

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

Health & Wellness[®] MAGAZINE

January 2026

North Palm Beach Edition - Monthly



FREE



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**PROMISING TRENDS
IN CANCER CARE**

**TRUSTS ARE NOT JUST
FOR THE WEALTHY**

**EMBRACE THE YEAR OF THE HORSE
ADD A FLOWING MANE TO 2026
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**PHYSICAL THERAPY
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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.

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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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PROMISING TRENDS IN CANCER CARE

The outlook for people diagnosed with cancer is becoming brighter all the time, thanks to a variety of ongoing advancements.

There are nearly 19 million cancer survivors living in the U.S. today. Increasingly, many of the nearly 2 million Americans who will be diagnosed with cancer this year will experience cancer more like a chronic disease than a dim prognosis.

Cancer Basics

Cancer starts when normal, healthy cells become changed or altered and begin to grow out of control. Cancer can develop anywhere in the body. The two main categories are cancers of the blood cells, known as hematologic cancers, and solid tumor cancers, which are cancers of any of the other body organs or tissues.

There is no one single cause, and many factors alone or together can produce cancer. These include genetics or family history, environmental exposures, and lifestyle choices.

Screenings Save Lives

It cannot be overstated: Early diagnosis and treatment are a substantial factor in surviving cancer.

Effective screening tests can detect many cancers before symptoms appear, making them easier to treat and saving lives. Screening recommendations vary by age, family history, and lifestyle, so talk with your doctor—and don't skip or delay your recommended tests.

The Power of Genetics

Genetic screening and testing help oncologists diagnose cancers more accurately and tailor treatments to a patient's unique genetic makeup.

Genetic mutations inherited from our parents can put us at increased risk of developing certain cancers. Knowing personal risk factors for hereditary cancers early can be life-saving. Screening starts with a review of your personal and family cancer history, which genetics specialists use to determine whether further testing is recommended.

Clinical testing known as Next Generation Sequencing (NGS) is an advanced form of genetic testing that can detect mutations in hundreds of different genes derived from tumor cells simultaneously. NGS testing provides a more precise understanding of each patient's individual diagnosis. When oncologists know the specific genetic alteration a patient has, they may be able to identify a therapy that actually targets that exact mutation. The results also help to identify clinical trials the patient may be eligible for based on their molecular profile.

Immunotherapies

Chemotherapy and radiation have been widely used for decades to directly target cancer cells. While effective, these treatments can also destroy healthy blood cells and harm the body's production of new cells.

Immunotherapies boost the body's natural immune defenses to better target and fight cancer. They can be given through an IV, taken as pills, or applied as a topical cream.



Immunotherapy may be used alone or combined with chemotherapy, radiation, or surgery. Side effects can occur, but they are often less severe than those seen with traditional treatments.

In the last few decades, immunotherapy has been approved for the treatment of many cancers, including bladder, cervical, breast, colorectal, lymphoma, and melanoma, among others. Patients may receive immunotherapy in a doctor's office, an oncology clinic or, in some cases, in a hospital setting.

Clinical Research Drives Cancer Treatment Advancements

Every drug or therapy that is in place today to treat cancer had its start in a clinical trial.

After promising results are seen in the laboratory, medical breakthroughs then require careful research through closely monitored studies conducted in humans, called clinical trials. These studies deserve credit for new treatments of cancers that were previously considered incurable.

Studies of new cancer drugs or medical procedures are not a last resort, but rather an opportunity to expand an individual's treatment to include early access to the most effective and promising options.

More Hope on the Horizon

Scientists worldwide are rapidly advancing cancer research, including efforts to improve immunotherapy by uncovering how cancer cells evade the immune system. This knowledge can help create new drugs that block those escape mechanisms and reduce treatment side effects, ultimately making immunotherapy more effective.

Cancer vaccines are a type of immunotherapy. While many vaccines effectively prevent diseases caused by bacteria and viruses, developing vaccines for cancer is far more complex. The FDA has approved two vaccines that help prevent cancer—HPV and hepatitis B—and several therapeutic vaccines for treating cancers such as prostate, bladder, and melanoma.

Exciting new advancements are leading to the development of truly targeted cancer therapies. Patients with cancer and their health care teams now have more treatment options than ever—with many more on the horizon.

