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Health & Wellness[®] MAGAZINE

October 2026

North Palm Beach Edition - Monthly



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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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TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare

When it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

BENEFITS:

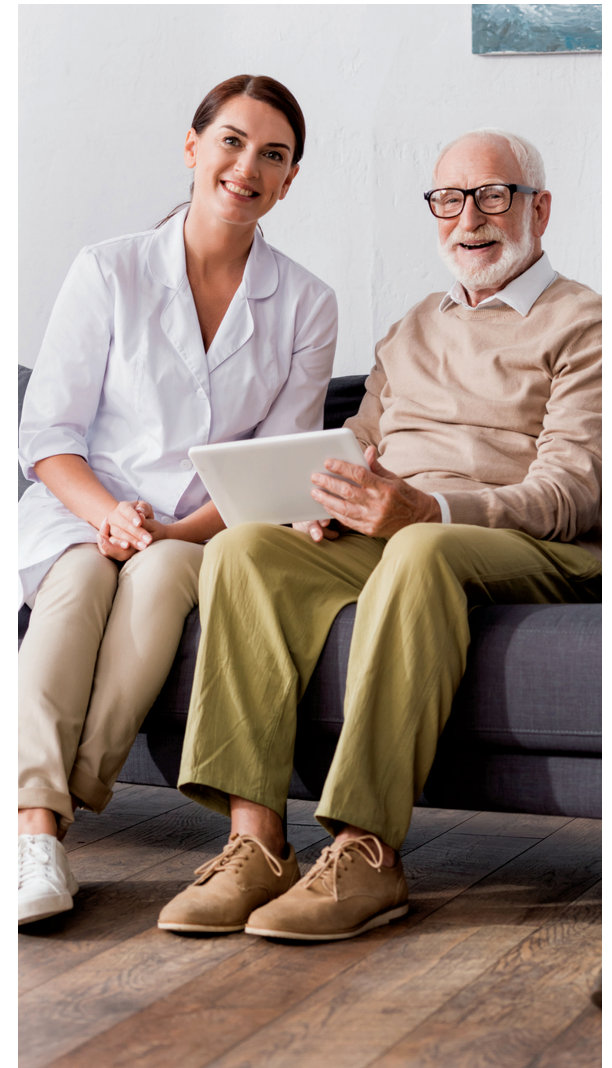
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.



Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free. This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

**Do you use
the VA medical
at least once a year?**

**Are you using Homecare
now but need more
hours? Is the cost
too high?**

**Are you in need of
home healthcare?**

ScHAIRy HOURS

Leave the Tricks, Stay for the Treatments with Bauman Medical

by Alan J. Bauman, MD, ABHRS



As the temperature drops and the days become shorter, we're getting closer to the spookiest time of year. While the month of October is known for scary costumes and horror movies, there's nothing more terrifying than these two words: hair loss.

The scariest thing about hair loss is that it's based in reality — there are no urban legends here. As the clock ticks toward Halloween, so does the potential of fallen follicles, and like I always say, "time equals follicles." But hair loss doesn't have to be something that has you looking under your bed like the Boogey Man.

Every monster has its weakness. Vampires hate garlic. Werewolves despise silver. And hair loss? Well, hair loss has one weakness, and it's right here in Boca Raton. The potential of a thinned-out crown no longer needs to feel like an invincible phenomenon. Let Bauman Medical be your silver bullet against hair loss with our no-tricks, just-treatment approach.

FUE

For some, the scariest words one can hear are "hair transplant." Back before the turn of the millennium, I could understand the fear in this. After all, a painful, plug-based transplant seems more fitting for Frankenstein's Monster, not your scalp. Well, you all can breathe a sigh of relief, as hair transplants at Bauman Medical ditch the pain and plugs, and instead we opt for a 100% natural treatment that leaves our patients feeling like they've turned back the calendar.

With Follicular Unit Extraction, or FUE, for short, our hair experts say goodbye to the archaic days of strip harvesting. No scalpel or stitches are required; instead, we harvest individual hair follicles directly from the scalp. Assisting my team are specialized mechanical instruments to ensure that each procedure is as safe and efficient as possible.

"But what about scarring?" We kept that in mind as well, as patients will walk out of their procedure without a linear scar. While you may need a wig for your Halloween party, I can assure you that you won't need any head coverings once you leave our clinic.

