

SOUTH FLORIDA'S

Health & Wellness

MAGAZINE

February 2026

North Palm Beach Edition - Monthly



FREE



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**FALL BACK IN LOVE WITH YOUR FOLLICLES
HOW TO REKINDLE THE RELATIONSHIP
BETWEEN YOU AND YOUR HAIR**

**THE LIFE-SAVING POWER OF
REGULAR SKIN CANCER SCREENINGS:
WHY EARLY DETECTION MATTERS**

**SENSATIONAL NEWS!
THE MOST POWERFUL
HYPER PULSED LASER
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THEY ACHIEVE RESULTS WHEN OTHER
TREATMENTS FAIL. ~ DR. J. COSTELLO

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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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- Why Forbes Magazine says that the middle class may need living trusts
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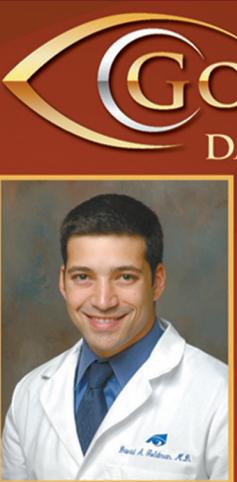
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COULD YOU BE AT RISK FOR BLADDER CANCER? HERE'S WHAT TO KNOW.

Bladder cancer is one of the most frequently diagnosed cancers in the U.S. It occurs more often in men than in women, and the risk increases with age. Most cases—about nine out of 10—occur in people over age 55, with the average age at diagnosis being 73. Throughout their lives, roughly one in 28 men and one in 91 women will develop bladder cancer. It rarely occurs in children.

The Basics of Bladder Cancer

The bladder is a hollow organ in the lower pelvis that stores urine until it leaves the body through the urethra. Sometimes the cells in the lining of the bladder can change and grow out of control, forming tumors that can spread.

Most bladder cancers begin in the cells lining the inside of the bladder. The most common type is called urothelial carcinoma. Many stay in the inner lining at first, but some can grow deeper and spread to nearby lymph nodes or other parts of the body, like the bones, lungs, or liver.

Warning Signs and Symptoms

One common early symptom is blood in the urine, which may appear pink, brown, or bright red. This bleeding usually does not cause pain, and sometimes it is only visible through a lab test. While blood in the urine can be caused by other conditions, it should always be reported to your doctor.

Other possible early symptoms include frequent or painful urination, difficulty urinating, or a weak urine stream. As bladder cancer progresses, symptoms can become more severe, such as inability to urinate, lower back pain on one side, swelling in the feet, bone pain, fatigue, loss of appetite, or weight loss.

Currently, there is no standard screening test for bladder cancer. If your healthcare provider suspects cancer, a range of tests can help confirm the diagnosis.

Bladder Cancer Treatment

When found in early stages, bladder cancer is highly treatable.

Treatment depends on the type, stage, and your overall health, and may involve more than one approach. Small, early tumors are often removed through a procedure called TURBT, which uses a scope inserted into the bladder. For cancers that have grown deeper, surgery to remove the bladder and nearby lymph nodes may be needed.



Even after successful treatment, bladder cancers can come back. Follow-up tests may continue for years after treatment to detect any recurrence.

What's Your Risk?

Smoking is the main risk factor for bladder cancer, causing about half of all cases. Smokers are at least three times more likely than non-smokers to develop the disease. Certain chemicals can also increase risk, including those found in industries such as dye, rubber, leather, and textile manufacturing; painting and printing; photography; hairdressing; and exposure to diesel fumes.

Previous cancer treatment can increase the risk as well. Patients who received radiation treatment aimed at the pelvis, or treatment with certain anti-cancer drugs, have a higher risk of developing bladder cancer.

Chronic inflammation of the urinary tract or repeated urinary infections may also increase risk. As with many forms of cancer, family history can play a role.

While we can't change certain risk factors for bladder cancer, like age or gender, there are steps you can take to lower your risk:

- Don't smoke.
- Be careful around chemicals, and follow all safety instructions if you work with them.
- Eat a healthy diet rich in fruits and vegetables.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. Clinical trials have played a significant role in these advancements that are now saving more lives. Patients who participate in these safe and carefully supervised groundbreaking research studies are receiving the latest treatments available, which can have positive impacts on their outcomes.

