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August 2026

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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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contents

August 2026

- 6 Time Is of Your Hair's Essence
Start Your Hair Restoration Journey Early with Bauman Medical
- 8 Finding Relief for Chronic Pain and
Benign Conditions Through Radiation Therapy
- 9 Understanding Psoriasis:
Why Awareness Matters More Than Ever
- 10 Understanding AI's Place in Mental Health Care
- 11 Hearing Loss and Depression
What's the Connection?
- 12 Laser Therapy for Pain Management
That Heals and Changes Lives
- 13 Real Deal Dental Implants
- 14 Protecting Your Eyes
- 15 Spiritual Wellness: Breaking Through

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TIME IS OF YOUR *HAIR'S* ESSENCE

Start Your Hair Restoration Journey Early with Bauman Medical

by Alan J. Bauman, MD, ABHRS

Over the past three decades, I've lived by one simple mantra: time equals follicles. Just like we have a finite number of hours in the day, the same goes for our follicles. Yet, many American men and women don't realize how imperative early detection is.



With over 80 million people in the country suffering from hair loss, it's not the initial loss that's most damaging. It's the waiting. Rather than staying proactive, many delay seeking a professional evaluation until healthy follicles are no longer, well, healthy. With August being National Hair Loss Awareness Month, there's no time like the present to fix the past.

The best strategy for combating hair loss isn't necessarily restoration, but rather catching it before any true damage can be done. When it comes to the realm of hair loss, fortune favors those willing to keep up with the times. And at Bauman Medical, my team and I pride ourselves on avoiding stagnation. And with these latest advancements, we'll be catching signs of hair loss well before a single follicle begins to fade.

EARLIER DETECTION THAN EVER BEFORE

The earlier we identify the problem using advanced diagnostics like AI and digital analysis, the better your chances of preserving hair follicles and maintaining long-term hair health, encouraging a proactive attitude.

By utilizing the latest generation of AI, high-resolution scalp and skin imaging, and advanced digital follicular analysis, I'm now able to detect signs of hair loss earlier

than ever before. By measuring hair density, caliber, follicular miniaturization, scalp health, and treatment response, Bauman Medical no longer needs to rely only on photographs or visual examination. Now, we can easily diagnose the issue, monitor progression, and craft a treatment that works specifically for you using hard-hitting data, allowing patients to track their treatment plan over time.

We don't just stop there, as we take into account results from medical evaluation, state-of-the-art lab testing, hormone analysis, nutritional assessments, genetics, and other biomarkers to ensure that we are creating a treatment plan. Hair loss isn't a one-size-fits-all phenomenon. So Bauman Medical ensures that we're crafting a strategy that is designed to address each patient's unique hair loss cause.

But just because we're building toward the future, that doesn't mean we should ignore what's got us this far. Along with these latest advancements, Bauman Medical still has plenty of staple diagnostic tools available for patients, such as:

TrichoTest

Wouldn't it be nice to know how you're likely to respond

to one treatment or another? A great option is TrichoTest, a genetic test with a simple, quick cheek swab analysis that provides us with a look at your metabolic pathways related to hair loss and treatments. These pathways are thoroughly examined, providing us with insights into the factors influencing your hair loss and how you'll respond to your specific treatment plan. Combined with our expertise and sophisticated, customized therapies, our team will be able to find the perfect personalized course for your hair restoration journey.

HairMetrix

As mentioned earlier, Bauman Medical has embraced AI to help diagnose hair loss. By keeping up to date with the latest trends, we've been able to harness it for our HairMetrix tool, an advanced AI-powered algorithm to analyze microscopic scalp photos to provide precise data on hair quality and quantity. With the use of it, our team is able to confirm a specific diagnosis and craft the perfect treatment plan that works on your timeline to match your needs. Along the way, we'll monitor how your scalp responds to treatment, allowing us to adapt when needed to achieve the best possible results.

HairCheck

With HairCheck, we can determine our patients' exact hair volume more quickly and efficiently than ever before. The importance of these standardized noninvasive hair bundle measurements cannot be emphasized enough, as they provide our experts with comparisons between affected areas and more permanent zones. Hair restoration takes time, which makes HairCheck an effective way to see how your treatment is working across your scalp well before results begin to show.