VIP|FUE

Now that we've conquered our fear of hair transplants, let's take a step forward and embrace them even more. While FUE is already a great option, our VIP edition of the procedure makes it even more discreet. What makes VIP|FUE a step up is the fact that it requires no type of shaving or trimming. It'll be like we weren't even there.

When you're done, you can take a look into our crystal ball with our "long-hair preview," a little treat before reaping the benefits down the line. Come next Halloween, you'll be basing your costume around that new do of yours.



A patient's new hairline is mapped out and the donor area is trimmed in preparation for a traditional FUE procedure. With VIP|FUE, no shaving or trimming is required, so patients can keep their current hairstyle.



A Bauman Medical Patient Advocate reviews the Bauman TURBO LaserCap® with a patient. This FDA-cleared, at-home low-level laser therapy (LLLT) device stimulates hair growth with just five minutes of daily use.

Low-Level Laser Light Therapy Caps

As temperatures drop, you may want to put on a beanie to keep warm. Why not let a thick, healthy head of hair do the same by donning my trademarked Bauman TURBO LaserCap®. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, all you need is five minutes of use daily to revitalize your scalp and stimulate hair growth for this fall and future seasons to come.

PRP Platelet-Rich Plasma

Blood is a staple of horror movies. At Bauman Medical, it's a staple for hair growth. With PRP, we start by drawing a small sample of blood in order to isolate the platelets within. We then concentrate these platelets before injecting them back into the patient's scalp. This serum acts as a way to invigorate the scalp for improved hair growth. Afraid of needles? No need to be! As PRP is performed while under anesthesia, making it a painless procedure that's done within an hour.

PDOgro™

Just like how we've come to embrace hair transplants, we're doing the same this fall with needles by showcasing the next tier of PRP — PDOgro™. With this upgrade, we take the best of an already established procedure and couple it with Bauman Medical's delicate and absorbable polydioxanone threads. FDA-cleared, these threads are imperative to cultivating various scalp functions that aid in hair regrowth. These include activation of endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. The best part? No need to worry about recovery or aftercare, allowing you to go to that costume party or take the kids Trick-or-Treating.

TED

With our TransEpidermal Delivery procedure, we're continuing to keep your scalp out of harm's way. This non-invasive method is an effective way of administering hair growth serum to penetrate the scalp. TED's serum features an array of treats that are essential for a healthy scalp landscape, ranging from amino acids to growth factors, and even advanced peptides! When you put these together, you've got a sweet concoction that translates into increased blood flow, stronger hair fibers, decreased shedding, and stimulated hair follicles.

TED w/Exosomes

Now is the time to start texting your friends and family about Halloween plans. After all, you don't want to have any costume repeaters. While they're probably not talking about Halloween, exosomes are still finding ways to share information across the body. It may not seem like an important conversation, but these exosomes contain nucleic acids, growth factors, and other proteins that aid in hair restoration and repair. When we implement exosomes into a TED procedure, we're speeding up the process and getting you to your hair destination quicker than before.

Learn More

Leave the tricks to the kids and just enjoy the treats. Hair loss no longer has to feel like a horror movie when working with my team here at Bauman Medical. From at-home treatments to in-person procedures, there's no need to fear a fallen follicle when you step into my clinic. 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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Breast Cancer. Let's Start With the Good News!

Any cancer diagnosis can be frightening, but breast cancer can be especially unsettling. The good news is that advances in early detection and treatment are changing the outlook for many people with the disease.

About one in eight women will develop breast cancer during her lifetime. It is the most commonly diagnosed cancer among American women, other than skin cancers. Although rare, men can develop breast cancer, too, with nearly 3,000 American men expected to be diagnosed this year.

Breast cancer death rates have declined steadily over the past two decades, driven by improvements in screening and early detection, greater awareness and significant advances in treatment. Today, more than 4.3 million people in the United States are living with a history of breast cancer — a testament to how far diagnosis and treatment have come.

Breast cancer is not one disease. It has many subtypes, each with different characteristics and treatment approaches. Advances in genetic testing, immunotherapy and targeted therapies are transforming how it is diagnosed and treated.

So, what is breast cancer?

Breast cancer starts when healthy cells in the breast change and begin to grow out of control. A buildup of these cells can form a mass of tissue called a lump, growth or tumor. Cancer cells can enter the blood or lymphatic system and spread, or metastasize, to other parts of the body. Breast cancer can develop in one or both breasts and can begin in different areas of the breast.