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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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For more information, visit
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TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare

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

SKILLED NURSING CARE:

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

BENEFITS:

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

HOME HEALTH AIDES:

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

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

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

Are you in need of
home healthcare?

BENEFITS:

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

PHYSICAL AND OCCUPATIONAL THERAPY:

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

BENEFITS:

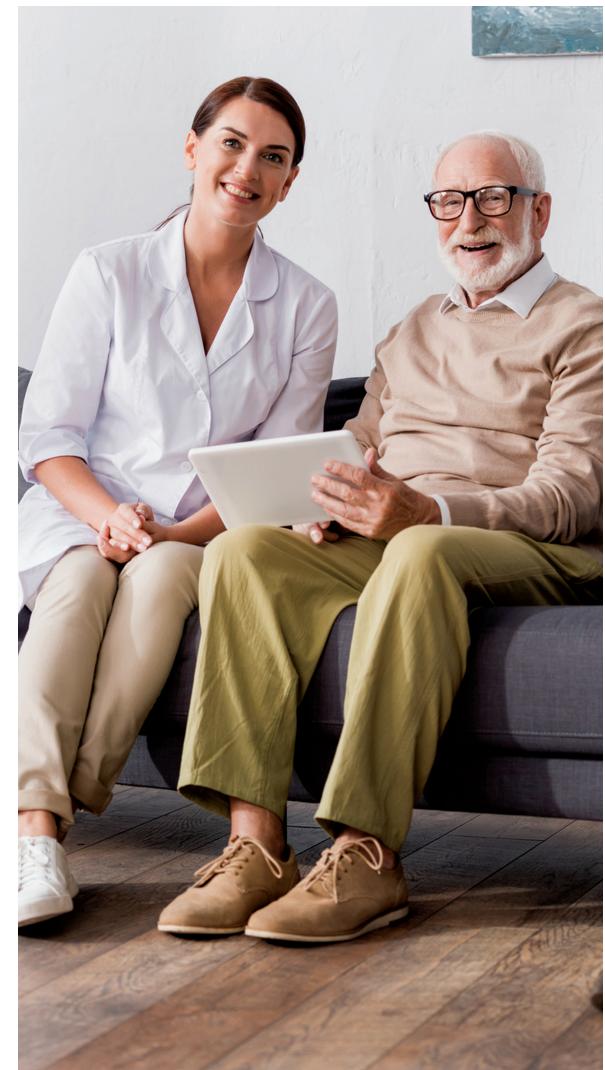
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

PALLIATIVE CARE:

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

BENEFITS:

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



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

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

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

THE LIFE-SAVING POWER OF REGULAR SKIN CANCER SCREENINGS: WHY EARLY DETECTION MATTERS

In a world where health consciousness is on the rise, one critical aspect of preventive care often goes overlooked: regular skin cancer screenings. With skin cancer being one of the most common types of cancer worldwide, the importance of early detection through routine check-ups cannot be overstated. This article delves into why staying vigilant about your skin health, particularly in checking for melanomas, could be a life-saving decision.

Understanding Skin Cancer and Melanoma

Skin cancer occurs when skin cells grow abnormally, often due to damage from UV radiation. While there are several types of skin cancer, melanoma is the most dangerous. Melanoma develops in the melanocytes, the cells responsible for producing skin pigment. Although it's less common than other skin cancers, melanoma is far more likely to spread to other parts of the body if not caught early.

The Power of Early Detection

The key to successfully treating skin cancer, especially melanoma, lies in early detection. When caught in its initial stages, the five-year survival rate for melanoma is an impressive 99%. However, this rate drops dramatically to 27% for melanomas that have spread to distant parts of the body. These statistics underscore the critical importance of regular skin checks and professional screenings.

Recognizing the Warning Signs

While professional screenings are crucial, being aware of your own skin and any changes is equally important. The "ABCDE" rule is a helpful guide for identifying potential melanomas:

Asymmetry: One half of the mole doesn't match the other half.