Diagnosing is one thing. Treating is a whole other task. Thankfully, our regenerative options have followed suit in keeping up with the times, with the following being standouts:

CRTgro™

Combined Regenerative Technique (CRT for short) is a method developed by the great Brazilian physician-scientist Dr. Pablo Cirino. With CRTgro™, we utilize a precise micro-infusion technology to create controlled microchannels within the scalp. These channels allow us to deliver customized hair growth medications, peptides, micronutrients, and regenerative biologics directly to the level of the hair follicle, with minimal discomfort and low risk of side effects. More effective



HairMetrix uses AI-powered digital microscopy to precisely measure hair density, follicle caliber, and hair growth over time, allowing Dr. Bauman to diagnose hair loss earlier, personalize treatment, and objectively track each patient's progress.



Dr. Bauman gently plucks approximately 50 healthy hair follicles to bank a patient's own hair follicle stem cells, the first step in creating a personalized STEMgro™ autologous secretome rich in regenerative growth factors that support healthier hair follicles, scalp health, and long-term hair restoration.

than topical application alone, CRTgro™ also invigorates the scalp's natural wound-healing response, which gets your growth factors up to date and allows for improved tissue repair, vascular support, and follicular regeneration.

STEMgro™ Therapy

The future is now with STEMgro™, the latest great advancement in regenerative medicine. By harnessing the stem cells in a patient's own hair follicle, Bauman

Medical is able to craft a unique, one-of-one culture secretome with an abundance of naturally occurring growth factors. These include cytokines, peptides, extracellular vesicles, and regenerative signaling molecules. Instead of transplanting the cells, this procedure allows us to utilize the immensely powerful biologic signals that stem cells naturally produce, in turn leading to healthier hair follicles, a more optimized scalp environment, and regenerative benefits for both hair and skin. Highly unique and created just for you, the future of hair restoration is seen in full with STEMgro™.

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Learn More

The best time to combat hair loss is before the loss begins. Many Americans don't even realize they may be on the verge of a journey through hair restoration, making time of the essence to ensure you're ahead of the game. At Bauman Medical, we're proud to unveil these cutting-edge diagnostic tools that will prevent you from having to climb uphill. This Hair Loss Awareness Month, be mindful and let our team keep your scalp healthy in the nick of time.

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



About Dr. Alan J. Bauman



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

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

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

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

In recognition of his expertise, Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for 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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FINDING RELIEF FOR CHRONIC PAIN AND BENIGN CONDITIONS THROUGH RADIATION THERAPY

Living with chronic pain, stiffness, or limited mobility can quietly reshape daily life. When symptoms linger despite physical therapy, medications, or injections, many people are told their remaining choices are simply to “manage it” or consider surgery. However, there’s hope for relief through a lesser-known option: radiation therapy. Low-dose, targeted radiation therapy has been used for decades to help people with certain benign, non-cancerous conditions. It’s an advanced, non-surgical treatment designed to calm inflammation, control abnormal tissue growth, and restore comfort – often with minimal disruption to daily life.

A Gentle, Targeted Approach to Restoring Function

Radiation therapy for benign conditions is fundamentally different from the treatments most people associate with cancer care. It uses very low doses of precisely targeted energy, carefully designed to reduce inflammation and irritation rather than destroy tissue.

