

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

Health & Wellness[®] MAGAZINE

December 2025

South 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
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**WHAT IS MY
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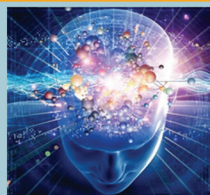
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HAIR FOR THE HOLIDAYS

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.

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**.



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Backed by scientific research for hair vitality and containing premium vitamins and minerals, all it takes is four capsules of the Hair Vitamin Complex daily for quality results.

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:

- Reducing scalp inflammation to cultivate a healthy hair growth environment
- Enhance the delivery of nutrients to your hair follicles by improving blood circulation
- Support healthy hair structures via stimulated collagen and elastin production
- Maintain a clean and healthy scalp with antimicrobial properties
- Maintain hair color by supporting melanin production in the hair follicles

Utilized morning and night, PEPgro's application is simple. All you need is to apply a dropperful (1 ml) to the targeted areas of your scalp. It doesn't matter if you just woke up or just got out of the shower, as PEPgro™

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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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.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

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

In Palm Beach County, board-certified physicians specializing in hematology, medical oncology, gynecologic oncology, and radiation oncology provide personalized care for all forms of 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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LIVING WITH NO PAIN:

HOW INTERVENTIONAL PAIN MEDICINE CAN HELP OLDER ADULTS THRIVE



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

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

- WHAT IS INTERVENTIONAL PAIN MEDICINE?**
Unlike traditional pain management, which often masks symptoms, interventional pain medicine **targets the source of pain directly**. Common procedures include:
- **Epidural steroid injections** for back or leg pain
 - **Facet joint injections** or radiofrequency ablation for spinal arthritis
 - **Nerve blocks** for pain in the neck, back, or limbs
 - **Spinal cord stimulation** to modify pain signals
 - **Joint injections** (knee, hip) with steroids or regenerative therapies

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

- WHY OLDER ADULTS BENEFIT**
Nearly **half of adults over 65** live with chronic pain, which can lead to reduced mobility, poor sleep, and depression. Many also take multiple medications, increasing the risk of side effects. Interventional pain treatments offer advantages like:
- **Reducing reliance on opioids**
 - **Providing long-lasting relief** (weeks to months)
 - **Improving daily function**
 - **Avoiding unnecessary surgeries**

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

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

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

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

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

YOUR QUESTIONS, ANSWERED
Q: Are these treatments safe for seniors?
A: Yes. Our doctors review health histories to ensure safety.

Q: Does Medicare cover these treatments?
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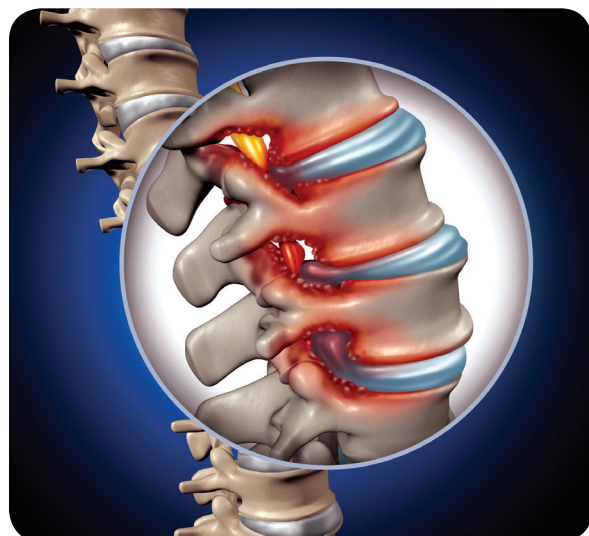


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In an era where age-related lumbar spinal stenosis has reached epidemic proportions, a revolutionary treatment is offering hope to those suffering from this debilitating condition. J. A Costello, DC, DABCO is one of South Florida's leading experts 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

Breakthrough Laser Treatment Brings Hope to Spinal Stenosis Sufferers

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

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

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EXPERTISE IN LONG-TERM CARE INSURANCE

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

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

CONCLUSION

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



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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?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?



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CHRONIC LOW BACK PAIN TREATMENT



Chronic low back pain is a condition that can significantly impact your quality of life, limiting activities and even interrupting sleep. Traditional treatments such as physical therapy, medications and surgery, often have limited success and may carry risks. In recent years, Platelet-Rich Plasma (PRP) therapy has emerged as a promising regenerative treatment for spinal pain.

Understanding PRP Therapy

PRP is a suspension of platelets in plasma, obtained from your own blood. PRP contains a high level of growth factors and substances called cytokines that play a crucial role in tissue repair and regeneration. It is generally painless to obtain, using a simple blood draw followed by several processing steps to concentrate the platelets to the desired level. For pain involving the spine, concentrated PRP may be injected into ligaments, joints, discs, around nerve roots or all the above. This approach aims to enhance the body's natural healing processes.

