bauman Medical team and I, we wish you all a safe and happy holiday. To schedule a private one-on-one in-person or virtual consultation, call **561-220-3480** or go to **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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PHYSICAL THERAPY FOR THE BRAIN



Have you noticed you have difficulty hearing your family and friends in a noisy restaurant? Do you seem to have difficulty understanding certain people? Do you have difficulty concentrating in noisy situations? Even if you have hearing aids, you may need help over and above the hearing aids. You may physically hear what is being said but the brain is not interpreting that signal properly.

Auditory training is a way to fill in the gaps for both hearing aid users and non-hearing aid users. Non-hearing aid users may experience something called "Hidden Hearing loss."

Hidden hearing loss is a fairly new disorder, so research is minimal.

Hidden hearing loss affects one's ability to understand speech, especially in noisy environments. These situations are also difficult when a person has a typical hearing loss and wears hearing aids. But, unlike typical hearing loss, hidden hearing loss doesn't show up on standard hearing tests, making it challenging to diagnose and manage. It impacts both social interactions and overall quality of life, making it essential to recognize and address.

One test that is useful to determine if a person has hidden hearing loss is a test called Speech in Noise (SIN). This test measures how much difficulty a person has understanding speech in noisy situations. If a person tests normally otherwise but the speech in noise test

indicates an impairment in noise, then the diagnosis might be hidden hearing loss.

HOW CAN I HELP MYSELF BEYOND HEARING AIDS?

In previous articles, we've discussed accessories, now we're going to discuss brain training.

There is help available in the form of Auditory Training (also called Aural Rehabilitation). Essentially this is physical therapy for the brain. There is a new app-based program designed to help a person improve their understanding in noise. The goal of the program is to improve the listener's ability to understand conversations in noise, keep up with fast talkers, boost your ability to remember and recall important information and overall improve your confidence when in challenging environments.

In-person Auditory training has existed for many years, called LACE (Listening and Communication Enhancement). This was a time-consuming and expensive commitment as insurance does not cover the program. Although it is a proven method for improving

people's experiences with their hearing aids, it just wasn't practical. A new app developed by Neurotone called LACE AI Pro brings this therapy into your pocket. We are excited to offer this program to our clients and to the public at large; you do not need to be a patient with our practice to sign up for this program.

LACE AI is based on over 20 years of research. The methods used in the program are backed by scientific studies and are shown to be extremely effective when done consistently. This means you can trust that LACE AI is a proven way to help you hear better and keep your mind sharp.

Using games and listening exercises specifically designed to improve a patient's ability to understand speech in quiet and in noise. For about 15 minutes a day, you can sharpen your listening skills, and develop strategies for complex and challenging situations. LACE AI is offering a 7-day, no obligation trial to anyone interested. If you like the program and wish to continue with the program, you will have the option to purchase a lifelong membership with a 1-time payment.

LACE AI pro is appropriate for many situations:

- Hidden hearing loss
- People with hearing loss but have not pursued amplification yet
- New hearing aid users
- Experienced hearing aid users that want to improve their performance and/or those still struggling with the hearing aids to understand speech

If you would like more information, please call us at **561-366-7219**. You can also visit <https://www.laceauditorytraining.com/for-patients>

AUDIOLOGY
With A Heart

(561) 366-7219

audiologywithaheart.com

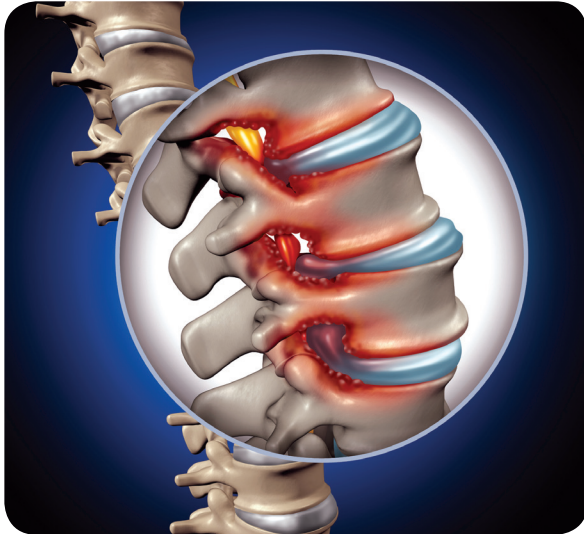
2324 S. Congress Ave.

