REDMOND ORTHODONTICS

ORTHODONTICS • DENTOFACIAL ORTHOPEDICS

Redmond Orthodontics has been known for integrity and relationship-based care that focuses on patient needs and goals for the past 40 years. Dr. Bill Redmond and his staff take pride in providing quality care in a friendly environment. Smiles are their business, and they work hard to make sure everyone has the one they want.

Dr. Redmond offers traditional braces to patients who want them but also offers Invisalign, lingual (behind the teeth) braces, as well as a number of aesthetic options for patients that are interested. Additionally, Dr. Redmond is certified to use neuromodulators in the treatment of TMJ and Migraine-related pain. Feel free to ask him for more information during your complimentary exam. He is always looking for ways to better serve his patients and continuously updates his knowledge of Orthodontics and adjunctive treatment options by attending continuing education seminars throughout the year. For example, Dr. Redmond is certified to provide appliances that limit the interruptions of a good night's sleep caused by sleep apnea; a major concern for children and adults alike. Now practicing in San Clemente, patients can easily choose from one of Dr. Bill Redmond's three office locations in Laguna Niguel, San Clemente and Trabuco Canyon.

"I don't think many people like going to the dentist or orthodontist," admits Dr. Redmond. "For that reason, we try to create an environment where patients are going to feel comfortable and relaxed. As far as the relationship I have with patients, I consider them to be friends. Laughing and joking is one of those things that I find very comforting and disarming for patients and parents."

Redmond Orthodontics' mission is to provide the most advanced, technologically sound and clinically-proven treatment options for their patients. When a patient comes in for treatment by Dr. Redmond and his team, they can expect to let any worry they have about their orthodontic care disappear because they are going to take care of all of that for them. When you come in for a visit to Redmond Orthodontics, you will know that they are there to help you get the smile you deserve.

Contact the office of Dr. Bill Redmond to schedule an appointment today. They offer flexible hours that enable easy scheduling for those with busy lives and limited time for office visits.

BILL REDMOND, DDS, MS
181 Avenida Vaquero, Suite A
San Clemente
949.495.0600
RedmondOrthodontics.net

ERINI P. REDMOND, DDS

FAMILY & COSMETIC DENTISTRY

MISSION

Dr. Erini Papandreas Redmond's Cosmetic and Family dental practice is focused on treating her patients like family. Dr. Erini has been creating beautiful smiles and building lasting relationships with her patients for the past 16 years by having a "woman's eye with a woman's touch." Her office is truly a family experience now that she and her orthodontist husband, Dr. Bill Redmond, are sharing a space and offering orthodontic treatment as well. Dr. Erini is a perfectionist and takes her job very seriously but she and her staff also have a lot of fun. "I think there is always so much laughter in a setting you wouldn't expect to find it because I not only love what I do but truly enjoy the relationships with the children and adults in my practice," says Dr. Erini. "I want our patients to know that I am listening to what they have to say and address their needs and concerns without up selling," she added.

HISTORY

Dr. Erini originated from Cleveland, Ohio and is a grandchild of Greek Immigrants. She studied Nuclear Medicine at Ohio State University and received her dental degree with honors from the University of the Pacific. She settled with her husband in San Clemente and started her dental practice in 1998.

STATE-OF-THE-ART SERVICES

Dr. Erini follows the latest technological advancements in dental care with state-of-the-art equipment at affordable prices. Dr. Erini's dental office strives to "Go Green" in all aspects of the practice with it being a latex and paper free environment. The use of Digital x-rays not only diagnoses cavities at an early stage but also benefits the patients by protecting them from unnecessary radiation. Along with comprehensive functional and aesthetic dentistry that promote intra-oral health, Dr. Erini has also extended her expertise to their facial aesthetic needs through the use of Botox. One of the most important things Dr. Erini prides herself on is giving her patients the most honest advice with a very conservative approach when diagnosing treatment. She genuinely cares about her patients and will spend as much time as needed to make sure that every patient leaves smiling.

Dr. Erini aims to make your experience at her practice as convenient, affordable and rewarding as possible! If you're searching for the complete package in a dentist, Dr. Erini Redmond is it: dedicated, dynamic, knowledgeable and most importantly... caring!

ERINI P. REDMOND, DDS
181 Avenida Vaquero, Suite A
San Clemente
949.361.1124
SanClementeDentist.com

SOUTH COAST HEARING SPECIALISTS

ROSE-MARIE DAVIS, AU.D. FAAA

Dr. Davis has been practicing audiology for more than 30 years in a variety of care settings including hospitals, ENT medical clinics, private practices and schools. As an authority in her field, she has also served on the faculties of several universities, helping to educate future audiologists. She remains an active participant in research projects supporting the preservation of hearing function.