Mechanism of Action in Spinal Pain

The intervertebral discs and facet joints are common sources of LBP, often due to degenerative changes. PRP therapy targets these areas by delivering growth factors that promote cell proliferation, matrix synthesis, and anti-inflammatory effects. Studies have demonstrated that PRP can stimulate cell proliferation and metabolic activity of intervertebral disc cells, suggesting potential benefits in disc regeneration.

Clinical Evidence Supporting PRP for Low Back Pain

A systematic review published in Biomedicine evaluated the efficacy of PRP injections in managing LBP. The review highlighted that PRP might restore both structure and function in spines affected by disc degeneration. The authors concluded that PRP injections could be a viable therapeutic option for patients with degenerative disc disease, offering pain relief and functional improvement.

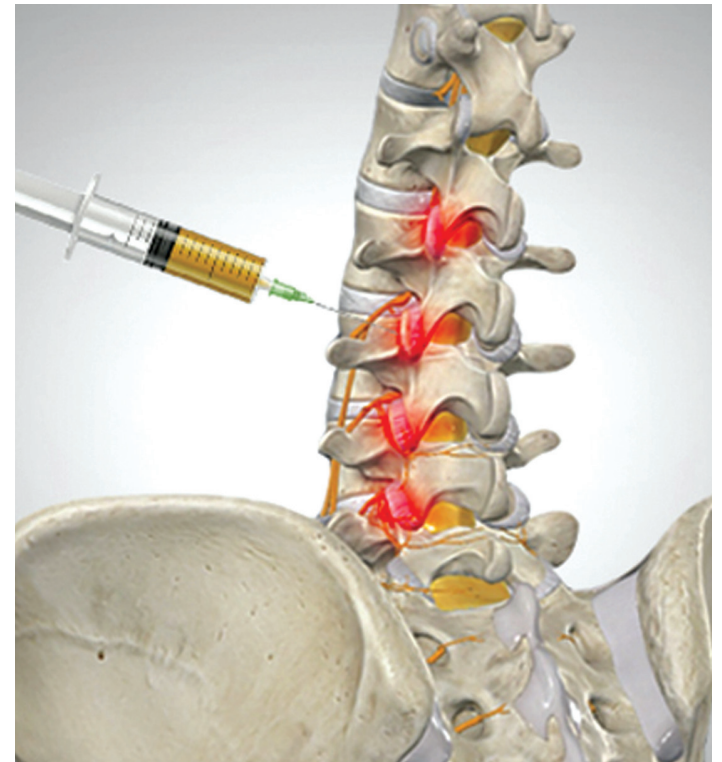
Another critical review in the Journal of Pain Research assessed the role of PRP in managing chronic LBP. The study reported that PRP injections are safe and effective in reducing back pain, with patients experiencing significant improvements in pain and function. The authors emphasized the need for further large-scale studies to confirm these findings but acknowledged the potential of PRP as a minimally invasive treatment option.

Comparative Studies: PRP vs. Corticosteroids

Steroid injections are commonly used for LBP management due to their anti-inflammatory properties. However, their effects are often short-lived, and repeated use can lead to adverse effects. A systematic review with meta-analysis compared the clinical efficacy of PRP against corticosteroids for treating LBP. The study found that PRP provided more sustained pain relief and functional improvement than corticosteroids, suggesting that PRP could be a superior alternative for long-term management of LBP.

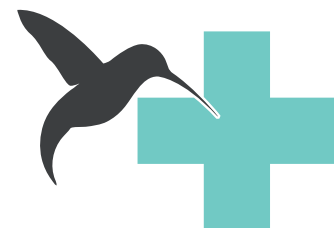
Safety and Considerations

PRP therapy is generally considered safe, given its natural source, which minimizes the risk of immune reactions and disease transmission. Reported side effects are typically mild and may include temporary pain at the injection site. However, as with any medical procedure, it's essential to consult with a qualified healthcare provider to determine if PRP therapy is appropriate for your specific condition.



Conclusion

Emerging peer-reviewed research indicates that PRP therapy holds promise as an effective treatment for spine-related pain, particularly in cases of degenerative disc disease and chronic LBP. While initial findings are encouraging, further large-scale, randomized controlled trials are necessary to establish standardized protocols and confirm long-term efficacy. As the field of regenerative medicine advances, PRP therapy may become a cornerstone in the non-surgical management of spinal pain, offering hope to those seeking relief from chronic pain.