Suite 2G Palm Springs, FL 33406

LACE AI pro cannot cure hearing loss of any kind and cannot prevent dementia or Alzheimer's. This program is designed to exercise your auditory system and cognitive system but is not able to cure or prevent a disease process.

LACE AI pro is only available through an authorized provider

Hearing Healthcare That You Can Trust



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



"I GOT MY LIFE BACK AFTER 4 YEARS OF AGONY"

For four long years, I battled chronic lower back pain and neuropathy, resigning myself to a life of discomfort. I had even given up on the tingling and numbness in my feet. Then I found Dr. Joe who was highly recommended to me. His approach was a revelation. He was not only deeply attentive to my body's reactions but also incredibly precise in his treatments.

After just three weeks, I noticed a significant shift—the constant pain was finally subsiding.

When I mentioned my neuropathy, Dr. Joe began treating my feet. To my amazement, I started regaining sensation! At one point, my toes became somewhat painful, but Dr. Joe immediately and accurately adjusted the treatment. His spot-on intuition was incredible.

Thanks to his expertise, I am now pain-free and feeling better than I ever thought possible. I cannot recommend Dr. Joe highly enough! Dr. Joe gave me my life back.

– Russell A., Jupiter, FL

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.



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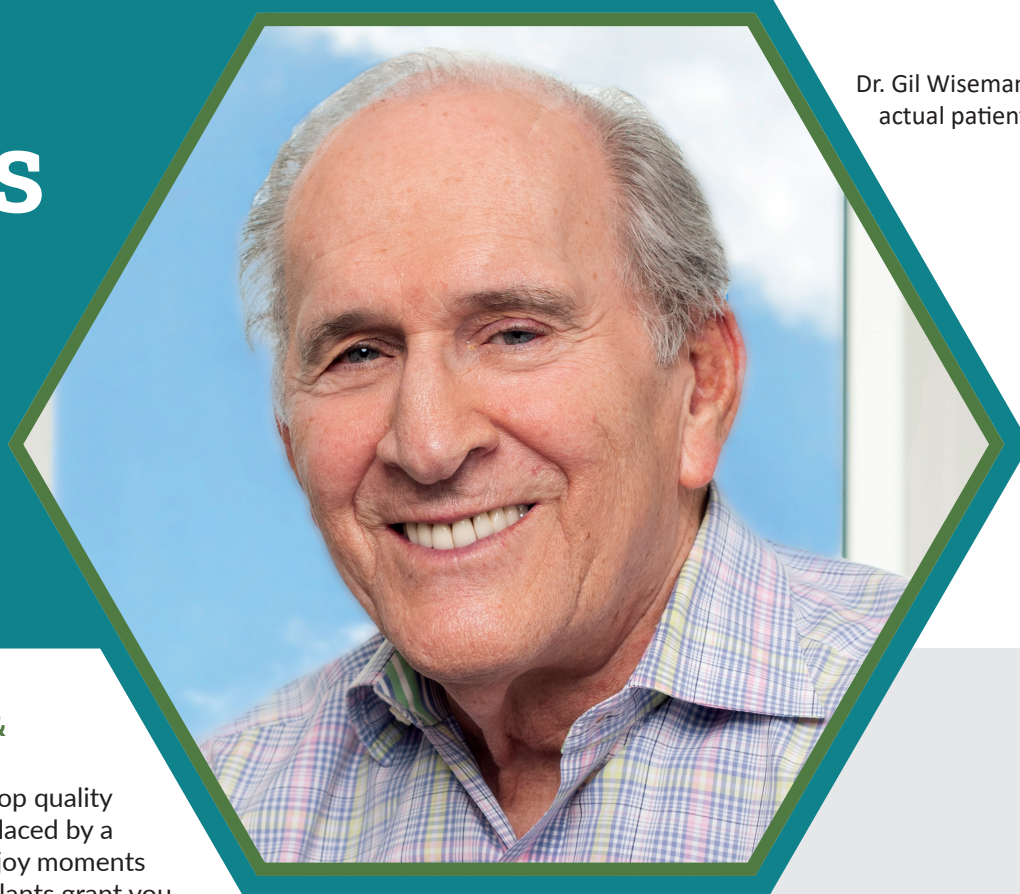
J. Costello DC, DABCO

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

Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.



