

# MEDICAL PIONEERS



The Gulf Coast is home to some of the most impressive medical care and emerging procedures in medicine. From major operations to oral care to aesthetic services and critical medical weight loss programs, the physicians and care providers in the region excel at keeping the community well. In this special section we will visit the experts of Abrams Dermatology, The Center for Integrated Therapies, Center For Sight, Doctors Hospital, Infiniti Aesthetics, Meadows Dental and The Aesthetic & Wellness Center

## ABRAMS DERMATOLOGY

**WHEN SEEKING MEDICAL CARE FOR THE SKIN, PERHAPSTWO OF THE MOST IMPORTANT** considerations are finding a skilled practitioner of dermatology and a trusted team of health care professionals that believe in customized treatments. Abrams Dermatology prides itself on the leadership of Dr. Bradley Abrams, D.O. and Mohs Surgeon for the treatment of skin cancers, acne and numerous types of dermatitis that affect patients throughout the region. The needs of each patient come first when being treated by Dr. Abrams, Sheryl Wilson, Nurse Practitioner or Catherine Deans, licensed esthetician.

A major focus of the medical staff is patient education on the systemic causes of skin conditions and the importance of basic preventative care, like proper cleaning and adequate protection from sun exposure. Each patient's skin is taken into consideration when developing a treatment plan, which frequently couples prescription medicines and preventative solutions to impact long term skin health.

For patients looking to make enhancements to the appearance and surface of their skin, Abrams Dermatology offers aesthetic rejuvenation using emerging treatments and top tier products. The skin professionals at Abrams Dermatology personally vet the products and services offered at the facility, ensuring quality and efficacy before recommending to patients and clientele.

Now offering micro-needling, a cosmetic procedure to diminish the appearance of acne scars and fine lines on the face, Abrams Dermatology continues to invest in new procedures when the results are beneficial and have a lasting impact on patient health and appearance. One such product is Kybella, an injectable, FDA approved drug prescribed to melt fat under the chin and neck area. Dr. Abrams was one of the first physicians trained in administering Kybella in the region.



Whether seeking annual skin exams or more specialized treatments for rejuvenation, Abrams Dermatology is a comprehensive practice ensuring that patients' skin is as healthy as it is beautiful. Abrams Dermatology specializes in the treatment of Adult and Pediatric Dermatology, Skin Exams, MOHS surgery, Skin Cancer screenings, Wart and Mole Removal, Hair and Nail disorders, Acne & Rosacea as well as Aesthetic and Cosmetic treatments such as Facial Fillers, Botox & Xeomin, Photo-Rejuvenation, vBeam Laser and Sclerotherapy, Facials and Peels, Stretch Marks removal and Anti-Aging treatments. Abrams Dermatology offers complimentary aesthetic and cosmetic consultations.



# THE CENTER FOR INTEGRATED THERAPIES

DR. ANN TAYLOR, ED.D., CLINICAL AND COUNSELING PSYCHOLOGY, LMHC

DR. CURTIS SCHINDELER, PH.D., (ABD), MS, IMHC, NEUROTHERAPIST, C.HT.



**THE DEVASTATING EFFECTS OF NEUROLOGICAL CONDITIONS CAN HAVE A DRAMATIC EFFECT ON A PERSON.** Compounding over time, the symptoms of personality disorders, anxiety, post-traumatic stress disorder, ADHD, bi-polar disorder and other neurological conditions like Parkinson's Disease and Autism can disrupt life and livelihood for those who suffer from them. At the Center for Integrated Therapies, the skilled professionals that assist patients believe in using the brain itself as the major component of the healing process. Patients receive a specialized treatment plan that combines neuroscience and psychology in innovative bio-therapy techniques to restore their quality of life. Many seeking relief from disruptive, chronic conditions come to the Center for Integrated Therapies for a different approach for relief and healing. Using a scientific technique to treat the root of the problem, rather than the symptoms, this treatment often restores a higher quality of life to those that believe their condition is hopeless. All therapy is non-invasive and utilizes EEG brain activity monitoring for neurofeedback, Dialectical Behavior Therapy (DBT) and a caring approach to psychotherapy. Through innovative bio-therapies, the Center for Integrated Therapies sees lives changed every week through the course of short term therapy sessions, ranging from an hour to two hours at each visit depending on the condition being treated. Often, the need for medications is greatly diminished after neurofeedback treatments, which reduce the effects of brain dysregulation or trauma.

