

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2026

North Palm Beach Edition - Monthly



FREE



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**UNPLUG TO POWER UP:
WHY DIGITAL BALANCE
MATTERS FOR MENTAL HEALTH**

**MOM'S THE WORD –
GIVE THE GIFT OF HAIR
RESTORATION (AND SECRECY)
THIS MOTHER'S DAY**

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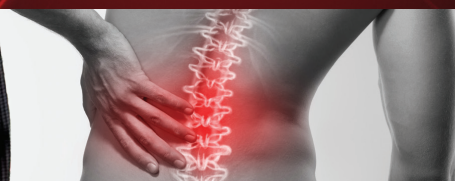
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate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

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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THE ART OF AGING GRACEFULLY: WHY SKIN CHECKS MATTER AT ART OF DERMATOLOGY

Our skin tells the story of our lives—every laugh line, sun-kissed moment, and year of experience. As we age, maintaining skin health becomes increasingly important, not just for aesthetics but for overall wellbeing. At Art of Dermatology, we believe that healthy aging skin begins with proactive care and regular professional assessment.

Understanding Skin's Aging Process

Skin ages through two distinct processes: intrinsic aging (determined by genetics) and extrinsic aging (influenced by environmental factors). While we cannot control our genetic timeline, we can significantly impact how external factors affect our skin.

With age, our skin naturally produces less collagen and elastin, leading to thinner, less resilient skin. Cell turnover slows, and moisture retention diminishes. Meanwhile, years of sun exposure, pollution, and lifestyle choices accelerate these changes, potentially leading to premature aging and increased risk of skin conditions, including cancer.

The Crucial Role of Regular Skin Checks

Regular dermatological examinations serve as the cornerstone of proactive skin health management. These checks provide much more than peace of mind—they can be lifesaving. Consider these compelling reasons to schedule regular visits to Art of Dermatology:

- **Early Detection of Skin Cancer:** With over one million Americans diagnosed with skin cancer annually, early detection dramatically improves treatment outcomes. Professional dermatologists can identify suspicious changes that might go unnoticed during self-examinations.
- **Personalized Aging Management:** Everyone's skin ages differently. Regular assessments allow dermatologists to craft personalized treatment plans that address your skin's unique needs, from addressing sun damage to managing age-related conditions like rosacea or seborrheic keratosis.
- **Tracking Changing Moles and Spots:** What appears as a harmless freckle today could develop concerning characteristics over time. Consistent monitoring creates a valuable baseline for detecting meaningful changes.



• Expert Guidance on Products and Treatments:

The skincare industry overwhelms consumers with countless anti-aging products. Your dermatologist can recommend evidence-based solutions truly appropriate for your skin type and concerns.

Healthy Habits for Aging Skin

Between professional visits to Art of Dermatology, maintaining these daily habits supports optimal skin health:

- **Sun Protection:** Apply broad-spectrum SPF 30+ sunscreen daily, regardless of weather conditions. Wear protective clothing and seek shade when possible.
- **Hydration:** Both internal hydration (drinking water) and external moisturizing help maintain skin's barrier function and elasticity.
- **Gentle Cleansing:** As skin becomes more delicate with age, harsh products can cause irritation. Opt for gentle, pH-balanced cleansers.
- **Antioxidant-Rich Diet:** Consuming foods high in vitamins C, E, and omega-3 fatty acids supports skin's natural repair processes.
- **Quality Sleep:** During deep sleep, skin undergoes essential regeneration and repair processes critical for healthy aging.

