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Health & Wellness[®] MAGAZINE

March 2026

South Palm Beach Edition - Monthly



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THE ONLY THING BLOSSOMING.....
LET YOUR HAIR BLOOM INTO SPRING
WITH BAUMAN MEDICAL**

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

**COLORECTAL CANCER FACTS YOU
SHOULD KNOW - AND HOW YOU CAN
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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

While 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

PRP

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.

PDOgro™

Sometimes even the best gardening techniques need a little boost. While you don’t have to worry about our team applying compost or egg shells to your scalp, you can instead enjoy the benefits of our PDOgro™ procedure, an improvement on the already effective PRP. To further enrich your scalp, combining PRP with our special polydioxanone threads, an incredibly delicate and absorbable material, you’ll be stimulating various essential scalp functions when it comes to growing your hair back. Just like plants need vital nutrients, your scalp needs endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity for hair growth, all of which are stimulated with PDOgro™.

TED & Exosome Therapy

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.

FUE Hair Transplants

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. 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, IAHR 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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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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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

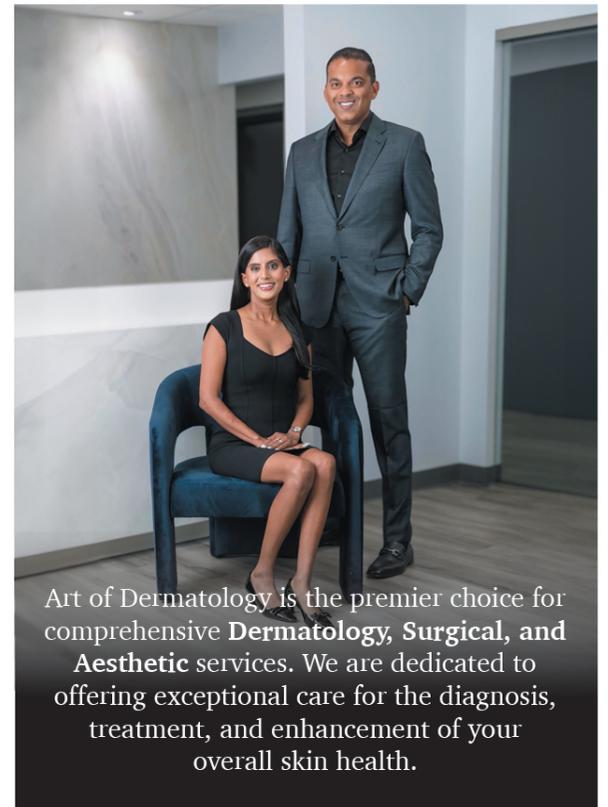
The Broader Impact of Regular Screenings

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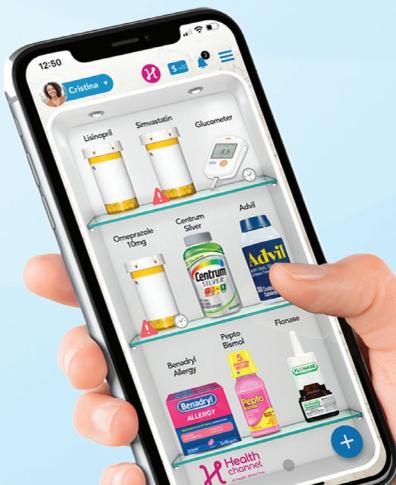
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Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.

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

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Does this disabled child receive government benefits?



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

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

CONCLUSION

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



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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!

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

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PROSTATE ARTERY EMBOLIZATION: A Minimally Invasive Breakthrough in the Treatment of BPH (Enlarged Prostate)

By Dr. Shivank Bhatia, M.D. FSIR

Interventional Radiologist, Founder of Florida Prostate Centers® and Palm Beach Prostate Center®

Benign Prostatic Hyperplasia (BPH), a non-cancerous enlargement of the prostate gland, affects approximately 50% of men over age 50 and up to 90% over age 80. The resultant lower urinary tract symptoms (LUTS)—including urinary frequency, urgency, nocturia, weak stream, and incomplete bladder emptying or Urinary Retention — can significantly diminish quality of life. Traditionally, management options have included pharmacotherapy and surgical interventions such as transurethral resection of the prostate (TURP). However, for many patients, particularly those with comorbidities or aversion to surgical risks, Prostate Artery Embolization (PAE) has emerged as a safe, effective, and durable minimally invasive alternative.

What is PAE?