In addition to offering a beacon of hope to those suffering from the debilitating conditions, the building itself at the Center for Integrated Therapies is a refreshing alternative. Located in Laurel Park, the office is welcoming and cozy. Colorful artwork and comfortable couches invite clients to engage in healing care without the sterile feeling of traditional medical facilities.

# CENTER FOR SIGHT



## HOW HAS LASER-ASSISTED SURGERY CHANGED?

Technology is rapidly transforming the health care industry. At Center For Sight, we utilize laser technology in most procedures. Within the specialty field of cataract and lens replacement surgery, the introduction of laser-assisted cataract surgery has been the single most valuable advancement in the past three years. Laser cataract surgery is the most precise treatment option available and we are proud that Center For Sight is a leader in this field. Center For Sight was one of the first practices in the United States to operate the LensAR Laser System, exclusively developed for cataract surgery. To date, we have performed more cataract lens replacement procedures utilizing this platform than anyone in the world.

In addition, we offer all-laser, blade-free LASIK vision correction surgery. All-laser LASIK delivers the highest degree of accuracy and enables each patient to receive an individualized procedure based on their specific treatment needs. From start to finish, the surgery only takes minutes and we completely customize the laser treatment for each individual, ensuring the best possible outcome. LASIK surgery is now commonplace and each year the technology becomes more and more sophisticated, offering patients stellar results with minimal discomfort. Today, we expect most of our patients to achieve 20/20 vision in a matter of days.

## WHAT IS YOUR PHILOSOPHY WHEN IT COMES TO PATIENT CARE?

At Center For Sight, our team members operate with the same philosophy at every point of contact: We consider it an honor to be entrusted with our patients' care. This dedication is evident from the staff at the appointment desk to the doctors in our surgery center. Upholding our commitment to delivering the highest caliber of service comes naturally when our team truly takes great pride in caring for our patients. Our staff members are caregivers every day and we continue to identify new ways of serving our patients. We utilize the most advanced technology, participate in clinical research trials, educate local students and employ the best doctors in Ophthalmology. We even offer live laser surgery observation. When a patient is having surgery at Center For Sight, a staff member is assigned to sit with the patients' family members and deliver a narration of their loved ones' surgery as they view it in real time. This is a revolutionary, unprecedented approach to educating our patients and their families. Many will even record the experience on their phone or tablet – a sign of our changing times.

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# DOCTORS HOSPITAL



**DOCTORS HOSPITAL OF SARASOTA IS ON A MISSION TO PROVIDE THE MOST INDIVIDUALIZED, PERSONAL CARE FOR PATIENTS THROUGHOUT THE GULF COAST.** Through extensive care services reaching many branches of modern medicine, the talented physicians, nurses and administrative staff are pioneering a level of care that always keeps the patient number one. In the spring of this year, Doctors Hospital will open an impressive expansion at its Emergency Room facilities. Most significant in this reimagined space is nineteen private rooms designed with patient comfort in mind, now making 100% of rooms at Doctors Hospital private. The expansion will double the ER's footprint and upgrade each room with dimmable lights and a thoughtfully designed layout for doctor and nurse access with minimal patient disruption. Already boasting the lowest ER wait time in the region, new technology will increase efficiency while keeping patient comfort at an all time high. Recent renovations to the existing campus are dramatically increasing the level of expertise available to patients. The Orthopedic and Spine inpatient unit was remodeled to incorporate modern updates and a fresh new look. In late 2015, the Operating Room expanded to accommodate two new state-of-the-art rooms. The hospital offers the most comprehensive robotics program in the area, utilizing a da Vinci Robot and the nimble Mazor Robotics system for precise, minimally-invasive brain and spinal surgeries. With the expansion of the Operating Room, skilled surgeons at Doctors Hospital are leading the way for transformative procedures for patients in the region. Doctors Hospital is also home to Serenity Place, a specialized behavioral health care center for men and women seeking voluntary mental wellness therapies. Treating conditions like anxiety, depression and grief in a non-threatening environment, this program is another extension of the high level of care provided by the hospital.

