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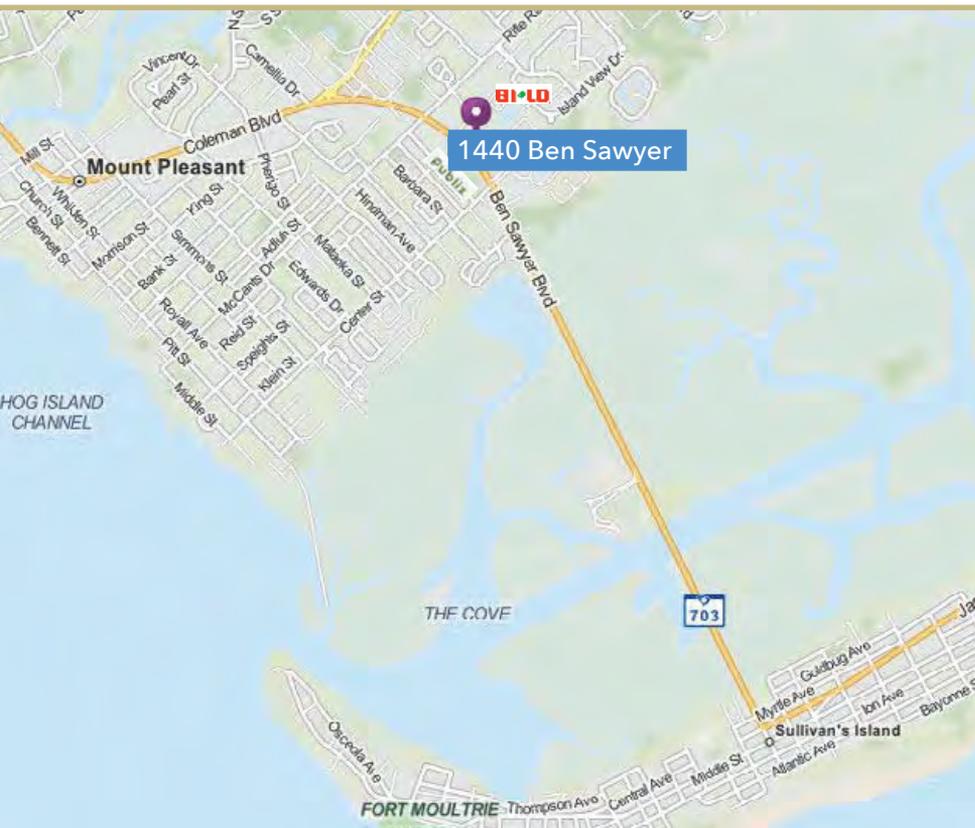
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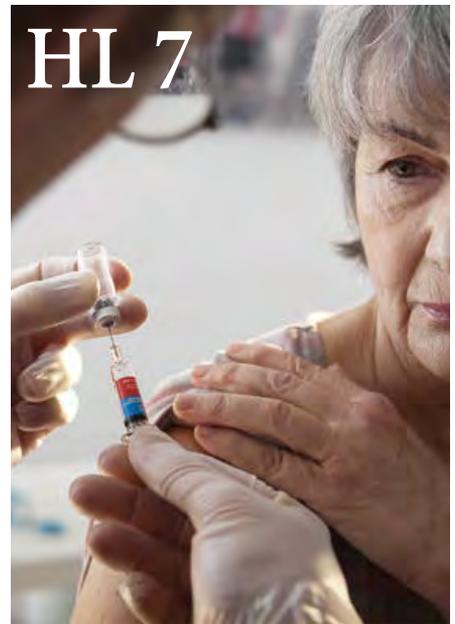
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### ABOUT THE COVER

A big thank you goes out to Jenn Cady of Jenn Cady Photography for photographing the physicians on our HealthLinks 2015 cover. Left to right: Dr. David Geier, director of sports medicine at East Cooper Medical Center; Dr. Heidi Williams, plastic and reconstructive surgeon at Mt. Pleasant Medi Spa; and Dr. Gregory Perron, family physician at MUSC Physicians.



## PUBLISHER'S NOTE

**C**HARLESTON HAS BEEN RECOGNIZED FOR MANY OF ITS best attributes. Forbes recently ranked the Holy City at number 7 for where the jobs will be in 2015, and Conde Nast Traveler's readers voted Charleston as their number 1 travel destination. At Travel + Leisure, Charleston was touted as readers' favorite North American City and second favorite city in the world.

The list goes on and on – Charleston is the friendliest city and the best place to retire. But it doesn't stop there. We are surrounded by award-winning health care providers. Trident, Roper St. Francis, MUSC Health and East Cooper Medical Center all have been recognized for the way they take care of the people who call Berkeley, Charleston or Dorchester county home. Their list of accomplishments is amazing. Just Google any of these hospitals with the words "recognized health care" or "health care awards" and you'll see what I mean.

Unfortunately, most of us don't explore our health care options until we have a health issue or someone who is close to use experiences an illness. In my case, that's exactly what happened. My youngest son, Anthony Macchio-Young, suffered a traumatic brain injury on Feb. 2, 2013. Since bringing Anthony home in September 2013, after extensive hospital stays at Stanford Hospital in Palo Alto, California, then Shepherd Rehab Center in Atlanta, we've been working closely with Roper, East Cooper Medical Center and MUSC Health.

My firsthand experience working with these award-winning medical facilities has been nothing but phenomenal. On page 15 of this issue of HealthLinks is an article about how these local professionals have worked hard to make sure our son continues to progress. Anthony's motto is "slowly but surely." His personal story can be accessed on his blog at [www.SlowlyButSurelyTBI.com](http://www.SlowlyButSurelyTBI.com).

Our goal here at Media Services, publishers of HealthLinks and the Charleston Medical Network, is to provide our readers with the tools, online and in print, that will guide them to the provider who best fits their health care needs.

HealthLinks is available in many doctors' offices, in real estate relocation packages and at all Charleston CVS stores, but I wanted to share with you how we're distributing our magazine in digital format.

When someone accesses websites within The Charleston Medical Network, such as [www.CharlestonPhysicians.com](http://www.CharlestonPhysicians.com) or [www.MountPleasantPhysicians.com](http://www.MountPleasantPhysicians.com), they can search all Charleston area physicians and receive directions to their offices, and they also can read the digital version of HealthLinks.

If you would like to share our magazine with a friend or family member, just send them this link: [www.CharlestonPhysicians.com/HealthLinks](http://www.CharlestonPhysicians.com/HealthLinks).