The Art of Dermatology Difference

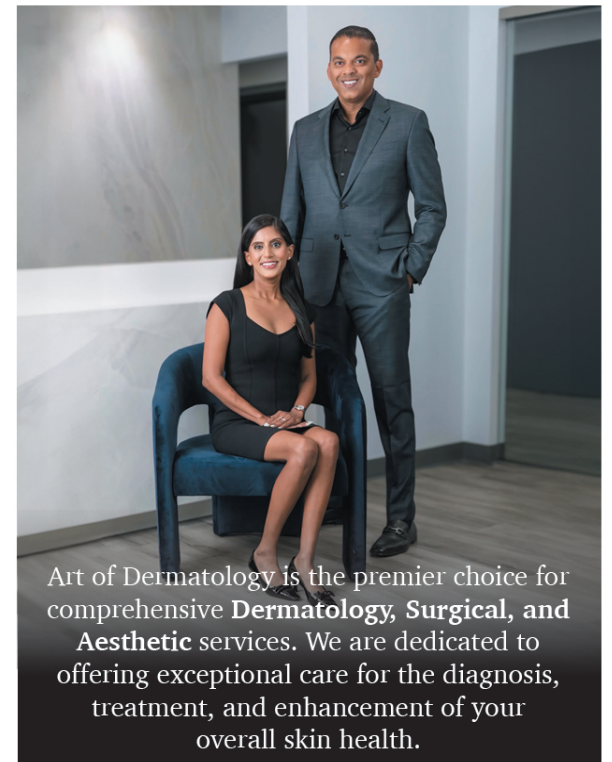
At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

for detecting subtle changes invisible to the naked eye. Our dermatologists take time to understand your concerns, family history, and lifestyle factors affecting your skin health.

Rather than simply treating visible problems, we partner with you in preventative care—identifying risk factors and potential issues before they manifest. This approach not only supports graceful aging but potentially prevents serious health complications.

Don't wait for visible problems to appear. Schedule your comprehensive skin check at Art of Dermatology today and take the first step toward lifetime skin health. Remember, healthy aging isn't about fighting time—it's about supporting your skin's natural processes with expert care and attention.

Your skin's journey deserves the art of professional dermatology.



Art of Dermatology is the premier choice for comprehensive **Dermatology, Surgical, and Aesthetic** services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.

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MOM'S THE WORD

Give the Gift of Hair Restoration (and Secrecy) This Mother's Day

by Alan J. Bauman, MD, ABHRS



Having worked in the realm of hair restoration for some time, I understand there's still a bit of stigma that comes with hair loss. It can feel like a multitude of things. Despite it being completely natural, I understand the negative emotions that might arise when your hairdo isn't looking the way it used to.

Hair loss is something that doesn't discriminate, especially when it comes to women. Nearly a third of the female population will experience some form of it at some point in time. But regardless of a thinned-out crown or a bit of shedding, the good news is that Bauman Medical has the tools and expertise to turn back time to when a bad hair day was your only concern.

With May being the month we celebrate that special woman we all know and love, mothers deserve something that makes them feel like their old self again. I can understand the apprehension about wanting to start the journey of hair restoration. The obvious being, well, how obvious this transformation might be.

of sulfates, parabens, phthalates, and artificial fragrances. Used daily, you're giving mom a gift that brings the clinic to her everyday routine.

Super Biotin

Very few vitamins out there provide the immense hair benefits that my Super Biotin supplement does. Packed with 10,000 mcg of vitamin B7, mom will not only have stronger, healthier hair but also nails. For shinier, voluminous hair, Super Biotin is the hero we all deserve.

Ashwaganda

Let's face it — kids can be a handful. We make it hard for moms to relax at times, so to pay it back, the gift of my

With the latest advancements in hair restoration, our team at Bauman Medical works to make it seem like we weren't even there. From in-house treatments to at-home products, you could say mom's the word this May by giving one of these fine gifts:

AT-HOME TREATMENTS

BOOST

Just like on those long days that seemed never-ending, a little boost from mom is what helped us all get over the hump. You can now return the favor with my name BOOST™ DHT-Control Shampoo & Conditioner System. Say goodbye to Head & Shoulders and hello to the power benefits of scalp revitalization, stronger hair, and weightless hydration, with added DHT-blocking ingredients and an upgraded look. To top it off, mom can feel this boost even more, as this system is 100% vegan, cruelty-free, color-safe, and free

ashwagandha supplement will have her saying "ohm" soon enough. How does relaxation help with hair loss? Well, the best scalp is a relaxed one. With these organic adaptogens, say goodbye to stress and say hello to lower cortisol levels, an impact factor for shedding and follicle health. Sure, we could behave a little bit better as kids. But where's the fun in that?