What are the risk factors, and who is most at risk?

While researchers don't know exactly what causes every case of breast cancer, being born female and getting older are the strongest risk factors. The American Cancer Society estimates that about 13% of women in the U.S. will develop invasive breast cancer during their lifetime.

Having a first-degree relative — such as a mother, sister or daughter — with breast cancer can nearly double a woman's risk. If you have a family history of breast or other cancers, talk with your doctor about whether genetic counseling or testing may be appropriate.

Genes, lifestyle and environment all influence cancer risk. Some factors, such as obesity and alcohol use, can be modified through healthy lifestyle choices, while others — including age and inherited genetic changes — cannot.

Early detection can be a lifesaver!

Many women with breast cancer have no symptoms, which is why regular screening is important. Screening can detect cancer before symptoms appear, when it is often easier to treat.

Finding cancer before it has spread (metastasized) generally provides more treatment options and better outcomes.

When breast cancer is diagnosed while still localized to the breast, the five-year relative survival rate is 99%, according to the American Cancer Society. About 61% of breast cancers are diagnosed at this stage.

Know your breast cancer screening schedule
Mammograms, which use low-dose X-rays to create images of the breast, are the best screening test available for detecting breast cancer early.

An abnormal mammogram does not necessarily mean cancer is present, but additional imaging or other follow-up tests may be needed to determine the cause of a change.

For women at average risk of breast cancer, the American Cancer Society recommends these general screening guidelines:

Ages 40 to 44: Women have the option to begin yearly mammograms.

Ages 45 to 54: Yearly mammograms are recommended.

Age 55 and older: Mammograms every two years, or the option to continue yearly screening.

**The American Cancer Society recommends that women continue screening as long as their overall health is good and they have a life expectancy of 10 years or longer.*

Mammograms are not routinely recommended for men. However, men can develop breast cancer, and any new lump, swelling or other breast change should be evaluated by a health care provider.



Knowing your breasts — how they normally look and feel — can help you recognize changes that may need attention. If you notice something new or unusual, don't ignore it; talk with your health care provider. And stay up to date with recommended screenings. Early detection can make a meaningful difference.

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

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For more information, visit
FLCancer.com.

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

In a world where health consciousness is on the rise, one critical aspect of preventive care often goes overlooked: regular skin cancer screenings. With skin cancer being one of the most common types of cancer worldwide, the importance of early detection through routine check-ups cannot be overstated. This article delves into why staying vigilant about your skin health, particularly in checking for melanomas, could be a life-saving decision.

Understanding Skin Cancer and Melanoma

Skin cancer occurs when skin cells grow abnormally, often due to damage from UV radiation. While there are several types of skin cancer, melanoma is the most dangerous. Melanoma develops in the melanocytes, the cells responsible for producing skin pigment. Although it's less common than other skin cancers, melanoma is far more likely to spread to other parts of the body if not caught early.

The Power of Early Detection

The key to successfully treating skin cancer, especially melanoma, lies in early detection. When caught in its initial stages, the five-year survival rate for melanoma is an impressive 99%. However, this rate drops dramatically to 27% for melanomas that have spread to distant parts of the body. These statistics underscore the critical importance of regular skin checks and professional screenings.

Recognizing the Warning Signs

While professional screenings are crucial, being aware of your own skin and any changes is equally important. The "ABCDE" rule is a helpful guide for identifying potential melanomas:

Asymmetry: One half of the mole doesn't match the other half.

Border: The edges are irregular, ragged, or blurred.

Color: The color is not uniform and may include shades of brown, black, or tan.

Diameter: Melanomas are usually larger than 6mm (about the size of a pencil eraser).

Evolving: The mole changes in size, shape, or color over time.

Any mole or skin growth exhibiting these characteristics warrants immediate medical attention.

The Screening Process

A professional skin cancer screening is a quick, painless procedure that can be performed by a dermatologist or trained healthcare provider. During the screening, the doctor will thoroughly examine your skin, paying close attention to areas frequently exposed to the sun. They may use a dermatoscope, a special magnifying tool, to get a closer look at suspicious spots.

Who Should Get Screened and How Often?

While everyone should be mindful of their skin health, certain factors increase the risk of skin cancer:

- Fair skin
- History of sunburns or excessive sun exposure
- Multiple or atypical moles
- Family history of skin cancer
- Weakened immune system

For those at average risk, an annual skin check is recommended. However, individuals with higher risk factors may need more frequent screenings. It's best to consult with a healthcare provider to determine the most appropriate screening schedule for your specific situation.