Prostate Artery Embolization is a catheter-based endovascular procedure performed under conscious sedation. It involves selective catheterization of the arteries supplying the prostate followed by embolization—controlled blockage—of these vessels using calibrated microspheres. The occlusion reduces blood flow, inducing ischemia in hyperplastic prostatic tissue. Over time, this leads to volume reduction and symptomatic improvement.

Patient Selection and Pre-Procedural Considerations

Optimal candidates are typically men with moderate to severe LUTS due to BPH who wish to preserve their ejaculation, sexual function or prefer a minimally invasive option. PAE is a size independent option – it serves patients with both moderate (<80cc) and large prostates (>80 cc), where traditional surgery carries higher complication risks and options are limited.

Evaluation includes detailed urologic history, physical examination, International Prostate Symptom Score (IPSS) assessment, Prostate Specific Antigen (PSA) level and imaging—most commonly a pelvic MRI or ultrasound—to evaluate the health of prostate and bladder. A collaborative approach with urologists ensures comprehensive care and proper diagnosis.

The PAE Procedure

PAE begins with percutaneous arterial access—usually via the femoral artery (groin access) using image-guided fluoroscopy. Through a microcatheter, the interventional radiologist navigates into the prostatic arteries bilaterally. Embolic microspheres (typically 300–500 µm in size) are then injected until stasis is achieved.

Technical challenges include arterial tortuosity and variability in pelvic vascular anatomy. However, advancements in microcatheter technology, experienced operators and imaging have improved success rates. In the hands of experienced operators like those at Naples Prostate Center®, bilateral embolization is achievable in over 97% of cases.

Clinical Outcomes and Efficacy

A Cochrane review comparing PAE to TURP based on up to 24 months' follow-up, showed that PAE and TURP may work similarly well in helping to relieve symptoms. Men's quality of life may be also improved similarly.

Long-term outcomes of PAE are favorable. Our study of 1075 PAE patients – the largest in the US – published in the prestigious, *Peer-Reviewed Journal* – showed sustained symptom relief at three to five years post-PAE in over 84% of patients. Importantly, PAE preserves sexual function—an often under-recognized concern with surgical options like TURP or laser ablation, which carry risks of retrograde ejaculation and erectile dysfunction.

This article can be accessed at:



Prostatic Artery Embolization: Mid-to Long-Term Outcomes in 1,075 Patients - Journal of Vascular and Interventional Radiology

Safety Profile and Complications

PAE has a strong safety profile. Minor complications, such as transient urinary discomfort, and bladder spasms typically resolve within few days and are managed by over the counter medications. Major complications are rare (<1%), especially in experienced hands. The non-surgical nature of the procedure allows it to be performed without need for anesthesia, avoiding systemic risks. This safety profile, minimally invasive nature and preservation of sexual function make PAE a preferred option for most men.

Advantages of PAE in the Modern Therapeutic Landscape

In the context of modern value-based care, PAE stands out for several reasons:

- 1. Minimally-Invasive** – No incisions, no general anesthesia.
- 2. Outpatient Procedure** – Typically performed in under an hour, with same-day discharge.
- 3. Lower Risk Profile** – Reduced risk of bleeding, infection, or incontinence.

4. Preservation of Sexual Function – A significant factor for many men.

5. Durability of Results – Sustained symptom improvement with a low reintervention rate.

Conclusion: With personal experience of over 1800 PAE procedures, I am an advocate for patient-centred, minimally invasive therapies, I have witnessed first-hand the transformative impact PAE can have on patients suffering from BPH. For residents of South Palm Beach county, access to this advanced treatment offers new hope—particularly for those seeking alternatives to traditional surgery.

While no treatment is universally appropriate, PAE provides a compelling option in the evolving algorithm for BPH management. We ensure that patients receive the most appropriate and individualized care.

About the Author:

Shivank Bhatia, M.D. FSIR, is a board-certified interventional radiologist and founder of Florida Prostate Centers. He served as Chariman and Professor of Interventional Radiology at UHealth - University of Miami Health System from 2019 - March 2025.

Dr. Shivank Bhatia is an internationally renowned for his expertise in minimally invasive image-guided therapies that can treat various common medical conditions. Dr. Bhatia's career highlights include:

- Performed over 1800 PAE procedures – one of the largest in United States
- Pioneered prostate artery embolization in the U.S.
- Served as a PI on 3 clinical trials related to PAE
- Published the largest series of 1075 PAE patients to date in U.S
- Led an FDA approved Investigational Device Exemption (IDE) study for investigating the effects of GAE (Geniculate Artery Embolization) for knee osteoarthritis.
- Awarded Fellow of Society of Interventional Radiology, January 2020
- Delivered more than 100 invited lectures and published dozens of scientific articles in peer-reviewed journals on the topic of interventional radiology
- Trained more than 400 physicians on techniques related to prostate artery embolization

With a strong background in radiology and advanced training in interventional techniques, Dr. Bhatia has dedicated his career to improving patient outcomes through innovative approaches. Dr. Bhatia has contributed significantly to advancing literature supporting the adoption of PAE as a standard of care for BPH (enlarged prostate).

