

# **GRIFFIN OPTOMETRIC GROUP**

**T. POWERS GRIFFIN, OD**  
**S. RANDALL GRIFFIN, OD**  
**PATRICK GRIFFIN, OD**



In 1957, newly-minted optometrist Dr. Ted Griffin Sr. packed up his growing family and headed west to California. He had a vision for the type of businessman he wanted to become and he set out to build a practice with the highest professional standards. Dr. Griffin pursued these ambitions in his adopted community of San Clemente while raising a family and donating his time to local civic organizations. His core values were passed on to his three sons, all of whom traced their father's footsteps and studied optometry.

Griffin Optometric Group is now celebrating over 55 years in business, surpassing its founder's modest goals with three busy offices serving hundreds of local families. Sons Powers, Randy and Patrick operate the family business in the way their father did—with a steadfast commitment to both patients and community. "Dr. Powers," "Dr. Randy" and "Dr. Patrick" treat patients at all three local offices—in downtown San Clemente, Laguna Niguel, and Talega—along with two associate optometrists. Each facility provides full-service family eye care and is outfitted with the latest high-tech diagnostic equipment.

Many adult patients have been coming to Griffin Optometric for over 30 years and now bring their own children. This kind of patient loyalty is a testament to the professional and personal dedication of Griffin's team of doctors and support staff.

Griffin Optometric's primary focus is ensuring optimal eye health for its patients through education and regular eye exams. During routine screenings, the doctors test for signs of glaucoma, cataracts and other significant vision threatening diseases and recommend the appropriate course of treatment. Griffin Optometric also provides emergency eye care and surgical evaluations when needed.

One of the most exciting advancements in recent years is the development of LASIK for laser vision correction. Griffin Optometric partners with the laser surgeons at Harvard Eye and TLC Laser Eye Centers to evaluate patients and provide convenient pre-operative and post-operative care. Free LASIK consultations are being offered throughout the month of October with raffle prizes, snacks, and BIG discounts (see opposite page for dates, times, and locations).

All three Griffin sons have followed their father's example and they embrace a progressive approach to patient care. Continuing education in optometric science, participating in medical studies, and product testing are integral components to each doctor's professional development. Patients can be assured that their clinicians are highly-skilled, experienced, and well-versed in the most current innovations in the field.

The Griffin brothers are as civic-minded as Dr. Griffin Sr. and have perpetuated this legacy as well. Dr. Powers has been active in the Laguna Niguel Lions Club for many years, and he donates time to school vision screenings and health fairs. Dr. Randy sits on the board of the San Clemente Educational Trust and he is also involved with the Boys and Girls Clubs of America. Dr. Patrick is currently on the Board of Directors of Casa Romantica Cultural Center and he is a San Clemente Rotarian. In addition, Griffin Optometric sponsors several youth organizations.

The Griffin family invites you to visit one of their local offices for your next yearly eye exam and to meet the team who celebrates "over 55 years of making life clearer."

## **GRIFFIN OPTOMETRIC GROUP**

**DOWNTOWN SAN CLEMENTE: 140 Del Mar • San Clemente • 949.492.1853**

**TALEGA: 1001 Avenida Pico, Suite A • San Clemente • 949.940.0200**

**LAGUNA NIGUEL: 30030 Town Center Drive • Laguna Niguel • 949.495.3031**

**GriffinOptometric.com**



# GRIFFIN OPTOMETRIC GROUP

Established in 1957 by Dr. Ted P. Griffin, Sr.



## Focus on LASIK Savings!

**Join Us For A Free LASIK Consult Day**

October 22nd, Talega • October 23rd, San Clemente

**\*Receive \$1,400 OFF LASIK for Every Attendee!**  
**Free Food and Raffle Prizes!**

*Call us today to schedule your appointment!*

**TALEGA**

**October, 22nd**

1001 Avenida Pico, Suite A  
949.940.0200

**ASK US HOW YOU CAN  
SAVE ON LASIK USING  
YOUR FLEXIBLE  
SPENDING ACCOUNT!**

**SAN CLEMENTE**

**October, 23rd**

140 Avenida Del Mar  
949.492.1853

# HARVARD EYE ASSOCIATES

**CATARACT • RETINA • GLAUCOMA • LASIK**

Harvard Eye Associates was founded on the principles of personal service for each and every patient's individual needs, a commitment to serve the global community, and a constant drive to advance medicine through innovative research. The eye care professionals of Harvard Eye Associates have over 100 years of combined experience with more than 100,000 surgical procedures performed on 5 continents.

The surgeons at Harvard Eye Associates teach at the UCLA Jules Stein Eye Institute and UC-Irvine Department of Ophthalmology. They are known international lecturers, and published authors of textbooks and original research studies. Physicians across the country look to Harvard Eye Associates for knowledge and innovative techniques, which are taught by their doctors at the annual meetings of the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery.

As an approved US FDA Research Study Center, Harvard Eye Associates continues to conduct research on new lens implants, surgical

devices, and medications before they are available to the general medical community. Their surgeons serve as Medical Advisory Board members to a number of health care technology companies.

Using the latest advancements in instruments for measurement and state-of-the-art surgical equipment, the physicians at Harvard Eye Associates far exceed the community standards of care in treating your precious vision. Many of their dedicated technical and nursing staff have been there for nearly 20 years, providing a family-like atmosphere where patients feel like individuals and receive specialty care.

As a multi-specialty eye care practice, Harvard Eye Associates offer all types of specialty eye care including cataract removal with premium lens implants, LASIK vision correction and glaucoma, retina, and cornea treatments. They also offer hearing services to their patients. Harvard Eye Associates truly is a multi-specialty practice you can trust with your cherished vision.



Cataracts

Corneal Issues

Glaucoma

Retina Problems

LASIK Vision Correction

Pterygium

Macular Degeneration

Dry Eye

Hearing Services

Cosmetic Treatments

## HARVARD EYE ASSOCIATES

**665 Camino de los Mares, #102  
San Clemente  
949.493.5411**

**24401 Calle de la Louisa  
Suites 300-312  
Laguna Hills  
949.951.2020  
HarvardEye.com**



**Come See Our Services at Harvard Eye Associates,  
Where We Are Changing Lives In Southern California.**

- Advanced Cataract Surgery
- Premium Lens Implants
- Pterygium Removal
- Glaucoma
- Corneal Transplantation
- Retinal Diseases
- Cosmetic Eyelid Surgery
- Custom Intralase LASIK
- Facial Aesthetics and Skin Care
- Hearing Health

To schedule an appointment online visit **harvardeye.com** or call **949-951-2020**

**LAGUNA HILLS | 24401 Calle de la Louisa, Suite 300 | Laguna Hills, CA 92653 | 949-951-2020**  
**SAN CLEMENTE | 665 Camino de los Mares, Suite 102 | San Clemente, CA 92673 | 949-493-5411**



# FRANK MOGAVERO, DDS

## ORTHODONTICS • FACIAL ORTHOPEDICS

Local orthodontist Dr. Frank Mogavero found a way to combine his passion for action sports, photography, and creating beautiful smiles—with the help of a few of his most “extreme” patients. With 23 years of professional experience and a peerless reputation behind him, Dr. Mogavero has become the orthodontist of choice for many of skate and snow’s rising stars.

As an avid snowboarder and amateur photographer, Mogavero infuses an element of fun and visual excitement in to his practice. Patients can sit in an authentic chair lift, play video games in the Wii cave, surf the web, and check out the autograph wall and some captivating sports photography. Mogavero’s kid-friendly atmosphere and caring team help to calm nerves and make a patient’s visit memorable for all the right reasons.

Dr. Mogavero’s unconventional San Clemente office began attracting local skateboarding phenoms a few years ago and his practice suddenly became the go-to spot for these daring tweens and teens. Five of Mogavero’s patients competed—and medaled—in X-Games around the

world in 2013. “I was surprised to learn that even these mega-ramp kids were afraid of the dental chair,” he recalls. “I’m glad I’ve been able to make the experience better for them.”

Although his waiting room screams “fun and X-Games,” Dr. Mogavero is serious when it comes to orthodontic treatment. His practice specializes in early treatment and facial orthopedics, which Mogavero describes as “modification in the formative years to create space for permanent teeth and to optimize growth patterns.” This two-phase method typically starts between the ages of seven and ten years using jaw wideners or braces to address issues like crossbite, crowding, oral habits, protrusion, diastema, underbite and spacing. The finishing (second) phase includes braces and other appliances. Early treatment has become the standard in the field, and Dr. Mogavero finds that most kids don’t avoid braces and other dental work like in past generations.

As the only Premier Preferred Provider of Invisalign products in South Orange County,



Dr. Mogavero treats many adult patients as well. This series of progressive aligners—otherwise known as invisible braces—is ideal for adults who want the convenience, flexibility and comfort of a removable device that both straightens teeth and creates stunning smiles.