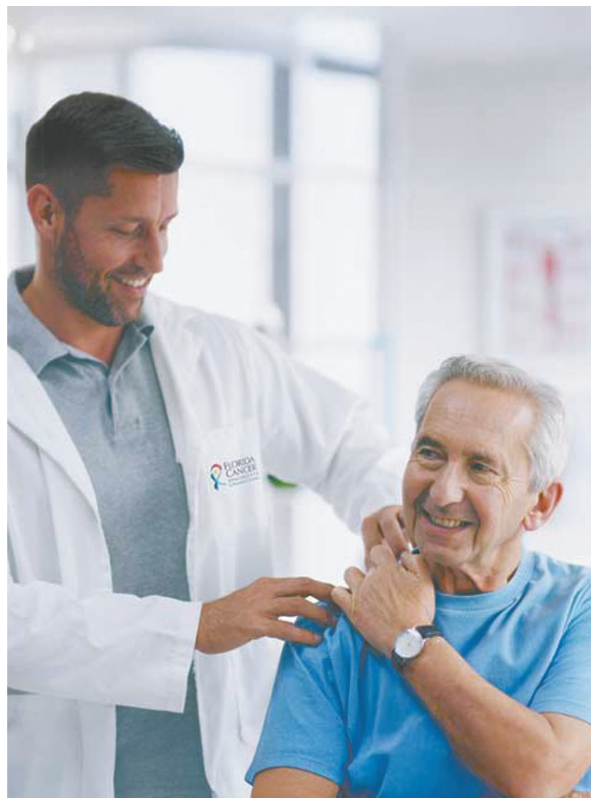
This approach allows physicians to focus treatment exactly where it’s needed, helping to:

- Ease chronic inflammation
- Reduce pain and swelling
- Calm irritated nerves
- Slow or stabilize abnormal tissue growth

The goal is simple: improve comfort, mobility, and quality of life while avoiding more invasive interventions whenever possible.

How Low-Dose Radiation Therapy Works

Low-dose radiation therapy works by gently influencing inflammatory processes in the body. In certain chronic conditions, inflammation or abnormal tissue behavior continues long after the original injury or trigger has passed. Targeted radiation can help interrupt these cycles, allowing the affected area to settle and function more normally. Treatments are delivered over a short course, are noninvasive, and typically require no recovery time – allowing patients to continue with their usual routines.



A Strong Track Record of Safety and Precision

Low-dose radiation therapy for benign conditions has been used internationally for decades. Because these treatments involve much lower doses than cancer therapy, physicians carefully select patients and tailor treatment plans to balance benefit and long-term safety. Modern radiation technology allows specialists to precisely target the treatment area while protecting surrounding healthy tissue. For many patients, the potential benefits – reduced pain, improved mobility, and avoidance or delay of surgery – can meaningfully outweigh the risks.

Is Low-Dose Radiation Therapy Right for You?

If you’re living with a chronic condition that limits your comfort or mobility – and traditional treatments haven’t provided lasting relief – it may be worth asking whether low-dose radiation therapy is appropriate for you.

Exploring all available options empowers patients and providers to make informed decisions focused on long-term quality of life. A consultation with a radiation oncologist can help determine whether this approach fits within your overall care plan.

Radiation oncologists at Florida Cancer Specialists & Research Institute (FCS) collaborate closely with surgeons, orthopedic specialists, neurologists, and other physicians to deliver thoughtful, personalized treatment plans – helping patients move forward with confidence and clarity.

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UNDERSTANDING PSORIASIS: WHY AWARENESS MATTERS MORE THAN EVER

August marks Psoriasis Awareness Month, a crucial time to shed light on a chronic skin condition that affects over 125 million people worldwide. At Art of Dermatology, we recognize the importance of education and support for those living with psoriasis, as well as their families and communities who may not fully understand this complex autoimmune disorder.

What Is Psoriasis?

Psoriasis is far more than a cosmetic concern. This chronic autoimmune condition occurs when the immune system mistakenly attacks healthy skin cells, causing them to multiply at an accelerated rate. Instead of the normal 28-day skin cell cycle, psoriasis causes cells to surface in just 3-4 days, creating the characteristic thick, scaly patches known as plaques. These patches typically appear on the elbows, knees, scalp, and lower back, though they can develop anywhere on the body.

The Hidden Impact

While the visible symptoms of psoriasis are often the most obvious, the condition's impact extends far beyond the skin. Research consistently shows that individuals with psoriasis face significantly higher rates of depression, anxiety, and social isolation. The unpredictable nature of flare-ups can affect work performance, relationships, and overall quality of life. Additionally, psoriasis increases the risk of developing other serious health conditions, including cardiovascular disease, diabetes, and psoriatic arthritis.