Thanks for reading HealthLinks. We sincerely hope our magazine will help you find the health care professional who will help you stay healthy. 🐾



*Bill Macchio*

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# TAKE YOUR BEST SHOT

## VACCINATIONS: THE CURE IS LESS PAINFUL THAN THE DISEASE



**T**HERE HAS BEEN NO lack of discussion about vaccinations recently. While Hollywood stars have warned their fans against immunizations, the Centers for Disease Control and Prevention has repeatedly sung the praises of drugs developed to protect people

BY STACY E. DOMINGO

of all ages from sometimes deadly diseases.

“Vaccinations prevent diseases that can cause severe problems,” said Dr. Harriet Hansen of MUSC Physicians Primary Care, who is board-certified in Family Medicine and treats patients of all ages. “Vaccinations are one of the most important improvements in public health.”

For example, there is no cure for the once-dreaded polio, but, because of vaccinations, it is now rare. On the other hand, chickenpox and whooping cough can easily be prevented, but they are becoming more common in the United States because many people choose not to vaccinate.

“Controversial findings have heightened fears about the side effects

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of vaccines that had been used to prevent the spread of deadly diseases,” explained Dr. Jill Aiken of Sandlapper Pediatrics, a Roper St. Francis Physician Partners practice. “Parents became afraid that their children would end up with autism, and some TV personalities perpetuated this myth. It took a while for the media to realize these assertions were not based on reliable research.”

So what are immunizations? According to the CDC, vaccines contain the same germs that cause disease. For example, the measles vaccine contains the measles virus, which has been weakened to the point that it doesn’t make a person sick. A vaccine stimulates the immune system to produce antibodies, exactly like it would if someone was exposed to the disease. Once people are vaccinated, they develop immunity to the disease.

Most adults can remember that as children, they scratched those red welts that plagued them for days or even weeks. But their parents knew that once they recovered from chickenpox, they wouldn’t have to deal with it again. Or at least they thought they knew. In fact, if you had



chickenpox as a child, you carry the varicella zoster virus and the possibility of shingles, a painful rash that can cause loss of vision. According to the CDC, a million Americans a year suffer from shingles.

“When patients reach 60, they should get the shingles vaccine,” said Dr. Hansen. “Other routine adult vaccinations, like tetanus and TDAP

(tetanus, diphtheria, pertussis) should be every 10 years.”

Vaccinations can prevent many diseases, including influenza, pneumococcal, hepatitis B and human papillomavirus (HPV).

Each year, an average of 226,000 people are hospitalized with influenza, and between 3,000 and 49,000 die, according to the CDC. Probably

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the most well-known of all viruses, the flu is a viral infection of the nose, throat and lungs. Older adults and those with certain health conditions are at high risk for serious complications. The vaccination, easily accessible at your neighborhood pharmacy, is covered by most insurance plans.

In 2012, there were approximately 32,000 cases of invasive pneumococcal disease, an illness caused by bacteria, with 3,300 of them leading to death, according to the CDC. Chronic hepatitis B affects 800,000 to 1.4 million people, with complications such as liver cancer. A blood-borne disease, its victims can suffer from flu-like symptoms. HPV causes about

17,000 cancers in women and about 9,000 cancers in men annually.

“It is important to get your child vaccinated with the HPV vaccine before age 11 or before their sexual

debut because once he or she gets the virus, it is too late. Sexual debut encompasses any type of sexual activity,” Dr. Aiken explained. “This is a recommended vaccination. Parents make



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the final decision, and, as a doctor, I am your consultant.”

When children are young, it is easy for parents to get them to the pediatrician for their routine shots. However, as they get older, fewer adolescents get the appropriate vaccinations or boosters. Their activity schedules are busier and concerns about what are deemed to be childhood diseases are forgotten until they actually become ill.

Dr. Aiken pointed out that meningitis used to be a serious problem, but vaccinations in the United States have helped halt its spread.

“You would hear about it at colleges or other crowded living conditions such as Army barracks. Now we give a vaccine at their 11-year old booster, where before it was only given before heading off to college,” she said.

Side effects can occur with any medicine, including vaccinations, with the most common being a low-grade fever, rash or soreness around the injection site. According to the CDC, the risk of serious complications from a disease that could have been prevented by vaccination is far greater than the risk of a serious reaction to a vaccine.

As both Dr. Hansen and Dr. Aiken attest, immunizations play a crucial role in the health of individuals and of the East Cooper community. 🐝

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# MAKING MIRACLES ROPER REHABILITATION SERVICES



Anthony Macchio-Young has made great strides at the Roper Rehabilitation Hospital, with help from Katherine Bennett, PT, DPT.

**I**T WAS A TRIUMPHANT return to Roper Rehabilitation Hospital. I was powered by my own two feet – not a limp in sight – appropriately dressed in street clothes (“It’s nice to see you dressed up,” Dr. Douglas McGill said.) and excited to learn about the new advances in therapy and care since my extended stay in 2010.

BY BARBARA MILLEN PATRICK

As I type these words, I am grateful to Caitlin West, who, as my occupational therapist, was charged with coaxing movement – even the smallest twitch – from my suddenly useless right hand. And when I head out for a walk, I hear my physical therapist Jessica Trego’s voice urging me to walk a little further. Struck down by a stroke, my life changed in an instant and I, quite literally, became an invalid.

I was encouraged to go to a rehab hospital for intensive therapy. I chose Roper Rehabilitation Hospital for two reasons: It was conve-

niently located and it was CARF (Commission on Accreditation of Rehabilitation Facilities) certified. It is the only Lowcountry hospital to hold the CARF certification, one of only three in the state accredited for stroke rehab and one of only two accredited for brain injury and spinal cord injury. I spent the better part of a month as an inpatient, followed by several weeks of additional outpatient rehab.

So when my friend – and Media Services publisher – Bill Macchio’s son suffered a traumatic brain injury, I knew Anthony could benefit from Roper’s services. He has made great strides since starting outpatient therapy, and it seems possible that one day his wheelchair will be a thing of the past.

According to Cathy Therrell, director of Roper Rehabilitation Hospital and Rehabilitation Services, about 1,100 people pass through during the course of the year, with the length of stay varying from three days to three months. The 52-bed

hospital is inside the main hospital on Calhoun Street and serves patients with a variety of conditions that include stroke, spinal cord injury, brain injury, serious fractures and knee and hip joint replacements, as well as neurological disorders such as multiple sclerosis, Guillain-Barré syndrome and Parkinson’s disease. Recovery is a multifaceted team effort led by a physiatrist and involving physical therapists, occupational therapists, recreational therapists, speech and language pathologists and neuropsychologists. Social work case managers are available to help make sense of the patients’ suddenly altered lives.