### DR. MOGAVERO

1031 Avenida Pico, Suite 101  
San Clemente • 949.373.3737

31371 Niguel Road, Suite F  
Laguna Niguel • 949.493.7300  
SyncYourSmile.com



Dr Mogavero  
ORTHODONTICS • FACIAL ORTHOPEDICS

sync your smile with your lifestyle™



NO REFERRAL  
NECESSARY

invisalign®



Premier  
PREFERRED  
PROVIDER

2013

**INVISALIGN • CLEAR BRACES  
FOR CHILDREN AND ADULTS!**

1031 Ave. Pico, Ste. 101, San Clemente • 31371 Niguel Road, Ste. F, Laguna Niguel



@drfrankm



Mogavero Orthodontics



# MEMORIALCARE MEDICAL GROUP

## RIGHT IN YOUR OWN BACKYARD

MemorialCare Medical Group consists of over 250 primary care, urgent care, specialty physicians and ancillary providers located in 29 offices from Torrance to San Clemente. A member of the MemorialCare Health System, MemorialCare Medical Group is affiliated with award-winning hospitals including Saddleback Memorial -San Clemente, Saddleback Memorial-Laguna Hills, Orange Coast Memorial, Long Beach Memorial, Community Hospital of Long Beach and Miller Children's Hospital.

### Award-Winning Medical Group

Recognized year after year, MemorialCare Medical Group's awards and recognition include:

- California Association of Physician Groups (CAPG) – 4 Star Elite Status
- Integrated Healthcare Association (IHA) – Top Performer
- California's Office of the Patient Advocate – Consistent Star Performer
- Orange County Medical Association – Physicians of Excellence

### MemorialCare Medical Group Offers

- Urgent Care Centers, open 7 days a week, 365 days a year, including holidays
- Same day appointment availability
- Open Network – patients have the choice of seeing any primary care physician within MemorialCare Medical Group without having to first notify their health plan
- Electronic Medical Records
- Telephone Advice Nurses available 24 hours a day, 7 days a week to assist you with medical questions
- Laboratory and digital x-ray at most locations
- On-line secure patient portal providing greater access to your physician's office and tools to help you better manage your health

### Convenient Quality Care Located Close to Home

In addition to quality primary care, MemorialCare Medical Group offers in-office specialists in neurology, pulmonary medicine, sleep medicine and more, conveniently located in south Orange County. They have an extensive network of over 1,500 contracted specialty physicians when you need more than primary care.

For a complete listing of all the MemorialCare Medical Group offices and physicians, visit [MemorialCare.org/MedicalGroup](http://MemorialCare.org/MedicalGroup) or call 866.276.3627.



Located in San Clemente, MemorialCare Sleep Center provides sleep studies in comfortable private rooms. The sleep center is recognized as one of Orange County's top centers for diagnosing and treating sleep disorders.



**IRFAN KHAN, MD**  
Board Certified in Pulmonology  
Board Eligible in Sleep Medicine



**INCHEL YEAM, MD**  
Board Certified in Pulmonology  
& Sleep Medicine

#### ALISO VIEJO

Family Medicine,  
Gastroenterology & Pediatrics  
15 Mareblu Street, Suite 100 • 949.448.0656

#### DANA POINT

Family Medicine & Internal Medicine  
34052 La Plaza Drive, Suite 103 & 105  
949.240.2555 and 949.276.6499

#### SAN JUAN CAPISTRANO

Family Medicine & Pediatrics  
30300 Rancho Viejo Road • 949.661.9600

#### SAN CLEMENTE

Family & Internal Medicine  
1300 Avenida Vista Hermosa, Suite 250 • 949.542.7700

#### Neurology

665 Camino de Los Mares, Suite 200 • 949.240.7023

#### Internal Medicine

665 Camino de Los Mares, Suites 133 & 210  
949.240.6772 and 949.489.0176

#### Pulmonology & Sleep Medicine

161 Avenida Vaquero • 949.489.8783

#### MISSION VIEJO

Family Medicine, Internal  
Medicine and Physical  
Medicine & Rehabilitation  
23512 Madero Road  
949.583.1600

#### Urgent Care

26991 Crown Valley Parkway  
949.582.2002

Visit [MemorialCare.org/MedicalGroup](http://MemorialCare.org/MedicalGroup)  
or call 866.276.3627





# LIVE WELL

## Choose Well, Choose MemorialCare Medical Group

It's great to have family and friends who listen to you and care about you. At MemorialCare Medical Group, you can expect the same from your doctor. When you choose MemorialCare Medical Group, you are choosing award-winning doctors and excellent hospitals. We're here with the care you need and the personal attention you deserve. **To find a physician near you, visit us at [MemorialCare.org/MedicalGroup](http://MemorialCare.org/MedicalGroup) or call 1-866-276-3627.**



# GERALD L. FRANKE, DDS

## COSMETIC • FAMILY DENTISTRY

Dr. Gerald Franke has been practicing dentistry for 30 years, being dedicated to excellence in the art and science of cosmetic and restorative dentistry. He and his team will make you feel good about your smile and place an emphasis on quality, not quantity.

Ocean views, coastal breezes, and flexible scheduling, including Saturday and evening hours, allow patients to come in for routine care with a relaxed state of mind. "We have a real 'no pressure' office," says Dr. Franke, "We offer payment plans and always provide second opinions at no charge." With four hygienists on staff, cleaning appointments are easy to schedule without having to wait weeks. Dr. Franke is certified in oral conscious sedation and nitrous oxide administration, so even apprehensive patients are put at ease.

Innovations in treatment methods have streamlined visits as well. Dr. Franke offers laser periodontal therapy to treat gum dis-

ease. On staff is also Board Certified Periodontist Dr. Timothy Boman. Dr. Boman treats advanced periodontal conditions, performs some oral surgery and places implants. This allows for coordination of treatment, enabling the patient to receive care in one location. The office is equipped with digital xrays, which omit 90% less radiation. Dr. Franke also treats snoring and sleep apnea with a device that slightly moves the jaw forward to provide relief and a happier, healthier life.

Dr. Franke has advanced training in cosmetic dentistry, Invisalign and Lumineers. "Lumineers are less invasive than other veneers because the structure of the existing teeth is retained," he explains. Invisalign is especially popular with adults and corrects alignment and spacing issues like traditional braces, but is removable and virtually undetectable. Both products provide patients with the confident smile they've always wanted.



Dr. Franke is proud of the reputation he's built in the community, and his practice continues to grow from the confidence and referrals of his patients.

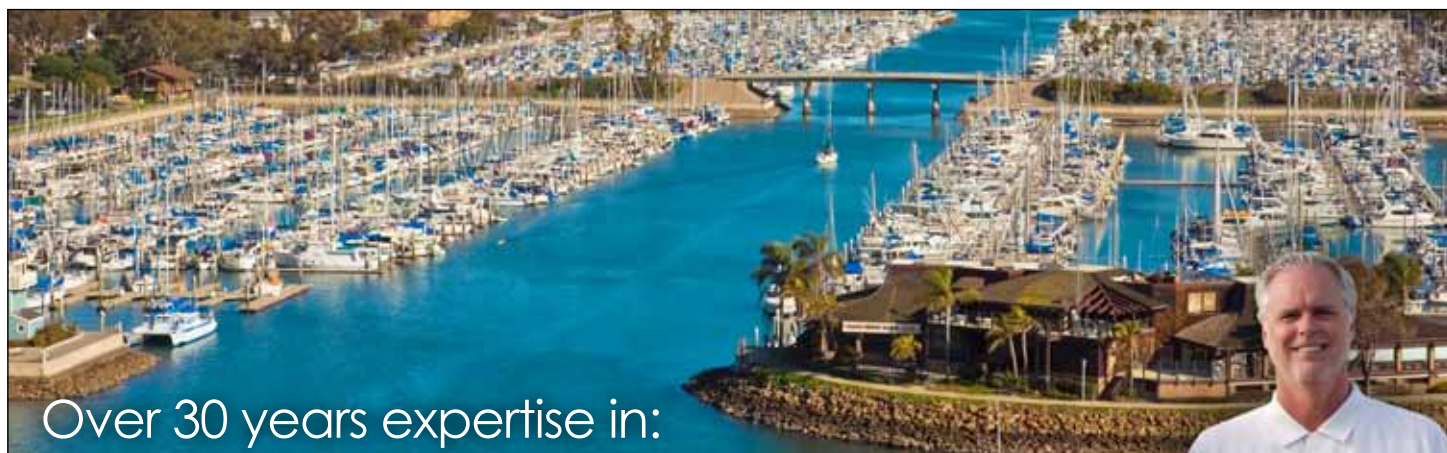
### GERALD L. FRANKE, DDS

24861 Del Prado Avenue

Dana Point

949.661.6255

DrGeraldFranke.com



Over 30 years expertise in:

**Lumineers / Porcelain Veneers • Invisalign Teeth Straightening • Implant Restoration**



Gerald L. Franke, DDS  
**Dentistry with Integrity**

Make Your Smile Sparkle with Our  
**Whitening Trays**  
(with 4 tubes of bleach)

Call For Details!

**24861 Del Prado, Dana Point**  
**949.661.6255 • DrGeraldFranke.com**

(Located in Lantern Bay Plaza in the Ralph's and Bank of America shopping center)





# ORANGE COAST WOMEN'S MEDICAL GROUP

## INTRODUCING DR. ANGELIKA PRIESTLEY, OBGYN

A leader in the field of women's health, Orange Coast Women's Medical Group (OCWMG) is consistently at the forefront of providing the highest level of care to its patients. This OBGYN practice not only demonstrates exceptional service in the field of comprehensive obstetrical and gynecological care, OCWMG also offers onsite bone density screening, diagnostic ultrasounds, phlebotomy, weight management and medical nutrition, and laser & aesthetic services. The extent of the menu of services beyond OBGYN care makes OCWMG a very unique practice in the arena of women's healthcare and wellness.