Doctors Hospital is proud to be continually acknowledged as both a premier health care provider and a top work place in the medical field, receiving accolades from the likes of Modern Healthcare, Join Commission Top Performers, Orthopedic & Spine and Becker's Hospital Review.

# INFINITI AESTHETICS



**KELLY STEVENS, PA-C, MPAS, OWNER OF INFINITI AESTHETICS IN HISTORIC BURNS COURT BELIEVES IN THE POWER OF TRANSFORMATION.**

Through minimally invasive treatments, she is able to play a major part in building confidence and promoting positive health habits for her clients. Over eighteen years in the medical field has refined Stevens' thoughtful care and light touch when recommending and administering subtle enhancements to the face, neck and décolletage. Previously working in vascular and internal medicine as well as emergency health services provided Stevens a balanced background as she ventured into the field of aesthetic medicine. As a standard, each client is involved in developing an individualized care plan and is part of treatment decisions. Whether treating first-time clients or repeat recipients of aesthetic rejuvenation, Stevens is devoted to providing educational consultations. Learning how to maintain a healthy glow and protect the skin from harmful sun exposure and elements that can prematurely age and damage the face, neck and hands is important for clients of all ages. As a variety of treatments emerge for beauty and well-being, Infiniti Aesthetics explores the right treatment and product for each patient to achieve the desired results. Stevens' approach is to accomplish a youthful glow using a modality that is right for each client. Infiniti Aesthetics offers treatments by Botox, Juvederm, Voluma, Kybella and Microneedling addressing wrinkles, fine lines and volume loss to freshen the face. Infiniti Aesthetics also offers LifeLine Stem Cell Skin Care, a cutting-edge line of products that regenerate old cells and stimulate cell growth.

With new specialty treatment options for the delicate skin of the neck and décolletage, Infiniti Aesthetics now offers procedures to restore the skin, leaving a tighter, refreshed appearance. Complimentary consultations are available for a new product to diminish fat cells under the jawline to compliment a radiant complexion and nourished skin.



## MEADOWS DENTAL



**DR. TODD MCCABE, DMD KNEW WHEN HE WAS IN HIGH SCHOOL THAT HE WANTED TO HELP PEOPLE THROUGH HIS PROFESSION.** He began his study in medicine as a researcher of Alzheimer's Disease through a program at Cornell University in New York. While important and purposeful, the research was missing one critical element: providing immediate help to people. Deciding dentistry was the right path, Dr. McCabe graduated from the University of Florida College of Dentistry and completed an intensive residency at Ohio State University. At Meadows Dental Associates, Dr. McCabe continues his mission to help as many people as he is able. The location of Meadows Dental Associates allows Dr. McCabe and his talented staff to make a direct impact on the quality of life for nearby residents of all ages. Specializing in cosmetic and general dentistry, Meadows Dental Associates is proud to provide cutting edge technology that assists in an elevated level of treatment for patients. The office is home to a CT Scan, CEREC machine and digital scanners that allow for precise placement of crowns and bridges. Particularly life changing is a restorative procedure for patients to receive new teeth in a day, which removes bad teeth that harbor bacteria and replaces them with an implant and temporary teeth. Within one day, patients at Meadows Dental Associates can receive this progressive procedure that enhances their quality of life. As the oral cavity plays a major role in overall health, Dr. McCabe is a firm believer in power of preventative care. By providing routine cleanings and ensuring a healthy oral environment, patients are less likely to develop systemic diseases and cardiac conditions that are linked to periodontitis.

The overall health of each patient is the most important element of Dr. McCabe's care plan. Every patient is treated as if they are a member of the Meadows Dental Associates' family and are partners in their own health plan.



**Top:** Dr. Lalia Abdullah, a Roskamp Ph.D. Graduate. **Bottom:** Graduates of the Roskamp Institute's Ph.D. program in partnership with The Open University of the United Kingdom.



## THE ROSKAMP INSTITUTE

**DID YOU KNOW THAT A GLOBAL LEADER IN CUTTING-EDGE RESEARCH FOR ALZHEIMER'S DISEASE AND OTHER DISORDERS IS LOCATED RIGHT HERE IN SARASOTA?** Since opening its doors in Sarasota in 2003, The Roskamp Institute has been at the forefront of efforts worldwide to better understand and ultimately cure debilitating diseases of the mind, such as Alzheimer's disease. The work of The Roskamp Institute scientists has resulted in the advancement of a pipeline of novel drug treatments for Alzheimer's disease, one of which is currently in a Phase III clinical trial in Europe. The Institute also conducts scientific research to discover safe and effective new therapies to successfully treat diseases that impact veterans and active military personnel. The Institute's work targets Traumatic Brain Injury, Post-traumatic Stress Disorder, Gulf War Illness and other neurodegenerative and neuropsychiatric disorders.

