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Ask Dr. "G"

Dr. James Gordon

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"Ask Dr. G"

Dr. James Gordon shares his secrets to success and looking & feeling good.

By Lina Mei

詹姆斯·R·高登博士，是著名的委员会认证眼科医生，专长眼整形手术（眼睑和面部整容 / 重建手术）。他拥有超过14年的丰富经验，包实施上千例的从简单的眼睑提升手术，到复杂的重建手术。

纵观整个职业生涯，高登博士赢得了许多奖项和荣誉，包括被授予“病患最佳选择”奖，被美国新闻与世界报道命名为顶尖医生，康诺利城堡顶级医生，并入选马奎斯美国名人录。高登博士还荣幸地被纽约时报公认为纽约最佳医生之一。

我们对高登博士进行了采访，并以他的成就、成功秘诀和容颜保养为话题展开对话。

丽娜：请问是什么原因促成你从医的？又为什么选择眼科和眼部整形手术作为你的专业？

高登博士：这是我儿时的志向，深受我父亲，布鲁斯·高登博士的激励与影响。成长过程中，他与我分享过许多帮助病人恢复视力，重见光明的故事。父亲的热情燃点了我投身于此行业的志趣，并最终加入威彻斯特郡眼科协会与他并肩工作，成为一名眼科医生。我以眼部整形为专长并不断提升手术技巧，因为我相信不仅看清楚是必须的，看上去美也很重要。当人感觉幸福，他们的笑意会在眼睛中闪烁，我喜欢看到自信和喜悦的样子！

丽娜：无论是在威彻斯特郡，还是纽约大都会地区，你们的眼科护理专业中心规模都堪称数一数二。最近你们将眼科中心扩

Dr. James R. Gordon, is a renowned board-certified Ophthalmologist specializing in Oculoplastic surgery (eyelid and facial cosmetic / reconstructive surgery). He has over 14 years of extensive experience including thousands of procedures from simple eyelid enhancement surgery to major reconstructive procedures.

Throughout his career, Dr. Gordon has earned many awards and distinctions, including the "Patients Choice Award" and being named to *U.S. News & World Report's* "Top Doctors", *Castle Connolly's* "Top Doctors", and *Marquis Who's Who in America*. Dr. Gordon is honored to be recognized as one of New York's Best Doctors in *The New York Times*.

We interviewed with Dr. Gordon about his achievement as well as his secrets to success and looking & feeling good.

Lina: Why did you choose to become a doctor? And why did you specialize in Ophthalmology and Oculoplastic Surgery?

Dr. Gordon: It was my ambition since I was a child. I was inspired by my dad, Dr. Bruce Gordon. Growing up, he shared stories of restoring sight to his patients. His passion sparked my interest to join him in his practice at Westchester Eye Associates to become an Ophthalmologist. I further specialized

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高登博士：1974年，我父亲在白原市一个虽小但功能齐全的办公地点开展了他的眼科医疗实践。在短短数年，威彻斯特郡眼科协会蓬勃发展，并在过去的四十年里持续壮大。这促使我们在附近，纽约州哈里森，找到新的医疗场所，可以提供更大的空间和舒适性，更好的停车场，最重要的是引进先进的前沿技术，而这是我们的患者所应尊享的。

in Oculoplastic Surgery and advanced my surgical skills for eyelid aesthetics because I believe it is not just important to see well, but to also look and feel good. When people are happy, they smile with their eyes. I love seeing that look of confidence and joy!

Lina: As the largest eye care specialty practice in Westchester County and one of the largest in the New York Metropolitan area, you recently expanded



全新的眼科中心 - Brand New Office in Harrison, NY.