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TRUSTS ARE NOT JUST FOR THE WEALTHY

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



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

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

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

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

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

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

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

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

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

Amanda Achong, Esq. is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate from Thomas M. Cooley Law School. Before opening her own legal practice, she practiced law under numerous well-established firms. Her experience has given her the expertise to be assertive in court and detail-oriented in her client work. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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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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EMBRACE THE YEAR OF THE HORSE...

And Add a Flowing Mane to 2026 with Bauman Medical

by Alan J. Bauman, MD, ABHRS



Another day, another year, finally in the books. The shortest days are a thing of the past, holiday shopping is complete, and New Year's resolutions are ready to be fulfilled. At Bauman Medical, it should come as no surprise that our resolutions revolve around, you guessed it, hair.

But it shouldn't just be our focus. After all, 2026 is the year of the horse! While that celebration comes next month, the Chinese New Year's zodiac sign is the species that rivals us in the hair game. The year of the horse is defined as animated, active, and energetic — all traits that we should aspire for our scalp to feel like.

But before you go on Amazon and order yourself a bottle of Mane 'n Tail shampoo, hold your horses. With the various hair restoration advancements made at Bauman Medical, coupled with tried-and-true methods, you'll have a head of hair that rivals the likes of Secretariat and Seabiscuit.

FoLix

Coming out of the gate strong, we have our latest advancement, FoLix. A groundbreaking, FDA-cleared fractional laser treatment courtesy of the genius minds over at Lumenis, FoLix serves as a way to stimulate hair growth. While still in the backstretch of the race, FoLix has already established itself as a favorite for non-invasive, non-chemical therapies for middle-aged men and women in the midst of mid-stage hair thinning.

FoLix utilizes a non-ablative laser, which provides the benefits found from laser therapy without damaging the outer layer of skin. It creates microscopic thermal

zones on your scalp that help activate your body's natural regenerative processes. So now, those dormant hair follicles start to wake up and feel energetic, leading to thicker, healthier hair growth in no time. No intense heat or scarring, just a specific cooling handpiece that allows our team to target follicle-rich areas in a non-invasive manner.

Hair Follicle Stem Cell Banking

Many people want to improve their financial planning as a New Year's Resolution. Putting away a few dollars here and there in a savings account is one of the best ways to build financial independence. The same applies to your hair, believe it or not. With Hair Follicle Stem Banking, treat your follicles like a rainy day fund for current and future procedures. By collecting stem cells directly from your hair follicles, we can cryopreserve them today for treatments such as a topical scalp solution (see STEMgro™ below) or hair follicle cloning in the future once the technology advances.

With untapped potential beyond hair loss treatment, Hair Follicle Stem Cell Banking enables your body to work for you now and in the future. From skin rejuvenation to orthopedic treatments, and even possible organ repair and replacement, stem cell banking offers a truly personalized plan that extends well beyond your initial deposit.

STEMgro™

When the day comes to make a stem cell withdrawal, you can put your cells on a winning horse like STEMgro™, a savvy move toward hair regrowth. Pain-free and personalized, this powerful topical treatment is performed in-office with help from your own hair follicle stem cells! Treatments like STEMgro™ continue to push the envelope in hair restoration. With ongoing clinical trials, we're witnessing developments leading toward injectable therapies. Talk about a purebred, as the beauty of STEMgro™ lies in you taking the step forward and pushing the possibility of hair follicles cultivated in the lab to new heights.

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Before and 12 months after PRP by Dr. Alan Bauman



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

has the speed of a racehorse when it comes to hair regrowth. All you need is five minutes out of your day for a flowing mane in no time.

PRP Platelet-Rich Plasma

As we enter the home stretch of options, it feels fitting to stick with a high horse here at Bauman Medical. PRP, or platelet-rich plasma, involves our team collecting a small blood sample to extract the platelets it contains. Once they're concentrated, we gently apply them back to your scalp without causing pain. While slow and steady wins the race, we want to get you back into the world as soon as possible, meaning all you need is an hour of PRP for treatment that covers you for a year or more.

PDOgro™

PDOgro™ is an advanced extension of PRP (Platelet-Rich Plasma) therapy that enhances the hair regeneration process by incorporating unique polydioxanone threads. These thin, absorbable threads are made from an FDA-cleared synthetic material and are placed discreetly under the scalp. They work by stimulating the production of collagen, elastin, hyaluronic acid, and new blood vessels, as well as promoting fibroblast activity. In simple terms, combining PDOgro™ with PRP significantly boosts hair regrowth. Studies indicate that PDOgro™ is 30% more effective than a single PRP session.