There are three conveniently accessible locations to serve the residents of South Orange County in Irvine, Laguna Hills, and Talega in San Clemente. The OBGYN providers who work out of the Talega office include: Drs. Elizabeth Johnson, Norene Norris-Walsh, Mary O'Toole, Ann Marie Raffo, and the latest addition to our highly esteemed physicians, Dr. Angelika Priestley.

Dr. Angelika Priestley is a Southern California native returning to the area after practicing for four years in Tucson, Arizona. She received her undergraduate degree from the University of California-Irvine and her medical degree from Ross University. Dr. Priestley has a special interest in minimally invasive surgery and, along with OCWMG physicians, Dr. Marc Winter and Dr. Susan Mendelsohn, employs the use of robotics via the da Vinci Surgical System. The benefits of robotics surgery include quicker recovery, reduced blood loss and less scarring. Dr. Priestley states, "I find the most reward in serving patients through significant moments in their lives, such as the joys of a first pregnancy to the changes of menopause and every challenge in between." She demonstrates a strong desire to act as a proponent of administering all-encompassing care to her patients.

Establishing a relationship with an OBGYN is an important step to women's wellness. Many of the physicians at OCWMG have provided care to women for over 30 years. The physicians



take a team approach and work closely together to offer the best care for patients.

Visit OCWMG.com for physician bios, appointments, healthcare resources, and questions for the advice nurse. OCWMG accepts most insurance plans including PPO plans, POS plans, EPO plans, Medicare, and Tricare. They accept all HMO plans through Monarch Healthcare.

### ORANGE COAST WOMEN'S MEDICAL GROUP

1300 Avenida Vista Hermosa

San Clemente

949.829.5500

OCWMG.com



Our mission is to enhance the health and wellness of women of all ages through advanced, comprehensive, and compassionate care.

*Your Lifelong Resource for Health and Everyday Well-Being*

**949.829.5500 • OCWMG.com**

1300 Avenida Vista Hermosa, San Clemente • 15785 Laguna Canyon Road, Irvine • 24411 Health Center Drive, Laguna Hills



# SAN CLEMENTE SMILE SPA

## MARIA ROYBAL MONTELLO, DDS

As a San Clemente native, Dr. Maria Roybal Montello strives to provide exceptional dental care to families in the local community. She understands that skill and compassion go hand-in-hand when creating beautiful smiles and an enjoyable experience for those in her chair. Dr. Roybal stays up-to-date on the latest advancements in dentistry in order to offer patients the most current oral treatment options available. Recognizing that her patients are unique individuals that have placed a great deal of trust in her, Dr. Roybal and her entire San Clemente Smile Spa team greatly value each and every relationship and would love to add you to their list of satisfied patients.

Dr. Roybal's ultimate goal is to provide the highest quality care in a friendly, comfortable environment. She is proud to offer family and cosmetic dentistry to Orange County, utilizing the latest treatments and technological advances in the industry, such as ZOOM! teeth whitening. In addition to cleanings and routine exams, the full spectrum of dental services are

available at her practice, including dental implants, mercury-free fillings, and Invisalign.

Dr. Maria Roybal Montello was raised in San Clemente. She moved to Los Angeles to attend Loyola Marymount University for her undergraduate studies, in psychology and biology, then to San Francisco where she completed her dental training at the University of California, San Francisco. Southern California ultimately called her back and after graduating from dental school, she set up an office in La Jolla, where she practiced for 10 years. She then moved back to her hometown of San Clemente with her husband and two daughters. Dr. Roybal is active in continuing advanced educational programs to provide you with the most recent technology and procedures in dentistry. She is a member in good standing with the American Dental Association and the California Dental Association.

When you visit her office, your smile is Dr. Roybal's top priority and she is dedicated to



providing the personalized, gentle care you deserve. Dr. Roybal asserts, "We truly believe that all that is good begins with a smile... so smile like you mean it!"

### SAN CLEMENTE SMILE SPA

**171 Avenida Vaquero, Suite A**

**San Clemente**

**949.525.3098**

**MariaRoybal.com**



Maria Roybal Montello, D.D.S.

**San Clemente Smile Spa**

**\$89**

**Adult or Child Exam,  
X-Rays & Cleaning**  
(Up to \$345 Value)

Includes complete exam,  
x-rays and cleaning.  
Limits may apply.  
Expires 10/31/2013\*

**FREE**  
**Professional  
Teeth Whitening**

Upon completion of full  
fee exam, x-rays & cleaning.  
Value up to \$345.  
Expires 10/31/2013\*

**COMPLIMENTARY  
2nd Opinion or  
Consultation**

Great way to meet us!  
Please bring your most  
recent x-rays with you.  
Expires 10/31/2013\*

Porcelain Crowns

Cosmetic Bridges

Implant Crowns

Tooth-Colored Fillings

Professional Teeth Whitening

Cosmetic Dentures

Bonding & Veneers

**171 Avenida Vaquero, Suite A • San Clemente • 949.525.3098**

**MariaRoybal.com • SanClementeSmileSpa@gmail.com**



\*NEW PATIENTS ONLY. All offers are cash or your insurance may cover it at full value.

# ALOHA FOOT & ANKLE

## VICTOR CACHIA, DPM

Dr. Victor Cachia's unique approach to podiatry evolved over a lifetime of education, travel, and charity. For 25 years, Cachia earned his impeccable reputation by identifying his patients' needs and developing custom and comprehensive treatment plans. His Mission Viejo practice, Aloha Foot and Ankle, focuses on all podiatric issues—from cosmetic treatments and bunion correction to joint replacements and the full scope of reconstructive surgery.

Recent advancements in the field have changed the way patients think of foot care. Aloha's acquisition of the state-of-the-art Q-Clear Laser has become an important tool to treat toenail problems like hardening and yellowing. This revolutionary technology has helped patients achieve excellent outcomes, and Cachia looks forward to treating more patients with these stubborn issues. The doctor also employs the latest minimally invasive surgical techniques for bunion and flat foot correction that allow patients to ambulate within a day with little discomfort.

To add a new dimension to his practice, Dr. Cachia brought in Dr. Visoth Chan, who subspecializes in wound care, limb salvage, and diabetic foot care. She recently completed her rigorous training at White Memorial Medical Center. "I searched for some time to find a qualified physician like Dr. Chan who is willing to listen to patients," says Cachia, "She's a valuable addition to our practice and the community."

Dr. Cachia's many visits to Hawaii as a kid imbued the values and "Aloha Spirit" of the islands. He applies this philosophy—"to be loving and genuine in all interactions with people and nature"—both to his practice and to his benevolent work. "As a resident physician, I was exposed to Third World people who were without medical care," he explains, "and I was taught to use my talents for good." His volunteer work with charitable organizations has brought him throughout Central America to serve patients who would otherwise go untreated. The doctor has operated on adults and children for over



two decades, correcting the most complicated deformities and traumatic injuries. He enthuses, "There's no greater gift than fixing a crippled child's foot and seeing this child running on my next visit."

### ALOHA FOOT & ANKLE

26732 Crown Valley Pkwy., Suite 317

Mission Viejo

949.364.2525

[AlohaFootandAnkle.com](http://AlohaFootandAnkle.com)



## ALOHA FOOT & ANKLE ASSOCIATES INC.

AN INSTITUTE FOR RECONSTRUCTIVE SURGERY OF THE FOOT AND ANKLE

**SPECIAL**  
**Nail Laser**  
**Treatment**  
**ONLY \$299\***

\*The above pricing is for treatment of one foot, additional fees may apply.  
Offer expires 10/31/13.

**SUPPORT YOUR BARE FEET!**

**Custom**  
**Flip Flops**  
**ONLY \$299\***

\*Includes casting fee and shipping.  
You provide the sandals and we do the rest.  
Offer expires 10/31/13.

**949.364.2525 • AlohaFootandAnkle.com**  
**26732 Crown Valley Parkway • Ste. 317 • Mission Viejo**



# PEDIATRIC DENTISTRY

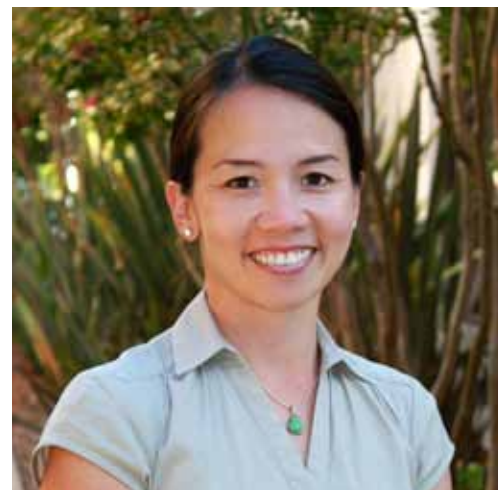
**NHU Q. TRAN, DDS, APC**

Dr. Nhu Q. Tran has been taking care of "sugar bugs" on kids' teeth in San Clemente for almost a decade. Her number one goal is to provide optimal dental care, in a gentle and caring manner to all her patients. Dr. Tran enjoys treating the wide age range of patients who visit her pediatric dental practice, from tickling the teeth of infants and toddlers who visit her for their first check up and cleaning, to guiding a fearful teenager through a treatment, helping them overcome their dental fears. Whether a child is excited to have their teeth "counted and brushed" or they are nervous about seeing "Mr. Slurpy" and "Mr. Thirsty," Dr. Tran and her team strive to provide every child with a fun and educational experience that they enjoy and look forward to each and every time.