Breaking Down Misconceptions

One of the primary goals of Psoriasis Awareness Month is dispelling harmful myths that persist about this condition. Psoriasis is not contagious, despite common misconceptions that lead to social stigma. It cannot be "caught" through physical contact, sharing personal items, or proximity to someone with the condition. These misunderstandings often result in unnecessary discrimination and emotional distress for those affected.

Another prevalent myth is that psoriasis is simply a cosmetic issue that can be cured with over-the-counter treatments. In reality, psoriasis is a



complex genetic condition that requires professional medical management and often lifelong treatment strategies.

Treatment Advances Offer Hope

The landscape of psoriasis treatment has evolved dramatically in recent years. While there is currently no cure, numerous effective treatment options can help manage symptoms and improve quality of life. These range from topical treatments and phototherapy to systemic medications and innovative biologic therapies that target specific parts of the immune system.

At Art of Dermatology, we emphasize the importance of personalized treatment plans. What works for one patient may not be effective for another, making it essential to work closely with dermatology professionals to find the right combination of therapies.

Supporting the Psoriasis Community

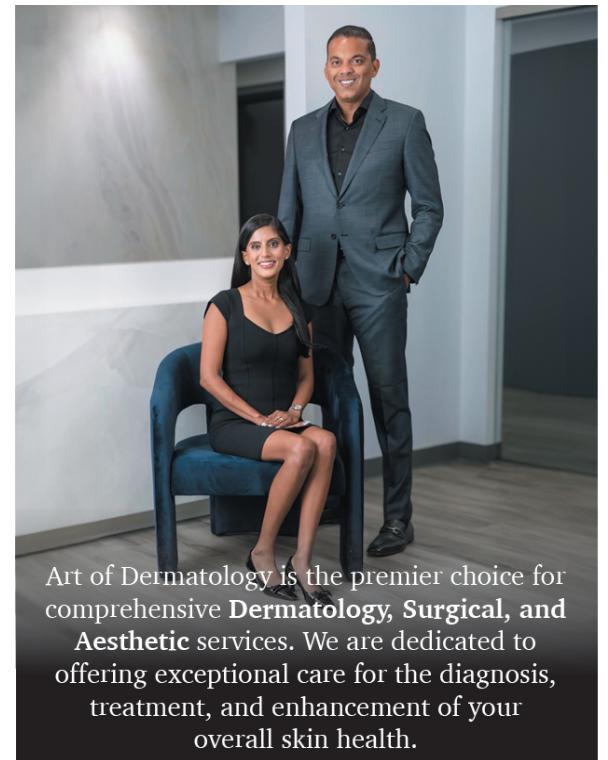
This August, consider how you can contribute to psoriasis awareness. Simple actions like sharing accurate information on social media, supporting research initiatives, or simply listening without judgment to someone sharing their psoriasis experience can make a meaningful difference.

For those living with psoriasis, remember that seeking support is not a sign of weakness. Patient advocacy groups, online communities, and mental health resources can provide valuable connections and coping strategies.

Moving Forward Together

Psoriasis Awareness Month serves as a powerful reminder that education, empathy, and advocacy are essential tools in improving the lives of those affected by this condition. By fostering understanding and promoting research, we move closer to better treatments and, ultimately, a cure.

If you or someone you know is struggling with psoriasis, don't hesitate to reach out to qualified dermatology professionals who can provide comprehensive care and support. Your skin's journey deserves the art of professional dermatology. Call Art of Dermatology today for more information.



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UNDERSTANDING AI'S PLACE IN MENTAL HEALTH CARE

By Elizabeth Dosoretz, LCSW

Over the past few years, artificial intelligence has moved from something abstract to something woven into our everyday lives. It is changing how we work, communicate, learn, and make decisions. With innovation comes excitement, and there is no question that AI has the potential to improve efficiency and expand access in meaningful ways. At the same time, innovation also calls for responsibility, clear guardrails, and thoughtful oversight. Without those, even well-intentioned tools can cause harm.