Jung et al: PAE for the treatment of LUTS in men with BPH. Cochrane Database of Systematic Reviews 2022, Issue 3. Art. No.: CD012867.

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ANYONE CAN SUFFER FROM ANXIETY & DEPRESSION

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

We often seek external reasons for anxiety and depression—economic stress, job dissatisfaction, family conflicts, or past traumas. However, the root cause may be deeper: neural patterns in the brain that can be present from birth.

Anxiety and depression are not simply behavioral issues that can be resolved by changing environments or routines. These conditions are fundamentally brain neural patterns that persist regardless of external circumstances. Importantly, they aren't limited to adults and can significantly impact individuals of all ages.

SYMPTOMS ACROSS DIFFERENT LIFE STAGES

Infants and Toddlers

Early signs might include:

- Colic
- Fussiness
- Sleep difficulties
- Tantrums
- Sensitivity
- Separation anxiety

While these symptoms can be typical developmental behaviors, they may also indicate underlying neural patterns.

School-Age Children

Anxiety and depression can manifest as:

- Academic performance worries
- Fear of parental loss
- Social anxiety
- School refusal
- Sleep disturbances
- Somatic symptoms (stomachaches, headaches)
- Frequent illness
- Fatigue
- Poor academic performance

Teenagers and Adults

More severe symptoms can include:

- Social isolation
- Depression
- Suicidal thoughts
- Poor life decisions
- Self-medicating behaviors
- Academic or professional struggles
- Panic attacks
- Potential development of additional disorders (OCD, eating disorders, phobias)



THE CHALLENGING REALITY OF TREATMENT

According to the Anxiety and Depression Association of America, 80% of children with anxiety disorders and 60% of those with depression are not receiving treatment. Many healthcare professionals either consider these symptoms normal or recommend improved parenting and discipline.

Medication can be challenging, with many patients being either medication-resistant or experiencing significant side effects.

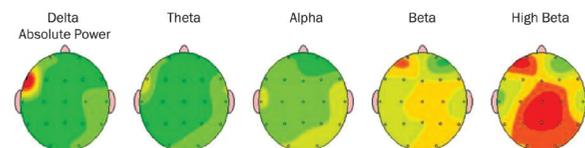
NEUROFEEDBACK: A PROMISING SOLUTION

Neurofeedback offers a innovative approach to addressing these neural patterns. It's a brain-training technique that:

- Allows real-time visualization of brain frequencies
- Provides visual and auditory feedback
- Helps the brain self-regulate without medication
- Potentially creates permanent corrections through neuroplasticity

HOW NEUROFEEDBACK WORKS

During a session, patients comfortably watch a screen while EEG equipment measures brain electrical activity. Therapists can identify and encourage more balanced brain wave patterns through targeted feedback.



Conditions Neurofeedback Can Help

- Anxiety
- Depression
- ADD/ADHD
- Sleep disorders
- Chronic pain
- Autism
- Cognitive challenges
- And many more

Potential Improvements

- Patients might experience positive changes in:
- Sleep quality
 - Energy levels
 - Focus and concentration
 - Emotional regulation
 - Physical symptoms
 - Motivation
 - Overall well-being

UNDERSTANDING BRAIN MAPPING (QEEG)

A Quantitative EEG (brain map) provides comprehensive insights by:

- Attaching 19 electrodes to the head
- Recording brain waves with eyes open and closed
- Analyzing brain activity, connections, and symmetry
- Comparing results to peer databases

RESEARCH AND CREDIBILITY

Neurofeedback has been studied since the 1960s, with extensive research available through:

- Academic journals
- Professional organizations
- Specialized publications

HOW DO I GET STARTED?

Getting started is easy. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that in a telephone consultation. Call, email or text message us today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. E-mail us at info@bocabraincenter.com, or text us at (561) 206-2706 or visit our website at www.BocaBrainCenter.com.



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

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

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

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

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

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



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Laser Cataract Surgery: What you should know

By David A. Goldman MD

With 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 femto-second 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, micro-incisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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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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Cancer doesn't wait. Neither do we.

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With lab results returned faster than the national average, our team of precision oncology experts takes action to quickly match each patient's data with the appropriate targeted therapy or clinical trial.

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