Many advances have been made just in the last few years that are helping patients recover more of their lost abilities. The ReoGo is a robotic device that helps regain upper body strength essential to fight neurologic conditions. Bioness equipment helps diminish issues such as foot drop and hand function and the functional electrical stimulation

bike system increases success with upper and lower body re-training. Perhaps most amazing is the ReWalk exoskeleton, which is helping spinal cord injury patients realize the dream of walking again.

Shaun Lee is one of them. After a C7 spinal cord injury in 2013, Lee has been in outpatient therapy for about a year and is working hard to improve the quality of his life.

"I'm very thankful for the help. The good thing is the people I've met here," Lee said, adding that the therapists and staff have "kept me together."

Eighty percent of the patients at

the Center for Spinal Cord Injury are able to return home. The CSCI schedules about a dozen outpatient appointments one day per month in addition to its inpatient rehab services.

While brain injury and stroke differ in origin, the neurological issues are often similar. The Brain Injury Program and Stroke Specialty Program both are headed by Dr. McGill. Again, patient satisfaction is high and most are able to return to their homes.

Anne Clarke has high marks for her inpatient therapy program. When her foot quit working, diagnostic tests

revealed a tumor that was removed during brain surgery. Now she's retraining her body. It is not easy, but the optimism of the staff enhances the chances for a positive outcome.

"I go to rehab and work and work," Clarke said, referring to the intensive therapies, which average about three daily at least five days per week. "The care has been exceptional. I definitely feel the therapy is helping."

The bar is set high both for patients and staff. Patients are expected to work hard to achieve their goals. Registered nurses are highly trained in the field, and 80 percent are certified rehabilita-



Shaun Lee, left, has been in outpatient therapy for about a year and is working hard to improve the quality of his life. Anne Clarke, center right, is retraining her body after recovering from having a tumor removed during brain surgery. To her right is Katie Gillespie, PT, DPT, NCS.

tion registered Nurses. Therapists likewise have completed rehab-specific training and earned a number of certifications. Doctors are board certified in physical medicine and rehabilitation. They are highly rated, not just because

of the number of patients who are able to go home but also because of the number of patients who consider their care to be excellent. It is no wonder that patients from all over the state are attracted to the facility's inpatient and outpa-

tient services.

But Roper Rehab also offers one extra that doesn't have an official certification. It is called hope.

Miracles really do happen at Roper Rehabilitation Hospital.

I am one. 



Left: Anne Clarke credits the optimism of the staff at the Roper Rehabilitation Hospital with helping her maintain her own positive attitude. Center: Shaun Lee works hard, with encouragement from Jamie Hamric, PTA. Right: Cathy Therrell is the director of the facility.



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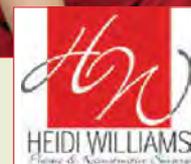
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# Health Care Is a Team Effort

## East Cooper Hospital, MUSC and Roper St. Francis

**S**INCE MY SON, ANTHONY MACCHIO, suffered a traumatic brain injury in San Francisco on Feb. 1, 2013, we've traveled to the West Coast and back, and we've benefited from some of the best health care services this country has to offer. We've received invaluable help from Stanford Hospital in Palo Alto, a Vibra Healthcare acute care hospital in Kentfield, California, and the Shepherd Rehabilitation Center in Atlanta.

BY BILL MACCHIO

Anthony continues to receive award-winning treatment here in the Lowcountry. Anyone who lives in the Charleston area knows we are fortunate to have access to incredible health care services. Since he returned home on Sept. 7, 2013, he has had access to health services that have greatly enhanced his recovery at East Cooper Medical Center, the Medical University of South Carolina and Roper St. Francis. Each of these facilities has provided remarkable care.

The Charleston area is blessed with outstanding health care facilities and with loving and caring health care professionals. It is our responsibility as patients or caregivers to look beyond the services of these health care institutions. We have to remember that these providers have to

run a business, and, because of laws that are constantly changing, their business environment is more challenging than most.

At the core of East Cooper Medical Center, MUSC and Roper St. Francis are caring, compassionate and knowledgeable health care professionals. All of them care most about the health and wellness of their patients.

Tapping into the best care possible is truly up to patients. By communicating with your health care professional, you will be able to experience the best Charleston has to offer. The patient has to ask questions, listen to the answers and seek out more than

one opinion. When you're in a situation where you have good relationships with nurses, rehabilitation professionals and medical administrators, you can use their expertise to benefit your particular situation.

Anthony's progress is a result of his outstanding attitude and will to achieve independence. Aside from his attitude, another asset is his ability to communicate with the health care professionals he's visited along the way to recovery. Most of them still follow his progress, including the physician who actually operated on him – Odette Harris, MD, MPH, director of the Department of Neurosurgery at Stanford Hospital. 



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# Reach Your Potential

## Mount Pleasant Physical Therapy

**T**HE ABILITY TO LIVE LIFE TO THE fullest often depends on a physically sound body. So when life's aches and pains – whether from aging, injury or overuse – prevent someone from reaching their potential, Mount Pleasant Physical Therapy can provide the treatment to help them get back on their feet again.

As director of the clinic, Kim Durst works to assess and treat a variety of problems, from sports injuries to coping

BY PAMELA BROWNSTEIN

with chronic pain.

"We see it all," she said. "From kids to people 100 years old."

The spacious facility, with an entire room of workout equipment, looks almost like a gym. A motivational phrase on the large chalkboard in the waiting area encourages patients and prospective patients: "Exercise can help people get better!"

Durst said the most rewarding aspect of her job is seeing people return to the lifestyle they want to enjoy.

"I believe in educating patients about their problems so they are empowered and can treat themselves," she explained, pointing out that she is there to guide and teach but that it's important for patients to be accountable and continue to enhance their own physical well-being. "I've found that the people in Mount Pleasant are so responsive and motivated to get better."

Born in Charleston and raised in Greenville, South Carolina, Durst earned her undergraduate degree at Furman University and attended the physical therapy masters program at the Medical University of South Carolina. She continues her role as the regional director for the Sports Plus Clinics in Summerville and North Charleston, Goose Creek

Physical Therapy and the Balance Mobility & Dizziness Centers, all of which are part of the Clemson Sports Medicine and Rehab family of clinics.

