

S O U T H F L O R I D A ' S

Health & Wellness[®] MAGAZINE

September 2026

North Palm Beach Edition - Monthly



FREE



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**BACK TO SCHOOL
LEARNING MORE ABOUT ALOPECIA
WITH BAUMAN MEDICAL**

**WHAT YOU SHOULD KNOW
ABOUT PANCREATIC CANCER**

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TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
- Western Michigan University
Cooley Law School

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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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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sybil@sflhealthandwellness.com

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TRUSTS ARE NOT JUST FOR THE WEALTHY

Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.



Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage your assets in the event,, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove to be a bad result, because the husband could remarry

and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will,

follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supplemental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement

for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

Amanda Achong, Esq. is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate from Thomas M. Cooley Law School. Before opening her own legal practice, she practiced law under numerous well-established firms. Her experience has given her the expertise to be assertive in court and detail-oriented in her client work. 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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BACK TO SCHOOL

Learning More About Alopecia with Bauman Medical

by Alan J. Bauman, MD, ABHRS



As the dog days of summer come to an end, out come the backpacks and notebooks — back-to-school season is in full effect. But just because you may not have a summer break anymore, that doesn't mean you still can't learn. I may not be a teacher, but my team and I here at Bauman Medical know a thing or two about hair loss. In this month's class, we'll be discussing a timely subject: alopecia.

Yes, while September is often associated with school and the start of fall, it's also Alopecia Awareness Month, highlighting a condition many people deal with. What exactly is it? At its core, "alopecia" is simply hair loss. The most common type, accounting for 95% of cases, is androgenetic alopecia, or, as you may know it, male and female pattern baldness.

Androgenetic alopecia affects men and women differently. In men, you can expect a receding temple and hairline, along with decreased hair coverage in the back of the head and top of the scalp. In women, it begins in the frontal half of the scalp, with diffuse thinning that may extend to the temples.

Autoimmune Alopecia like alopecia areata (patchy hair loss), alopecia totalis (total scalp hair loss), or even alopecia universalis (total scalp and body hair loss) can be treated with FDA-approved drugs and regenerative therapies.

At Bauman Medical, we understand how frustrating it is to see your hair fall. That's why we're here to help

you make a change this back-to-school season. With a variety of advanced diagnostic methods at our disposal, my team strives to find the cause of hair loss, with tools like the following:

TrichoTest

This isn't your kid's math test. With the TrichoTest, we craft a truly personalized hair restoration plan specific to your scalp and your scalp alone. By analyzing your unique DNA sequences through a quick cheek swab, we identify factors affecting your hair loss and how you are likely to respond to treatment, giving you confidence in your tailored plan.

HairMetrix

It's one thing to use AI to help write an essay for English class. It's a whole other thing to utilize it for hair restoration. With HairMetrix, after microscopic scalp photos are taken, our advanced AI-powered algorithm provides precise data on your hair quantity and quality. This ongoing monitoring helps us adapt your treatment plan, fostering hope for visible progress.



Bauman Medical Certified Trichologist Kimberly Jenkins performs a detailed scalp and hair analysis, using advanced imaging technology to help assess hair and scalp health and guide personalized treatment recommendations.



The Bauman TURBO LaserCap® uses low-level laser light therapy (LLLT), an FDA-cleared treatment for hair loss that stimulates hair growth, delivered conveniently and non-invasively from the comfort of home.

HairCheck

Assessing your hair volume has never been easier with our HairCheck device. A noninvasive method, HairCheck physically measures your hair bundles, giving us information on how different regions compare to others. As a result, our team can gain insight into how well your scalp is responding to your treatment plan, as well as being able to identify changes before they're even noticeable to the naked eye.

Low-Level Laser Therapy

Just because schools don't allow hats doesn't mean our award-winning Bauman TURBO LaserCap® has to be put in a locker. In fact, using this cap for five minutes a day means you can ditch the hats and let your hair flow. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO is the perfect way to usher in the school year with thicker, fuller hair, all from the comfort of your home.

PRP

With the busyness of the school year, you don't always have the time to be going to appointment after appointment. With PRP, you only need to allocate an hour of your time for lasting results. After drawing a small blood sample, we'll be able to utilize the platelets found in your blood by separating the two. Once concentrated, we gently apply it back into your scalp for a pain-free and convenient procedure. Less time here means more time getting the kiddos to and from school.