A native of Southern California, Dr. Tran went to UC Berkeley for her undergraduate education, then relocated to the Midwest and attended Case Western Reserve University School of Dentistry in Cleveland, Ohio. Having graduated among the top of her class, she

became a recipient of the Pierre Fauchard Scholarship, and earned a membership into the National Dental Honor Society, Omicron Kappa Upsilon. Following dental school, Dr. Tran returned to Southern California to pursue two years of additional post-doctorate training in pediatric dentistry, at the University of Southern California. After receiving her Advanced Pediatric Dental Certificate from USC, Dr. Tran pursued further advancement in her specialty by achieving the status of Diplomate of the American Board of Pediatric Dentistry.

Aside from caring for the patients in her own private practice, Dr. Tran spends the other half of her professional time giving back to her Trojan roots, by working with USC Pediatric Dental Residents. She is the Director of the USC Pediatric Dental Residency Program at the Children's Dental Health Clinic at Long Beach Memorial Medical Center. She oversees, teaches, and guides Pediatric Dental Residents while they treat patients in the clinic and in the operating room. Dr. Tran's



involvement in academia enables her to provide the most up-to-date and thorough treatment for her patients. Whether they are 1 or 16, excited or nervous, healthy or have special health care needs, Dr. Tran and her team are trained and ready to provide the best care for your children.

**NHU Q. TRAN, DDS, APC**  
**Pediatric Dentistry**  
**1171 Puerta del Sol, Suite A**  
**San Clemente**  
**949.481.5437 (KIDS)**  
**SCKidsDentist.com**



## Nhu Q. Tran, DDS, APC

# Pediatric Dentistry

Diplomate, American Board  
of Pediatric Dentistry

Dentistry For

## Infants, Children, and Teens



Proudly Serving  
**San Clemente  
and South OC**

We accept all Dental PPO Insurance plans • We offer nitrous oxide sedation (laughing gas), Oral Conscious Sedation, and IV Sedation

**1171 Puerta del Sol, Suite A • San Clemente • 949.481.5437 (KIDS) • SCKidsDentist.com**

# SEASIDE SKIN CARE

## SCOT JONES, MD

Bright, breezy, charming and polished, Seaside Skin Care is San Clemente's go-to beauty haven and a reflection of the city in which it's located.

Seaside Skin Care lies tucked away between the downtown shops on Avenida Del Mar. It's the skin care source for locals and visitors alike who have come to trust the family-run med spa for everything from laser treatments to a wide array of products to keep you looking great at home.

Using the latest advances in facial aesthetic skin care, Seaside's registered nurses and medically trained estheticians pride themselves on helping their clients achieve maximum results.

Seaside Skin Care was founded by Dr. Scot Jones who has served as a local emergency room physician for over 30 years. Jones has built his career upon a cornerstone passion: providing quality patient care. Seaside operates on this core value, in addition to Dr. Jones' attention to detail and an insistence on excellence. Jones has hand-selected the staff at Seaside; each provider is competent, highly-

trained and clinically-oriented, but above all, focused on client satisfaction and total well-being.

Dr. Jones earned a Bachelor of Science degree and graduated from medical school at the University of Utah in 1978. In between working shifts at St. Jude Hospital's Emergency room, you can find Dr. Jones at Seaside performing new client consultations.

In step with evolving skin care trends, Seaside expands its menu according to the latest technologies available. Known for excellence in treating aging, acne, hyperpigmentation and other common skin issues, clients enjoy only the best-in-class medical grade services and treatments. Seaside's laser offerings include Pearl Fractional, IPL, Laser Genesis, vein therapy and hair removal. Other treatments range from Botox, Juvederm, Radiesse and Sculptra to permanent makeup, HydraFacials, microdermabrasion, chemical peels, customized facials, waxing and tinting. Skin care newbies will find footing at Seaside with complimentary consultations and tailored at home regimens.



It isn't any one service or detail that makes Seaside the right choice for so many, but a special blend of professionalism, knowledge, and warmth (plus a dash of California cool), are some of the ingredients in its recipe for success. Whether you drop into Seaside for relaxation or rejuvenation, you're sure to leave with the desired results, and probably a few new friends, too.

### SEASIDE SKIN CARE

212 N. El Camino Real

San Clemente

949.276.2777

SeasideSkinCare.com





212 N. El Camino Real ~ Downtown San Clemente  
949-276-2777



<b>LASER</b> <b>IPL or Laser Genesis</b> <b>Buy 1 Get 1 FREE</b> <small>*Pricing varies on area size</small>	<b>BOTOX</b> <b>\$50 OFF</b>  + Brilliant Distinctions Coupons <small>*Restrictions Apply</small>	<b>VIPEEL</b> <b>\$100 OFF</b> <b>+ FREE Dermaplane</b>
<b>PUMPKIN PEEL</b> <b>60 min. Treatment</b> <b>NOW ONLY \$89</b> <small>(reg. \$110)</small>	<b>JUVEDERM</b> <b>NOW ONLY \$475</b> <small>(reg. \$550)</small> <b>+ an extra \$50 OFF</b> <small>Botox &amp; Juvederm purchased together</small>	<b>NEW PERMANENT MAKEUP</b> Upper OR Lower Eyeliner <b>NOW ONLY \$125</b> <small>(reg. \$250)</small> Upper & Lower <b>ONLY \$225</b> <small>(reg. \$350)</small>

\*Not to be combined with other offers  
\*Must present coupon at time of purchase

[www.seasideskincare.com](http://www.seasideskincare.com)

\*Expires 10/31/13

Botox - Juvederm - Radiesse - Sculptra - IPL - Laser Hair Removal - HydraFacial - Chemical Peels - Microdermabrasion - Facials - Waxing - Brow Tinting - Lash Tinting

**CareCredit**  
Patient Payment Plans

**VIVITÉ**

**NIA24**  
Non-Invasive Skin Therapy

**NEOCUTIS**

**glo**

**SkinMedica**

**IS CLINICAL**

**OBAGI**

**revaléskin**

**elta md**  
SKINCARE

**KIMBERLY PARRY**  
ORGANICS



# SOUTHERN ORANGE COUNTY PEDIATRIC ASSOCIATES

## PEDIATRIC MEDICINE

A group of dedicated physicians has cared for the littlest members of our San Clemente community for the past nine years. Southern Orange County Pediatric Associates is recognized as one of South Orange County's premier pediatric practices. With four locations, twelve board certified physicians and four nurse practitioners, "SOCPA" is proud to offer quality care for over 30 years.

Southern Orange County Pediatric Associates stays connected to the community in a variety of ways. Most of the physicians in the San Clemente office live directly in the community. They are invested in the well-being of their neighbors and take pride in knowing each family uniquely by name. "We genuinely care for our patients. We see them in our office, and we see them in our everyday lives. We are connected not only clinically, but socially," explains Dr. Lauren Dwinell. The connectivity extends beyond the locations. SOCPA offers electronic health records, which allows continuity of care

from one location to another. "This means that if a patient is seen for an illness in the evening or on the weekend, the provider will have up-to-date records to provide the best care possible." Online communication is also available so the parents can communicate with their providers 24/7.

Aside from treating runny noses and itchy rashes, the practice is dedicated to keeping patients healthy by providing routine physicals and vaccines. Additional care includes diagnosis and treatment related to issues such as ADHD, weight management and asthma. SOCPA physicians are always on call to serve their patients, providing care at Saddleback Memorial Medical Center, Mission Hospital and CHOC at Mission.

The SOCPA providers and staff are compassionate about giving back to the communities in which they serve. They donate their time by speaking at schools, scout meetings



and health fairs and provide services to children with minimal access to healthcare needs. "We're pediatricians because we enjoy the children, but also the dynamic of the entire family. We are parents, and we can relate. We enjoy helping children," says Dr. Dwinell, "This is just what we do!"

### SOUTHERN ORANGE COUNTY PEDIATRIC ASSOCIATES

**1300 Avenida Vista Hermosa, Suite 200**  
**San Clemente • 949.429.7700**  
**socpa.com**



LAUREN DWINELL, MD



## SOUTHERN ORANGE COUNTY PEDIATRIC ASSOCIATES

*Great Care for Great Kids!*

**1300 Avenida Vista Hermosa**  
**Suite 200**  
**San Clemente, CA 92673**  
**(949) 429-7700**

or

**(949) 770-4242 for appointments at**  
**any of our four convenient locations**



MARGARET VAN BLERK, MD



KENSON LO, MD MPH



PAULINA AVENDANO, MD

**socpa.com**

*Ladera Ranch • Lake Forest • Rancho Santa Margarita • San Clemente*

# RIVIERA LASER STUDIOS

## MARK AND JEANNINE KOFFORD, MD, Ph.D

Doctors Mark and Jeannine Kofford at Riviera Laser Studios are leading experts in global facial rejuvenation using long-lasting facial fillers and advanced laser resurfacing techniques. With more than 12 years of experience with facial injectables and lasers, as well as six-plus years with long-lasting facial filler. They are national trainers and are true masters of the art of facial rejuvenation. They specialize in safe, minimally invasive techniques for personalized results without the look of a traditional surgical facelift.