**PIONEERING RESEARCH INTO LIPID BIOMARKERS** The Roskamp Institute has an in-house Ph.D. program which recruits top scientific students from around the world. One of the most exciting areas of research is being conducted by Dr. Laila Abdullah, a Roskamp Ph.D. graduate, in the area of lipids – commonly known as fats. Dr. Abdullah is performing groundbreaking research on lipid biomarkers (fats) in several areas, including studying the relationship between blood lipid ratios (specifically omega 3 and omega 6 fatty acids) and cognitive decline. In analyzing data from an ongoing longitudinal clinical study on cognitive decline, Dr. Abdullah and her team were able to determine that, in some cases, it may be possible up to two years before any physical symptoms to diagnose Alzheimer's disease and other cognitive impairments by reviewing the ratio of omega 3 versus omega 6 acids present in the blood of patients. More study is necessary on the implications of this and other important findings at The Roskamp Institute.

**EARNING A PH.D. AT THE ROSKAMP INSTITUTE** Dr. Abdullah also has the distinction of being a graduate of The Roskamp Institute's unique Ph.D. program. The Institute partners with The Open University in the United Kingdom to offer a doctoral degree in neuroscience. The Open University is the awarding institution for the Doctorate of Philosophy degree. Since its inception, five students have successfully completed their doctoral degrees, and seven students are currently enrolled in the program.

The Roskamp Institute is an independent, 501(c)3 nonprofit medical research institute based in Sarasota. The Institute employs more than 50 top scientists and researchers from around the world in a 48,000-square-foot, state-of-the-art medical research facility right on Whitfield Avenue. The Institute is also home to a full-service neurological clinic, The Roskamp Institute Clinic, which focuses on research, diagnosis, management and treatment of neurological, neuropsychiatric and neurodegenerative disorders in addition to conducting clinical research trials. Support our mission – contact Jane Thompson at [jthompson@Roskampfoundation.org](mailto:jthompson@Roskampfoundation.org).

## THE AESTHETIC & WELLNESS CENTER

**AN EXPERIENCED PRIMARY CARE PHYSICIAN SPECIALIZING IN OBESITY, DR. MOWETT FOUNDED THE AESTHETIC AND WELLNESS CENTER IN BRADENTON TO HELP PEOPLE BECOME HEALTHIER.**

There, she developed a medically supervised treatment plan for individuals looking to make major life changes. Since opening, The Aesthetic and Wellness Center has been recognized locally as the leading weight loss facility and place of healing for patients seeking a healthy start. While commercial weight loss programs may be effective for some, many do not target the specific loss of fat and are not monitored by a healthcare professional. But using a custom approach to weight loss as a form of preventative care and patient education is a more targeted way to encourage results. Starting with a full body composition analysis, Dr. Mowett carefully evaluates that all patients are in optimal condition before creating a personalized program of nutrition counseling, an exercise plan, food diaries and appointments to check vital signs and progress. Each patient's medical history is taken into account in building a plan that fits their current lifestyle and accommodates major limitations. Rather than setting goals of pounds to lose per week, the staff at The Aesthetic and Wellness Center schedules regular appointments with every patient to be sure that the right kind of weight is being lost, setting patients up for success in keeping the weight off long term. The services at The Aesthetic and Wellness Center are expanding. Now offering hormone replacement therapy, Dr. Mowett is helping patients restore and balance their hormone levels, which tend to decline with the aging process. Soon, the center will offer a prescription exercise program supervised by Dr. Mowett and an exercise specialist. This personalized approach to fitness is a welcomed addition to the individual weight loss plans.



As patients see major positive changes in their bodies and seek other healthy changes, The Aesthetic and Wellness Center provides non-surgical aesthetic services like Botox, fillers, facials and chemical peels to rejuvenate skin. The overall goal is that a personalized weight loss and fitness program with an invigorated appearance can transform the life of a patient for the better.