PDOgro

If PRP is the test, think of PDOgroTM as the extra credit that goes along with it. Because we're always looking to improve upon our solutions at Bauman Medical, we took the benefits of the former and furthered it with

our delicate and absorbable polydioxanone threads that help stimulate the scalp factors that facilitate hair regrowth. Our FDA-cleared synthetic absorbable material activates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. PDOgroTM also means not having to worry about any recovery or aftercare, allowing you to reap the benefits of restoration without the common side effects. And along the way, you can always talk to our experts to ensure the process is comfortable and meets your goals.

Exosome Therapy

For the parents who just dropped their kids off at college, I imagine there will be plenty of calls and texts exchanged. Regardless of the distance, near or far, exosomes, a key part of cellular communication, act in the same manner. Within exosomes are nucleic acids, growth factors, and other proteins that, when paired with the dynamic serum of our TransEpidermal Delivery procedure, cultivate hair growth.

Learn More

Just because back-to-school season is typically geared toward kids, that doesn't mean you can't learn something new. With September being Alopecia Awareness Month, it's important to know that those who suffer from it are not alone and that there are solutions out there to help. Whether you're looking for diagnostic tools or modern regenerative options, our team at Bauman Medical is here to educate and take action to resolve the effects of alopecia. Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at www.baumanmedical.com.



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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WHAT YOU SHOULD KNOW ABOUT PANCREATIC CANCER

Pancreatic cancer can be difficult to detect because symptoms are often vague and may not appear until the disease has progressed. Understanding the signs, symptoms and risk factors can help individuals recognize when it may be time to speak with a healthcare provider.

Understanding the Pancreas

The pancreas is a gland located deep within the abdomen that helps regulate blood sugar and aids digestion. Pancreatic cancer develops when abnormal cells in the pancreas grow out of control and form a tumor. Because the pancreas is not easily examined during routine medical visits, diagnosis often requires imaging tests such as CT scans, MRI scans or ultrasounds.

Signs and Symptoms

Symptoms of pancreatic cancer can vary and may resemble those of other conditions. Potential signs include:

- Jaundice (yellowing of the skin or eyes)
- Changes in stool color or dark urine
- Loss of appetite
- Unexplained weight loss
- Nausea or digestive changes
- Fatigue
- Pain in the upper abdomen or back

While most back pain is caused by muscle strain or injury, persistent pain in the mid-back can occasionally be associated with pancreatic cancer. Because the pancreas sits near major nerves, a tumor may cause discomfort that radiates to the back. Back pain that persists or occurs alongside other symptoms should be evaluated by a healthcare provider.

Know Your Risk Factors

Several factors may increase the risk of pancreatic cancer, including:

- Age over 60
- Family history of pancreatic cancer
- Inherited genetic mutations
- Smoking
- Long-standing diabetes
- Chronic pancreatitis
- Obesity



About 10% of pancreatic cancers are believed to be hereditary. Individuals with a close family member who has been diagnosed with pancreatic cancer should talk with their physician about whether genetic counseling or testing may be appropriate.

Advances in Treatment

Treatment options may include surgery, chemotherapy, radiation therapy, targeted therapies and clinical trials. Ongoing research continues to improve understanding of pancreatic cancer and expand treatment options, offering patients access to more personalized approaches to care. According to the American Cancer Society, patients diagnosed when the cancer is still localized to the pancreas have a 44% five-year relative survival rate, highlighting the importance of timely evaluation and treatment.

When to Talk to Your Doctor

While these symptoms can be caused by many conditions, it is important to speak with your doctor if you experience persistent or unexplained changes in your health, including ongoing abdominal or back pain, jaundice, unexplained weight loss or digestive changes.

If you or a loved one has been diagnosed with pancreatic cancer, Florida Cancer Specialists & Research Institute offers personalized treatment plans, access to innovative therapies and expert cancer care close to home.