Beyond Professional Screenings: The Importance of Self-Checks

In between professional screenings, monthly self-examinations are crucial. These self-checks allow you to become familiar with your skin's normal appearance and help you spot any changes quickly. Use a full-length mirror and a hand mirror to examine your entire body, including hard-to-see areas like your back, scalp, and between your toes.

Prevention: Your First Line of Defense

While regular screenings are vital, prevention remains the best strategy against skin cancer. Protect your skin by:

- Applying broad-spectrum sunscreen with at least SPF 30 daily
- Wearing protective clothing, including wide-brimmed hats and sunglasses
- Seeking shade, especially during peak sun hours (10 am to 4 pm)
- Avoiding tanning beds and sun lamps

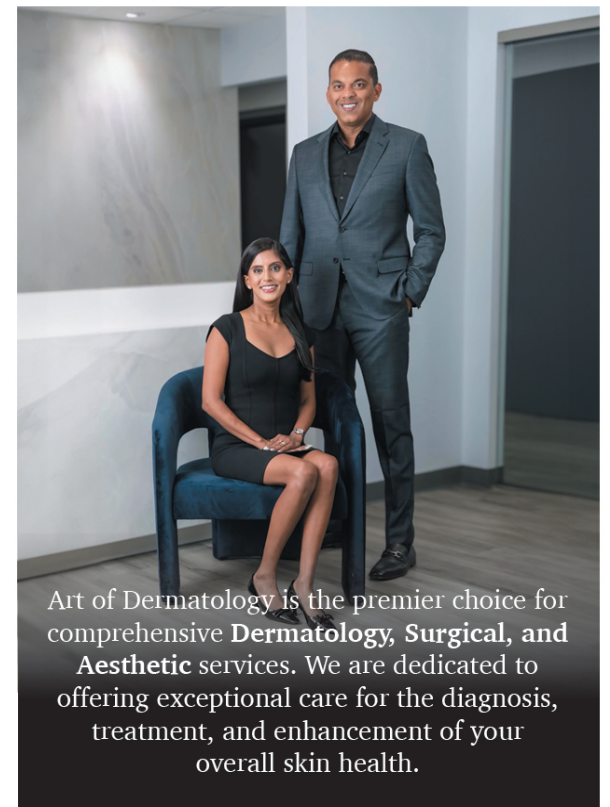
The Broader Impact of Regular Screenings

Regular skin cancer screenings don't just benefit individuals; they have a broader societal impact. Early detection reduces the overall burden on healthcare systems by catching cancers when they're most treatable. It also helps raise awareness about skin cancer, encouraging others to prioritize their skin health.

Conclusion: A Small Step for Significant Peace of Mind

In the grand scheme of health maintenance, skin cancer screenings are a relatively small investment of time that can yield enormous benefits. By making these screenings a regular part of your health routine, you're taking a proactive step in protecting yourself against one of the most prevalent forms of cancer. Remember, your skin is your body's largest organ and its first line of defense against the environment. Treating it with the care and attention it deserves isn't just about aesthetics—it's about preserving your overall health and potentially saving your life.

Don't wait for a problem to arise. Schedule a skin cancer screening today and empower yourself with the knowledge and vigilance needed to keep your skin healthy for years to come. Your future self will thank you for this simple yet powerful act of self-care.



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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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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

