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 preteen, acne stage. It helped Sara feel good and positive about herself!

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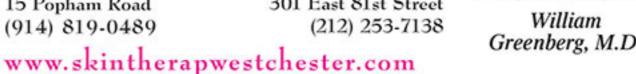
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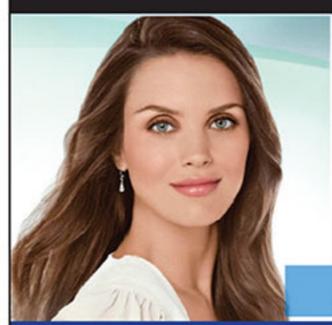
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scope and sonogram. He provided her with custom-made orthotics and custom-made shoes by his company, Dr. D-LuCS: Doctor Designed Luxury Custom Shoes.

"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

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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 reconstructed Crystal's hip with a custom

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