Durst and her associates specialize in sports injury rehabilitation, comprehensive spine rehab, post-surgical rehab and chronic pain management. Mount Pleasant Physical Therapy offers its successful Balance, Mobility & Dizziness Centers program, under the direction of Brooks Haygood Roberts. The program provides vestibular (inner ear disorder), neurological rehabilitation, balance and gait

retraining. What makes this program unique is the Neurocom Balance Master, which uses cutting-edge technology to test and treat balance dysfunctions. The clinic also has three LSVT Parkinson's-certified therapists on staff.

Mount Pleasant Physical Therapy is expanding its staff and changing the name of its sister clinic on Sullivan's Island to @home Physical Therapy. Still located within Durst Family Medicine, it has added the @home program. Therapists will make home visits to see patients East of the Cooper who can't make it to the outpatient facilities. Patients don't have to be homebound to participate. They might have a transportation issue or be recovering

from recent surgery.

Durst is glad to be serving the residents of Mount Pleasant and its environs.

"I have lived East of the Cooper since 1993 and am thrilled to finally be working here and growing this practice in my town," she said. 🩺

*Mount Pleasant Physical Therapy is located at 1909 Highway 17 North and at 306 Station 22½ St. on Sullivan's Island. For more information or to schedule an appointment, call 843-416-9026 or visit [www.csmr.org](http://www.csmr.org).*



As director of Mount Pleasant Physical Therapy, Kim Durst works to assess and treat a variety of problems, from sports injuries to coping with chronic pain.

Photo courtesy of Mount Pleasant Physical Therapy.



# Eye Spy

## Sweetgrass Eyecare of Mount Pleasant

**N**OT TOO MANY PEOPLE CAN say that after dissecting an animal body part in high school biology, inspiration struck in a profound way. But that's what happened to Dr. Emily Curry, owner and lead optometrist of Sweetgrass Eyecare in Mount Pleasant. She found a sheep's eye fascinating and the vision of her future became clear.

"My dad was a veterinarian, and I always knew I wanted to pursue something within the medical field," Dr. Curry commented.

After working with an optometrist during her undergraduate years at Otterbein University in Ohio and obtaining her doctorate at the Ohio State University College of Optometry, Dr. Curry moved south. She settled into life in East Cooper, initially working at another private practice before opening her own. She's humbled that many of her clients followed her to the new practice and strives to provide exemplary customer service. Dr. Curry's new partner, fellow Ohio State graduate Dr. Jackie Buehner, joined the Sweetgrass family this past fall.

"I love Mount Pleasant," confessed Dr. Buehner. "My family always vacationed in Charleston and Hilton Head, so I was already familiar with the area."

There is no typical day at Sweetgrass Eyecare; each one brings a new challenge. While most involve plenty of regular checkups with young children as well as older patients, emergencies happen often enough to keep the doctors on their toes.

"Emergency visits might involve red eye due to contact lenses, corneal foreign body removal or retinal detachment," explained Dr. Curry.

Though the doctors admit that getting glasses or contact lenses for the first time can be a daunting experience, frank discussions about the patient's vision, available options and current technology certainly help. And there's nothing better than putting on a pair of chic glasses and seeing the world clearly for the first time.

Regarding current technology, Drs. Curry and Buehner

are diligent about keeping up with the latest. The Optovue OCT recently arrived at the office, enabling the doctors to have a "more detailed picture of retinal health."

"The Optovue OCT is a retinal scanner, similar to an MRI," explained Dr. Curry. "It images all the different layers of the retina as well as the blood vessels in the macula and optic nerve tissue."

The scanner can help reveal health issues such as early glaucoma nerve thinning, macular degeneration and blood vessel changes from diabetic retinopathy, among others.

In fact, since the human eye is the only place in the body where it's possible to view blood vessels and their course, it's often the first and best indicator of illness.

Happily, there are ways to keep your eyes in their best shape. A diet rich in fruits and green leafy vegetables provides the antioxidants for ocular tissues. Regular eye exams are also a must. And, especially in the Lowcountry, a pair of sunglasses to protect the eyes from harmful rays is essential.

What's next for Sweetgrass Eyecare? Dr. Curry and Dr. Buehner plan to continue serving patients with cutting-edge technology and treatments as well as a personal touch – and they are excited that the practice continues to grow. 🩺

*For a closer look at Sweetgrass Eyecare, visit [www.sweetgrasseyecare.com](http://www.sweetgrasseyecare.com) or call 843-352-9977.*



Dr. Curry, right, and Dr. Buehner plan to continue serving patients with cutting-edge technology and treatments as well as a personal touch – and they are excited that the practice continues to grow.

Photo by Cassandra Michelle Photography.



# Put Your Best Foot Forward

## Coastal Podiatry

**W**HEN A BABY IS BORN, we take delight in counting those tiny toes to make sure all 10 of them are there. But after that, we don't pay much attention to our feet unless they start to bother us.

Older people tend to develop foot problems – not surprising after a lifetime of standing, walking and running. The foot pads thin with age, bunions may become painful and diabetes can cause serious problems.

BY BARBARA MILLEN PATRICK

But some of Dr. Rahn Ravenell's favorite patients are children because he can save them from a lifetime of problems. And, as much as he enjoys caring for feet, he finds extra pleasure in helping those who suffer from a specific common issue.

"My favorite topic is flat feet," said Dr. Ravenell, of Coastal Podiatry. "Reconstructive surgery, especially on kids, is very rewarding."

Although flat feet can be genetic – look at your parents' feet – they can be caused by injury, obesity or aging. In children, the problem usually begins at about the age of 7, when their bones are still somewhat soft, and surgery can be a viable option to help feet grow properly.

Surgery is not always the first choice, however, for adults. When the feet become painful, other interventions, such as arch supports or custom orthotics, can be helpful. Physical therapy and cortisone injections might also help. When surgery is the answer, Dr. Ravenell will determine the cause of flat feet so he can perform the proper procedure.

Another common problem is heel pain.

"Heel pain is usually plantar fasciitis," Dr. Ravenell explained. "It's mostly caused by hyper-pronation, so the ankle rolls in more than normal and manifests as heel pain. It's a two-step process. First we get rid of the pain, then we work on prevention by supporting the arch."

Bunions are a common complaint for women. Because the surgery has a recovery period of several weeks, Dr. Ravenell recommends it only for those in pain. Geriatric patients are not always good candidates for surgery due to lessened blood flow, which means healing is slower.

Perhaps most importantly, Dr. Ravenell recommends paying attention to your feet.