Border: The edges are irregular, ragged, or blurred.

Color: The color is not uniform and may include shades of brown, black, or tan.

Diameter: Melanomas are usually larger than 6mm (about the size of a pencil eraser).

Evolving: The mole changes in size, shape, or color over time.

Any mole or skin growth exhibiting these characteristics warrants immediate medical attention.

The Screening Process

A professional skin cancer screening is a quick, painless procedure that can be performed by a dermatologist or trained healthcare provider. During the screening, the doctor will thoroughly examine your skin, paying close attention to areas frequently exposed to the sun. They may use a dermatoscope, a special magnifying tool, to get a closer look at suspicious spots.

Who Should Get Screened and How Often?

While everyone should be mindful of their skin health, certain factors increase the risk of skin cancer:

- Fair skin
- History of sunburns or excessive sun exposure
- Multiple or atypical moles
- Family history of skin cancer
- Weakened immune system

For those at average risk, an annual skin check is recommended. However, individuals with higher risk factors may need more frequent screenings. It's best to consult with a healthcare provider to determine the most appropriate screening schedule for your specific situation.

Beyond Professional Screenings: The Importance of Self-Checks

In between professional screenings, monthly self-examinations are crucial. These self-checks allow you to become familiar with your skin's normal appearance and help you spot any changes quickly. Use a full-length mirror and a hand mirror to examine your entire body, including hard-to-see areas like your back, scalp, and between your toes.

Prevention: Your First Line of Defense

While regular screenings are vital, prevention remains the best strategy against skin cancer. Protect your skin by:

- Applying broad-spectrum sunscreen with at least SPF 30 daily
- Wearing protective clothing, including wide-brimmed hats and sunglasses
- Seeking shade, especially during peak sun hours (10 am to 4 pm)
- Avoiding tanning beds and sun lamps

The Broader Impact of Regular Screenings

Regular skin cancer screenings don't just benefit individuals; they have a broader societal impact. Early detection reduces the overall burden on healthcare systems by catching cancers when they're most treatable. It also helps raise awareness about skin cancer, encouraging others to prioritize their skin health.

Conclusion: A Small Step for Significant Peace of Mind

In the grand scheme of health maintenance, skin cancer screenings are a relatively small investment of time that can yield enormous benefits. By making these screenings a regular part of your health routine, you're taking a proactive step in protecting yourself against one of the most prevalent forms of cancer. Remember, your skin is your body's largest organ and its first line of defense against the environment. Treating it with the care and attention it deserves isn't just about aesthetics—it's about preserving your overall health and potentially saving your life.

Don't wait for a problem to arise. Schedule a skin cancer screening today and empower yourself with the knowledge and vigilance needed to keep your skin healthy for years to come. Your future self will thank you for this simple yet powerful act of self-care.



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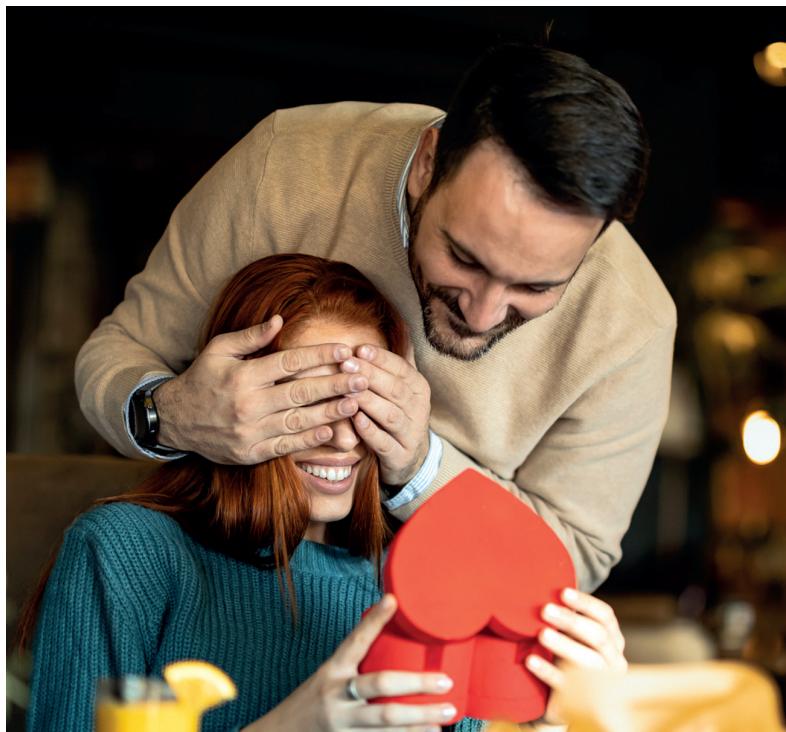
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FALL BACK IN LOVE WITH YOUR FOLLICLES