Outside the office, the doctors are active in the community as well as internationally. They travel extensively on non-profit medical missions providing medical services to those in need. Recent trips include travels to Brazil, India, Nicaragua, Peru and Uruguay.

### Free 3D Facial Imaging Consultations

Riviera Laser Studios offers a free, unique consultation that features 3D imaging, allowing patients to see themselves from all

angles in just a few minutes. To better inform patients, the Koffords provide an overview of the facial aging process while also discussing individual patient needs and concerns. With patient input, a customized plan is created using 3D facial imaging coupled with the doctor's expertise.

### Global Facial Rejuvenation Approach

To achieve a natural, youthful look, the doctors take a conservative, yet global approach to reshape and volumize what time takes away. They start with rebuilding a foundation deep below the skin to reconstruct volume loss and laser resurfacing, as needed. Next, they contour soft tissue areas such as the cheeks and tear troughs to restore the central face. Finally, refining of fine lines and wrinkles creates an overall younger look with lasting results. To ensure natural looking results and patient satisfaction, several sessions are often suggested while providing immediate results with little to no down time. Now, you can look 10 years younger for 10 years longer!



### RIVIERA LASER STUDIOS

24582 Del Prado, Suite H

Dana Point

contact@rivieralaser.com

949.240.4291

rivieralaser.com

**Riviera**  
LASER STUDIOS

*Celebrating 13 years in Dana Point!*

**DRs. Mark Kofford, M.D./PhD and Jeannine Kofford, M.D.**

*"We live here and work here... we need you to look good!"*

Certified MD Trainers for Suneva Medical (Artefill®)

Certified MD Trainer for Mixto Fractional Co2 Laser

Certified MD Trainer for Valeant, Sculptra Aesthetic

**Botox® \$8/unit**

With this ad. New patients only. Expires 10/31/13.

**Buy 2, Get 1 Free**

Juvederm® or Restylane®  
Expires 10/31/13.

**24582 Del Prado, Suite H • Dana Point • 949.240.4291**

Check out our non-surgical beauty enhancements at

**www.rivieralaser.com**



Award-Winning Before/After from

**THE Aesthetic Show 2013**

Non-Surgical Facial  
Rejuvenation Enhancement



# PACIFIC COAST COSMETIC & LASER MEDICAL CENTER, INC.

**JAMES A. HEINRICH, M.D., F.A.C.S.**

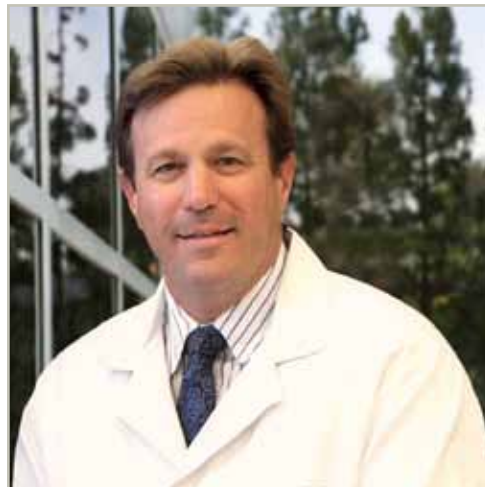
Dr. Heinrich is a facial plastic surgeon specializing in cosmetic and reconstructive surgery on the face, head and neck areas. He is double board-certified in both facial plastic and reconstructive surgery and Otolaryngology/head and neck surgery and microvascular surgery.

In 1999, Dr. Heinrich founded Pacific Coast Cosmetic & Laser Medical Center, Inc. in order to provide high-quality facial aesthetic procedures to individuals who desire to enhance their appearance. Dr. Heinrich continues to treat head and neck patients in his practice, while at the same time offering a complete range of facial aesthetic procedures. Along with his highly trained team of medical professionals, Dr. Heinrich is dedicated to providing his patients with the best available procedures, treatments, services and products.

Whether you are seeking surgical or non-surgical cosmetic treatment, you will find Dr. Heinrich's team available to meet your every need.

Your care begins with an initial consultation with Dr. Heinrich and continues throughout your procedure with an individualized program designed to meet your specific goals. "I believe in spending quality time with patients during our consultation and developing the right treatment plan that fits their individual needs and lifestyle. It is my job to listen to their concerns and goals and help them understand in a concise way what is and is not possible. After treatment, patients should look natural and have a refreshed appearance, not look overdone," says Dr. Heinrich.

Dr. Heinrich specializes in revision rhinoplasty and is often called upon for complex rhinoplasty cases due to the intricate nature and meticulous command of surgical skills required. He routinely performs cosmetic and secondary rhinoplasties for reconstructive and functional purposes and helps patients set realistic and appropriate expectations.



All of the staff at Pacific Coast Cosmetic & Laser Medical Center, Inc. pride themselves on delivering the highest standard of personalized care. Dr. Heinrich is known for his accessibility, honesty, compassion and expertise in the field of Facial Aesthetic and Reconstructive Surgery.

**PACIFIC COAST COSMETIC & LASER MEDICAL CENTER, INC.**

**26730 Crown Valley Pkwy., Suite 250**

**Mission Viejo**

**949.364.2440**

**PacificCoastCosmetic.com**



**PACIFIC COAST COSMETIC & LASER MEDICAL CENTER, INC.**

**James A. Heinrich, M.D., F.A.C.S.**



**SkinMedica™**

**Botox® Cosmetic \$9/unit**  
(new clients only)

**Micro Peel \$85**  
(regularly \$125)

**IPL™ Photorejuvenation \$199**  
(with the purchase of a series of 3 or 6)

**Signature Facial \$99**  
with Microdermabrasion (regularly \$195)

**949 | 364 | 2440**

26730 Crown Valley Parkway, Suite 250, Mission Viejo  
[www.pacificcoastcosmetic.com](http://www.pacificcoastcosmetic.com)

Not to be combined with any other offer or discount. Expires 10/31/13.

# ROSS MEDICAL ASSOCIATES

## FAMILY PRACTICE • URGENT CARE

Whether you're a sleepy mom with a coughing toddler, an aching weekend warrior or you're due for a routine exam, Ross Medical Associates is your family's healthcare solution 365 days a year. This all-encompassing medical center incorporates the personalized attention of a family practice and the state-of-the-art equipment and extended hours of a hospital emergency room. Ross Medical's comprehensive approach to healthcare facilitates an open line of communication between clinician and patient at an unparalleled level of access and convenience. Three locations in South Orange County are at your service every day of the year, and each has a small in-house pharmacy and laboratory as well as on-site radiology.

Ross physician and partner Dr. Karl Gebhard describes the practice as a "modern approach to family medicine and disease prevention." "We provide the whole spectrum of medical care," he continues, "from broken bones to hypertension. Ross Medical Associates also offers sports physicals to student athletes free of

charge as part of an ongoing community outreach program. "Students come in for a vaccine or physical, and parents are impressed with the quality of care and soon we're treating the entire family," adds Dr. Gebhard.

Dr. Gebhard says his patients range in age "from one to 100," and come to his office for every type of treatment. Since all three locations share electronic records, a patient can expect the same high standard of care at all Ross Medical facilities. Each treatment room is equipped with a computer, so every aspect of a patient's medical history can be recorded and promptly accessed. Routine testing and follow-up treatments can be tracked and monitored, and chronic conditions like hypertension and diabetes can be more easily managed with this precise type of quality control.

Ross Medical Associates is proud to solve life's little problems—one headache, broken arm and cholesterol check at a time. With three convenient locations and extended



**LIZANDER PANDY, DO & KARL GEBHARD, MD**

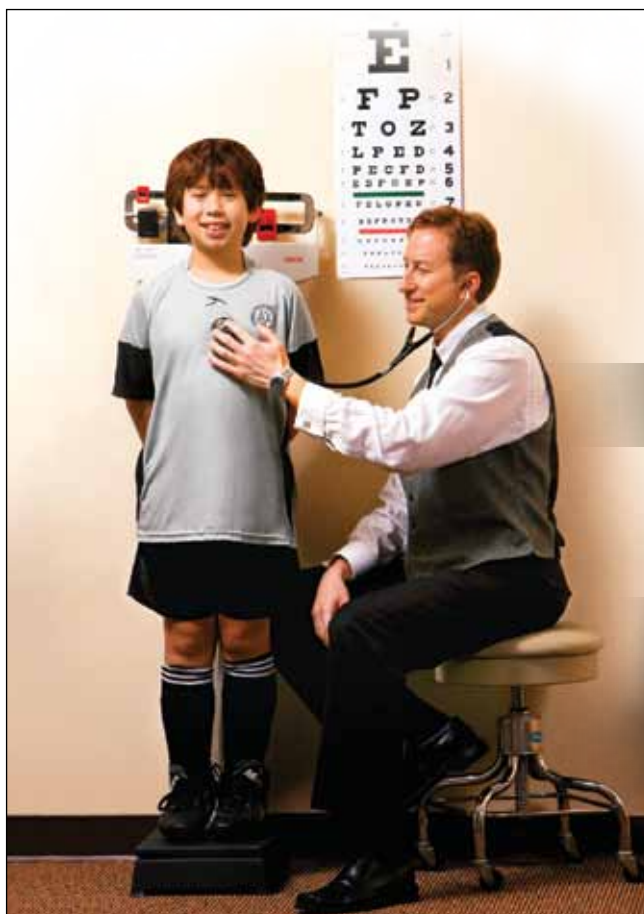
evening, weekend and even holiday hours, access to high-quality medical services is just minutes away.