Mental health is one area where AI is gaining significant traction. According to a recent American Psychological Association (APA) health advisory, millions of people around the world are engaging with general-purpose generative AI chatbots and wellness apps to find support they cannot access elsewhere. This trend reflects the very real mental health crisis we are facing, marked by rising rates of loneliness, anxiety, and disconnection. Many people want help but struggle with long waitlists, limited availability, financial barriers, or stigma. For them, accessibility is often the driving force.

As demand for mental health services continues to rise, the ease of access and relatively low cost of AI-based tools have made them an attractive option. For some, these tools feel less intimidating than reaching out to a provider. They can reduce certain barriers, such as shame, fear of judgment, or the challenge of fitting appointments into a busy schedule. For someone in distress who wants immediate support, turning to AI can feel like a logical step. At the same time, it is important not to lose sight of how new this technology actually is.

AI can feel as though it has been around for a long time, perhaps because of how quickly it has been adopted and integrated into daily life. In reality, these tools have not had the benefit of being tested and retested over decades in the way traditional clinical approaches have. Mental health care is not about efficiency metrics or spreadsheets. It is about providing care to humans, whether children, adults, or families, often at their most vulnerable moments. Mental health professionals rely on evidence-based practices, ethical standards, and clinical skills that have been studied, refined,

and proven over time. When we introduce new tools into this space, especially those that interact directly with vulnerable individuals, caution and humility are essential.

It is also critical to be clear about what these technologies are and what they are not. AI tools are not designed to provide clinical assessment, diagnosis, or treatment. Many are not grounded in scientific research, are not regulated or approved for mental health use, and do not operate within the ethical and legal frameworks that guide licensed professionals. This creates real risks, including misinformation, misinterpretation of symptoms, inappropriate reassurance, and significant privacy concerns.

The APA advisory outlines several important recommendations for safer use of AI in mental health contexts:

- These tools should not be relied upon to replace psychotherapy or psychological treatment.
- There must be safeguards to prevent unhealthy emotional dependency, as constant availability and personalization can blur the line between using a digital tool and forming a perceived relationship.
- Privacy must be prioritized, particularly when platforms have unclear policies regarding data use, storage, or sale.
- Users should be protected from misleading or inaccurate information, built-in biases, and tools that appear more effective than they truly are.
- Additional protections are especially important for children, teenagers, and other vulnerable populations.
- Comprehensive AI and digital literacy education is also essential so individuals understand both the potential benefits and the limitations of these tools.

Very few things in health care are purely good or purely bad. What matters is how tools are used, how they are regulated, and whether people truly understand what they are engaging with.



Context matters. Every innovation introduced into the mental health space should be evaluated not only for its promise but also for its potential consequences.

AI touches our families, our communities, and the future of care itself. With education, responsibility, and clear boundaries, we can make informed decisions about when these tools may be helpful and when human connection, clinical expertise, and professional care are essential.

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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HEARING LOSS AND DEPRESSION

WHAT'S THE CONNECTION?

Hearing loss can negatively affect mental health in a variety of ways. When people struggle to hear, communication becomes challenging. This can lead to issues like loneliness, sorrow and social isolation.

Audiologist Debra Shadoff, AuD, director of Audiology with a Heart, Palm Springs FL, sees it in patients all the time. At an appointment, a woman once told him that she feels left out of family and friend gatherings because she just couldn't understand the conversation.

"We had a long conversation about how lonely and upsetting it is when everyone is having a good time and you can't participate," Dr. Shadoff stated.

The good news? Hearing aids or other treatments often improve not just the hearing loss, but the depression, too.

WHAT THE RESEARCH SHOWS

It's well established that people over 65 with hearing loss are more likely to have depression than others of the same age without hearing loss¹.

The numbers vary, but the total prevalence of depression among older people with hearing loss is roughly 1 in 5^{2,3}.

These risks are higher if the hearing loss is severe, or when there is dual sensory impairment, such as vision and hearing loss.

WHY IS DEPRESSION MORE COMMON?

Researchers don't know precisely why, but they theorize that it is linked to the struggles with communication and resulting social isolation that can occur. Additionally, some of it may be related to changes in the brain as we get older.