PEPgro™

Put some pep in mom's (hair) step with my morning and night PEPgro™ topical. Featuring the famous copper peptide GHK-Cu, this multi-peptide-enhanced proliferation system is key to getting the scalp's natural hair growth cycle back on track. That means follicular anchoring and optimized root-level signaling, as PEPgro™ is a non-drug targeted scalp serum. Just like how mom is the one who keeps the house together, PEPgro™ is the glue that keeps the circadian cycle of your scalp together.

TURBO LaserCap

Instead of a sunhat for mom this year, why not opt for something a bit more powerful? The Bauman TURBO LaserCap may not have the power of the sun, but it does possess the power of low-level laser therapy for effective hair restoration. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap takes only 5 minutes a day for hair growth results that turn the clock back.

IN-OFFICE PROCEDURES

PRP

We know being a mother is a full-time job. That's why our PRP treatment only takes an hour for natural hair growth! Using a small blood sample, our advanced technology isolates and concentrates platelets, yielding a serum rich in key growth factors. Coming full circle, the serum is then deployed into the scalp in a quick, painless procedure.

TED & Exosome Therapy

It's hard to beat a chat with mom. Regardless of whether it's in person or over the phone, being able to communicate with her can make anyone's day. Communication is also integral in something called exosomes, our body's way of sending messages. No matter if it's near or far, these cells ensure that instructions get across, no matter the distance. Found in these messages are special instructions for rejuvenation



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.

and repair, things that mom’s scalp could use. By coupling exosomes with TED, or our TransEpidermal Delivery process, we’re able to increase blood flow and scalp permeability by utilizing sound waves and air pressure to deliver cellular instructions to the follicles. By the way, make sure to be like exosomes, and give your mom a call this month.

FoLix®

Having just broken ground on our latest advancement, FoLix®, an FDA-cleared fractional laser treatment, is the perfect way to celebrate mom this Mother’s Day. With help from the brilliant minds at Lumenis, FoLix® is specifically designed to stimulate hair growth, quickly becoming the choice for non-invasive, non-chemical therapies meant for middle-aged women experiencing mid-stage hair thinning.

For those looking to make it seem like nothing is happening behind the scenes, FoLix® ensures that the only thing that comes with this procedure is immense results. Because it is a non-ablative laser, it won’t even burn through the top layer of skin. Applied gently with a specific cooling handpiece, FoLix® creates microscopic thermal zones that activate the body’s natural regenerative process. In this case, scalp heating stimulates dormant follicles, causing hair to grow back thicker and healthier than ever before.

Learn More

It’s easy to get flowers and chocolates before calling it a day. But it’s a whole other thing to give the gift of restoration. The beauty of

Bauman Medical isn’t necessarily the results, but rather it’s the way in which they appear naturally. If we can turn back the clock for mom while making it seem like we weren’t even there, I’d say that’s a successful Mother’s Day. From myself and the rest of the Bauman Medical, we’d like to wish a Happy Mother’s Day to all who celebrate.

To schedule a private one-on-one in-person or virtual evaluation call **561-220-3480** or go to www.baumanmedical.com. To find Mom the perfect gift for better hair, and to check out the latest Dr. Alan Bauman hair care products at our newly redesigned eStore, point your camera at the QR code below.



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. Available on the Bauman Medical eStore



About Dr. Alan J. Bauman



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

With over 29 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman’s “Hair Hospital,” housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 36,000 patients. He’s also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, Dr. Bauman was voted “#1 Top Hair Restoration Surgeon” in North America by Aesthetic Everything for for 10 straight years, “Top Hair Restoration Surgeon of the Decade”, and received the 2022 “Lifetime Achievement Award in Hair Restoration.”

Forbes magazine recognized him as one of “10 CEOs Transforming Healthcare in America” for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

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



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PROTECTING YOUR MENTAL HEALTH IN AN UNCERTAIN ECONOMY

By Elizabeth Dosoretz, LCSW

As grocery costs continue to rise, rent becomes more expensive, and bills add up, many families are left wondering how they will keep up with basic needs, avoid debt and save for the future.

For most people, what was once a manageable balancing act has become a daily struggle, filled with tough decisions. When your normal budget no longer works, do you cut back on groceries, avoid using your car to save gas, or delay other essential expenses? When this type of financial strain is paired with job uncertainty, the burden only intensifies because, in addition to a paycheck, work offers structure, identity, purpose and social interaction. When economic downturns are accompanied by layoffs or reduced hours, even employees who aren't affected wonder if they might be next.