### ROSS MEDICAL ASSOCIATES

**32312 Camino Capistrano  
San Juan Capistrano • 949.489.9112**

**800 Corporate Drive, Ste. 100  
Ladera Ranch • 949.364.9112**

**22032 El Paseo, Ste. 130  
Rancho Santa Margarita • 949.589.9112  
RossMedical.net**



# ROSS

Medical Associates

**Flu Shots  
Available**  
No Appointment  
Necessary

**FAMILY PRACTICE AND URGENT CARE**  
Open 365 Days a year, including Holidays

## WALK-INS WELCOME

### Three Convenient Locations:

**SAN JUAN CAPISTRANO**  
32312 Camino Capistrano • 949.489.9112

**LADERA RANCH**  
800 Corporate Drive, Ste. 100 • 949.364.9112

**RANCHO SANTA MARGARITA**  
22032 El Paseo, Ste. 130 • 949.589.9112

**www.RossMedical.net**



# WILLIAM CAPOBIANCO, DDS

## AESTHETIC DENTISTRY

As a premier dentist in Orange County, Dr. Capobianco has established a state-of-the-art practice that combines his artistic vision with advanced dental technologies to bring his patients an unparalleled experience. Dr. Capobianco believes that, "Dental health is an indicator of overall health and it is important to create an inviting atmosphere for patients."

Dr. Capobianco opened his practice over 20 years ago with the goal of providing the best cosmetic, restorative and comprehensive dental care. He has been successful in accomplishing this goal by delivering state-of-the-art dentistry in a friendly environment that utilizes the latest proven technology to produce optimal oral health and to create beautiful smiles.

Using Cerec CAD/CAM technology, Dr. Capobianco is able to offer natural-looking porcelain crowns in less than an hour. His expertise in cosmetic and implant dentistry

helps his patients achieve the smile they deserve. Dr. Capobianco's use of digital radiography and biocompatible materials enables him to treat each situation in the most conservative manner.

Dr. Capobianco believes that building a trusting relationship with his patients is very important. From toddlers to adults, his easy-going nature puts them at ease. His highly-trained staff creates a warm and comfortable atmosphere and is attentive to each patient's unique needs. Dr. Capobianco's team works hard to thoroughly explain all treatment options and answer any questions a patient may have. This collaborative approach results in a specialized treatment plan that best meets the patient's goals and relieves their anxiety.

Dr. Capobianco grew up in Laguna Beach and earned his B.S. in Electrical Engineering from UCLA. He graduated with a doctorate in dental surgery from the UCLA School of



Dentistry and completed a postgraduate internship in Hospital Dentistry at UCLA. He is also a member of the American Dental Association, The California Dental Association and the Orange County Dental Society.

**WILLIAM CAPOBIANCO, DDS**  
**675 Camino de los Mares, Suite 303**  
**San Clemente**  
**949.443.2404**



**\$49** Comprehensive Exam  
and Complete X-Rays

Regularly \$245. New patients only.  
Not valid with insurance. Expires 12/31/13.

# beautiful smiles

## EXCEPTIONAL AESTHETIC DENTISTRY

### Porcelain Crowns in One Visit

- Digital Radiography
- Preventive Care
- Bio-Compatible Restorations
- Implant Dentistry
- Teeth Whitening

**WILLIAM CAPOBIANCO, DDS**

675 Camino del los Mares, Suite 303 • San Clemente • 949.443.2404

# ESTRELLA VETERINARY HOSPITAL

**MIKE ONTIVEROS, DVM, RYAN BLOESER, MRCVS  
& WENDI BROWNE, DVM**

Estrella Veterinary Hospital is a full-service facility located in Capistrano Beach. The professional and courteous staff at Estrella Vet seeks to provide the best possible medical, surgical and dental care for their highly-valued patients.

Dr. Mike Ontiveros joined the Hospital in 1997. He grew up in La Habra Heights, California and attended veterinary school at Washington State University. In 2001, he became an owner of Estrella Veterinary Hospital and dedicates his life to the well-being of all pets. Dr. Mike has a soft spot for senior pets and can develop a lifestyle plan for your pet to live a healthy and comfortable life. His caring and attentive demeanor make you feel that you are the most important patient in his practice. "We have amazing doctors and staff with cutting edge technology, however, it is our compassion and empathy that makes us the best veterinary hospital," shares Dr. Mike."

Dr. Ryan Bloeser graduated from the Royal School of Veterinary Studies at Edinburgh in 2000. He spent the following year conducting an internship in equine medicine and surgery in Palo Alto, California. Dr. Ryan returned to Southern California in 2004 and joined Estrella Veterinary Hospital as an owner alongside Dr. Mike. His specialties include internal medicine and soft tissue surgery. Dr. Ryan has genuine care and compassion, and a willingness to go the extra mile for all of his patients. Dr. Ryan says, "The most meaningful part of veterinary medicine for me is the absolute and unconditional bond existing between patients and their loving owners. That alone is what makes veterinary medicine so wonderful to me."

Dr. Wendi Browne was born and raised in Ohio and graduated with a B.S. from Ohio University. She then attended Western University where she graduated with her Doctorate of Veterinary Medicine in 2007.



Dr. Wendi completed an internship at Advanced Veterinary Care Center and joined the Estrella family in 2008. Patients rave about Dr. Wendi and her pride in delivering the best possible care.

## ESTRELLA VETERINARY HOSPITAL

**26925 Camino De Estrella  
Capistrano Beach  
949.496.6661  
EstrellaVet.com**



JOIN US FOR OUR

# Open House

## October 12th at 6:30pm

**Meet Our Friendly Staff and Enjoy  
Food, Drinks and Hospital Tours!**

## LOW COST SPAYS & NEUTERS!

**The same high-quality procedures we  
have always offered, now at clinic prices!**  
(Call us or visit our website for all the details)

# \$30 OFF First Time Visit

New clients only. Good for one pet on first visit.  
Not to be combined with any other discounts. Expires 10/31/13.

**WE ARE A FULL-SERVICE HOSPITAL OFFERING:**  
Laparoscopic Spays for Large Dogs (Less Pain / Faster Healing)  
Ultrasound ❖ Acupuncture ❖ Therapeutic Laser

**Monday - Friday 8am - 6pm ❖ Saturday & Sunday 8am - 5pm**

## 949.496.6661

**26925 Camino De Estrella, Capistrano Beach  
Visit us at: [www.EstrellaVet.com](http://www.EstrellaVet.com)**



# ELITE MEDIZIN

**ANNE LUHAN, MD, FACS**

Do you have heavy, achy, itchy or restless legs at the end of the day? Do you see bulging, unsightly veins across your legs or feet? Then you may be one of 80 million Americans who are plagued with varicose veins and may not even realize you have them. Why suffer needlessly when treatment is just around the corner at Dr. Anne Luhan's office in Dana Point. Her medical expertise is now being focused on a revolutionary procedure for the elimination of varicose veins that takes only 15 minutes, right in the office, with little downtime or discomfort, and is covered by Medicare and most major insurance companies.

Many who have experienced varicose veins believe they are simply a cosmetic issue that is more of a nuisance than a genuine medical concern. The fact is that varicose veins are a massively underdiagnosed and undertreated problem that can progress into a more serious medical condition, if not addressed properly. Dr. Luhan is making it her mission to educate patients and the community about

varicose veins and has partnered with the national campaign "Rethink Varicose Veins" to spread the word.

Once patients learn they are a candidate for the cutting edge treatment that delivers maximum results with minimal pain, they are elated to finally have a solution to their nagging problem. Utilizing the efficacious thermoablation treatment, Dr. Luhan is able to offer patients an in-office procedure requiring no anesthesia. For many, this is a life-altering change that allows them to now lead active, productive lives.

Dr. Anne Luhan completed her undergraduate degree at the University of Ulm, Germany (the birth city of Albert Einstein), where she graduated summa cum laude. She attended a research semester at Harvard University in Boston and went on to complete a residency in general surgery at the nationally ranked Department of Surgery at the University of Arizona, Tucson, where she was educated in all aspects of surgical procedures. She



then added on a fellowship in Intensive Care and Trauma Surgery at the University of California, Irvine Medical Center, facing the challenges of life and death decision making. Dr. Luhan is a double board certified general surgeon and surgical intensivist. She is a Fellow of the American College of Surgeons (F.A.C.S.).

