

SOUTH FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

March 2026

North Palm Beach Edition - Monthly



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**COLORECTAL CANCER FACTS  
YOU SHOULD KNOW –  
AND HOW YOU CAN PROTECT  
YOURSELF**

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

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

**THE FLOWERS AREN'T THE ONLY  
THING BLOSSOMING.....  
LET YOUR HAIR BLOOM  
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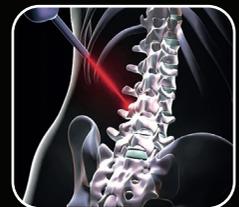
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate 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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- How a living trust may avoid probate
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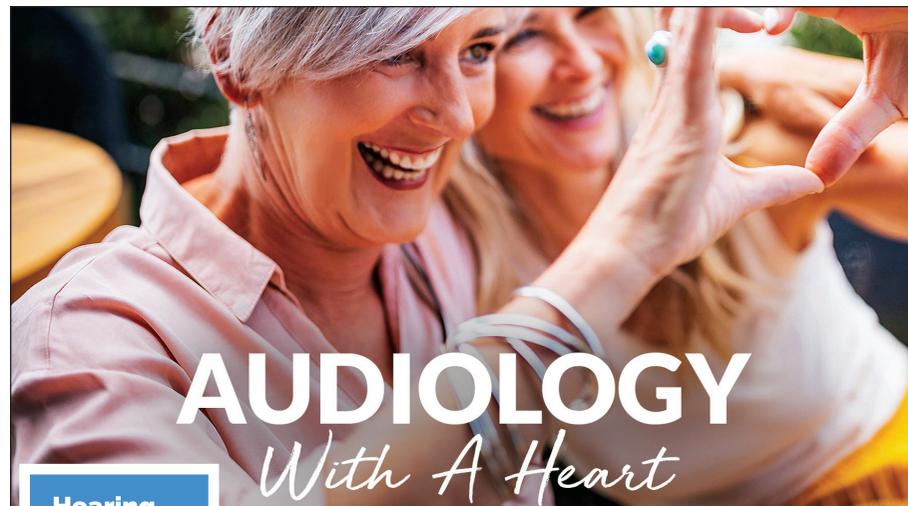
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# COLORECTAL CANCER FACTS YOU SHOULD KNOW — AND HOW YOU CAN PROTECT YOURSELF

Overall, in the U.S., 1 in 23 men (4.3%) and 1 in 25 women (4%) are at risk of developing colorectal cancer in their lifetimes. It is the third most common form of the disease (excluding skin cancer) and the second leading cause of cancer death in the nation for women and men combined.

Colorectal cancer refers to cancers of the colon and rectum, the lower parts of the digestive system. These organs help process food, absorb water, and move waste out of the body. (Colorectal cancer does not include cancer of the anus, which is a separate condition.)

The colon, or large bowel, is a major part of the large intestine and is about five feet long. The rectum and anal canal make up the final section of the large intestine, with the rectum about six inches long and the anal canal one to two inches long.

Colorectal cancer occurs when cells in these areas grow out of control. These abnormal growths, called polyps, can sometimes become cancerous over time.

## Few Early Warning Signs

Colorectal polyps and cancer often cause no symptoms, which makes regular screening so important. As a tumor grows, it may bleed or partially block the intestine. The most common warning signs include blood in the stool or toilet after a bowel movement, dark or black stools, or bleeding from the rectum. Any of these symptoms should be reported to your primary care provider promptly.

## Early Screening Tests Matter

Screening tests can detect polyps at an early stage, so they can be removed before turning into cancer. According to the Colon Cancer Coalition, when detected in its early stages, colon cancer is more likely to be cured; treatment is less extensive, and recovery is much faster. If colon cancer is caught early, the long-term survival rate is very high — around 90%.

## Know Your Screening Options

The risk of colorectal cancer increases with age, and most cases occur in adults 50 and older. On average, colon cancer is diagnosed at age 68 for men and 72 for women, while rectal cancer is usually diagnosed around age 63 for both men and women. In recent years there has been a notable rise in colon cancer among people in their 20s, 30s and 40s, although the causes are not clearly understood.



The American Cancer Society recommends that people at average risk begin regular screening at age 45. Screening can detect cancer early, when treatment is most effective, and can also identify precancerous polyps that can be removed before they develop into cancer.

Screening is done on different schedules. People with higher-than-average risk due to family history, certain genetic conditions or other factors may need to start screening earlier or follow a different screening schedule.

The main colorectal cancer screening tests include visual exams, like colonoscopy or CT scans, which look directly inside the colon for polyps or cancer, and stool-based tests, which check for blood or abnormal DNA. While many stool-based tests can be done at home, they are intended for people at average risk and may not work well for everyone.

Your doctor can help you choose the test and schedule that's right for you.