Dr. Davis was awarded her Doctorate degree from Arizona School of Health Sciences, her Masters of Science degree from the University of North Carolina and her Bachelors degree from Duke University. She holds the Certificate of Clinical Competence from the American Speech, Language and Hearing Association. Dr. Davis is a Fellow of the American Academy of Audiology and is Board Certified by the American Board of Audiology.

Dr. Davis provides a comprehensive medical management approach to hearing health. She has spent many years studying the communication deficits related to hearing loss and uses the latest technology and research information to bridge the gap between the hearing and hearing impaired populations. She understands the transitional adaptation of the brain to hearing aid use and employs a hearing aid fitting strategy that ensures a patient's success in the recovery of their hearing loss.

"Technology has evolved significantly over the course of my career such that now I am not only better equipped to improve the hearing and, consequently, the quality of life of my patients, but also able to seamlessly provide connectivity to devices such as cell phones, televisions and other media," shares Dr. Davis.

Dr. Davis has volunteered her time in third world countries, has been an active supporter of the Lion's Club and can be found at the Laguna Beach Senior Center providing free audiological and hearing aid services. Additionally, she is currently working with the Veterans Administration to ensure optimal management of hearing loss resulting from military duty.

For more information, email Dr. Davis at rosemarieaudio@gmail.com or call 949-558-8035 to schedule an appointment. Her office is conveniently located inside Griffin Optometric Group's Laguna Niguel location.

SOUTH COAST HEARING SPECIALISTS
30030 Town Center Drive
Laguna Niguel
949.558.8035

GRIFFIN OPTOMETRIC GROUP

T. POWERS GRIFFIN, O.D., S. RANDALL GRIFFIN, O.D. AND PATRICK GRIFFIN, O.D.

Griffin Optometric is celebrating 57 years in business since the company's inception in 1957. Surpassing their father's modest goals, the practice now has 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. Griffin Optometric 's local offices are in downtown San Clemente, Laguna Niguel, and Talega. Each facility provides full-service family eye care and is equipped 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 years is the development of LASIK for laser vision correction. Griffin Optometric evaluates patients for candidacy and provides convenient pre-operative and post-operative care. Free LASIK consultations are being offered October 22nd in the Laguna Niguel office.

The Griffin brothers remain as civic-minded as their father was, Dr. Ted Griffin Sr., and have preserved his legacy as well with involvement in a variety of community organizations and philanthropic events. 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 57 years of making life clearer."

GRIFFIN OPTOMETRIC
140 Del Mar
San Clemente • 949.492.1853

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San Clemente • 949.940.0200

30030 Town Center Drive
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LASIK Performed by Tom Tooma, MD

SPECIAL OFFER FOR ATTENDEES

Date: Wednesday, Oct. 22, 2014

Time: 9:00 am - 4:00 pm

Location: 30030 Towne Center Drive
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FREE REFRESHMENTS & RAFFLE PRIZES

GRIFFIN OPTOMETRIC GROUP
Established 1957 by Dr Ted P. Griffin Sr.

FRANK MOGAVERO, DDS

ORTHODONTICS • FACIAL ORTHOPEDICS

When most people think of orthodontists, images of white coats, wires and rubber bands come to mind. Rarely does one think "cool."

But that's exactly what you get with Dr. Frank Mogavero. It's especially apparent when you walk into his stylish orthodontist office in the Talega area of San Clemente. Signed pictures of famous skaters and snowboarders adorn the interior. Stone walls straight out of a ski lodge decorate the entryway along with a chair from an old lift at Mammoth Resort. Dr. Mogavero is an athlete who loves to snowboard and mountain bike.

Dr. Mogavero has always loved to make people smile, and that shows in his work from early treatment in 7 to 10-year-olds, to teens and adults – both with braces and Invisalign care. He's been practicing for 24 years and estimates that he's finished nearly 10,000 patients in that time. It's no surprise that Dr. Mogavero takes great pride in that wealth of experience. He is a Diplomate of the American Board of Orthodontics, a recognition earned over time that signifies a "pursuit of continued proficiency and excellence." He's even served as an expert witness in some 25 legal cases.

Still, it's helping people in the community that makes Dr. Frank's job fun for him. A few years ago, Dr. Frank was shopping in his neighborhood grocery store when he noticed a young boy whose teeth were intensely crooked. The boy shied away from attention and his confidence was extremely low. Dr. Mogavero approached the boy's mother and asked her if he could work on her son. According to his mom, other children had teased the boy at school. It was affecting his life. So despite being a single mother with one income, Dr. Mogavero made treatment possible. "It's amazing what your smile can do for your confidence," he says.