## ELITE MEDIZIN

**34052 La Plaza, Suite 102**

**Dana Point**

**949.388.4800**

**EliteMedizin.com**



*don't let varicose veins stop you....  
live an elite life*

# EM

## elitemedizin

Intelligent Medicine at Work

**Elite Vein Practice**

Board Certified General Surgery

Board Certified Critical Care

**Anne Luhan, MD, FACS**

**34052 La Plaza, Suite 102, Dana Point • 949.388.4800 • EliteMedizin.com**

# PATRIOT DENTAL

## VU MAI, DDS

San Clemente welcomes Vu Mai, DDS, who brings 18 years of vast experience in implants, oral surgery, and reconstructive dentistry. Dr. Mai has always been a high achiever with a passion for learning. He graduated from the University of Illinois at Chicago College of Dentistry at the age of 22. After dental school, he joined the U.S. Army and was assigned to the elite 82nd Airborne Division as their Dental Surgeon. Dr. Mai has also completed several post-graduate dental programs and is a strong believer in continuing education, ensuring his patients receive the highest quality dental care.

Military service has provided Dr. Mai with an invaluable opportunity to repay a sizeable debt. "I joined because it's my patriotic duty," says Dr. Mai. As a Lieutenant Colonel in the Army Reserve, he also volunteers for various humanitarian missions. "I strongly believe in the concept of 'Pay It Forward'," he adds, "Committing myself to my patients and the military is the best way that I know

how to continue to serve my community."

Dr. Mai considers thorough consultation a key responsibility as a clinician. He is enthusiastic about sharing what he calls "The Art and Science of Dentistry." "When patients are fully informed about options, they make more confident decisions," explains Dr. Mai.

Dr. Mai's mission is for every patient to leave Patriot Dental as a happy and satisfied customer. Mary Ann Perrino shares this about her experience, "I came in for an implant and bridge replacement consult and Dr. Mai spent over an hour explaining the procedure. His knowledge and experience assured me that I was in good hands. He placed two implants and I did not even need to take one pain killer after the surgery. I'm super happy with the result of my procedure." Noni Follman says, "I have two teenage children that needed their wisdom teeth extracted. Unfortunately, we took our daughter to my husband's dentist and ended up paying \$900 more for remov-



ing two wisdom teeth. Needless to say, we took my son to Dr. Mai. He is fair and reasonably priced with such incredible care. Dr. Mai's office is truly the best with the greatest attention and dental knowledge. He's been a blessing to our family."

### PATRIOT DENTAL

810 Avenida Pico, Suite W  
San Clemente • 949.369.7200

### VU MAI IMPLANT CENTER

13045 Euclid Steet  
Garden Grove • 714.590.7900

**SAN CLEMENTE WELCOMES!**

# Vu Mai, DDS

**With Over 18 Years Experience!**

**Free Implant  
Consultation!**

**Implants**  
starting at  
**\$895**

Abutment & Crown not included

**\$500 OFF**  
**Any Treatment**  
**Over \$2,500**

Expires 10/31/13

**- Implants**  
**- Oral Surgery**  
**- Wisdom Teeth**  
**Extraction**

*"To Protect &  
Preserve Your Smile"*

**810 Avenida Pico, Suite W • San Clemente • 949.369.7200**

# HENKEN ORTHODONTICS

## EDMOND HENKEN, DDS, MS

October is National Orthodontic Health Month with Dr. Edmond Henken celebrating over 25 years of creating his signature "winning smiles," not only in San Clemente and San Juan Capistrano, but in all of South Orange County. His impeccable style and experience in orthodontics finds him performing all phases of orthodontic treatment from young children to adults, Invisalign to difficult oral surgery cases.

"From day one of my practice, I decided not to extract any permanent teeth whenever possible. This avoids creating airway problems which leads to sleep apnea. By treating early, we can also correct problem growth patterns which will cripple people for a lifetime," Dr. Henken states. "This allows me to calculate each of my patients' projected facial growth, creating ideal balanced faces."

This orthodontic technique came from Dr. Henken's outstanding education with his mentor, Dr. Robert Ricketts, who taught him "Bio Progressive Orthodontics" at Loma Linda University School of Dentistry.

Dr. Henken understands the important role in establishing proper jaw size, expansion and alignment. He believes that if the jaws are not properly formed, just moving teeth alone will not create a balanced face, balanced health or an attractive smile.

Dr. Henken takes great pride in practicing 25 years of orthodontics by treating three generations of patients; he enjoys working with his outstanding staff, many of whom have been with him as long as 20 years. He is a proud sponsor of the San Clemente High School Women's Softball Team, San Clemente High School Varsity Dance Team, Surfrider Foundation, "Sailors for the Sea," and the U.S. Sailing Olympic Team, just to name a few. His experience and expertise in Bio Progressive Treatment has made him sought after, not only locally, but also around the United States, by world champions, professional and olympic athletes.

Henken Orthodontics is conveniently open Monday through Friday with emergency



calls taken on the weekends. Dr. Henken and his staff invite you to visit Henken Orthodontics on Facebook, and to look for their new website at TeamOrtho.com coming soon.

### HENKEN ORTHODONTICS

**1171 Puerta Del Sol Suite B**

**San Clemente**

**949.661.3336**

**TeamOrtho.com**



## Complimentary Initial Patient Exam

- All Phases of Orthodontics for Children and Adults
- Clear Braces and Invisalign
- Complimentary Insurance Billing
- 0% Financing and Convenient Payment Plans
- Accept Most Insurances

## Henken Orthodontics

### CREATING WINNING SMILES IN SAN CLEMENTE FOR OVER 25 YEARS

Henken Orthodontics continues to strive for excellence, and the core elements of our leadership at Henken Orthodontics is to provide the most outstanding orthodontic care to our patients. Our staff demonstrates a stellar work ethic, values and integrity; and continue to strive to be an inspiration for others in our office, but also in our community.



**1171 Puerta Del Sol Suite B, San Clemente • (949) 661-3336 • www.TeamOrtho.com**

Open Monday - Friday • Visit us on Facebook: Henken Orthodontics • HenkenOrthodontics@TeamOrtho.com



# MONARCH VETERINARY HOSPITAL

## GLENN CRAFT, DVM

Monarch Veterinary Hospital sits nestled among the hills of south Laguna Niguel in Clubhouse Plaza, in a cozy residential area filled with pet owners who love and care for their furry friends like members of the family. Although a pet may receive the best in preventative care, they are still susceptible to disease states that require diagnostic services and treatment. Monarch Veterinary Hospital not only provides exceptional healthcare, but prides itself on being a neighborhood facility that builds trusting, lasting relationships with local pet lovers.

If you're looking for a veterinary practice where the staff knows your pet by name, then Monarch Veterinary Hospital is the place for you. In 2002, Dr. Glenn Craft and his wife, Lisa, envisioned operating just such a facility when they returned home after spending 4 years serving in Thailand with Christian Veterinary Mission/World Concern, a community development NGO that operates in the poorest parts of the world.

A husband and wife team since 1987, the Crafts were convinced that they could establish a high-end practice that balanced a personal touch with cutting edge, full-service veterinary medicine. They realized their goal when they opened Monarch Veterinary Hospital which utilizes up-to-date technologies, including paperless medical records, digital X-rays, digital ultrasound and social media to communicate with clients.

Monarch Veterinary Hospital offers the expanse of veterinary medicine from wellness checkups and dental care to pain management and specialized surgeries. If you need a pet's prescription filled, they also operate an onsite pharmacy for your convenience. The key members on Monarch's team all have over 15 years of professional experience and have worked with Dr. Craft for many years.

The goal at Monarch Veterinary Hospital is to deliver a personalized experience that exceeds your expectations at each and every visit. Ejaye S. of Laguna Niguel had this to share about Dr.



Craft, "Thank you so much for taking care of Lucky on your "off" day! I cannot put into words how much I appreciate your dedication, care, and ethics – you are always impressing me! I sing your praise to all that will listen!"

**MONARCH  
VETERINARY HOSPITAL**  
31271 Niguel Road, Suite E  
Laguna Niguel  
949.443.1466  
MonarchVet.com



MONARCH VETERINARY HOSPITAL

Glenn Craft, DVM

# FREE DENTAL EXAM\*

\*Find out if your pet is a candidate for Non-Anesthetic Dental Cleaning. Offer must be presented. Expires 10/31/13.

(Non-Anesthetic Dental under DVM supervision)



Download  
our Monarch  
Vet App for  
convenience  
and fun!

31271 Niguel Road, Ste. E • Laguna Niguel • (949) 443-1466 • [www.MonarchVet.com](http://www.MonarchVet.com)

# KENT C. SANDERS, DDS

**GENERAL • COSMETIC • IMPLANT DENTISTRY**

After 32 years of practicing family dentistry in San Clemente and countless hours of continuing education, Dr. Kent Sanders has seen the profession evolve into more of an art form through material advancements, minimally invasive techniques, and more finely-tuned equipment.

"Practicing dentistry is more fun than ever," says Dr. Sanders, "Twenty years ago our dental materials were good, but not great. In the last decade, products have been developed that look and perform much better. Fracture-resistant composites, implants and porcelain veneers allow us to give patients something almost better than the original." Whitening agents like the ZOOM! system help patients overcome decades of discoloration almost instantly. Improvements like these have made dental work almost undetectable, so patients can maintain dental health and confident smiles.