TED TransEpidermal Delivery

Sometimes, less truly is more, especially when it comes to our TransEpidermal Delivery (TED) system. Instead of relying on bulky equipment, you can choose this innovative growth serum applicator. You may wonder why that is. The serum provides amino acids, dynamic growth factors, and advanced peptides that are beneficial for hair health. With TED, you can expect increased blood flow, stronger hair fibers, reduced shedding, and stimulated hair follicles.

This non-invasive treatment leverages sound waves and air pressure to deliver all the comfort and effectiveness of a procedure—without the discomfort of needles or anesthesia. Experience the difference with TED and watch your hair flow!

Learn More

For 2026, make it a year that is animated, active, and energetic. While getting to the gym and journaling are great ways to get your head in the right space, nothing says feeling energetic like a lively scalp and boasting a mane that rivals a thoroughbred. Embrace the year of the horse by saddling up and visiting Bauman Medical for all your hair restoration needs.

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



About Dr. Alan J. Bauman



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

With over 29 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 36,000 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 for 10 straight years, "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>

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With A Heart

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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

Sensational News!

The most powerful Hyper Pulsed Laser comes to Palm Beach County!



Revolutionary Hyper-Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes Hyper-Pulsed, the most powerful laser in the world 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.

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.



"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

I have been suffering with tennis elbow in my right elbow for about six months. I did one treatment with the new Hyper Pulsed laser from Italy. It is completely gone within 10 minutes after the treatment.

The Comfort of Concierge Treatment

What sets Dr. Costello's practice apart is not just his expertise, but his commitment to patient comfort.

Every 30 minute in home treatment session is:

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

Beyond Spinal Stenosis

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

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

The Most Penetrating Therapeutic Laser SUPERPULSED SOLID STATE ND: YAG TECHNOLOGY

- Maximize pain relief. Maximize repair.
- Expect exceptional resolution.
- Deeply penetrating Hyper Pulsed lasers deliver photons of wavelengths and pulse energies that maximize pain relief and tissue repair for nerve, muscle, ligament, cartilage and bone.

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.



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Goodbye Gum Grafts

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

Hello Pinhole

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

The benefits of the Pinhole Technique are many:

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

How Pinhole Works

Gum recession is a common dental problem that requires care.

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

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



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Dental Implants

Pinhole Technique

LANAP Gum Rejuvenation

Karen, actual patient



Better for Your Teeth

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

Trained Specialist

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

We Care a Lot

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

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



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™

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CONSULTATION**

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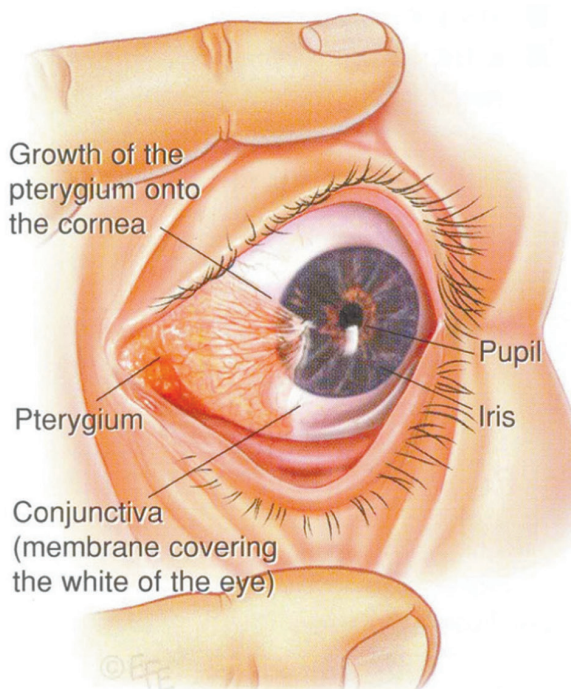
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

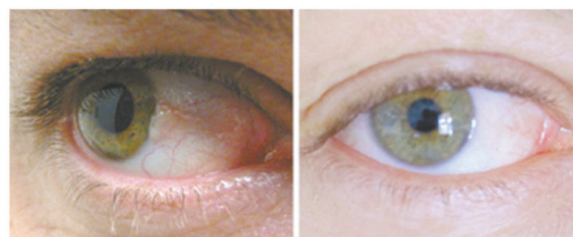
While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

SELFIES



A SELFIE is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “Let us make human beings *in our image, to be like us.* . . So *God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “. . . we are God’s *masterpiece.* . .” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



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