How to Rekindle the Relationship Between You and Your Hair

by Alan J. Bauman, MD, ABHRS



“It’s not you, it’s me.”

“Maybe we should take a break.”

“I need space.” “You deserve better.”

Break-ups, no matter how long you’re with someone, are never easy. I’m sure you’ve heard or said at least one of these once in your life. While my medical background doesn’t pertain to marriage counseling or couples therapy, I certainly know a thing or two about a break-up that can easily be avoided: the relationship between you and your hair.

Before you and your hair decide to start seeing other people, why not take a moment to address the underlying issues in your relationship? Not sure where to start? Our team at Bauman Medical has you covered. With February being the month of love, make your scalp this year’s Valentine. No need for a bundle of roses or a box of chocolates, however.

painful procedures that leave you with a buzz cut and scars. Just like relationships grow and evolve, so do hair restoration strategies. This is especially true given the advancements made at Bauman Medical with our FUE (Follicular Unit Extraction) Hair Transplant.

What makes FUE different from the traditional FUT strip harvesting? The beauty of FUE is that a little goes a long way. The process begins with harvesting individual grafts from your scalp that can be as few as one hair follicle. Just like how we have that special someone, your scalp also has that special follicle that can produce impeccable results. Couple that with a faster recovery process and added comfort, and you’ll be falling back in love with your hair in no time!

Bauman Medical will bring back that spark between you and your hair in no time. From proper diagnostic tools to state-of-the-art hair restoration procedures, here are just a few options to rekindle the love you once had for your hair.

Low-Level Laser Therapy

One way to make your hair feel like the light of your life once again is to give it the proper light needed for hair restoration. Embrace the warmth of my state-of-the-art Bauman TURBO LaserCap®! Bring the benefits of low-level laser therapy to the comfort of your home and treat yourself and your scalp to a nice, cozy evening. With only five minutes of daily use, you’ll start to notice the hair you fell in love with. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap is a speedy way to get back to your relationship roots with, well, your roots!

FUE Hair Transplant

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But when it comes to that special someone, you always want to give more. Thankfully, you can treat your scalp with the care it deserves by opting for our VIP|FUETM. How can FUE get any better? Making your scalp feel like a VIP means skipping the trimming and shaving. That’s right, no buzz cut: it’s like you weren’t even here. No hair transplant comes close to the discretion and effectiveness of VIP|FUETM, making it the perfect Valentine’s Day gift to your scalp.

TED & Exosome Therapy

The key to a great relationship is communication. Just as it’s important for both parties to be on the same page, your body contains special cells called exosomes that also place heavy emphasis on communication. Whether exosomes are living together or are currently long-distance, they still find a way to communicate all across our bodies. So how do exosomes fit in with hair restoration? They contain key elements like nucleic acids, growth factors, and other proteins, which, when paired with our TransEpidermal Delivery (TED) procedure, we are able to increase scalp permeability and blood flow, both major factors in scalp health. Will this hurt? Far from it, as TED uses ultrasonic waves and air pressure to complement the Exosomes or topical hair growth serum we apply to the treatment zone.