"Don't take them for granted. Wash and dry them thoroughly," he said.

It is good advice and an easy way to avoid issues such as athlete's foot and toenail fungus. He also suggests having your feet measured by an expert at one of the local running stores to assure a proper fit and to find a style that works well for you. Ill-fitting shoes can cause callouses or corns and can exacerbate bunions.

Coastal Podiatry offers several foot care products, such as cream that helps remove dead skin and callouses and antifungal nail polish. Coastal can also create custom foot orthotics.

If your feet hurt, call Coastal Podiatry. Dr. Ravenell and his wife and partner, Dr. Tamika Ravenell, are ready to help you put your best foot forward. 



Photo provided by Coastal Podiatry.

Dr. Rahn Ravenell recommends paying attention to your feet.

*Coastal Podiatry Specialty Foot Care and Reconstructive Surgery is located at 180 Wingo Way, Suite 201, in Mount Pleasant. For an appointment, call (843) 856-5337. A referral is not needed. Additional information about the practice, foot care issues and services is available at [www.MtPleasantFootDoc.com](http://www.MtPleasantFootDoc.com).*



# Evidence-Based Treatment Carolina Physical Therapy

**I**N THE LOWCOUNTRY, WE LIKE THE athletic lifestyle. Whether it's walking the Ravenel Bridge or paddle boarding, keeping active is a top priority.

But all that running, surfing and sports can wreak havoc on our bodies. Luckily, Carolina Physical Therapy and Sports Medicine has a staff of premier physical therapists ready to keep you in tiptop shape. With two locations in Mount Pleasant, Carolina Physical Therapy can keep you active and doing the things you love.

BY KALENE MCCORT

“Our goal has always been to build a solid reputation as the best physical therapy practice in this community,” said owners Jim Cates, PT, SCS, and Chris Ballew, PT. “Our patients consistently express their appreciation for the respect, kindness and personal attention that they receive.”

Carolina Physical Therapy uses top-of-the-line equipment and cutting-edge treatment programs, such as integrative dry needling, aquatic therapy, the Graston

technique and Kinesio taping.

“I consistently hear from patients how our focused time, manual therapy techniques and designed treatment plans enhance their recovery,” said Kim Sterrett, PT, LMT, supervisor of the South Mount Pleasant location.

“We are dedicated to delivering the highest quality, most up-to-date, evidence-based treatment strategies to our patients,” said Jay B. Hargrove, PT, DPT, ATC, supervisor of the North Mount Pleasant facility. “Our patients reach a higher level of success in regaining what was lost due to injury or illness.”

Perhaps even more impressive is that in addition to being top-notch physical therapists, members of the staff are experts in a variety of fields. From massage therapists to athletic trainers, employees are well-versed in a vast array of health-related professions. 

To learn more, visit [www.carolinaptonline.com](http://www.carolinaptonline.com) or call 843-388-7667 or 843-881-8887.

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# Fountain of Youth

## Optimal Life

**I**T'S JUST NOT POSSIBLE TO STAY young forever. But one physician in Park West is combining science, psychology and cutting-edge aesthetic medicine to prevent, treat and even reverse the signs of aging.

Can 60 be the new 35- to 40-year-old? Dr. Jan McBride believes it can, and she is

BY SARAH LYNCH

committed to turning back the hands of time for her patients at

Optimal Life Medical Youth Maintenance by lengthening the duration of youth and vitality.

“Almost everyone would like to look and feel younger,” Dr. McBride said. “But turning back the clock 20 years or so doesn’t happen overnight. That is why Optimal Life offers a program that dedicates a full 10 weeks to total transformation.”

The goal of “10-Weeks to New Youth” focuses on defying nature by rejuvenating a patient from the inside out.

“This program uses hormone evaluation and treatment along with a series of facial aesthetic procedures that results in rapid age reversal results,” Dr. McBride explained. “Patients are often surprised by how much better they feel and the increase in energy they gain after receiving hormone treatments.”

Once patients are looking and feeling younger, the next phase of the plan is to show them how to actually be young.

“When a patient is suddenly looking younger and feeling younger but still dressing in a way that doesn’t complement their new youthful appearance, I can help them make some changes and assist in the fine-tuning process,” Dr. McBride pointed out.

A board-certified physician, Dr. McBride earned her degree from the University of Florida College of Medicine in Gainesville. She transitioned into aesthetic medicine after completing independent research in nutrition and anti-aging. She earned her certification in aesthetic procedures for the face and body in 2014 through the American Academy of Procedural Medicine.

With the opening of Optimal Life in October, Dr. McBride began offering Platelet Rich Plasma treatments, a revolutionary procedure in aesthetic medicine in which she uses a patient’s own blood to aid in the regeneration of tissue.

“PRP appeals to patients looking for a more natural



Photo courtesy of Optimal Life.

Dr. Jan McBride performs the microdermabrasion portion of a micropeel on a patient.

approach to facial rejuvenation,” she explained. “This treatment makes rejuvenation possible by using growth factors from the platelet cells of a person’s blood. This means we can make nonsurgical improvements to the face without the use of temporary synthetic fillers.”

Best of all, she said, is that PRP is permanent.

In addition to PRP and the 10-week process, Optimal Life offers Botox®, Dysport®, Juvederm® and micropeels, which combine microdermabrasion with moderate strength medical chemical peels.

Dr. McBride said it’s never too early to start the process of preventing old age. One reason she became interested in anti-aging medicine is that she wanted to help people look younger and feel better at any age.

The doctor likes to quote a friend when asked her own age: “Maggie says if they want to know how old she is, they will have to cut her in half when she dies and count the number of rings, like a tree. As more men and women in their 30s and 40s take advantage of anti-aging treatments and procedures to maintain their youthful appearance and function, a person’s chronological age will become less important in our society.” 

*For more information about Optimal Life, visit [www.optimalyouth.com](http://www.optimalyouth.com) or call 843-352-9402.*



# SWEETGRASS

PHARMACY & COMPOUNDING



Our patients and clients are our most treasured resource. Without them, we have no purpose. There are plenty of pharmacies to choose from, but only one Sweetgrass Pharmacy and Compounding. Our staff makes the difference and will prove it in a caring and compassionate manner. We take pride in who we are and the services that we can provide. Sweetgrass is a full service pharmacy, we offer patients regular prescriptions, over the counter products as well as speciality, individualized compounded medication.