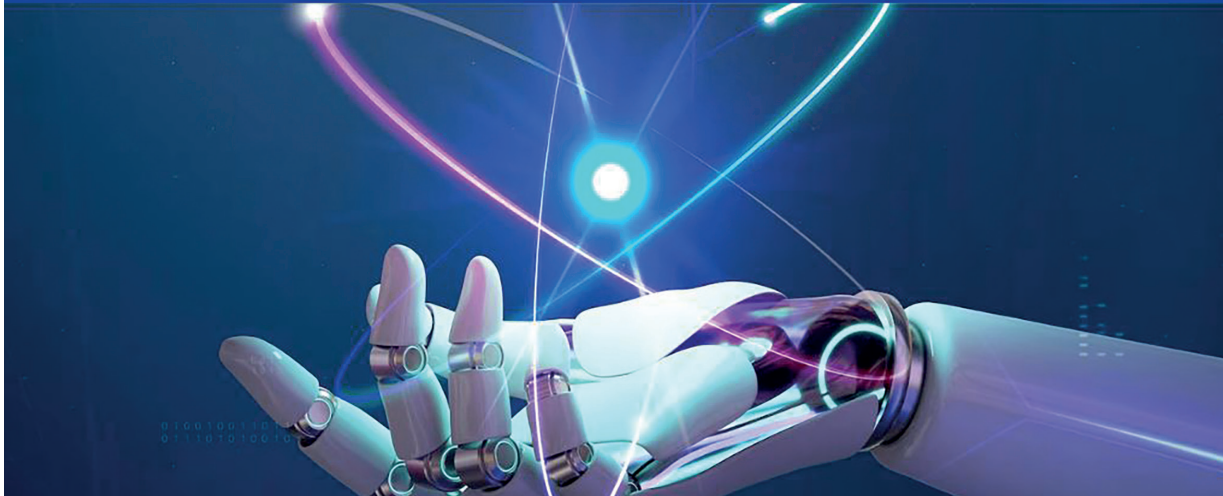
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LET'S TALK ABOUT AI

Artificial Intelligence in Hearing Aids



If you have been on social media at all this past summer, you have probably seen announcements from the major hearing aid companies that new technology has been released. People have been asking about the "new AI hearing aids." I want to clarify that all digital hearing aids for the past 25 years have been using AI. Basically, when hearing aids adjust to your surroundings, they are using traditional AI to listen to the environment, classify it as quiet or noisy and then apply the appropriate technology for that specific situation. Generative AI creates content by learning patterns and Agentic AI builds upon generative AI to act as an autonomous problem-solver.

That being said, today's AI is light years away from the AI of even 10 years ago.

Oticon zeal: the first Bluetooth capable and rechargeable CIC (completely-in-the-canal). For people that want a small, discreet hearing aid, this can be a good choice. It is only available in premium technology and is one-size-fits-all so if you have a small ear canal, this may not be as comfortable as a custom CIC.

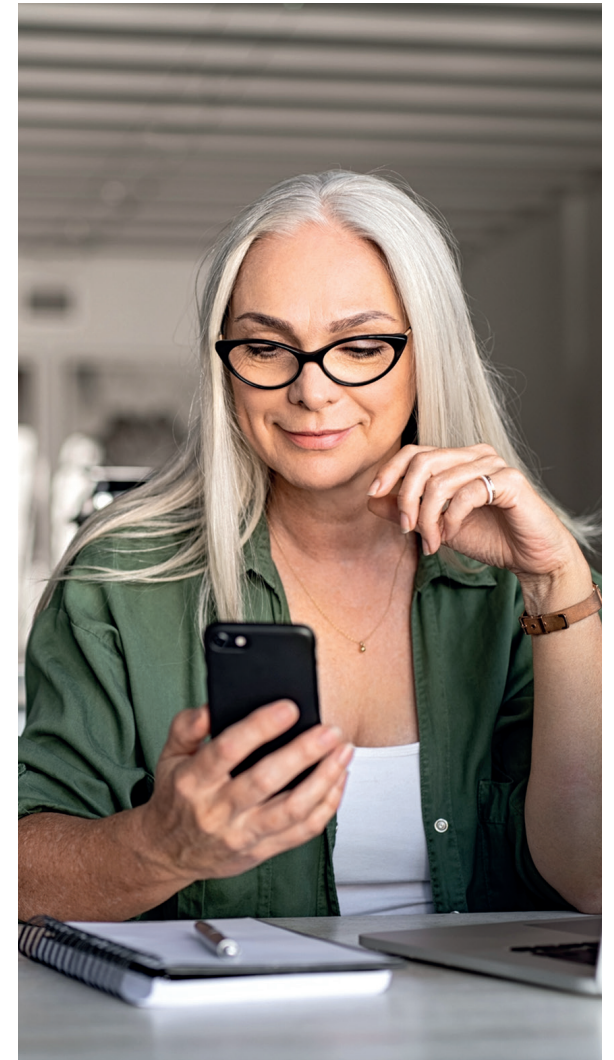
Oticon Reveal: Two AI pathways (not dual chip) - one pathway is constantly looking for speech and the other pathway is classifying and preserving contextual cues. Available in 4 levels of technology. Auracast ready.