That's why Dr. Mogavero puts so much extra time into community events. He provides free mouth guards for the San Clemente, JSerra and Dana Hills High School football teams every year. Dr. Frank works with local charities as well, like Grind for Grins, a skating fundraiser organized by local pro skater Mitchie Brusco that raises money to help provide braces for the underprivileged.

Dr. Frank is raising his own family of four (including a baby girl) in San Clemente with his wife Anna. It's a town he sees himself in for the long haul, a place where he will continue his life's work – creating beautiful smiles.

DR. MOGAVERO
1031 Avenida Pico, Suite 101
San Clemente • 949.373.3737

31726 Rancho Viejo Road, Ste. 103
San Juan Capistrano • 949.493.7300
SyncYourSmile.com

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. Many patients come in for a routine exam, and they are so impressed with the quality of care that 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 evening, weekend and even holiday hours, access to high-quality medical services is just minutes away.

LIZANDER PANDY, DO & KARL GEBHARD, MD

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San Juan Capistrano • 949.489.9112

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Ladera Ranch • 949.364.9112

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

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 most have worked with Dr. Craft the past 10 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
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MONARCH VETERINARY HOSPITAL
Glenn Craft, DVM

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CALIFORNIA DENTAL CARE

SARAH ZIRAKZADEH, DDS

California Dental Care is a practice devoted to restoring and enhancing the natural beauty of your smile using conservative, state-of-the-art procedures.

Dr. Sarah Zirakzadeh takes great pride in providing her patients with the highest standard of quality dental health care available, in the most caring and efficient manner. Leading in long-term optimal oral health, she is one of the few dentists in Orange County who provides Holistic Dentistry. Dr. Zirakzadeh strives for clinical excellence, which requires meticulous care, skill, and judgment, to help her patients achieve their ultimate goal.

Dr. Z., as she is affectionately called by her patients, provides personalized, comprehensive treatment planning for restorative and cosmetic dentistry, clear and traditional orthodontics, as well as Fast Braces. Her end goal for her patients is to achieve optimal dental health and beautiful smiles. Should a dental emergency occur, Dr. Z. will make every effort to see and care for you as soon as possible.

A graduate from the University of Texas School of Dentistry and a proud member of the American Dental Association and the International Association of Orthodontics, she is a true believer that educating her patients in preventative dental care and maintaining regular dental checkups is the key to optimal dental health.

Not only is Dr. Z. focused on the beauty of your smile, but at California Dental Care, she and her staff focus on a patient's overall oral health. This comprehensive approach includes oral cancer screenings which could be a life-saving procedure for patients.

As your dental health professionals, Dr. Z. and her staff want you to feel confident knowing that they are a team of highly-trained and highly-skilled clinicians. To give you the best possible service and results, she and her staff are committed to continuing education and learning. Dr. Z. attends dental lectures, meetings, and conventions to stay informed of new techniques, the latest products, and the newest equipment that a modern dental office can utilize to provide optimal dental care. Also, being members of various professional dental associations helps California Dental Care to stay abreast of the changes and recommendations for their profession.

Make an appointment today. Dr. Z. will give you every reason to smile.

CALFORNIA DENTAL CARE
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RADIANT SMILES DENTAL CARE

BIN HOANG, DDS

Over sixty percent of Americans have some form of gum disease. The American Dental Association reports that most people would rather risk losing a tooth than to receive gum surgery. A new FDA approved laser alternative is coaxing more people into the dentist's chair.

Gum disease (periodontitis) is when gum and bone erode and teeth become loose in their sockets. Symptoms include bad breath, swollen gums, bleeding and a change in one's bite. If left untreated, the bacteria can travel into the bloodstream and may cause heart attacks and strokes.

With the vast majority of the population having some kind of gum disease, dentists commonly recommend periodontal treatment, especially to those with deep tooth pockets and bone loss. Treatment methods include scaling and root planing (deep cleaning), or gum surgery. Statistics from multiple dental resources report that only 4% of patients needing gum surgery actually follow through with treatment – usually because of fear. Patients are scared of conventional treatments and are looking for an alternative.

Specially trained laser dentists are providing the "no cut, no sew, no fear" alternative for the treatment of periodontal disease. Patient concern regarding periodontal disease is no longer just about the possibility of tooth loss. Research has shown that periodontal disease is linked with heart disease, stroke, diabetes and even spontaneous pre-term births. Laser-assisted new attachment procedure (LANAP) is quickly becoming the gold standard for the treatment of gum disease.