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A Guiding Hand:

Finding Compassion & Clarity in Life's Toughest Moments



In life's most difficult moments, finding a source of strength and guidance is paramount. For many families in South Florida, that source has been Sinai Memorial Chapel in Delray Beach. More than just a funeral home, Sinai has built a reputation as a compassionate partner, dedicated to easing the immense burden that comes with losing a loved one. Their approach is rooted in a simple, yet profound, understanding: that personal care and clear communication can bring profound comfort during a time of grief.

From the first phone call, the team at Sinai Memorial Chapel focuses on listening. They understand that every family and every individual is unique. There is no one-size-fits-all script. Instead, they begin by learning about the person who has passed—their story, their personality, their legacy. This personable approach transforms the necessary tasks of funeral planning from a cold, administrative process into a meaningful act of tribute.

The process itself is handled with meticulous care and respect. The dedicated staff at Sinai walks alongside the family through every single step. This includes helping to arrange all details of the service, whether it be a traditional funeral, a memorial service, or a more contemporary celebration of

life. They assist with the careful preparation of the deceased, coordinate with cemeteries, and handle the myriad of logistical details, from securing official death certificates to arranging for transportation. Their expertise ensures that every element is executed with dignity, allowing the family the space to focus on healing and remembrance.

Sinai's deep familiarity with both state and federal regulations regarding burial and preparation also provides families with an invaluable sense of security. In a landscape that can seem filled with complex legal requirements, their guidance ensures that everything is handled correctly and respectfully, removing a significant layer of stress. At its heart, Sinai Memorial Chapel embodies the principle of being a true guide. They provide not just a service, but a supportive presence, ensuring that a family's final farewell is a loving, personalized, and peaceful experience.

Steven R. Fischman, is a licensed funeral director & embalmer, manages the funeral home and has been serving the Jewish community for fifty years. His son Robert manages operations. If you have questions about the funeral process, or need clarity on government requirements for burial, the caring team at Sinai Memorial Chapel is here to help. Please do not hesitate to call them with your inquiries.



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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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WHAT IS MY CIRCADIAN RHYTHM AND WHY DOES IT MAKE ME FEEL SO “OFF”

By Renee Chillcott, LMHC



HAVE YOU HEARD TERMS SUCH AS “BIOLOGICAL CLOCK” OR “BIORHYTHMS”, OR MAYBE YOU’VE HEARD STORIES OF BABIES “GETTING NIGHT AND DAY MIXED UP”? THESE ARE A FEW EXAMPLES OF A BIOLOGICAL PHENOMENON CALLED CIRCADIAN RHYTHM, BUT WHAT EXACTLY IS IT AND HOW DOES IT AFFECT ME?

Your Circadian Rhythm is the pattern your body follows based on a 24-hour day. It’s your body’s internal clock and it not only tells you when to go to sleep and wake up, but also controls biological processes such as hormones, digestion and body temperature.

Circadian Rhythm coordinates the physical and mental systems in your body and is controlled by the area of your brain called the hypothalamus. It is also controlled light, thus causing our brains to naturally change based on day and night.

Throughout our lives, this biological clock goes through natural changes and adjustments. We can see this most clearly with sleep/wake schedules.

- **Babies** – it takes about 3 months for the rhythm to develop and for babies to get on a “schedule” of

waking and sleeping. This continues to develop during childhood where “bedtimes” are established and daytime naps transition and aren’t needed.

- **Teens** – during the teen years, the rhythm will shift again. Teens require the same number of hours to sleep; however the “bedtime” adjusts as during the teen years, the rhythm shifts to later got to sleep times and later wake up times.
- **Adulthood** – as teens progress to adulthood, the rhythm will shift again, and sleep/awake times are typically dictated by external factors such as jobs and family.
- **Later Adulthood** – As we progress through adulthood, our rhythm changes again and earlier sleep and earlier wake times tend to prevail. The number of hours needed to sleep will shorten as well.

Even though this rhythm is a natural occurrence, there are several factors that can cause it to be “out of sync”.

- Food intake
- Stress
- Physical activity
- Temperature
- Forced waking from work/school
- Travel
- Poor Sleep Habits
- Mental Health/Brain conditions
- Time changes (moving to different time zones, daylight savings, etc.)

When Circadian Rhythm is disrupted, there are several diagnosis and conditions that can follow. Because the rhythm affects physical and mental processes in the brain, the dysfunction that occurs when the rhythm is disrupted can range from physical such as:

- Digestion/Gastrointestinal problems
- Metabolism Problems
- Lack of energy
- Delayed wound healing
- Changes in hormones such as cortisol or melatonin

Mental changes can also occur:

- Memory loss
- Anxiety
- Depression
- Psychosis
- Adrenal fatigue
- Attention/Focus difficulties

Establishing, restoring or resetting your Circadian Rhythm can be achieved through some behavioral interventions such as:

- Sticking to a daily routine
- Going outside to get natural sunlight/physical activity
- Good sleep hygiene/routines
- Limiting exposure to artificial light at night/screens and blue light
- Avoiding stimulants such as caffeine or nicotine in the evenings before sleep

But what do I do if behavioral interventions don’t restore my rhythm and I’m experiencing dysfunction?