Either way, people with hearing loss have greater difficulty following the flow of conversation. Responses that reference the discussion from a few minutes ago can make people appear disoriented. Also, frequently asking people to repeat themselves may frustrate others, causing the person to shut down.

THE GOOD NEWS? TREATING HEARING LOSS CAN BENEFIT MENTAL HEALTH

The good news is that if depression is either due to or exacerbated by hearing loss, treatment could have a positive impact on your mental health.

Hearing aids are the most common treatment for most types of hearing loss.

Along with making it easier to hear, research has shown that hearing aids can improve people's social, emotional and psychological quality of life.

Most people don't always recognize the psychological toll hearing loss takes – but once they spend a few weeks getting accustomed to wearing hearing aids, patients often wish they'd been fitted for them sooner.

HOW TO TALK ABOUT HEARING LOSS WITH A LOVED ONE

If you are concerned that a parent or other loved one is exhibiting signs of hearing loss and struggling with depression, you may not be sure how to start the conversation.



"Try not to force your parent into a decision. Most people become defensive and contrary when they are told they must do something and can resist just to be contrary.

One thing that can be helpful is to frame the conversation in terms of the benefits that come with treatment.

For example, you could mention how hearing aids can make it easier to join in on conversations with friends and family, or how wearing them can reduce their dependency on their partners. It's also helpful to point out that hearing aid technology has improved significantly, making them much more effective, especially with cell phones.

BOTTOM LINE

It's understandable that untreated hearing loss can take a toll on a person's mental health and increase depression. Grieving the loss of your hearing is normal and understandable. However, there are many steps you can take to help manage these issues. Hearing aids and other treatment options can help you stay socially active, engage with others and allow you to be fully present in the moments that matter most.

To make an appointment for a hearing evaluation, please call **561-366-7219**, text **561-559-7673**, e-mail us debrashadoff@audiologywithaheart.com or visit our website www.audiologywithaheart.com

Sources:

1. Hearing Loss and Depression in Older Adults: A Systematic Review and Meta-analysis, 2019
2. Hearing Impairment Associated With Depression in US Adults, National Health and Nutrition Examination Survey 2005-2010, published in 2014
3. Depression in elderly patients with hearing loss: current perspectives, 2019

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Hearing Healthcare That You Can Trust

LASER THERAPY FOR PAIN MANAGEMENT THAT HEALS AND CHANGES LIVES.

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MEDICINE
J. Costello DC, DABCO

- ✓ PERFORMED PERSONALLY BY DR. COSTELLO
- ✓ TAILORED TO YOUR SPECIFIC CONDITION
- ✓ DELIVERED IN THE COMFORT OF YOUR OWN HOME 7 DAYS A WEEK



**ARTHRITIS
NEUROPATHY
SPINAL STENOSIS
HERNIATED DISC**



— JANICE S., PALM BEACH GARDENS | TREATED FOR BACK PAIN AND SCIATICA ★★★★★

I was told invasive spinal surgery was my only option after years of severe back pain. Dr. Costello's laser therapy completely changed my life. I avoided surgery entirely, my pain disappeared, and I'm now living pain-free again. Dr. Costello didn't just treat my symptoms — he gave me my future back.

— KAREN T., WEST PALM BEACH | TREATED FOR BACK PAIN, FOOT PAIN, AND ROTATOR CUFF INJURY. ★★★★★

Over the past 15 years, Dr. Costello has successfully treated my back & foot problems as well as rotator cuff issues. I'm so grateful for his excellent care & laser therapy.