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It takes time to rekindle the relationship you once had with your hair. At least, that was the case prior to our PRP procedure, a staple at Bauman Medical for its efficacy in natural hair growth. All we need is an hour, and in return, we’ll give you back years of hair! PRP works by taking a small blood sample from you. We then isolate the platelets found within said sample with some assistance from our advanced technology. Once concentrated, our team can now tap into the platelets’ growth factors that are then applied to your hair for the aforementioned hair growth. Your scalp will recognize your efforts in making this work, giving you great results with next to no discomfort.

PDOgro™

While I love our PRP and other procedures present at Bauman Medical, there’s one thing I love more: finding ways to improve them. Anytime we can make an advancement in our hair restoration solutions, it’s like falling back in love. And there’s no better example



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

of furthering an already fantastic option than with our PDOgro™ procedure. If you love PRP, you're going to want to hear this. A true power couple, PDOgro™ combines PRP with our special polydioxanone threads. These delicate and absorbable materials help stimulate an array of scalp functions — functions that are integral in substantial hair regrowth. This FDA-cleared synthetic absorbable material serves as a catalyst for your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. In Layman's terms? Say hello to a year or more of blossoming hair regrowth through a safe and tranquil outpatient procedure. And no matter how far along you are, rest easy knowing that the Bauman Medical team will be there from start to finish.

Learn More

A strong relationship takes time to build. That goes for personal dynamics and the connection you have with your hair. If you're looking to revitalize the feeling you had about your do and go back to the honeymoon phase, my team at Bauman Medical is here to help. This Valentine's Day, make it a point to love yourself and your scalp by choosing one of our many cutting-edge restoration options. Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at www.baumanmedical.com.



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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 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.

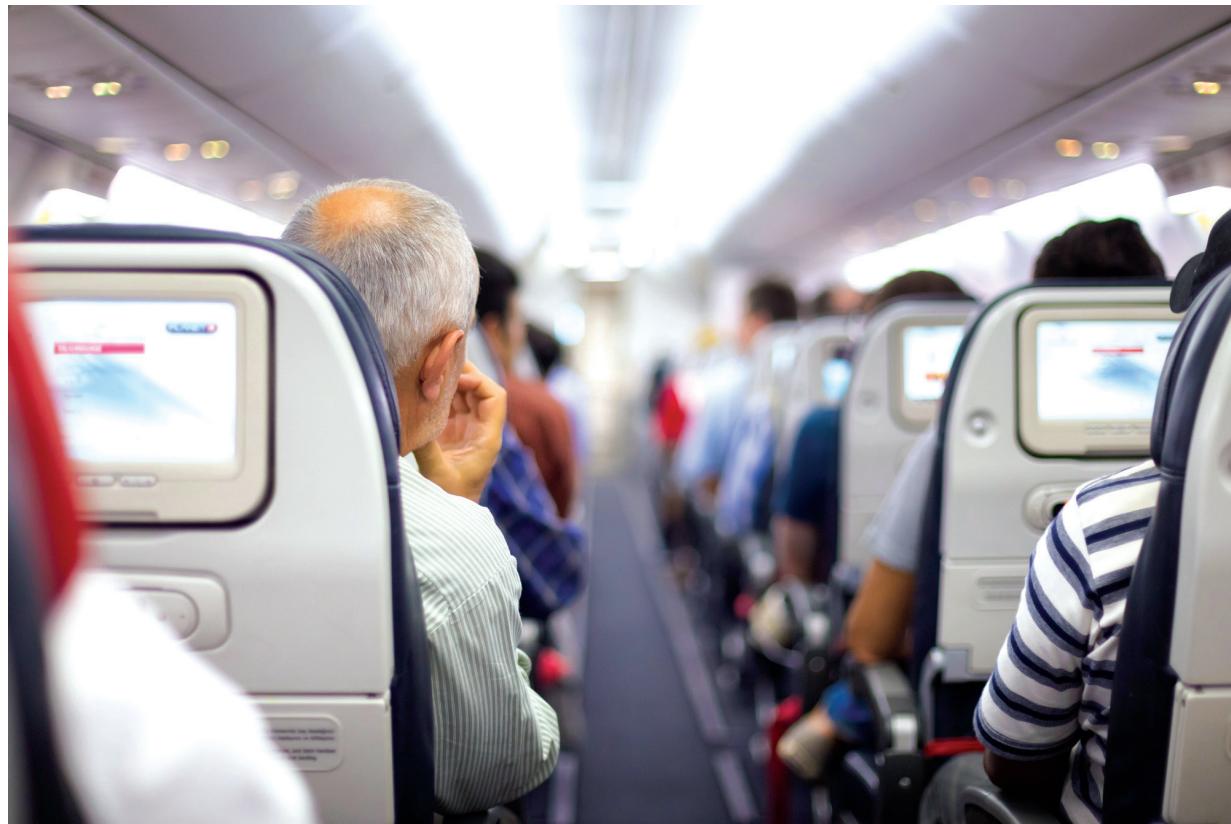
Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.