We cater to: pediatrics, veterinary, dentistry, dermatology, podiatry, orthopedics, womens health, wound care, pain management, mens health and many many more. Sweetgrass Pharmacy and Compounding accepts over 7,000 insurance plans, including workers compensation! Patients can expect to find exemplary customer service, friendly faces and exceptional service time!

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Roper Rehabilitation Hospital has been accredited by CARF for Spinal Cord System of Care (Adults) and Brain Injury Specialty Program.





# Put Your Best Face Forward

## Charleston Facial Plastic Surgery

**L**ET'S FACE IT, WHEN IT COMES TO someone using a laser, an injection or a scalpel on your face – the part of your body that society holds in the highest regard – it is crucial to confirm that he or she is experienced, trustworthy and passionate about plastic surgery. Fortunately for area residents, Dr. David W. Rodwell III, owner of Charleston Facial Plastic Surgery, represents all these traits.

BY PAMELA BROWNSTEIN

“A person’s face is so intimately tied to their personality and how they are perceived by the world around them,” Dr.

Rodwell said. “Any disfigurement, scar or signs of aging that don’t match how youthful a person feels on the inside can have a huge negative effect on a person’s self esteem, relationships or career choices. It is an honor to be able to make such a meaningful difference in the life of a patient.”

Dr. Rodwell’s second floor office on Broad Street in downtown Charleston reflects the philosophy behind his practice. The rooms are tastefully decorated with inviting seating areas and calm coastal hues to create a casual, relaxed atmosphere. Much of the art throughout the office Dr. Rodwell discovered through Charleston Artist Collective, an online gallery that showcases local artists.

“The location and look of the office, as well as the team that I have been fortunate to build, are all critical to allowing Charleston Facial Plastic Surgery to stand out as a truly unique option that represents a commitment to an outstanding patient experience and results that consistently exceed expectations,” Dr. Rodwell remarked.

Making his dream location a reality could have turned into a nightmare. A week before he signed the paperwork to move in, the building, more than 250 years old, was gutted to the studs by a fire. True to form, after 11 months

of renovation and restoration, Dr. Rodwell was able to take something older and in need of repair and make it beautiful, while honoring the original structure.

Although his office only opened in November, Dr. Rodwell is familiar with the area, having been born in Georgetown and raised in Charleston. He moved to Mount Pleasant from New Orleans last year with his wife, Jessie, whom he met in college, and their children – son Carter, 4, and daughter Hadley, 2. The family is expecting a baby girl in May.

“Over a period of 12 years of medical and surgical training, I had the opportunity to live in four amazing cities, and Mount Pleasant beats all of them,” Dr. Rodwell said. “The simple pleasure of walking out of my front door and within minutes sitting on the banks of a creek crabbing with my kids is very special and one of many qualities that make living in Mount Pleasant so desirable.”

Dr. Rodwell’s practice focuses on cosmetic surgical procedures such as facelifts and eyelid surgery, in addition to non-surgical options such Botox, fillers and laser treatments. He also specializes in reconstructive procedures – skin cancer repairs, lacerations, facial trauma and scar revision.

“A surgeon’s aesthetic sense, personal style and good judgment become just as important as sound technical skill,” Dr. Rodwell said with conviction.

“That point is something I have always been cognizant of and tried to improve upon, and I think it is one of the clear defining points that separates a good surgeon from a great one.” 

*Charleston Facial Plastic Surgery is located at 67 Broad St., Suite 200, in Charleston. For more information, call 843-628-1415 or visit [www.charlestonfacialplastic.com](http://www.charlestonfacialplastic.com).*

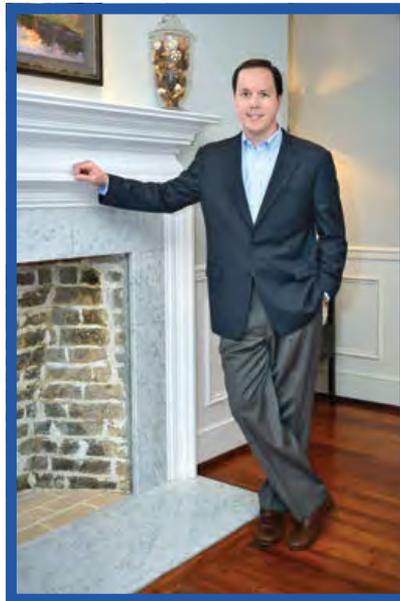


Photo by William Quarles.

Dr. Rodwell’s practice focuses on cosmetic surgical procedures such as facelifts and eyelid surgery, in addition to nonsurgical options such Botox, fillers and laser treatments.



# The Latest Technology

## Preferred EyeCare Center

*Vision is the art of seeing what is invisible to others. - Jonathan Swift*

**T**HOSE OF YOU WHO spend the best part of your day staring at a computer screen, listen up: Research has shown that light emitted from digital devices, known as blue light, is a potential factor in macular degeneration, a disease involving loss of central vision in the eyes that is a major cause of blindness among adults who have reached the age of 50.

Fortunately, Dr. Rachael Click of Preferred EyeCare Center explained that protective lenses can help guard against blue light emitted from electronic devices. "Those who are concerned about

macular degeneration or who have a family history of it should look into the protective lenses now available," Dr. Click said.

Providing customers with the latest products in optometry technology is a regular part of the Preferred EyeCare practice. Another example is the new, single-use contact lens, recommended by Dr. Click as the healthiest and most convenient option for those who wear contacts.

Dr. Click is always willing to accommodate new patients and strives to communicate with other physicians to ensure that patients receive the care they deserve. 

Visit [www.preferredeyecarecenter.com](http://www.preferredeyecarecenter.com) or call 843 856-4775 to learn more.

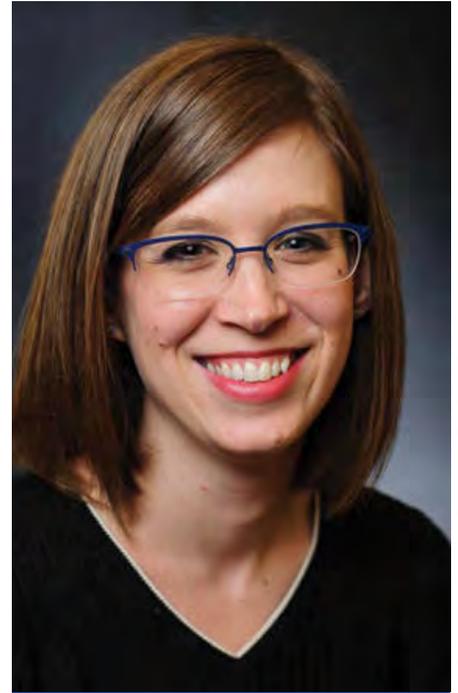


Photo courtesy of Preferred EyeCare Center.