Phonak: Phonak introduced a dual chip hearing aid about 18 months ago, the Infinio and then in August released a new platform. They made 3

improvements: the size is 25% smaller, their wind noise suppression is impressive and the Sphere setting is now available in the standard level of technology, not just the advanced and premium. Auracast ready. Infinio Spheres will have a software update in 2027 to get them Auracast ready.

ReSound: ReSound introduced their dual chip aids also about 18 months ago with the Vivia family. The 2nd computer chip is only available in the premium level and it is not automatically applied. They have now released the Sensia which activates the 2nd chip in all environments if the noise level is high enough but it is still only available in the premium level of technology. The Sensia also improved the amount of battery drain. Auracast ready.

Signia Max: Four AI pathways and two chips helping to control background noise and focus on speech. All 4 pathways are constantly analyzing the environment, monitoring conversation,



monitoring own voice, and adjusting for noise. This technology is available in standard, advanced and premium technology. They will be able to be updated through a firmware update in the Spring for Auracast.

Starkey Omega: This new platform uses a multi-processor system that is constantly listening and adapting to the environment. For previous users that used Edge mode, this is now incorporated into the automatic program rather than a separate program. The Omega is available in all technology levels and are Auracast ready.

All of the above hearing aids are available in RIC styles only. I don't know for sure but I would expect custom aids and power BTE's to follow at some point but that is truly just a guess.

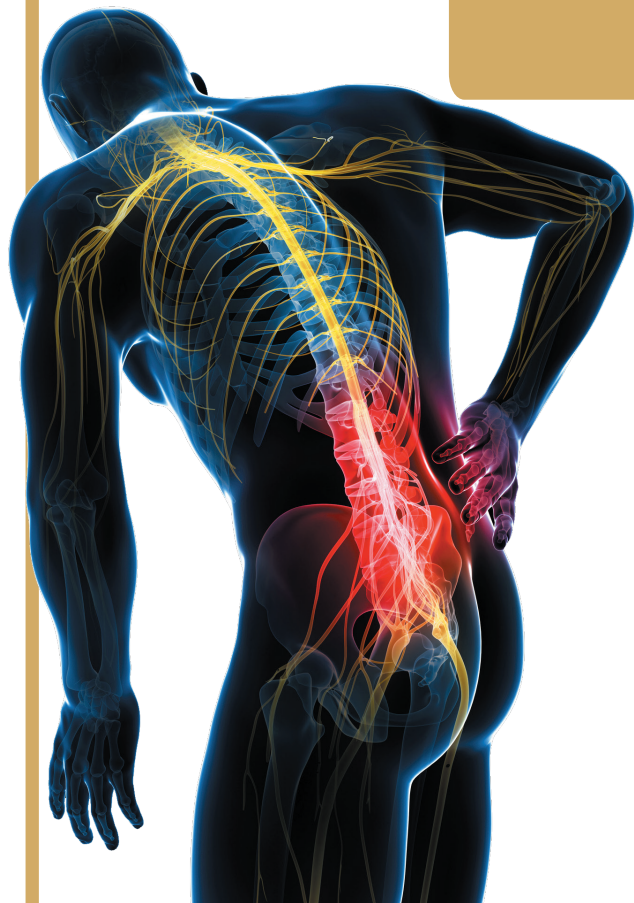
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Hearing Healthcare That You Can Trust

SPINAL STENOSIS -

YOU WERE TOLD *Surgery* WAS
YOUR ONLY OPTION

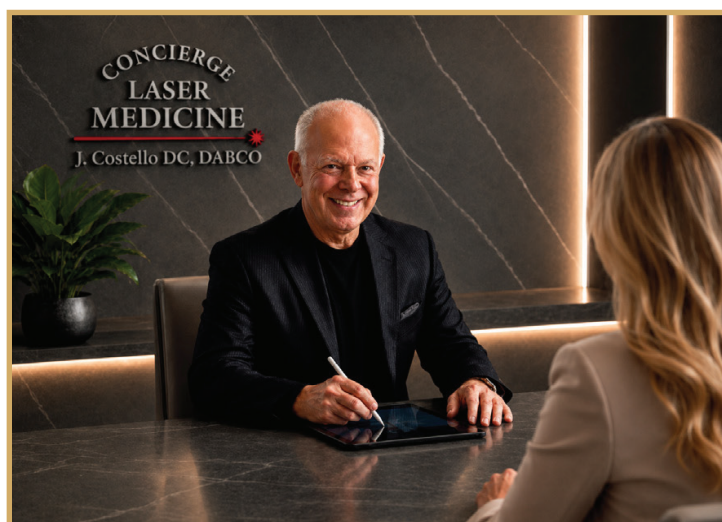


WHAT IS SPINAL STENOSIS?