Dr. Sanders identifies primarily as a "tooth restoration specialist," and he employs all methods available to retain structure, minimize discom-

fort, and achieve aesthetically-pleasing results. To replace extractions, for example, he uses dental implants that are surgically implanted into the gum tissue and look and feel like real teeth. Veneers cover a weakened tooth and are permanently bonded to the existing surface, leaving less collateral damage than a traditional crown. Veneers are also used extensively in cosmetic applications to perfect misalignment, gaps, and breakage (the secret to a movie star smile!). Dr. Sanders also specializes in treatments of other oral health-related issues like TMJ and sleep apnea.

Most of Dr. Sanders's restorations are completed without the need for anesthetic, thanks to the Waterlase laser. This breakthrough in equipment replaces drills and needles, shortens procedure and recovery times, and improves clinical results. Dr. Sanders was the first clinician in San Clemente to implement the Waterlase ten years ago, and he has found that patients are much more proactive about their oral health and relaxed in the dental chair.



When he's not treating patients, Dr. Sanders spends time mountain biking, skiing, and following the youth and high school sports adventures of his three sons.

**DR. KENT SANDERS**  
**1171 Puerta Del Sol, Suite C**  
**San Clemente**  
**949.492.3407**  
**DrKentSanders.com**

## Kent C. Sanders, DDS

### PRECISION DENTISTRY

General, Cosmetic, Laser & Implant Dentistry



#### HAPPINESS & SMILES

Dr. Kent C. Sanders and Team:  
Sjana, Tara, Vanessa, Doris & Kim

1171 Puerta Del Sol, Ste. C • San Clemente • 949.492.3407 • DrKentSanders.com





# TYLER JOHNSON, DC, CCSP

## CHIROPRACTIC CENTER

When Dr. Tyler Johnson of San Clemente's Chiropractic Center was asked what made his practice so successful, he referred to a quote from Will Rogers, "If you want to be successful, it's just this simple. Know what you are doing. Love what you are doing. And believe in what you are doing."

Dr. Johnson's constant drive to provide his patients with the best care has always been his priority. He is a graduate of Brigham Young University and an honors graduate of The Southern California University of Health Sciences. He holds post doctorate certifications as a Certified Chiropractic Sports Practitioner, a Gonstead Technique Specialist, and a Kinesio Taping Specialist. His years of education and training have been motivated by the love he has for his patients. "When there is a loving foundation," he says, "It affects every aspect of the practice."

From communicating with patients and un-

derstanding their specific needs, to creating an individualized treatment plan for achieving wellness, Dr. Johnson always strives to offer an experience that he would want a member of his family to have in another doctor's office. "I've always felt part of loving what I do is being available when people need you," adds Dr. Johnson.

Dr. Johnson is in his office six days a week (Monday - Saturday) to ensure that scheduling conflicts won't preclude patients from receiving the care they need. "I work hard to let my patients know I will do what it takes to be here for them when they need me," he says. From professional and amateur athletes, to entire families, to complex and difficult cases that have yet to find a successful resolution, Dr. Johnson brings his unique skill set to healing patients in ways that are both safe and effective.

"I love San Clemente and everything about it," he says. "You may catch me with a surfboard



on the roof of my car or with sandy feet after my lunch break, but getting back to work and helping people is the best part about being here."

**TYLER JOHNSON, DC, CCSP**

**1502 N. El Camino Real**

**San Clemente**

**949.498.6440**

**ChiropracticCenterOnline.com**

# Don't Let Pain Slow You Down

*Dr. Tyler Johnson - Certified Chiropractic Sports Practitioner*

*San Clemente's Choice for Sports and Family Chiropractic*

*Same Day Appointments Open 6 Days A Week*

**chiropractic**  
**CENTER** EFFECTIVE. SAFE. RELIEF.




**1502 N El Camino Real San Clemente**  
**(949) 498-6440**

*Facebook.com/chiropracticcenter for specials and discounts*





# SEA VIEW PHARMACY

## DRS. EUGENE AND JENNIFER MEDLEY

An often overlooked but important healthcare connection to establish is a personal relationship with your neighborhood pharmacist. Experienced, independent pharmacists are an invaluable resource for parents, seniors, athletes, and anyone else who needs trusted medical information and consultations. Family-owned and operated for over 36 years, Sea View Pharmacy in San Clemente has served the community through decades of sweeping changes in healthcare management—and will support the current generation of local families through the next.

Jerry Medley assumed ownership of Sea View in 1988 and can still be spotted behind the counter assisting patients. His son and business partner, Eugene, runs the day-to-day operations now, along with Eugene's wife Jennifer (when she's not chasing after three busy kids under the age of five!). Eugene grew up hanging around the pharmacy, but he explored stints as an ocean lifeguard, working in animal husbandry with Siegfried and Roy, and teaching veterinary anatomy before obtaining a doctorate degree in pharmacy and joining his father. As a profes-

sional, Medley finds gratification in knowing his business caters to a particular niche in the marketplace. "We can devote more time to customer service than the corporate-run stores," he says, "As a compounding pharmacy, we can provide customized therapies that aren't available commercially."

"Pharmaceutical companies formulate medications and determine dosages based on a 180-pound Caucasian male," Medley explains, "We work with physicians to customize treatments for people who don't fit into that mold." Babies with digestive issues, hormone replacement candidates, veterinary patients, and people with special dietary requirements—just to name a few—all benefit from a partnership between the doctor and pharmacist to determine the most effective treatment with the most appropriate dosage.

As San Clemente's only independent pharmacy, Sea View is also the go-to source for all medical equipment and supplies—even hard to find products—from bandages and



braces to compression garments and wheelchairs. The website provides a wealth of information as well, including drug profiles, healthy recipes, articles, and referrals. Check out [SeaViewPharmacy.com](http://SeaViewPharmacy.com) and take a peek, or better yet, stop by and introduce yourself!

### SEA VIEW PHARMACY

**665 Camino de los Mares, #101**

**San Clemente**

**949.496.0123**

**[SeaViewPharmacy.com](http://SeaViewPharmacy.com)**

[www.SeaViewPharmacy.com](http://www.SeaViewPharmacy.com)



## SEA VIEW

## Pharmacy

"The Compounding Pharmacy"



- Family-owned and operated
- In the community for 36 years
- Delivery available
- Compounding for human & veterinary patients

## (949) 496-0123

[pharmacists@seaviewpharmacy.com](mailto:pharmacists@seaviewpharmacy.com)



**665 Camino de los Mares, # 101 San Clemente, CA 92673**

\*\*\*CAL 0287



# ALICE MORAN, DMD

## PERIODONTICS • DENTAL IMPLANTS

San Clemente Periodontist, Dr. Alice Moran, is one of only a few board certified periodontists in Orange County. At her Talega practice, Dr. Moran offers patients the most innovative and cutting edge technology available in her field.

Dr. Moran provides the least invasive and most effective procedures to treat gum disease and place dental implants. Utilizing laser periodontal surgery, or LANAP, she administers a no-cut, no-sew approach that achieves results superior to conventional, more invasive surgery. "I want patients to have a positive experience when they visit my office and LANAP is a wonderful option for those who were once afraid to seek periodontal treatment," says Dr. Moran. She also corrects failing implants with the same laser technology. When dental implants are placed, she utilizes a computer generated surgical technique to ensure more accurate placement and less extensive surgery.

If you have gum recession, you may be a candidate for the Chao pinhole surgical technique (PST). Traditional gum grafting techniques in-

volve taking gum tissue from the roof of the mouth and creating an incision and flap at the recipient site which causes discomfort for most patients. PST is a new minimally invasive option that does not require palatal tissue, an incision, or sutures. The recovery is rapid with little to no discomfort. Dr. Moran is the first periodontist in Orange County to offer PST and is excited about the benefits to her patients.

Dr. Moran began her career as a dental hygienist. She went on to become a general dentist, joined the Navy, and then received her periodontal training and board certification. She retired from the Navy after twenty years of service with the rank of Commander. In 2002, she settled in San Clemente with her husband and two daughters. She started her periodontal practice in Talega in 2005. Dr. Moran adds, "I just love doing what I'm doing practicing periodontics. I look at my mission as trying to reach out to people and make them more educated about periodontal disease, its prevention and its treatment."



For more information on a specific procedure or to schedule a private consultation, call 949-361-4867 (GUMS) or visit [MoranPerio.com](http://MoranPerio.com).

### DR. ALICE MORAN

1001 Avenida Pico, Suite K  
San Clemente  
949.361.4867  
[MoranPerio.com](http://MoranPerio.com)

Alice P. Moran, DMD

PERIODONTICS • DENTAL IMPLANTS

Complimentary  
Consultation or 2nd Opinion  
with Dr. Moran (\$100 Value)  
Expires 10/31/13

FREE Dental Implant  
Discussion (\$100 Value)  
Expires 10/31/13

*Experienced, innovative care  
for a lifetime of healthy,  
radiant smiles.*



For dental implant surgery, aesthetic gum enhancement or gum disease treatment, look to an area leader.

1001 AVENIDA PICO, SUITE K • SAN CLEMENTE • 949.361.4867 • [MORANPERIO.COM](http://MORANPERIO.COM)