

Through many years of treating patients with painful temporomandibular joint disorders (TMJ), headaches, sleep apnea, and snoring disorders using non-surgical intervention, Michael Gelb, DDS, MS, has noticed that many of his female patients come to him with complaints of headaches and chronic pain. "When I probe a little deeper, it turns out they are fatigued, even exhausted," he explains. "Many also complain of insomnia, anxiety, reflux, and difficulty concentrating. Taking a CBCT often shows that these patients have small airways along with a form of sleep disordered breathing." According to Dr. Gelb, a fear of sleeping results when the body perceives it will be threatened during sleep. This disturbed sleep or sleep fragmentation then produces fatigue and executive function issues."

Opening the airway while relaxing the jaw muscles helps to alleviate not only the pain, but a host of other seemingly unrelated problems," Dr. Gelb notes. "A team approach is often necessary for long-lasting results." By helping patients connect the dots, Dr. Gelb is able to help them regain their vitality and function and get a restful night's sleep.

James R. Gordon, MD, FACS

Cosmetic Eyelid & Facial Surgeon
450 Mamaroneck Ave, Harrison
(914) 949-9200



984 N Broadway,
Yonkers
(914) 476-0650;
www.Cosmetic-Eyelids.com

Erasing blemishes, creating confidence

True beauty comes from within, but confidence often begins right on the surface. Dr. James Gordon, board certified ophthalmologist and oculoplastic surgeon, has worked with numerous young men and women suffering from the scars of acne and other skin problems. He says, "The natural, youthful glow and self-esteem boost are the best side-effects of the skin treatment, which tightens the skin and reduces the appearance of wrinkles, fine lines, and other skin irregularities." Dr. Gordon pioneered the research and development of the LightPod Era. First in the U.S. to utilize the world's only portable erbium laser for skin resurfacing, Dr. Gordon is instrumental in the training of many physicians throughout the country.

To help patients like Sara, Dr. Gordon uses the LightPod Era Erbium laser to perform the minimally invasive laser skin treatment, turning the treated area into fresh, healthy skin only one week later with improvements continuing for the next several months. Just ask Sara, who says her skin looks like it did before her awkward pre-teen, acne stage. It helped Sara feel good and positive about herself!

SkinThera P™



Medical Cosmetic & Laser Spa

The Science of Beautiful Skin™

Scarsdale
15 Popham Road
(914) 819-0489

Manhattan
301 East 81st Street
(212) 253-7138



William Greenberg, M.D.

www.skintherapwestchester.com

ULTHERAPY Give Yourself A Lift

Newer indications include Neck & Chest

A 1-Hour Non-Invasive Lift of the face, neck, and chest.

Non-surgical procedure that gives you great results NO DOWNTIME!



BEFORE



AFTER



"I don't want to change my look. Just my frown lines."

Dysport is a prescription injection for temporary improvement in the look of moderate to severe frown lines between the eyebrows in adults less than 65 years of age.

Dysport

coolsculpting™

CALL FOR SUPER SAVINGS



BEFORE



60 DAYS AFTER ONE COOLSCULPTING™ TREATMENT

SUPER FACIAL
10% OFF
New clients only.
Exp. 12/31/2014

\$250 OFF
Ultherapy
Full face, neck or chest
Exp. 12/31/2014

coolsculpting™
Come in for a Consultation in December and Register to Win a FREE Area

scope and sonogram. He provided her with custom-made orthotics and custom-made shoes by his company, Dr. D-LuCS: Doctor Designed Luxury Custom Shoes.

"The end result was she was able to dance and celebrate and rejoice at her granddaughter's wedding pain free," Dr. Pinker says. "She has been very happy ever since." He encourages others to join his elite group at Dr. D-LuCS, which happens after just one shoe purchase, so they too, can dance through life.

Dr. Hal Mendel

Mendel Optical Insight
19A Rye Ridge Plaza, Rye Brook
(914) 939-2224
www.mendelopticalinsight.com



The eyes have it

Nearsighted people need not apply. The Navy Seals and specialists of many Armed Forces units must have perfect vision to even be considered

for the challenges they will face. As Dr. Hal Mendel explains, there can be no risk of losing glasses or a contact during a special mission. He works with those interested in applying for the special units to prep them for lasik surgery.

"They come to me with very poor vision. I work with them on pre-op and accompany them to the TLC Laser Center." Dr. Mendel says. "Just one day after surgery with Dr. Jodi Abrahamson, they wake up with 20/20 vision." Dr. Mendel says the procedure helps many police officers as well. "It is wonderful to work as a team with TLC and enable so many to perform their best," Dr. Mendel says. He invites those who are nearsighted to not give up on their career dreams because of poor vision. Visit Mendel Optical Insights to see what it means to see clearly.

Montefiore Medical Center

111 E 210th St, New York, NY
(718) 920-4321; www.montefiore.org



Winning with teamwork

At age three, Crystal Gabbe was diagnosed with Ewing sarcoma, a rare bone cancer, in her hip. To shrink the tumor, the pediatric oncology team lead by

Richard Gorlick, MD, treated Crystal with chemotherapy. Next, fellowship-trained orthopedic oncologist David Geller, MD, surgically removed the tumor and re-constructed Crystal's hip with a custom

See Your Better Half...



You look good for your age. There are a few things you'd like to do to keep looking as young as you feel. Whether you want to get rid of the hoods or bags from your eyes, smooth wrinkles, tighten sagging skin or correct the effects of aging, Dr. James Gordon offers a wide array of procedures to help you achieve the appearance you desire. Call today to find your better half!



COMPLIMENTARY CONSULTATION

450 Mamaroneck Ave,
Harrison, NY 10528
914.949.9200

984 North Broadway,
Yonkers, NY 10701
914.476.0650

Learn more at www.CosmeticEyelids.com

JAMES R. GORDON, MD, FACS

Castle Connolly's TOP DOCTORS

New York's & Westchester's TOP DOCS



CONNECT THE DOTS, TRANSFORM YOUR LIFE

Optimize your Bite, Balance, and Breathing



Dr. Gelb can help you **connect the dots** using an integrative approach to **transform your life**. Call to schedule your one hour consultation today.



Manhattan: 635 Madison Ave., 19th Fl, NY, NY • 212.752.1662
White Plains: 12 Old Mamaroneck Rd., Ste 1C, NY • 914.686.4528
www.gelbcenter.com