The Periolase MVP-7 is a laser that can specifically recognize the difference between healthy tissue and diseased tissue. Once recognized, the laser vaporizes the diseased tissue and leaves the healthy tissue unharmed. The laser treatment provides a disinfected environment for your own body's immune system to kick in and heal. To achieve a stable environment, the patient's bite is also adjusted to remove any excess forces that may be causing the gum attachment to be lost. The new attachment will eventually appear after a healing period. This new attachment comes from stem cells that are activated in the patient's blood by the laser. Thus, gums heal and teeth tighten in their sockets.

Local dentist Dr. Bin Hoang is fully trained and licensed to perform Laser Periodontal Therapy. If you are a candidate for this procedure, contact Radiant Smiles to schedule an appointment today.

RADIANT SMILES DENTAL CARE
1401 N. El Camino Real, #200
San Clemente
949.366.1160
RadiantSmilesDentalCare.com

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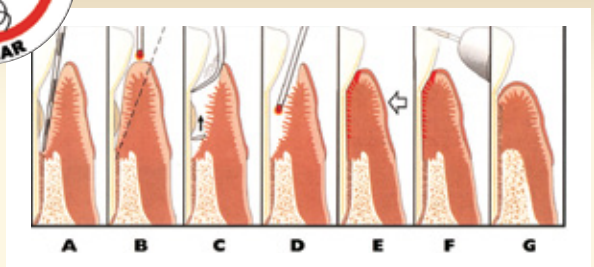
DENTAL CARE

NO CUT • NO SEW
NO FEAR

GUM DISEASE LASER ASSISTED NEW ATTACHMENT PROCEDURE



A Perio probe indicates excessive pocket depth.
B Laser light removes bacteria and diseased tissue.
C Ultrasonic scaler and special hand instruments are used to remove root surface tarter.
D Laser finishes cleaning pocket and aids in sealing the pocket closed so new germs cannot enter.
E Healing of gums to clean root surface occurs.
F Bite trauma is adjusted.
G Healing occurs.

Bin Hoang, DDS • 1401 N. El Camino Real #200 • San Clemente
949-366-1160 • RadiantSmilesDentalCare.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 veins across your legs or feet? Have you noticed unsightly spider veins? If so, 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 clinical expertise focuses on a revolutionary procedure for the elimination of varicose veins that takes only 30 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.

Once patients learn that 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 or mechanical occlusion treatments, Dr. Luhan is able to offer patients an in-office procedure requiring no anesthesia, no downtime, no scarring and with insurance coverage. For many, this is a life-altering change that allows them to now lead active, productive lives.

On the cosmetic side, Elite Medizin and Veins is offering the full scope of vein treatments and uses the latest ultrasound and vein light guided methods to treat spider veins with optimal results.