And finally, the anxiety over finances only gets worse with the constant stream of headlines in the news and on social media, leaving many people feeling overwhelmed, discouraged, and insecure about what lies ahead.

According to a recent study by the American Psychiatric Association, the economy continues to be the top source of anxiety for U.S. adults. In fact, 75% of the people surveyed say they are very or somewhat anxious about the economy, and 44% report feeling very anxious.

Examples of the Mental Health Impact

Many people in our community are quietly carrying this weight, and it's taking a significant toll on their mental health.

Financial stress is one of the most consistent predictors of anxiety and depression. When we worry about paying rent, affording childcare, or managing the rising cost of everyday necessities, our bodies react as if we are in immediate danger. Stress hormones increase, and it becomes harder to sleep at night and to focus on simple daily tasks.

When this level of stress becomes prolonged, it can lead to a variety of detrimental outcomes, including chronic fatigue, irritability, difficulty concentrating and persistent feelings of hopelessness. The mental loop of "How will I manage?" or "When will things improve?" can replay endlessly, leaving individuals emotionally drained and physically exhausted.



The Ripple Effects on Daily Living

The constant pressure of an uncertain economy can make it difficult to maintain a healthy work-life balance, further impacting emotional well-being. Perhaps employees feel pressured to work longer hours or take on additional responsibilities to prove their value, even when they are already stretched thin. Over time, this can erode confidence, increase anxiety and lead to burnout.

Food insecurity introduces yet another layer of stress, intensifying these challenges. More than 192,000 residents in Palm Beach County face hunger, with nearly 51,000 of them being children. The reality is many families are wondering how they will afford their next meal. This instability has profound effects on both physical and mental health. Lack of consistent access to nutritious food can lead to fatigue, weakened immunity and difficulty concentrating. Emotionally, it can increase feelings of anxiety, sadness and frustration.

For children, food insecurity can contribute to behavioral challenges and academic struggles, making it harder for them to succeed in school. Parents often carry an additional emotional burden, experiencing guilt, shame and self-blame when they are unable to provide in the ways they wish they could.

Taking Back Control with Healthy Solutions

While we cannot control broader economic conditions, we can take steps to manage how we respond to them. The following steps not only improve practical circumstances but also provide a sense of direction and empowerment during uncertain times.

- Acknowledge the situation and allow yourself to feel the emotions that come with it. Ignoring or suppressing stress often makes it more overwhelming over time.

- Develop realistic, manageable strategies to restore a sense of control. Even small, intentional actions such as creating a simple budget, planning meals ahead of time, building an emergency savings plan or updating your résumé can make a meaningful difference.
- Don't withdraw into isolation during periods of financial stress. While it may feel tempting to handle everything alone, connection can be a powerful source of relief. Talking with a trusted friend, partner or family member can provide reassurance, perspective and sometimes even practical solutions.
- Seek community resources, such as food banks or financial counseling services, without fear of judgment.
- Speak with a licensed mental health professional to learn how to process the strong emotions you're feeling, develop coping strategies and build resilience. Seeking help is not a sign of weakness – it is a proactive step toward maintaining well-being.

It's important to remember that struggling during times like these is a normal human response, not a personal failure. By taking small steps, leaning on support systems and caring for your mental health, it is possible to build resilience and find stability, even in uncertain times.

And you are not alone in navigating these challenges. Many individuals and families are facing similar struggles, even if they are not openly discussed.

About the Author

Elizabeth Dosoretz, LCSW, is the founder and CEO of Elite DNA Behavioral Health. As a mother of three, her personal journey through the challenges of postpartum depression inspired her to found Elite DNA Behavioral Health in 2013 with a goal to provide accessible, affordable mental health care to everyone. Now one of the fastest-growing mental health providers in the Southeast, Elite DNA provides in-person and virtual behavioral health services from more than 40 locations across Florida, Virginia, and Alabama. For more information, visit EliteDNA.com.



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WHY IT'S IMPORTANT TO HAVE A BASELINE HEARING TEST TODAY!