Speak to your healthcare provider. There are times when medication or medical treatments can help. Neurofeedback is another way you can get help. Neurofeedback is an alternative/non-medication approach that uses EEG to teach your brain how to restore its natural rhythm, improve regulation, and relieve symptoms related to dysfunction.

WHAT IS NEUROFEEDBACK?

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

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

How does a "beep" or sound train my brain to work better?

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

What types of conditions does Neurofeedback help?

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

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



How many sessions are needed to begin seeing results?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions, however we individualize treatment – some people need more and some less.

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

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then sent to be read and analyzed. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating, and then this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

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

HOW DO I GET STARTED?

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



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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www.BocaBrainCenter.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

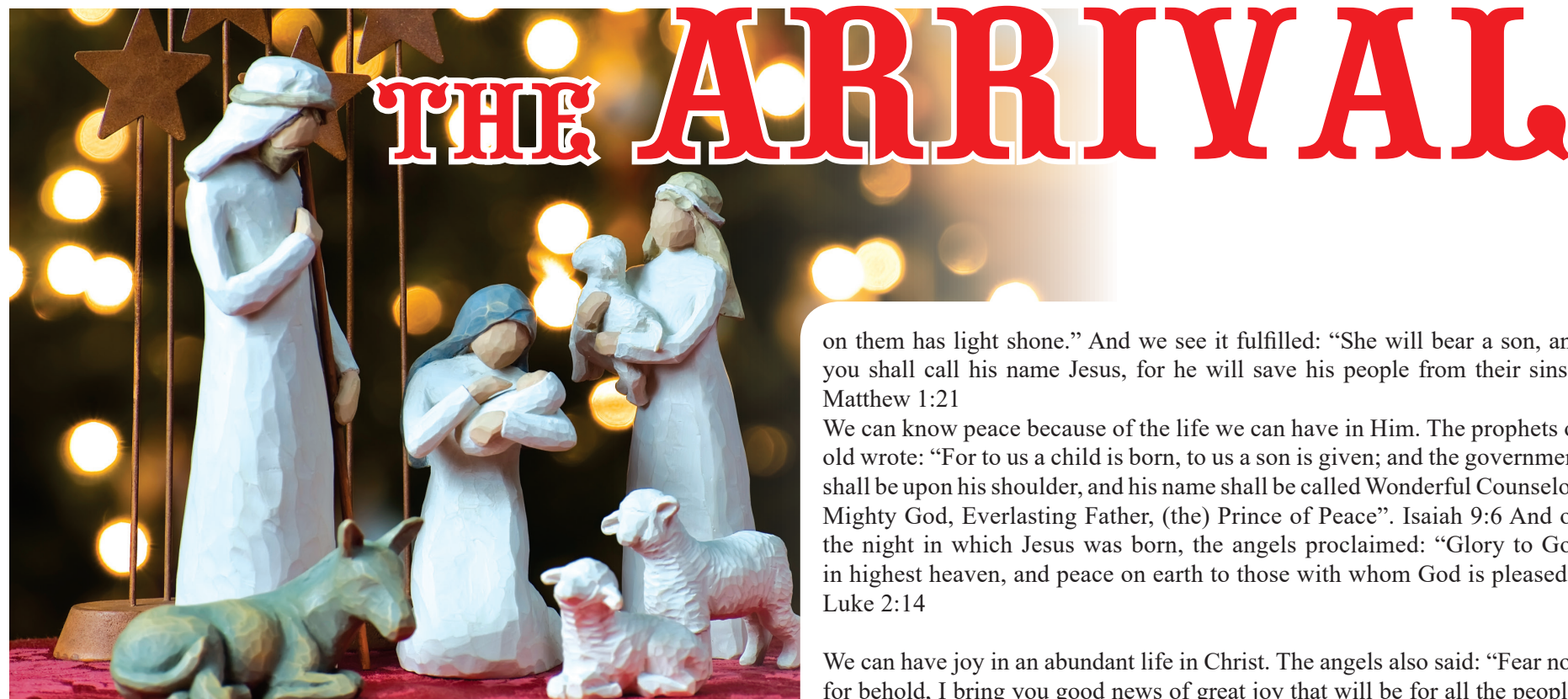
Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been 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.

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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.

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