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

PEDIATRIC DENTISTRY

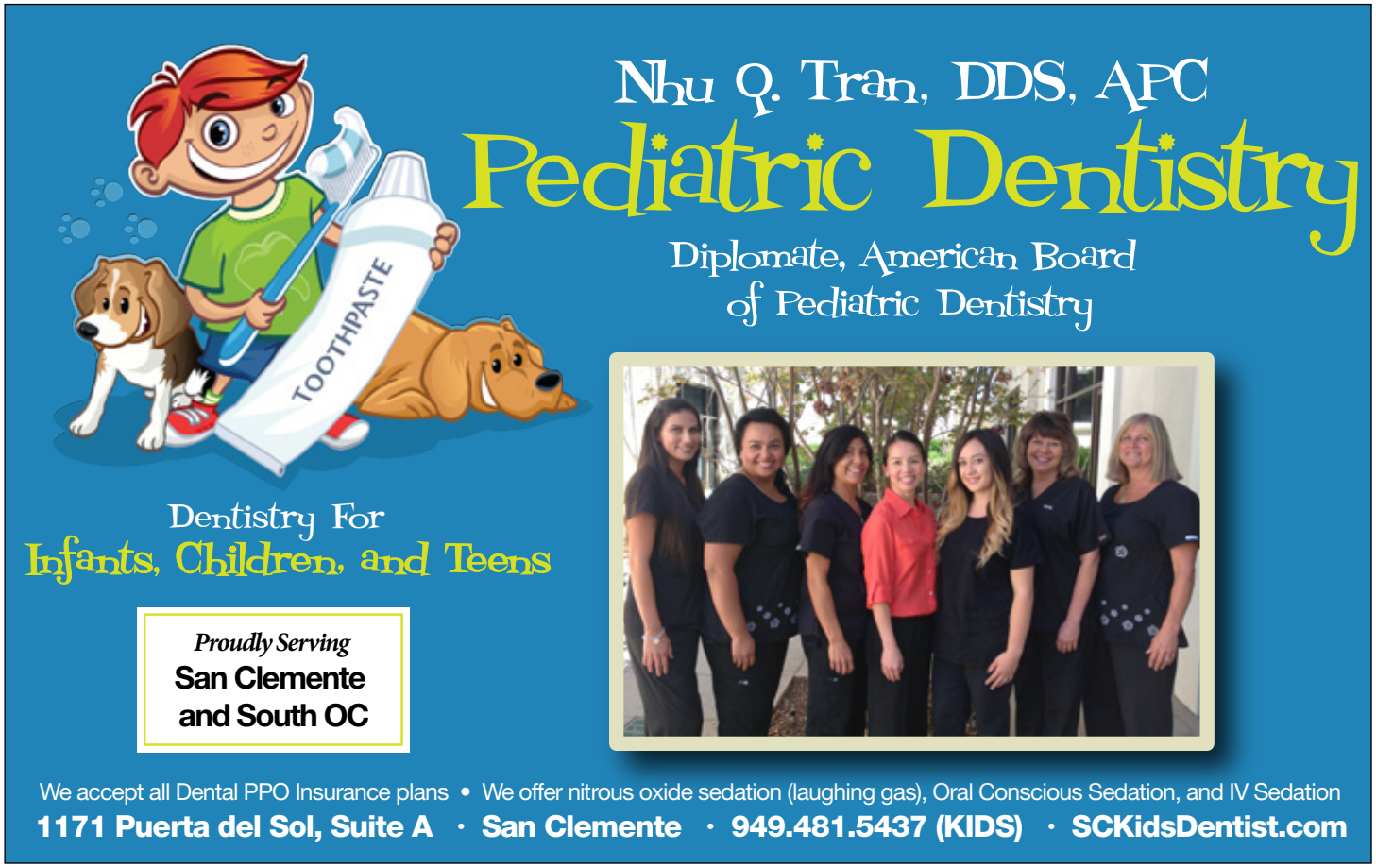
NHU Q. TRAN, DDS, APC

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



MEDx DERMATOLOGY

GOOD HEALTH FOR YOUR SKIN

Comprehensive medical and cosmetic dermatology is the top priority at Medx Dermatology, Laser and Skin Care Center in Ladera Ranch. Proud of providing exceptional skin care within the community where they live and work, husband and wife team Dr. Christian Rank and Linda Rank, PA claim, "The key is focusing on the overall wellness of our patients with a thoughtful, individualized approach to address clients' skin care concerns."

Adding to the trove of professional skin care experience at MedX, renowned dermatologist Dr. J. Woodson is an integral part of the MedX team and has worked with Dr. Rank and Linda Rank for over 10 years. A passionate researcher and physician, Dr. Woodson specializes in skin disorders such as psoriasis, acne, and skin cancers. Lecturing at medical conferences throughout the nation on advances in dermatology, Dr. Woodson continues to conduct numerous clinical trials on new treatments for skin conditions every year.

As we age, the epidermis loses lipids (fatty substances) that keep skin moisturized and the rate of skin regeneration slows. In addition, skin's complexion and texture can change over time. To combat the aging process and to maintain healthy and young looking skin, MedX offers an array of skin care treatments and procedures. From full-body skin cancer exams to state-of-the-art cosmetic dermatology services, the sole focus of this practice is the health and maintenance of beautiful skin, and subsequent wellness.

The commitment of the dermatology professionals at MedX are reflected in patient testimonials, sharing that unique, personalized treatment plans have kept their skin healthy and looking beautiful!

Botox treatments, dermal fillers, laser and light treatments, aesthetician services, and vein therapy are simply a few of the procedures available that can be tailored to suit your individual needs. The medical team is also proud to announce the addition of Venus Freeze, a cutting edge technology for the treatment of cellulite and skin tightening.

Linda Rank, PA-C

Johnnie Woodson, MD

With your particular goals and budget in mind, MedX will customize a personalized skin rejuvenation and skin care plan to keep you feeling healthy, and your skin looking radiant. Good health for your skin means that you feel confident and radiant. And who doesn't want that?

No need to delay; contact the office now to schedule a procedure or a skin care consultation. The warm and intimate staff at MedX is anxious to help you look and feel your best.