Getting a baseline hearing test may not always rank at the top of your to-do list, but it offers you the opportunity to take control of your hearing. A baseline hearing test (audiogram) is designed to provide a reference point for future hearing tests. This essential test will be what all future tests can be compared — allowing your audiologist to determine if your hearing has changed since the baseline hearing test was performed.

Although most people are proactive about scheduling their annual dental checkup and annual eye exam, most of us do not approach the baseline hearing test with the same vigor. However, we should, and the following information explains why the baseline hearing test is important.

A BASELINE TEST CAN REVEAL EAR ISSUES APART FROM HEARING LOSS

Hearing abnormalities can signify dangers to your health that might otherwise go unnoticed. **Three of the most potentially concerning are:**

- Cardiovascular issues
- Risk of falling
- Cognitive issues

HOW ARE YOUR EARS AND HEART CONNECTED?

Similar to your heart — your ears are made up of many tiny, sensitive blood vessels. When a hearing exam shows hearing loss without other obvious explanations, it may be the sign of a blood flow issue.

According to a study published in the American Journal of Audiology, authors Stacy R. Kerschen and Raymond H. Hull explored research conducted over a 60 year period on heart health and its influence on hearing. Their findings confirmed impaired heart health had a negative effect on both central auditory symptoms and peripheral symptoms.

HOW IS DEMENTIA AND HEARING CONNECTED?

While the reasons behind it are still not entirely clear, there is a connection between hearing loss and dementia. If you have even moderate hearing loss, there is a potential tripled risk of developing dementia. Studies have also suggested hearing aids might somehow slow or even reverse the associated cognitive decline.



Other ear issues that may come to light during a baseline exam include:

- The discovery of a previously unknown foreign object in the ear
- The revealing of skin cancer or other dermatological abnormalities during the examination of the ear

HOW IS FALLING AND HEARING CONNECTED?

Joseph Sakumura, AuD, and Richard Gans, PhD, recently published a study in *the Journal of the American Academy of Audiology* that shows those with decreased auditory function have a higher risk of falling.

This is of critical importance because falls are responsible for over **800,000 hospitalizations** and **27,000 deaths annually in the United States**, according to CDC statistics.

In the study, cognitive, vestibular, and auditory functions were evaluated in connection with fall risk management. How much do they affect your fall risk? **According to the data:**

1. Those with reduced auditory function or hearing loss have a 3x higher risk of falling than those with normal hearing.
2. Individuals struggling with vestibular dysfunctions have a 12x greater fall risk.
3. Those with just mild cognitive impairment could have a 14x higher risk of falling due to deteriorating postural stability.

ANY FUTURE HEARING LOSS CAN BE COMPARED TO THE BASELINE RESULTS

You wouldn't go into a dentist office and struggle to answer questions about how many teeth you had or when you lost them. If you have regular dental exams, they will have X-Rays and a history of any tooth loss.

However, if you don't have a baseline hearing test, you won't be able to accurately inform an audiologist about when or how much hearing loss you have experienced. The audiogram produced by a hearing test covers not only general auditory performance, but it can help point to the specific type of problem causing the hearing loss.

The most common causes of hearing loss are:

- Auditory processing disorders in which the brain is unable to process or becomes confused when attempting to process sounds.
- Conductive hearing loss, which occurs due to a structural problem like earwax or bone deformity that prevents sound from properly being conducted through the ear canal.
- Sensorineural hearing loss, which results from damage to auditory nerves from diseases, loud noises, or aging processes
- Mixed hearing loss, in which both conductive and sensorineural types are present

Being able to compare audiograms from a baseline hearing test throughout the years can show patterns of hearing loss that can lead to more focused and effective treatment.

CONTACT AUDIOLOGY WITH A HEART FOR BASELINE HEARING TESTS

The baseline hearing test will make it possible for us to know how much — if any — your hearing has changed. And if you've experienced hearing loss, it can affect much more than how you hear. **Hearing loss has been repeatedly linked to:**

- Depression
- Social Isolation
- Anxiety
- Frustration
- Dementia
- Fatigue
- And more

Instead of leaving it to chance, it's best to establish a standard with a baseline hearing test, so you can easily know when and how much your hearing has changed.

Call Audiology with a Heart at **561-366-7219** or visit our website at **www.audiologywithaheart.com** for more information and to make an appointment.