Dr. Gil Wiseman
actual patient

Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
- Precision placed with guided surgery.
- Biocompatible to bond with your body.

Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills.

Every visit begins with a conversation about you. Your unique needs, concerns, and desires for care matter to us.

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

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

We Care a Lot

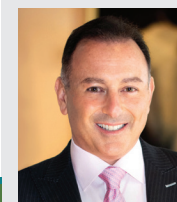
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

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

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

Welcome to Great Care

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



About Dr. Lee R. Cohen

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

- NYU, Doctor of Dental Surgery; Management

- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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Palm Beach Gardens, FL 33418

Dental Implants

Pinhole Technique

LANAP Gum Rejuvenation

UNLOCKING INNER PEACE:

The Revolutionary EXOMind Therapy at ThinWorks Offers a Drug-Free Path to Mental Wellness

In the serene setting of Palm Beach Gardens, a quiet revolution is unfolding in the realm of mental health. For the millions who grapple with the heavy fog of depression, the relentless grip of anxiety, or the frustrating cycle of impulsivity and binge eating, the search for relief can feel like an endless journey. Now, ThinWorks, a leader in innovative wellness solutions, is pioneering a transformative approach that bypasses pharmaceuticals altogether: EXOMind Therapy. This groundbreaking treatment is redefining what's possible for mental and emotional healing, offering profound results through a process that is as gentle as it is powerful.

EXOMind Therapy represents a significant leap forward in neuromodulation—the practice of gently guiding brain activity toward healthier patterns. Unlike treatments that merely manage symptoms, EXOMind targets a key region of the brain implicated in mood regulation and executive function: the left dorsolateral prefrontal cortex (DLPFC). When this area is underactive, it can lead to a cascade of challenges, including sadness, worry, poor impulse control, and the compulsive behaviors that often derail weight loss efforts. EXOMind Therapy works by using a specialized, non-invasive applicator to stimulate this region, encouraging the brain to rewire itself through a process known as neuroplasticity. Essentially, it helps the brain build new, healthier neural pathways, fostering resilience from the inside out.

The most immediate and remarkable aspect of EXOMind Therapy is the rapid, tangible results patients experience. Imagine a treatment where individuals often report a palpable sense of calm, a “quieting of the mind,” or a lifting of the weight they have carried for years. This is the reality for many at ThinWorks. By calming the neural circuits linked to anxiety and enhancing activity in the center responsible for rational thought and self-control, clients find they are no longer at the mercy of their emotions or cravings. They report a newfound ability to pause before acting impulsively, a decreased drive to engage in binge eating, and a natural alignment with their health goals. For many, this neurological rebalancing is the missing piece in their weight loss journey, finally allowing sustainable habits to take root.

Beyond its effectiveness, the ease and accessibility of the treatment are a significant part of its appeal. The process is surprisingly simple and quick. A client sits

comfortably in a chair while a certified practitioner places a single, painless applicator on their head, precisely targeting the left DLPFC. For under 30 minutes, the client simply relaxes. There is no need to talk about traumatic events or re-live painful memories, making it an excellent option for those who find traditional therapy challenging. Many clients use this time to meditate, listen to music, or simply unwind. In a world where time is precious, the ability to achieve significant mental health breakthroughs in such a short, focused session is revolutionary.

Perhaps the most reassuring quality of EXOMind Therapy is its completely non-invasive nature. In an era where patients are increasingly seeking alternatives to medication with its potential side-effects and dependencies, this treatment stands out. There are no drugs, no needles, and no surgery. The technology is so gentle that clients feel nothing more than a slight tapping or tingling sensation at the application site. It is safe for a wide range of individuals (22 years and up), making it a compelling option for those who are treatment-resistant or simply looking for a holistic method to enhance their overall well-being.

The team at ThinWorks in Palm Beach Gardens understands that the journey to mental and physical wellness is deeply personal. They have created a supportive, professional environment where clients can explore this cutting-edge therapy with confidence. EXOMind Therapy represents a paradigm shift—a move away from merely managing symptoms and toward facilitating the brain's own powerful capacity to heal and rebalance.