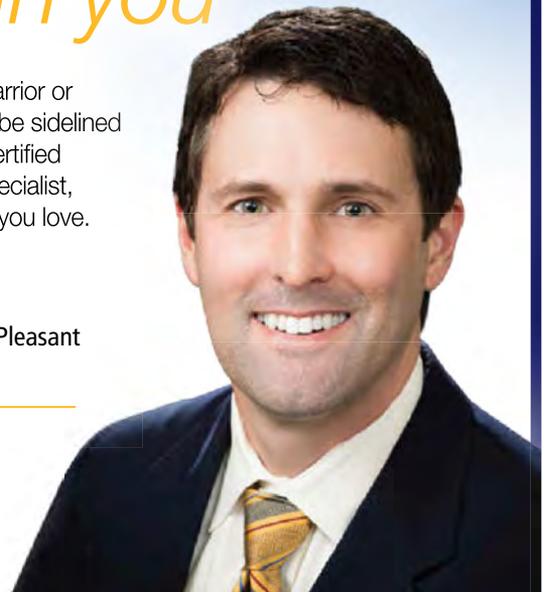
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# A Dose of Your Own Medicine

## Sweetgrass Pharmacy

**H**AVE YOU EVER WONDERED WHY every prescription you fill has that cryptic emblem "Rx" on it?

These letters are shorthand for the Latin command "recipere" which means to take certain ingredients and mix them together for the patient in question.

Once upon a time, all pharmacists assembled, or compounded, all of their own "recipes." Slowly, throughout the 20th century, drug companies began providing pharmacists with pre-compounded medications, until, by the 1970s, hardly anyone was creating customized, individually tailored prescription drugs.

BY BILL FARLEY

Today, only a tiny fraction of pharmacies compound their own medications. Sweetgrass Pharmacy is among them.

Owned and operated by Cynthia Reich, PharmD, MBA, Sweetgrass opened its doors at The Shoppes at Seaside Farms last November but has already established itself as the go-to place for patients seeking both individualized compounds and more standard medications, known in the trade as "retail" meds.

In fact, at Sweetgrass, patients can find not only prescriptions designed and formulated specifically for them but the entire spectrum of drugs that are available at the chain and big-box pharmacies. What that patient won't find there are greeting card racks, frozen food refrigerators, candy counters and endless displays of products labeled "As Seen on TV!"

That's because Sweetgrass is a pharmacy, first and foremost. As Marketing Director Gracia Triplett put it, "We think of ourselves much like the old-fashioned apothecary. We offer specialized attention to each person we serve. Patient care is our priority."

And that patient care extends to the entire family, including the very young, the very old and those family

members with ... tails!

Pharmacist-in-Charge Reich noted that for children who find it difficult to take their medications, she can provide them in unique delivery systems such as lollipops pops and gummy bears. Seniors and others who cannot tolerate powerful pain prescriptions can have pain relievers formulated into topical creams or lotions that are absorbed through the skin, lessening side effects that include drowsiness and nausea. And difficult dogs and finicky cats won't mind swallowing their meds when they are reformulated with flavors and scents they find appealing.

People often associate compounding pharmacies with hormone replacement therapy treatment, which isn't a bad assumption because the formulation of hormone replacement therapies is a service they offer. But Sweetgrass Pharmacy can provide much more than estrogen and testosterone compounds, including treatments for thyroid conditions and weight management.

A South Carolina native, Reich earned her bachelor's at Clemson University and her doctorate in Pharmacy from the Medical University of South Carolina. She also holds an MBA from The Citadel. Before opening Sweetgrass Pharmacy & Compounding, she served as director of pharmacy for a large Louisiana hospital and as an inspector for the South Carolina Board of Pharmacy. She and her husband, Josh Feldman, and their children live in Mount Pleasant.

"At Sweetgrass, our goal is to go back in significant ways to what the neighborhood drugstore used to be," Reich said. "We work closely with physicians – and veterinarians – to put the patient first. When we focus on our patients and their outcomes, everything else falls into place."

Even that mysterious "Rx" you'll still find on each and every prescription you fill. 



Photo by Rick Walo.

At Sweetgrass, patients can find prescriptions designed and formulated specifically for them.

Visit [www.sweetgrasspharmacyandcompounding.com](http://www.sweetgrasspharmacyandcompounding.com) or call 843-654-4013 to learn more about Sweetgrass Pharmacy.



# A Happy Practice Makes Happy Clients

## Smiling Oak Dentistry

**W**HEN DR. JEFF GARDNER moved into a new, 3,000-square-foot building in September 2014, he updated his equipment and gave his thriving dental practice a new name. His recipe for success remains the same, however: Hire the best people available, treat them right and they'll do the same for your patients.

BY BRIAN SHERMAN

"In business, the customer is number one, but the team is number one as well," said Dr. Gardner, who worked in his father's dental practice on James Island from 1992 until 1997, when he purchased his own practice in Mount Pleasant. "Our team gets along. The relationship between team members has to be a very healthy relationship for us to deliver the kind of care we want to deliver to our patients."

"It starts with the hiring process," he added. "We select candidates with a hands-on approach. We have multiple meetings to talk about their strengths and weaknesses. The candidate either adopts the culture of our office or quickly finds another culture. People can see through artificial customer service."

The staff at Smiling Oak Dentistry, the name adopted when the practice moved a few hundred yards further away from the Highway 17 service road, includes Rebecca Arena, Lisette Glennon, hygienists Elizabeth Barron Morrison and Haley Williams and dental assistants Maria Trombley-Puffer and Anna Inabinet.

"I want our employees to learn, to be happy and, at 5 p.m., to go home to their families," Dr. Gardner stated. "We have an energy where employees like being here."

Patients enjoy visiting the practice as well because of its relaxed and friendly atmosphere, said Dr. Gardner, who did his undergraduate work at Furman University and the

College of Charleston and earned his dental degree at the Medical University of South Carolina. He hasn't stopped learning since, accumulating enough continuing education credits to earn the designation of fellowship in the Academy of General Dentistry.

Dr. Gardner said he has spent so much time enhancing his education to benefit his patients but also "to keep my own sanity."

"I had a little bit of burnout early in my career, and I didn't know to handle it," he explained. "In the last 20 years, I've gotten into a lot more continuing education. I've really gotten immersed in it, and it's added to my skills and skill set."