- ✓ The inability to stand or walk for time and/or distance
- ✓ Symptoms are relieved by sitting
- ✓ Symptoms are worse while standing & walking
- ✓ Patients stand in a flexed (bent forward) position

WHAT CAN THE HYPERPULSED YAG LASER DO FOR SPINAL STENOSIS?

- ✓ Remove pain & inflammation
- ✓ Decrease swollen disc & ligaments
- ✓ Heal nerves
- ✓ Increase ability to stand and walk



FACTS

- ✓ Painless - safest treatment in modern medicine – no side effects – ong-term results
- ✓ Outperforms any knife, needle or a pill!
- ✓ Visit our website for testimonials of pain free patients

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NO INSURANCE ACCEPTED

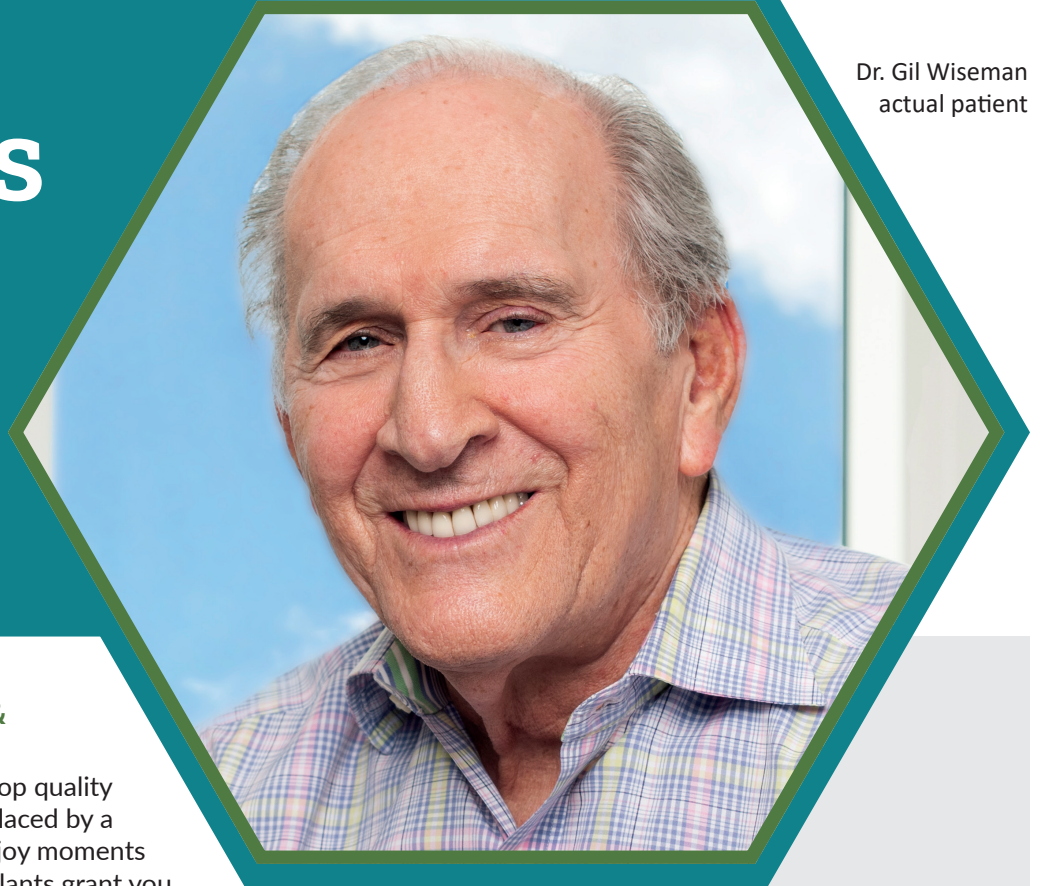
CONCIERGE
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J. Costello DC, DABCO
Pain Relief at the Speed of Light

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

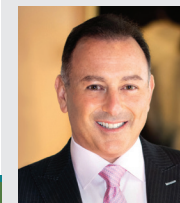
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- 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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UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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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selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, *“Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece...*” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



www.christfellowship.church



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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