MPS Back-To-School Supply Drive

We are teaming up with The Education Fund and Ocean Bank Center for Educational Materials to provide school supplies for Miami-Dade County Public Schools. We encourage all of our friends and family to stop by and donate something!

Suggested items include:

- Pens, pencils, markers, crayons, erasers, scissors, glue, etc.
- Books - all types, new and used, all grade levels
- Arts and crafts materials
- Science supplies
- Pictures, posters, maps
- Three-ring binders
- Filing and office supplies
- Incentives for students - stickers, toys, educational games, etc.

The drive will run through the end of August. For more information on The Education Fund or Ocean Bank Center for Educational Materials, visit www.educationfund.org.

Product of the Month

VitaMedica Anti-Aging Formula
Tackle aging from within!

Actively manage the aging process with VitaMedica’s Anti-Aging Formula. Packed with several key nutrients, it supports glowing skin, hard nails, lustrous hair, strong bones, flexible joints AND a vital cardiovascular system.

With morning and evening packets that combine multi-vitamin and minerals, organic flax seed oil and antioxidants, this 3-in-1 set makes it easy and convenient to stick with a supplement routine. No more juggling bottles and figuring out what to take! The professionally matched combination and dosing of the Anti-Aging Formula takes the guesswork out of supplementation.

For beauty that comes from the inside out, we highly recommend a daily dose of these super supplements!

10% off through the end of August!

What's SUP?

Ride a new wave of fitness with the latest workout trend, Stand Up Paddle Boarding (SUP). Beloved by celebrities such as Jennifer Aniston, Mathew McConaughey and Cindy Crawford, everyone who is anyone has become enamored with this addictive sport.

SUP consists of standing on an extra large, stable board and using a paddle to move and steer. The combination of balancing and paddling is excellent for building core-muscle strength as well as toning arms and legs. In addition to the full body workout, it also provides serenity and stress-relief. People of all ages, shapes and sizes can enjoy the low-impact sport.

It may not be as cool as walking on water, but it comes pretty close!

Keeping MPS Infection-Free!

Opportunities for infection are abundant and virtually everywhere, including our cell phones. The Violight UV Cell Phone...
Case of the Month: Eye Wrinkles & Crow’s Feet with Dr. Herman

Crow’s feet, the tiny lines that extend out from the corners of the eyes, are usually one of the first signs of aging among women. The primary cause of crow’s feet is exposure to the sun’s ultraviolet rays leading to loss of skin elasticity. Sunlight not only ages the skin, but forces people to squint, causing wrinkles in the skin. Over time, crow’s feet deepen more and more as the muscles thicken from use.

Cosmetic dermal injections, such as Botox and Dysport, can be used to temporarily reduce or diminish crow’s feet. These treatments, which use botulinum toxins, cause temporary paralysis, weakening the muscle and causing them to relax, thus eliminating the wrinkles. Patients will see results within a week and results typically lasting 3 to 4 months, fading away gradually.

Results vary with every patient and depending on the amount injected and the severity of the patients’ wrinkles. Treatments are safe, effective and only take a few minutes to perform. Although everyone has a different pain tolerance, most patients experience minimal discomfort.

For more information or to schedule a consultation with Dr. Herman, call 305.595.2969 or visit www.miamiplasticsurgery.com.

Patient Corner

“Anyone considering plastic surgery should know about Dr. Michael Kelly and his staff. I recently underwent Breast Augmentation, and if I had to, I would do it again, but ONLY with Dr. Kelly.

Not only does Dr. Kelly posses top credentials, he has, by far, the best bedside manners. He was kind, concerned and loving from day one.

His staff was exceptional- providing caring and outstanding service. From my first visit
Workout Music: What’s On Your Playlist?

Whether you’re training for a half-marathon or just hitting the gym, we all have those go-to songs that motivate us to pick up the pace and push ourselves a little harder. So we asked our front desk girls—What song gets you pumped during a workout?

"More by Usher! It’s so high energy and inspires me to push my limits. In fact, it’s so great, it was featured as the theme song for the 2010 NBA Finals!"

- Ashley

"There’s so many! Being a spin instructor, I have to continuously update my play list. After giving it some thought, AC/DC’s Shook Me All Night Long is definitely at the top! It’s a classic that everyone knows and it gets the crowd rockin’!"

- Maria

"Merengue! Doesn’t matter what song! It’s fast paced and fun! When I’m on the elliptical, the faster, the better!"

- Nora

"I don’t really have one favorite. I love any upbeat song that gets me going. My latest obsession is LMFAO’s Party Rock Anthem!"

- Shaun

Needless to say, my breasts look amazing! From the bottom of my heart, I am forever thankful!" - M.C.

Pick up a copy of Cosmopolitan en Español’s August issue for Dr. Wolf’s latest Q & A column!

LIKE US!

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WATCH US!
Q & A with Dr. Wolf

Q: I am having surgery to enhance my breasts in a few weeks. Now that I have read about so many people dying during plastic surgery, I am scared. Before I undergo the surgery, what are some questions I should ask?

A: I always say better late than never. With all the advertisement and “fluff” built into the “non-invasive”, “minimally invasive” and “non-surgical” treatments being provided, the public (that’s you!) has been bamboozled into thinking plastic surgery is without risk. It is not. Here are questions that every prospective patient should ask their surgeon:

- What are the risks of surgery?
- Who is going to perform my anesthesia? (This is a VERY important question that almost nobody asks me)
  - Will it be an anesthesiologist, nurse or the same doctor doing my surgery? (A big no!)
- Is the doctor board certified in the procedure I am going to have?
- Does the doctor have privileges at a hospital facility to perform that procedure?
- Does the facility have an emergency transfer protocol in case there is an emergency?
- Does the facility have all the resuscitation equipment needed?
- Is the facility certified by a state or national agency for ambulatory surgery certification such as Quad A?
• Does the facility have dantrolene (a drug to treat malignant hyperthermia)?
  o This drug is expensive and often overlooked in a facility because hyperthermia is rare and the drug expires every few years.
• Who will care for you after surgery—a nurse or medical tech?
  o A nurse should always take care of you in the immediate post-op period.

While this is not an all-inclusive list of questions you need to ask, if all the above are answered satisfactorily, your chances of having a successful surgery are greatly enhanced.

For more information or to schedule a consultation with Dr. Wolf, call us at 305.595.2969 or visit www.miamiplasticsurgery.com.

The ABCD's of Skin Cancer

In a sense, you are your own dermatologist. A sudden or continuous change in the appearance of a mole is a sign that you should see your doctor.

The ABCD rule can help you remember the symptoms of melanoma:

A. Asymmetry: Is it asymmetrical?
B. Border: Is the border irregular?
C. Color: Is there any color variation?
D. Diameter: Is it greater than 6 millimeters in diameter?

If you answered “yes” to any of these questions, you need to see a dermatologist. Though most of your suspicious moles will turn out to be normal and non-cancerous, it is better to be safe than to ignore early melanoma.
THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION OR TREATMENT.