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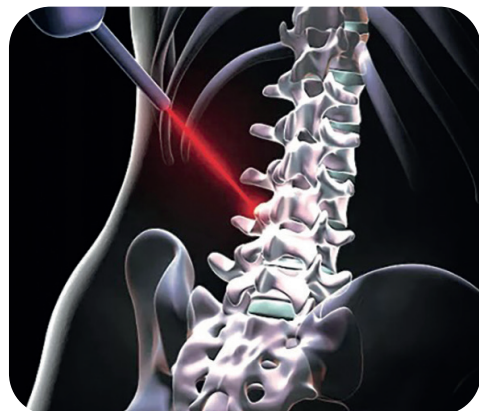
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- BACK PAIN**
- CARPAL TUNNEL SYNDROME**
- DEGENERATIVE DISC DISEASE**
- GOLFERS/TENNIS ELBOW**
- HEADACHE**
- HERNIATED DISC**
- KNEE PAIN**
- NERVE PAIN**
- NEUROPATHY**
- OSTEOARTHRITIS OF THE KNEE**
- PLANTAR FASCIITIS**
- ROTATOR CUFF TEAR**
- SCIATICA**
- SPINAL STENOSIS**
- TMJ**
- TOE NAIL FUNGUS**
- TORN MENISCUS**

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I PUT MY FAITH IN DR. COSTELLO AND HIS LASER CURED ME! MY BACK WAS HURTING SO BADLY, DOCTORS HERE IN THE BAHAMAS TOLD ME I NEEDED A SURGERY "TO REPAIR" TWO HERNIATED DISCS. NO SURGERY, NO MEDS, JUST DR. COSTELLO'S MAGIC LASER - I AM COMPLETELY PAIN FREE AND JUST FLY TO FL ONCE A YEAR FOR SEVERAL DAYS OF MAINTENANCE TREATMENTS.

- KENO W., BAHAMAS

DR. COSTELLO IS THE ONLY ORTHOPEDIST WHO ENDED MY ARTHRITIS IN MY KNEE! TREATMENTS ARE RELAXING AND ADMINISTERED BY DR. COSTELLO HIMSELF. **- MATT F., WEST PALM BEACH (KNEE ARTHRITIS)**

I WILL FOREVER BE GRATEFUL AND AMAZED WITH DR JOE'S LASER TECHNOLOGY! I HAD 4 BULGING DISCS IN MY LOWER BACK AND BURSTITIS AND TENDINITIS IN MY ROTATOR CUFF. WITH JUST A FEW SESSIONS OF THE LASER ON BOTH BODY PARTS, I AM CURED WITH NO MEDICATIONS! PULSED LASER SHRINKS INFLAMMATION AND ACTUALLY HEALS NERVES. IF IT WASN'T FOR HIM AND HIS EXPERTISE, I WOULD NOT BE ABLE TO STILL BE PRACTICING JUI-JITSU! **- KIM P., JUPITER (BULGING DISC, BACK PAIN, ROTATOR CUFF)**

THE LASER TREATMENT AND CARE PROVIDED BY DR. COSTELLO IS PHENOMENAL. I WAS SUFFERING FROM SEVERE SCIATICA AND LOWER BACK PAIN DUE TO HERNIATED DISC. I FEEL LIKE A NEW MAN AND AM PAIN FREE NOW FOR MORE THAN A YEAR. **- BOB S., SINGER ISLAND (BACK PAIN & SCIATICA)**

THE LASER TREATMENTS PROVIDED BY DR. COSTELLO IN THE CONVENIENCE OF YOUR HOME ARE FAR AND AWAY THE CUTTING EDGE OF TECHNOLOGY. I HAD SHOULDER PAIN AND NUMBNESS EXTENDING DOWN MY ARM THAT TOTALLY SUBSIDED WITH ONLY A FEW TREATMENTS. HIGHLY RECOMMEND THIS MOST CARING DOCTOR. **- MILLIE S., SINGER ISLAND (SHOULDER PAIN)**

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Laser Treatment Replaces Gum Surgery

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



Valerie, actual patient

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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Cataract Surgery in 2026: What should you expect?



By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The 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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Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



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