## Know Your Risks and How to Reduce Them

Certain health conditions, like Crohn's disease, ulcerative colitis, or a family history of colorectal polyps or cancer, can raise your risk. Previous radiation to the abdomen or pelvis may also increase risk.

Lifestyle factors matter too: Lack of exercise, being overweight, a diet high in fat and low in fruits and vegetables, tobacco use, and alcohol can all contribute.

Colorectal cancer facts can sound alarming, but there's reason for hope. Early screening works, and small lifestyle changes can go a long way in reducing risk.

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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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# PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



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

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

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

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

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

**Does this disabled child receive government benefits?**



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# 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

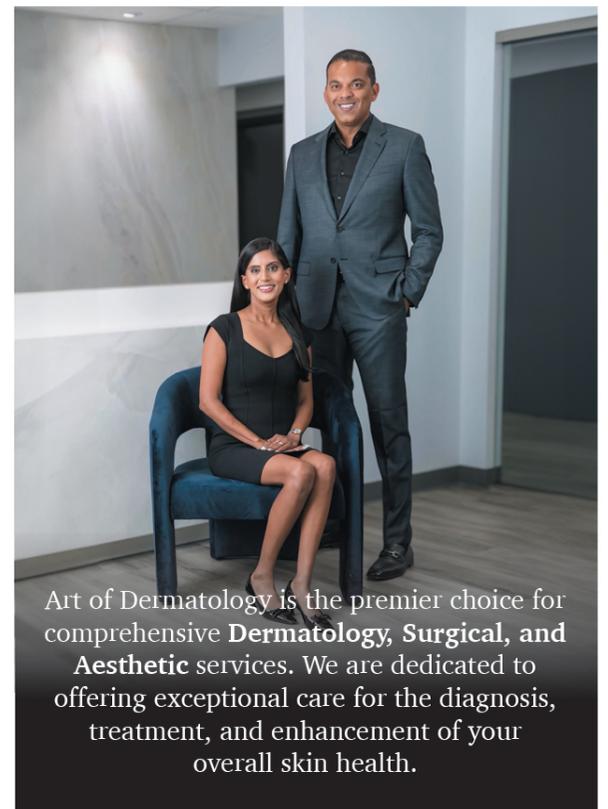
## The Broader Impact of Regular Screenings

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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# THE FLOWERS AREN'T THE ONLY THING BLOSSOMING...

## Let Your Hair Bloom Into Spring with Bauman Medical

by Alan J. Bauman, MD, ABHRS

**W**hile the snowbirds typically head down to Boca Raton to escape the cold up north, it looks like they brought it down with them this year. After an atypical winter, I think we are all excited to let our hair down and enjoy the warmth of spring.



With the days getting longer and the temperatures feeling how they should for South Florida, the climate is perfect not just for us, but for the beautiful flora that defines this area. To see it cultivate itself and blossom is a fantastic reminder of the warm weather that is soon to follow.

Much like how it takes patience and care to grow plants, the same can be said for hair restoration. Let's face it — your scalp is a garden that requires care to reap what you sow. Gardening isn't a one-size-fits-all practice, either. Whether you choose to plant seeds, opt for vertical landscaping, or decide to build a greenhouse, the results are all the same: a pretty plant or tasty tomato.

I like to view spring as a time of renewal, combating the stagnant nature of the winter months. To follow suit, I'm proud to unveil our newly redesigned eStore, featuring our rebranded Dr. Alan Bauman products. Sometimes even the best gardens need a refresh, and our team continues to cultivate a hair care journey that is catered to each individual case.

Since gardening has a variety of options, it should only be right that hair restoration follows suit. From our rebranded at-home treatments to staple in-house procedures, our team offers an array of choices that lead to a bountiful season of hair growth.

### AT-HOME TREATMENTS

#### BOOST

It's hard for a best-selling product like our BOOST Shampoo & Conditioner to get any better. Yet, we found a way. Now, my namesake BOOST™ DHT-Control Shampoo & Conditioner System provides the soothing yet powerful benefits of scalp revitalization, stronger hair, and weightless hydration with added DHT-blocking ingredients and a cleaner label. 100% vegan, cruelty-free, color-safe, and free of sulfates, parabens, phthalates, and artificial fragrances, the BOOST DHT-Control is a daily combo designed to bring clinical-level scalp care into the daily hair routine.

#### Super Biotin

For nutritional support, my Super Biotin 10K supplement delivers 10,000 mcg of vitamin B7 to help strengthen and support healthier hair and nails. When it comes to the overall look of your hair, Super Biotin 10K gives your hair that natural shine and vitality that just screams vibrancy.

#### Ashwaganda

A relaxed scalp is a healthy scalp. With my ashwagandha supplement, these organic adaptogens will help manage stress and lower your cortisol levels, an impact factor when it comes to hair shedding and the overall health

of your follicles. And besides, when you're stressed, the first thing you start to pull out is your hair.