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AIRLINE TRAVEL AND HEARING LOSS



This month's article is revised from an earlier newsletter because I have had this conversation with more people than usual this year and so thought it was worth revisiting. Traveling with hearing loss can be frustrating and a bit nerve-wracking so this article is designed to give you some information for your next flight.

The Air Carrier Access Act (ACAA) mandates that airlines provide equal access and effective communication to passengers with hearing loss, ensuring they receive the same information and services as other travelers. Passengers must self-identify their hearing loss at various points in the travel process, including when booking, checking in, and boarding, to receive accommodations such as preboarding, captioned safety videos, or visual alerts for gate changes. Airlines must also provide accessible reservation services, and in-flight safety information must be available in accessible formats, including video captions or written materials.

YOUR RIGHTS AND RESPONSIBILITIES

- Self-Identify:** Inform airline personnel at every stage of your journey about your hearing loss and need for assistance.
- Request Accommodations:** Ask for preboarding if you cannot hear gate announcements, and request direct communication for critical information like gate changes.

- Accessible Information:** Expect captioned in-flight safety videos. If there isn't one, flight attendants must provide written materials containing the same safety information.
- Information and Reservation Services:** Airlines must provide accessible services, including text telephone (TTY) services or other technologies, for reservations and information.

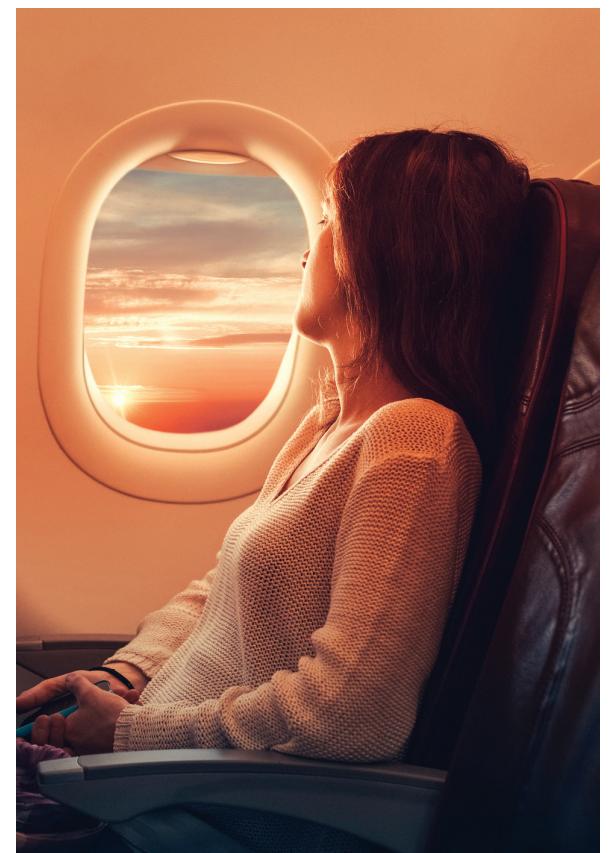
KEY PROVISIONS FOR HEARING LOSS

- Preboarding:** You are entitled to preboard if you cannot hear the announcements to find your seat and prepare before other passengers.
- Visual Displays:** Airports should have televisions with captions turned on to ensure you have access to information.
- Communication Aids:** Airlines are required to offer effective communication, which may include video relay services, to bridge communication gaps.