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COLD RUSH WELLNESS

SCOTT YOUNG, D.C.

Dr. Scott Young has returned to South Orange County after living 20 years in Amsterdam, The Netherlands. There, he helped introduce chiropractic care to the Dutch with his Gonstead adjusting technique. He built a large, successful practice treating reality T.V. stars, professional soccer players, top musicians and captains of business.

A few years ago he began going to a Cryosauna to receive Whole Body Cryotherapy treatments for himself. He found the health benefits rejuvenating and the science behind the treatments sound. So with a little push from his wife, (she had enough of the cold and rain) he decided to relocate his family to Laguna Niguel to start a new practice.

This practice introduces a European holistic healing method of Whole Body Cryotherapy (WBC) to Southern Californians. It's called Cold Rush Wellness and offers chiropractic adjusting (Scott Young believes in finding the problem, fixing it and leaving it alone), Cryosauna treatments (WBC), as well as a unique training method adopted from Europe. European AlphaSwitch Training is designed to activate one's metabolic switch for weight loss, increased strength and overall wellness. Cryosauna treatments have been done for years and are widely accepted in Europe. In Germany, for instance, Cryosaunas are available in 60 hospitals for the treatment of autoimmune disease and for post-surgical recovery.

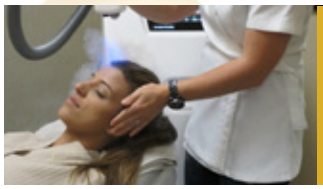
WBC has been reported to help the following conditions:

- Psoriasis, eczema, rosacea, dermatitis, acne, sun burn
- Cellulite
- Brittle hair and nails
- Low libido
- Insomnia
- Anxiety, depression
- Prevention of colds and flus
- Low energy
- Muscle soreness and injuries
- Post-surgical recoveries

Call Cold Rush Wellness today
to schedule your cryotherapy session!

COLD RUSH WELLNESS
30251 Golden Lantern, Ste. B
Laguna Niguel
949.281.6853
ColdRushWellness.com

Cold Rush Wellness



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Expires 10/31/14

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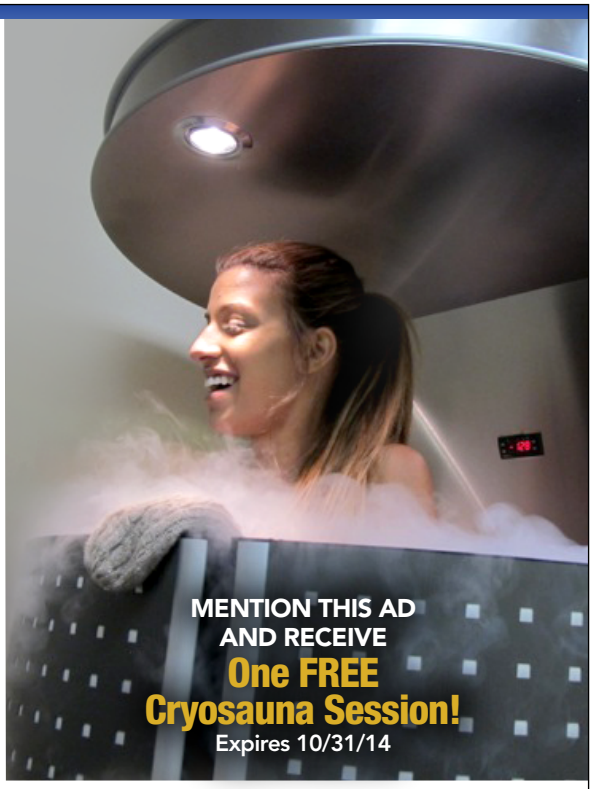

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ORANGE COAST WOMEN'S MEDICAL GROUP

A LIFELONG RESOURCE FOR HEALTH

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 and nutrition management, pellet therapy for bio-identical hormone replacement and laser & aesthetic services. The physicians are also at the forefront of advanced surgical techniques including minimally invasive laparoscopic surgery to treat the full spectrum of female gynecological conditions. 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. These offices are located in Irvine, Laguna Hills, and Talega/San Clemente. The practice's highly esteemed physicians have dispersed to different locations to meet the needs of their patients in these communities. Doctor's Elizabeth Johnson, Norene Norris-Walsh, Mary O'Toole, Ann Marie Raffo, and Dr. Angelika Priestley have made San Clemente and its surrounding cities a primary focus of their practice. Women may also visit these physicians at their Laguna Hills office.