#### PEPgro™

Start and end your day on a high note with my morning and night PEPgro™ topical. This multi-peptide-enhanced proliferation system, including the famous Cu-GHK, helps support your scalp's natural hair growth cycle. PEPgro™ is a targeted scalp serum designed to support follicular anchoring and optimize root-level signaling, making sure that everyone's on board with the circadian cycle of your scalp.



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



*Dr. Bauman designed his hair health products to bridge the gap between medical insight and daily ritual – making professional-grade hair health accessible, effective, and easy to maintain. He believes great hair starts at the scalp, thrives with consistency, and is best supported by thoughtful, preventative care rooted in real results.*

### TURBO LaserCap

When it comes to at-home remedies, not much compares to our ol’ reliable, the Bauman TURBO LaserCap. Throw it on for five minutes while in the garden for hair growth that’s as vibrant as the flowers around your home. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap is ready to help you spring into the new season.

### IN-OFFICE PROCEDURES

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It doesn’t take much to grow a bountiful harvest. With our PRP treatment, all we need from your garden is a soil sample: in this case, a small bit of blood. With that blood, we use advanced technology to isolate the platelets and concentrate them, utilizing the growth factors found within. And just like that, we return it to where it came, applying it back to your scalp for natural hair growth in about an hour.

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When it comes to the vast garden that is our body, we need to make sure that we’re communicating near and far. To make sure everything’s on the right page, our bodies utilize cell messages called exosomes, ensuring that instructions get across no matter the place. Just like how certain fertilizers contain nutrients for plants, exosomes provide special instructions for rejuvenation and repair. Using our ultrasonic TransEpidermal Delivery (TED) process, scalp permeability and blood flow increase allowing these cellular instructions to efficiently reach the level of the hair follicle, supporting scalp health and regrowth.

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There’s nothing wrong with calling it quits on a plant on its last breath. When that happens,

the best option is to start new with a fresh seed. In hair restoration, hair transplants serve as the seed. Now, I can imagine hearing the term “hair transplant” makes you think of the days of pluggy-looking, painful procedures. I’m here to assure you that with Bauman Medical, your procedure will be as calm as a day in the garden. With advancements from our team, we achieve comfortable, natural-looking results with the FUE (Follicular Unit Extraction) Hair Transplant.

And while it’s great to harvest your crops, the traditional method of strip harvesting is a thing of the past. With individual grafts, we see tremendous results but with no linear scar. Just like seeds, your hair will blossom into something vibrant. FUE produces results that turn back the clock. A faster recovery process and added comfort are just added benefits, but that’s just the base package of FUE. With the VIP|FUE™No-Shave method, we scratch the trimming and shaving to make it the most discreet hair transplant available today. It’ll be like you weren’t even here.

### Learn More

Spring isn’t just a time when the days get longer and the weather gets warmer — it’s a time for renewal and growth. So why not make like the flowers and start blossoming this season? No need for mulch or compost, as Bauman Medical and the Dr. Alan Bauman products are the only fertilizers your scalp needs this spring. To schedule a private one-on-one in-person or virtual evaluation call 561-220-3480 or go to [www.baumanmedical.com](http://www.baumanmedical.com). To check out the latest Dr. Alan Bauman hair care products at our newly redesigned eStore, point your camera at the QR code below.



## 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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# THE LATEST TECHNOLOGY WITH HEARING AIDS

**M**any modern electronic devices these days come equipped with Bluetooth technology. This feature lets you stream audio between various devices, such as from a TV to your headphones, or from your phone to your car speakers.

Bluetooth connection to Apple iPhone® devices and other smartphones is available in hearing aids from every major hearing aid manufacturer.

When you pair the Bluetooth in your hearing aids to your smartphone, you can stream audio from phone calls, podcasts, music and other apps directly to your hearing aids. It varies by brand, but most hearing aids have a range of about 30 feet.

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This advanced hearing aid technology offers many benefits to you, including:

#### Personalized listening experience

When having a phone conversation, or listening to music, the audio signal from your smartphone can often stream to one hearing aid, or both. The volume will be matched to amplify sounds according to what you need based on your hearing loss. You also can adjust the volume of the input, depending on the model you have. This personalization lets you hear other sounds in the room if you choose, or you can immerse yourself in the streaming input from your device.

#### Hands-free listening from across the room

Since streaming is a wireless technology, you do not have to hold your audio device closely to hear the sounds. Bluetooth technology allows you to move up to 30 feet away from the device, depending on the device used and the environment. For example, you can have your phone across the room from you and still be able to hear a podcast in your hearing aids.

#### Remote control of your hearing aids

You can remotely change the volume or program from either a streamer or from an app on your smartphone or smartwatch. This is especially useful if your hearing aids are too small to accommodate external controls, or you want to be discreet when adjusting your hearing aids in public.