- Service Animals:** The ACAA requires airlines to permit a service animal to accompany a passenger with a disability, including those with hearing loss.

STEPS TO ENSURE A SMOOTH TRIP

- Before Booking:** Identify yourself with hearing loss when making your flight reservation.
- At the Airport:** Self-identify again at the check-in counter, at the security screening, and at the gate.
- On the Flight:** Communicate your needs to the flight attendants and ensure they understand you require written or visual safety information.
- Advocate:** Don't hesitate to ask for what you need. If you encounter issues, report them to the U.S. Department of Transportation (DOT).



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ACTUALLY HEAL HUMAN TISSUE, THEY ACHIEVE RESULTS
WHEN OTHER TREATMENTS FAIL. ~ **DR. J. COSTELLO**

WE HAD EXHAUSTED ALL OPTIONS, EPIDURALS, CORTISONE SHOTS,
PAINKILLERS ... **NOTHING WAS WORKING FOR MY HUSBAND'S**
EXCRUCIATING HIP PAIN. FORTUNATELY, WE CAME ACROSS AN ARTICLE
ABOUT DR. COSTELLO AND HIS BREAKTHROUGH LASER TREATMENT. I
CALLED IMMEDIATELY, WE STARTED TREATMENT. WE PUT ALL OUR FAITH IN
DR. COSTELLO. IT WORKED! MY HUSBAND IS PAIN FREE AND WE ARE JUST
THRILLED! ~ **TOBY F | BOYNTON BEACH, FL**

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NO INSURANCE ACCEPTED

Sensational News!

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

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.

Revolutionary Hyper-Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes hyper-pulsed YAG Laser, 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.

The Comfort of Concierge Treatment

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

Laser Treatment Replaces Gum Surgery

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

Introducing LANAP

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

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

How LANAP Works

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

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

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

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

Better for Your Health

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

We Care About You

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

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

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

Valerie, actual patient



We Care a Lot

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

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

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

Welcome to Great Care

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



About

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

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



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Pinhole Technique

LANAP Gum Rejuvenation

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.



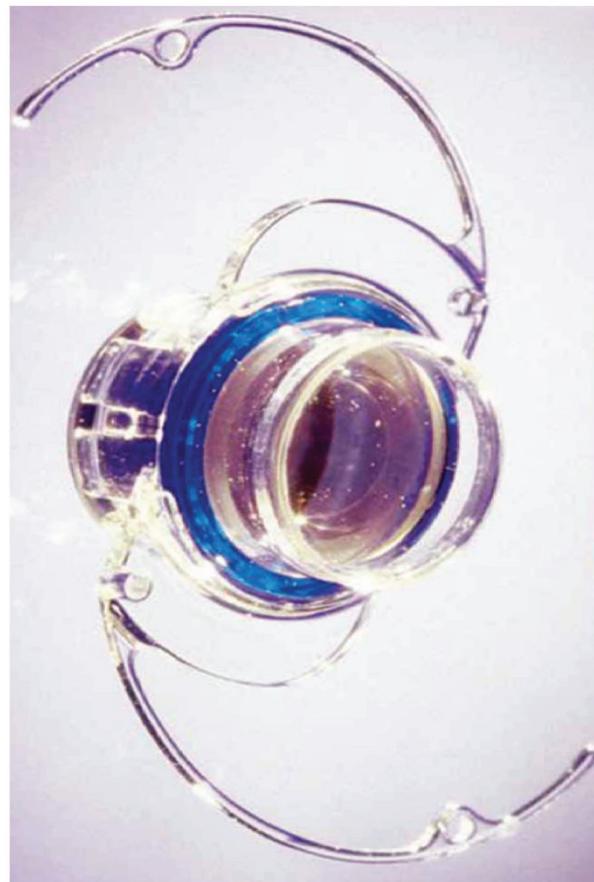
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A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one's 'straight ahead' vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one's sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one's 'straight ahead' vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients' vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient's expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit www.goldmaneye.com or call Dr. Goldman's office at (561) 630-7120.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

“Teacher, which is the most important commandment in the law of Moses?” Jesus replied, “You must love the LORD your God with all

your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday. Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers



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