OCWMG doctors enjoy serving patients through significant moments in their lives, such as the joys of first pregnancy to the changes of menopause and every challenge in between. Our physicians are proponents of administering all-encompassing care to their 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. Our physicians take a team approach and work closely together to offer the best care for its patients.

Visit www.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 also accepts all HMO plans through Monarch Healthcare and Covered California exchange plans.

ORANGE COAST WOMEN'S MEDICAL GROUP
Three convenient locations
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HYBRID MD

SAME DAY CLINIC, LASER & AESTHETIC MEDICINE AND AGE MANAGEMENT MEDICINE

"Orange County's most innovative Medical Practice"… a tagline that summarizes Hybrid MD's mission statement. This brand new medical office in the Courtyards at Talega in San Clemente combines three specialties: Same Day Clinic (Urgent Care), Laser & Aesthetic Medicine and Age Management Medicine. This innovative concept brings a unique focus to health and wellness care not seen before.

Dr. Jairam, the founder and sole provider in the office, is bringing the art of customer service back to the practice of medicine with a hospitality trained and service-oriented staff to drive exceptional patient care. His office administrator, Kevin Ferguson, strives for five-star service at the office as a result of his experience as a former Four Seasons hotel manager. From the sparkling Quartz countertop in the lobby to the LED side tables, the atmosphere is unlike that of your typical doctor's office.

Originally from the twin island republic of Trinidad and Tobago, Dr. Jairam completed an accelerated combined BS/MD program at Howard University in Washington D.C. before finishing a Family Medicine Residency at Drexel University in Philadelphia. After moving to California in 2008, he performed additional fellowships in Aesthetic Medicine and Age Management Medicine. These certifications were done through the American Academy of Aesthetic Medicine and the prestigious Cenegenics Medical Institute.

Dr. Jairam's love for the practice of Family Medicine in an Urgent Care setting, as well as his advanced training in Aesthetics and Age Management, led him to open a practice that combines all three specialties… thus, Hybrid MD was born.

So whether you are looking to be seen for a sore throat, wrinkles, laser hair removal or just need to get your energy and vitality back, Hybrid MD has something to offer everyone in the South Orange County area. Be prepared for a trip to the doctor that is not just a visit, but more of an experience!

COLIN X. JAIRAM, MD
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ALLERGY & ASTHMA ASSOCIATES OF SOUTHERN CALIFORNIA

WILLIAM E. BERGER, MD • WARNER W. CARR, MD

It's nice to know you can turn to somebody who really cares about your health and who's been there for you, your family and your neighbors for over 30 years. Actually, it comes naturally to everyone at Allergy & Asthma Associates of Southern California because they are your friends and neighbors, too.

The practice was founded in 1980 and maintains the goal of partners Dr. William E. Berger and Dr. Warner W. Carr of providing exceptional allergy and asthma care for their patients.

The highly qualified staff includes Dr. Mark Sugar, Dr. Christina Schwindt, Dr. Faith Huang and their certified physician assistants, April Showalter and Sumit Singh, all of whom share the practice's philosophy. Allergy & Asthma Associates has helped thousands of children and adults find welcome relief from allergies, eczema, asthma, sinus problems, chronic cough and other related conditions. It's one reason why half of its new patients are referrals from existing ones.

The doctors at Allergy & Asthma Associates have established themselves as leaders in their field. Through their Southern California Research Center, they have been involved in leading-edge research, clinical trials and testing for some of the largest pharmaceutical companies in the world. These efforts will improve patient care for years to come. In addition, they've written practice parameters for allergy, asthma and immunology specialists in the U.S., lectured throughout the country and have held prominent positions in professional medical organizations and at university medical schools.

Allergy & Asthma Associates' doctors and staff will treat you just like family. You will truly appreciate their friendly, unhurried and informative care. And the same goes for your child; they make make children allergy testing visits as fun and as positive an experience as possible... every step of the way.

Allergy & Asthma Associates highly specialized care can help you greatly improve your health and your quality of life, and it's available right here in San Clemente, Mission Viejo and Irvine.

ALLERGY & ASTHMA ASSOCIATES OF SOUTHERN CALIFORNIA
675 Camino de los Mares, Ste. 403
San Clemente
27800 Medical Center Rd., Ste. 244
Mission Viejo
15785 Laguna Canyon Rd., Ste. 100
Irvine
949.364.2900
SoCalAllergy.com

Mark Sugar, MD

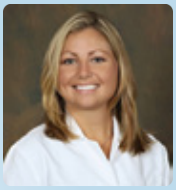
Christina Schwindt, MD

Faith Huang, MD

Allergy & Asthma Associates of Southern California

Leading-edge personalized care that you can trust

Board Certified Physicians
Allergy & Immunology


April Showalter
PA-C

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PA-C

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ADVANCED DERMATOLOGY
OF SAN CLEMENTE
GENERAL • COSMETIC • SURGICAL

Advanced Dermatology of San Clemente has been caring for the communities' dermatological needs since 2006. Dr. Maryam Moinfar truly has a passion for the art of medicine. She opened the practice with visions of a center that provides cutting edge care with a family feel.