For anyone in South Florida who has been searching for a different path to mental clarity, emotional freedom, and a healthier relationship with food, the door is now open. EXOMind Therapy at ThinWorks is not just a treatment; it is a promise of a lighter, brighter, and more balanced life, achieved through the profound power of non-invasive, drug-free healing.



EXOMIND™

**FREE
CONSULTATION**

ThinWorks®

2513 Burns Rd,
Palm Beach Gardens, FL 33410
pbg@thinworks.com
561-235-0100
www.thinworks.com



How Doctors Choose Surgeons

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

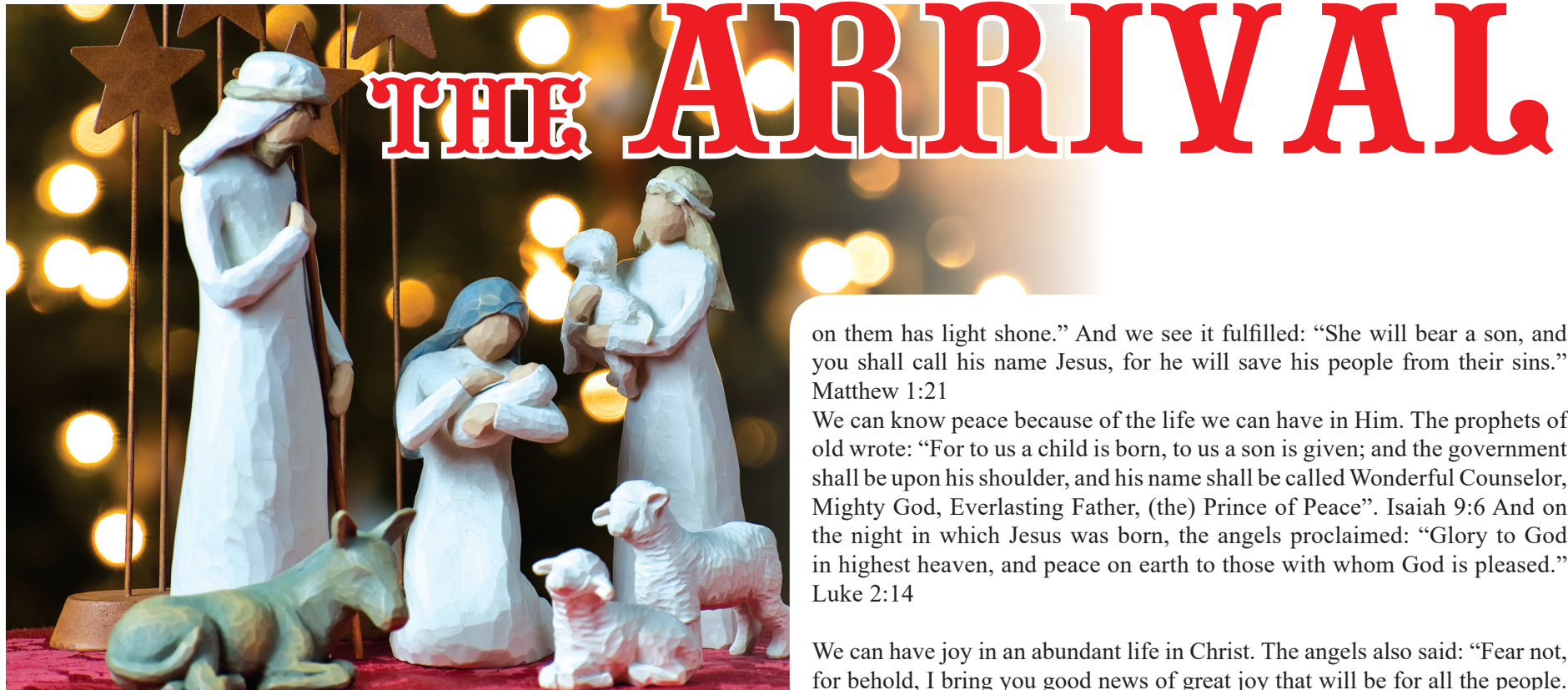
Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com



Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness,

on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers



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you were created for.
www.christfellowship.church



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