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About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Founded in 1984, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



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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

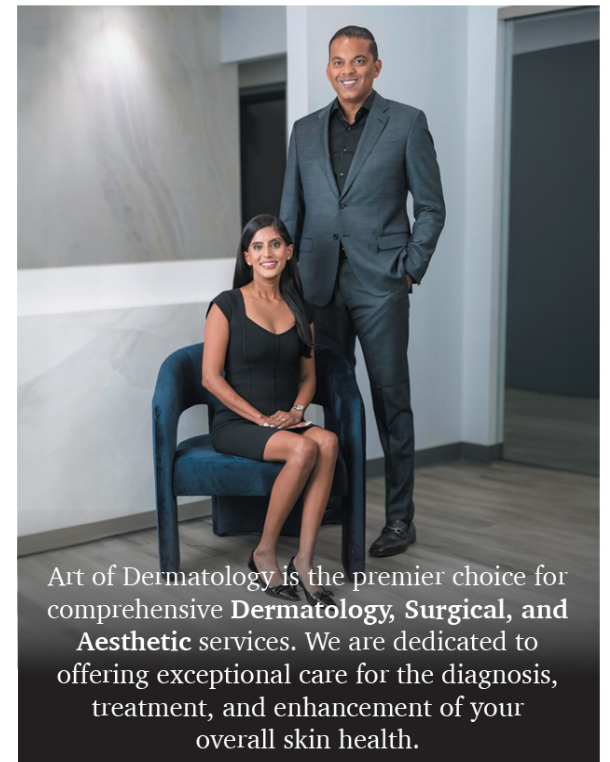
At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

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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Florida Best Home Care LLC stands out as the premier home care company in South Florida, providing unparalleled service and value to both clients and caregivers. With a commitment to offering the best prices (AS LOW AS \$21/HR!) exceptional caregiver referrals, and a transparent approach, we set ourselves apart from the competition in a number of significant ways. We are open 24/7 and always answer the phone. We know all of our customers and their caregivers well, and you will be treated like family from the day you sign up or switch to us.



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One of the key reasons why Florida Best Home Care LLC is the best choice for home care services is unbeatable savings. With customers paying as low as \$21 per hour, we are making high-quality care accessible to a wider range of clients. We have the lowest fees in town. The average client using home health care agencies in South Florida is paying \$28/hr with the caregiver receiving an average of \$15/hr. Florida Best Home Care average caregiver rate is higher while our fees remain significantly lower. Our clients affordable rates are a testament to our commitment to providing excellent service without breaking the bank. Unlike other agencies that charge exorbitant fees, we believe that quality care should be available to everyone.

EXCEPTIONAL CAREGIVER STANDARDS

At Florida Best Home Care LLC, we understand that the quality of care provided is directly related to the quality of the caregivers. That's why we go above and beyond to refer the best caregivers in the industry. Our rigorous screening process includes checking at least two professional references to ensure each caregiver's reliability and past performance. Additionally, all caregivers referred undergo FBI Level 2 background checks, ensuring that they have no criminal history and are safe to work in clients' homes. This thorough vetting process guarantees that our clients receive care from trustworthy and qualified professionals. We guarantee 100% satisfaction with our services, and if you are not happy we will replace the caregiver and charge you NO FEE.

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TRANSPARENCY

Our commitment to transparency extends to our clients as well. We believe in being upfront about pricing and services, so there are no surprises or hidden fees. There are no contracts and you can stop whenever you want. There are no deposits and you will be billed every 2 weeks after services start. This open approach fosters trust and confidence, making us a trusted partner for families, hospitals, and doctors seeking home care solutions.

EXPERTISE IN LONG-TERM CARE INSURANCE

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.



Florida Best Home Care

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THE LATEST TECHNOLOGY WITH HEARING AIDS

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

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

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

WHY DO I WANT BLUETOOTH IN MY HEARING AIDS?
This advanced hearing aid technology offers many benefits to you, including:

Personalized listening experience

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

Hands-free listening from across the room

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

Remote control of your hearing aids

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

Reliability

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

BLUETOOTH TYPES

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

Auracast™

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

WILL MY SMARTPHONE CONNECT TO HEARING AIDS? Made for iPhone™

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

Android phones

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

FAQ: BLUETOOTH HEARING AIDS Can Bluetooth help me watch TV?

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

Does streaming cause my battery to drain faster?

Most manufacturers will estimate battery usage times based on non-streaming and streaming. The hearing aids will be working harder when streaming, and therefore the battery can drain faster. Usually this doesn't negatively



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

impact the wearer's experience, but if you are often on the phone for hours or plan to stream TV all day, you may want to discuss this with your hearing healthcare provider when buying your next pair of hearing aids.

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How do I connect my hearing aids to my smartphone?

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

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

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

What about OTC hearing aids and Bluetooth?