The practice has grown to include a team of three dermatologists along with two radiation oncologists, but still maintains its original mission of offering superior care in a friendly and patient-centric setting. The team now includes fellow dermatologists Dr. Jeffrey Lander and Dr. Mahsa Abdollahi, as well as radiation oncologists Dr. Bryan Leigh and Dr. Jay Tassin. The physicians feel their dreams are coming true as they prepare to open a second location in Dana Point this fall.

All three dermatologists completed their Dermatology training at the renowned program at the University of Minnesota – one of the largest and most prestigious Dermatology programs in the nation. Through serendipity, they have all teamed together in beautiful Orange County, working toward the goal of exceptional customer service for their patients. The physicians believe in a collaborative approach to your medical care. In fact, they regularly consult with one another to bring forth the most precise, knowledgeable and detail-oriented results.

Patients also have access to all aspects of skin, hair and nail treatments in one location such as Mohs surgery, pathology, cosmetic dermatology, pediatric dermatology, cutaneous oncology, and radiation oncology, as well as personalized skin care regimens. Advanced Dermatology of San Clemente is one of the first dermatology clinics in California to provide brachytherapy, a state-of-the-art non-surgical treatment for skin cancers, to their patients.

Parallel with delivering advanced care, the doctors are also very accessible. Physicians give patients their personal cell phone numbers to assure that they can contact them should any questions or concerns arise. This quality of attentiveness, combined with a high level of customer service, is why many other doctors and the city of San Clemente Lifeguards entrust their dermatologic care to the MDs of Advanced Dermatology.

By providing top notch care over the years, Advanced Dermatology has become one of the premier dermatology practices in south Orange County.

Advanced Dermatology of San Clemente

ADVANCED DERMATOLOGY
675 Camino De Los Mares, Ste. #400
San Clemente

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Dana Point
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Maryam Moinfar, MD

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Mahsa Abdollahi, MD

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675 Camino De Los Mares, Ste. 400

DANA NIGUEL DENTAL

FRANK GODINO, DMD

Dr. Frank Godino has been providing quality dental care to the south county community from his Dana Point office for the last 28 years. "We are a family-oriented practice," states Dr. Godino, "dedicated to providing the best possible care utilizing advanced, state-of-the-art technology and skills."

All team members of Dr. Godino's office have been with him for at least 15 years and are highly skilled in their areas of service. They pride themselves on providing quality care in a comfortable and inviting atmosphere where you will feel more like family than patients. Much time is spent getting to know their patients on a personal level building an atmosphere of comfort and trust.

Although he provides a multitude of dental services, Dr. Godino excels in the areas of cosmetic, implant, and full mouth restoration dentistry. Concerning his cosmetic cases, Dr. Godino feels his success is attributed to a combination of proper pre-op planning, including listening to his patients' desires, and his artistic clinical skills. Implant dentistry has been one of the most exciting areas of Dr. Godino's focus. He adds, "Today's advances in implant dentistry enable us to replace a person's complete dentition with as little as 8 implants, restoring their full function, aesthetics, confidence and self esteem." Dr. Godino is continually maintaining and updating his skills through coursework and multiple study clubs to ensure that his patients are given the best and most current dental care available.

Dr. Godino has also been providing care in the area of Sleep Medicine for the past 7 years, having completed a mini-residency in Sleep Medicine at UCLA in 2007. This enables him to assist in the diagnosis of sleep-related breathing disorders and to help patients sort through the various treatment options.

Dr. Godino wants prospective patients to know that they can be assured of exceptional expertise in their general and cosmetic dental care. When needed, Dr. Godino utilizes a trusted network of local specialists to ensure the quality of his patients' total dental care. He treats his patients with honesty and respect, ensuring that all their concerns are addressed and an accurate diagnosis is presented and explained. Dr. Godino believes it is his obligation to truthfully present your treatment needs and options, but that it is your decision as to how you want to proceed.

If this sounds like a dental family you would like to become a part of, then Dr. Godino encourages you to call for an appointment or to learn more about his office online at: www.DrFrankGodino.com.

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