— REGINA N., JUPITER | TREATED FOR DISC HERNIATIONS, DISC BULGES, AND SPINAL STENOSIS ★★★★★

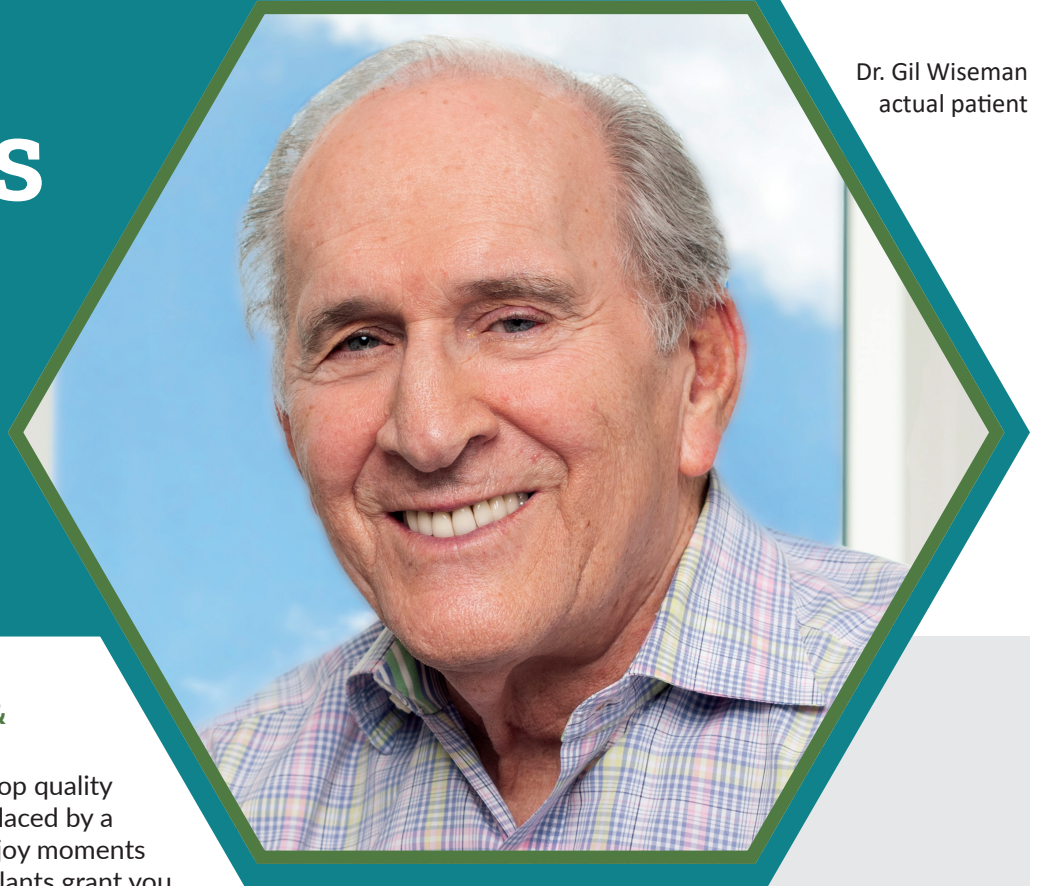
Just imagine at 40 years old, after 4 years of physical therapy being told an orthopedic surgeon your choices are injections and if that doesn't work surgery. I have several issues disc herniations, disc bulges, spinal stenosis and more... I was told to limit my daily activities, no lifting weight and basically lose everything I worked for. I found my blessing, Dr. Costello 12 years later. I weight train, hold 3 minute planks, take long walks on the beach, and enjoy my cardiovascular workouts. I am on a monthly maintenance program that keeps me pain free!

561-329-5597
CONCIERGE LASER.COM
No insurance accepted

Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.



Dr. Gil Wiseman
actual patient

Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
- Precision placed with guided surgery.
- Biocompatible to bond with your body.

Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills.

Every visit begins with a conversation about you. 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.

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

We Care a Lot

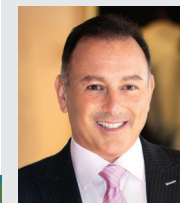
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- 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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Dental Implants

Pinhole Technique

LANAP Gum Rejuvenation

Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

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.

561-630-7120 | www.goldmaneye.com

Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS.

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



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You've had the strength within you all along. Every challenge, every triumph, every moment has shaped the courage you bring to this day. And while life was building your resilience, Florida Cancer Specialists & Research Institute was advancing research, developing tomorrow's treatments and delivering care to more Florida cancer patients than any other provider.

Together, your strength and our expertise make this fight one you're ready to face.



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