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

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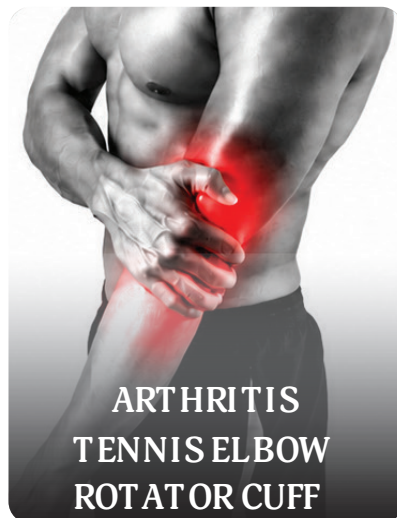
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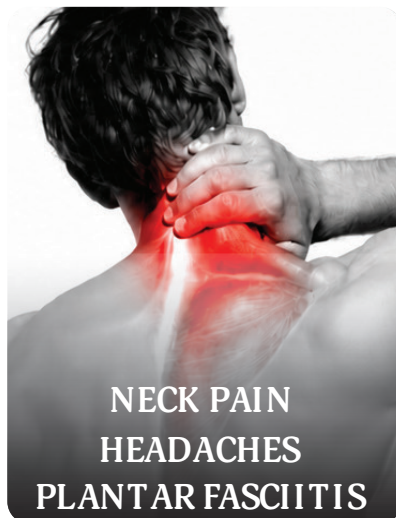
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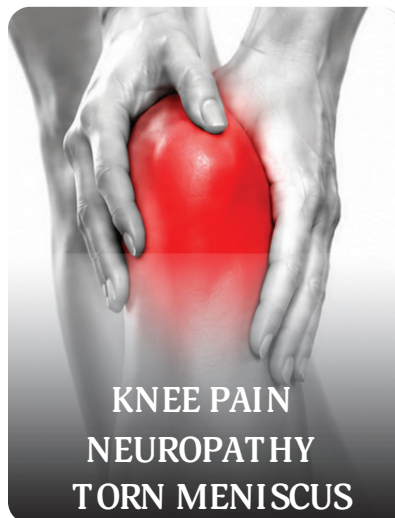
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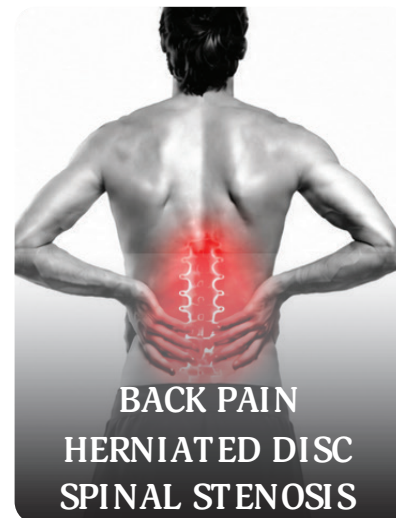
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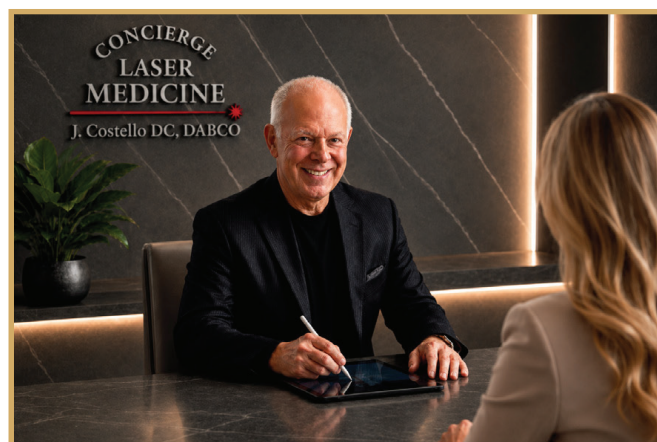
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“The laser treatment and care provided by Dr. Costello is phenomenal. I was suffering from severe sciatica and lower back pain due to herniated disc. I feel like a new man and am pain free now for more than a year.”

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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.

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

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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.

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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.

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- Together we build a treatment plan for your health and appearance.

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

Valerie, actual patient



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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.

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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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Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, microincisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

Love one another (John 13:34, others)
Accept one another (Romans 15:7)
Forgive one another (Colossians 3:13)
Don't complain against one another (James 4:11)
Be at peace with one another (Mark 9:50)
Serve one another (Galatians 5:13)
Regard one another as more important than yourself (Philippians 2:3)
Don't judge one another (Romans 14:13)
Encourage one another (1 Thessalonians 5:11)
Pray for one another (James 5:16)

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers



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