丽娜：曾经有关于通过整容而变美是耻辱的说法，你有何感想？

高登博士：在整形手术中“Plastic”并不意味着人工的。相反，它源于古希腊字“Plastikos”，意思是模具或赋予转变。越来越多的年轻患者找我来重塑五官轮廓，如双眼皮手术和其他非手术诊疗，如肉毒杆菌，填充和激光磨皮，从而消除皱纹，收紧肌肤。其中的一些诊疗方式，也可惠及老年患者，主要是通过手术去掉眼睑下垂和眼袋。每个人都可以通过一点额外的帮助来提高他们的自信心，令他们看起来如自我感觉般地年轻。

丽娜：您实施了无数成功的眼科和整容手术，并获得了众多奖项，被誉为“顶级医生”。你认为是什么促成了你的巨大成功和成就？

高登博士：我热爱我的工作。我引以自豪的是可以帮助人们看得更清楚，看上去更

your office to a new location. Can you share with us more about the move?

Dr. Gordon: My father opened his ophthalmology practice in 1974 in a small but functional office space in White Plains, NY. In just a short time, Westchester Eye Associates blossomed and has continued to expand over the past forty years. Our continuing growth mandated that we find a nearby location in Harrison, NY where we can offer even greater space and comfort, better parking, and most importantly the advanced leading edge technology that our valued patients deserve.

Lina: There was once a stigma about having plastic surgery to look good. What are your thoughts?

Dr. Gordon: “Plastic” in plastic surgery does not mean artificial. Rather, >>

“The greatest counsel I was given when I joined my father in practice was his saying, ‘Treat every patient as if they were your own mother.’”



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it is derived from the ancient Greek word "Plastikos", meaning to mold or to give form. Increasingly, many younger patients are coming to me for enhancement of facial features, such as double eyelid surgery and other non-surgical procedures like Botox, fillers and laser skin resurfacing to eliminate wrinkles and tighten skin. Some of these procedures spill over to the older patients, who come mostly for rejuvenation work to get rid of droopy eyelids and eye bags. Everyone can use a little extra help to boost their self-confidence and help them look as young as they feel.

Lina: With countless successful surgeries and cosmetic procedures under your belt, you have also received numerous awards and distinctions as "Top Doctor". What do you think contributed to your immense success and achievement?

Dr. Gordon: I love my work. I take pride in helping people see better, and look their best. I always put in the time and effort to provide the best care for all patients. With a passion to get my patients the best possible outcomes, I strive to provide individualized treatment to suit every unique patient and only recommend procedures that yield natural-appearing improvements. The greatest counsel I was given when I joined my father in practice was his saying, "Treat every patient as if they were your own mother." I give every patient the same advice and help I would give to my mom. Even if that means turning patients away for unnecessary cosmetic work or unrealistic demands, I tell patients my honest, unbiased opinion. I think they really appreciate that.

In addition to his busy practice, Dr. Gordon promotes awareness of health issues. He brings his passion and commitment to patient care through community service and volunteer work - including visits to nursing homes and involvement in surgical relief work in India. ■

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美好。我总是将时间和精力用于让所有病人得到最无微不至的照顾。我不懈努力以让我的病人得到最佳的可能结果，致力于为每位病患来提供个性化的治疗，并且只建议那些自然而然的改善方法。当我从医时，父亲给予最好的教导是：“对待每一位病人，如同他是自己的母亲”。我会像给予我的妈妈一样，给予每位病人同样的建议和帮助，甚至要说服患者避免不必要的整容或放弃不切实际的需要。我会如实客观地将意见告知病患，而他们也为此心存感激。

忙于出诊的同时，高登博士还致力于提高公众对健康问题的认识。通过社区服务和志愿者工作，他把激情和承诺带给了病患，包括定期拜访养老院和参与到印度的义诊工作。 ■

“当我从医时，父亲给予最好的教导是：‘对待每一位病人，如同他是自己的母亲’”



Scan the code with your smartphone or visit www.CosmeticEyelids.com to learn more about Dr. "G" and see before & after patient photos.

"My Focus is on Your Eyes"

Cosmetic Eyelid Surgery:



Dr. James Gordon can remove your "Hoods" and "Bags", creating a more youthful and less tired appearance.

JAMES R. GORDON M.D, P.C., F.A.A.O, F.A.C.S.

Call today for a complimentary consultation.

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