#### Reliability

Bluetooth® is an electronics industry standard protocol. It's not unique to a particular hearing aid or hearing aid manufacturer, so there is uniformity and reliability in the way that it works across all devices. The platform has been tested and refined already, as it's been in use for many years in the mobile phone industry.

#### BLUETOOTH TYPES

You may hear several types of Bluetooth mentioned. "Classic" is used to connect larger audio devices. It has a long range and requires a lot of power. The power requirement is too large a burden for hearing aids, which need to have enough power to last at least 14 hours per day. However, hearing aids have been able to leverage specific protocols to connect to Bluetooth that exists in smartphones, i.e., the Apple Made for iPhone technology or Android Audio Streaming for Hearing Aids (ASHA) protocol).

#### Auracast™

The Bluetooth LE (low energy) technology in hearing aids will make them ready for Auracast, a new Bluetooth protocol that lets multiple people connect to audio in a public setting, such as airport announcements or the TV at a sports bar. The website Soundly has a thorough article on Auracast and hearing aids. (Auracast is not yet widely available.)

#### WILL MY SMARTPHONE CONNECT TO HEARING AIDS?

##### Made for iPhone™

Certain hearing aids can communicate with iPhone, iPad® and Apple Watch® devices. This technology allows connection without extreme stress on battery power. Most hearing aid manufacturers have released hearing aids that implement this Bluetooth technology, marketed as Made for iPhone. Visit the Apple website for a current listing of specific hearing aids that are compatible.

##### Android phones

Several hearing aid brands can also stream to Android-based phones using version 10.0 or higher. Check the version of your phone before visiting your hearing care provider so you know what options are available.

#### FAQ: BLUETOOTH HEARING AIDS

##### Can Bluetooth help me watch TV?

Yes, depending on the model of hearing aid and television, you can stream the signal from a TV via Bluetooth to your hearing aids. Often you will need an adapter to wirelessly send the signal to your hearing aids. Talk to your hearing care provider for suggestions.

##### Does streaming cause my battery to drain faster?

Most manufacturers will estimate battery usage times based on non-streaming and streaming. The hearing aids



*With Bluetooth, you can stream sound from your smartphone to your hearing aids.*

will be working harder when streaming, and therefore the battery can drain faster. Usually this doesn't negatively impact the wearer's experience, but if you are often on the phone for hours or plan to stream TV all day, you may want to discuss this with your hearing healthcare provider when buying your next pair of hearing aids.

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##### How do I connect my hearing aids to my smartphone?

Open up the Bluetooth options on your smartphone and you should see the hearing aids detected. Select the hearing aids and they will be paired. If you're having trouble pairing your hearing aids, turn the hearing aids on and off and try to detect them with your smartphone again. If this isn't successful, talk to your hearing care professional.

##### What if I don't have Bluetooth in my hearing aids?

Nearly all brands of hearing aids sell a separate go-between device to allow you to connect your hearing aids to Bluetooth-enabled devices, such as a smartphone. These are typically called streamers. Usually, the streamer is worn around the neck or placed in a pocket for hands-free operation. Speak to your hearing care provider about if a streamer option is necessary for you.

##### What about OTC hearing aids and Bluetooth?

Some OTC hearing aids also have the capability of connecting to devices via Bluetooth, but not all. Discuss with your hearing care professional about your options.

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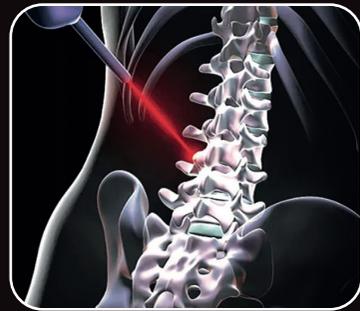
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We had exhausted all options, epidurals, cortisone shots, painkillers ... **nothing was working for my husband's excruciating hip pain.** Fortunately, we came across an article about Dr. Costello and his breakthrough laser treatment. I called immediately, 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**

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

**I**n 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**

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**NO INSURANCE ACCEPTED**

# Laser Treatment Replaces Gum Surgery

Valerie, actual patient



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.

## 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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# 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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# Laser Cataract Surgery: What you should know

By David A. Goldman MD

**W**ith every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femtosecond laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



**Does this mean there are no advantages to laser cataract surgery?** Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



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.

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## Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

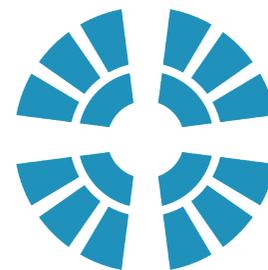
Note what Paul says:

**Act differently.** “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

**Think differently.** “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

**Be different.** “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!  
Change is here!  
Hope is here!  
Embrace it.  
Love it. Live it.*



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