Smiling Oak Dentistry, which treats patients of all ages, offers a wide range of dental services, including routine cleaning, gum treatment, fillings, pulling teeth, dental implants, dentures, crowns, bridges and cosmetic services such as veneers and teeth whitening.

Dr. Gardner has an active life outside his dental practice. He practiced martial arts at one time and now plays in an adult soccer league, but his new favorite

hobby is metal detecting. He has discovered artifacts from the American Revolution, the War of 1812 and the Civil War, including buttons, bullets and his large collection of bottles, now on display in the waiting room of his office.

"When you put a shovel in the ground in Charleston, you don't know what's going to come out," he commented.

Dr. Gardner met his wife, Roberta Zeigler Gardner, in dental school. She is now an orthodontist in Mount Pleasant. Their daughters, Sophie and Lydia, are students at Wando High School. 



Photo courtesy of Smiling Oak Dentistry.

Dr. Jeff Gardner, center, and his staff. Left to right, standing: Haley Williams, Rebecca Arena, Maria Trombley-Puffer and Lisette Glennon. Seated: Anna Inabinet and Elizabeth Barron Morrison.

*Smiling Oak Dentistry is located at 1077 Johnnie Dodds Blvd. To learn more, visit [www.smilingoakdentistry.com](http://www.smilingoakdentistry.com) or call 843-884-0335.*



# Don't Stress

## BioKare Health & Wellness Center

**Y**OUR CENTRAL NERVOUS SYSTEM, consisting of somewhere in the neighborhood of 100 trillion microscopic nerves, is constantly adapting to your environment, always reacting to your perception of good or bad stress brought on by positive and negative experiences based on relationships, finances, changing jobs and even holidays.

Your central nervous system adapts to protect you, but we often make the mistake of simply treating the symptoms of stress, which doesn't make us healthy, according to Dr. Jesse B. Ross at BioKare Health & Wellness Center in Mount Pleasant.

"When we are in a healthy, safe environment, our central nervous system is thinking about thriving and expansion while in a good stress," said Dr. Ross, who opened his practice on Pitt Street in September.

Events that bring on negative stress can lead to major health crises, Dr. Ross pointed out. Using lifestyle coaching, safe and painless technologies and techniques he's learned during the past 21 years as a doctor of chiropractic, he's made it a priority to help his patients be "more resilient in the face of stress."

His practice focuses on teaching his patients about how to lead a healthy lifestyle and reducing their fear by helping them understand how their nervous system is adapting and protecting them in most situations.

"Stress is the major cause of disease," he explained. "The body doesn't wear out. It adapts to the point of its limits, and, when we exceed our limits, there is a health crisis."

A graduate of the College of Charleston and Sherman College of Chiropractic in Spartanburg, Dr. Ross has experienced personally the benefits of treating your body with respect. His father, given six months to live by his doctors, changed his lifestyle and thrived for 18 years

before passing away. Dr. Ross said one reason he became a chiropractor was so he could help others make the same life-sustaining choices.

"Doctors don't get to spend enough time educating their patients," he pointed out. "We need to work more on education. That's what my passion is."

Dr. Ross uses a variety of methods to help his patients say goodbye to the stress that ails them. One of his most popular devices is Pulsed Electromagnetic Field therapy.

"It can accelerate healing," Dr. Ross said. "Most patients notice an immediate difference."

PEMF provides gently pulsing magnetic fields that

bathe cells in energy. Dr. Ross pointed out that those who would benefit from PEMF include people who simply crave more energy, as well as athletes who want to enhance their performance and those suffering from a variety of problems such as osteoporosis, osteopenia, musculoskeletal issues and arthritis.

In addition to traditional chiropractic care, other options at BioKare Health & Wellness Center include perception reframing; biological preference

scanning; low level light therapy; deep tissue therapy; scar tissue therapy; and custom orthotics.

BioKare also carries a line of nutritional products, produced by a company co-founded by Dr. Ross two years ago, that help people with sleep, kidney and digestive issues and other problems associated with stress.

Regardless of the challenges his patients face, Dr. Ross is confident that there is one issue that affects almost everyone who shows up at his office.

"It's all about stress," he said. 

*To learn more about how you can beat stress, visit [www.biokarewellness.com](http://www.biokarewellness.com) or call 843-766-4444. For more information about PEMF, visit [www.PEMFinfo.com](http://www.PEMFinfo.com).*



Dr. Jesse Ross and his sister, Denise, display the equipment used for Pulsed Electromagnetic Field therapy. Denise wears several hats at BioKare Health & Wellness Center.

Photo by Brian Sherman.



# Feelin' Pretty

## Mt. Pleasant Medi Spa

**H**EIDI WILLIAMS, MD, A BOARD-certified plastic and reconstructive surgeon, is affiliated with East Cooper Medical Center and Roper St. Francis Mount Pleasant Hospital and has been in practice in South Carolina since 2002. Well-known for both her surgical skills and compassion, Dr. Williams also is the medical director for the Mt. Pleasant Medi Spa. Located adjacent to her office, the spa offers a full range of services addressing skin care and aesthetic concerns.

BY EILEEN CASEY

Casting a nod to both Leonard Bernstein and Stephen Sondheim, Mt. Pleasant Medi Spa offers the highest level of services and products that might just prompt clients to hum along to their own version of "I Feel Pretty."

The services are available to both women and men and are professionally administered by a team of two staff aestheticians and one registered nurse. Some, but certainly not all, services include laser hair removal, skin resurfacing and tightening, photo rejuvenation, micro needling, chemical peels and microdermabrasion. A full range of skin care products for skin of all ages and types is also offered.

Mt. Pleasant Medi Spa provides skin care and aesthetic services that complement the procedures performed by Dr. Williams. She combines artistry and science, whether

it's a facelift, body contouring or breast surgery, and the Mt. Pleasant Medi Spa helps to maximize the surgical experience for those wishing to rejuvenate their looks or create a new look.

Dr. Williams graduated from Dartmouth College and earned her medical degree at the George Washington University. While at GWU, Dr. Williams was exposed to the enormous potential the field of plastic surgery offered to patients to transform their appearance and their lives through exposure to such surgeries as cleft lip and palate

repair and breast reconstruction, as well as a vast array of cosmetic procedures.

This fascination with plastic surgery continued throughout her general surgery residency. After completing her plastic surgery residency, as well as additional fellowship training in burn care and microsurgery, Dr. Williams moved from Philadelphia to Mount Pleasant to begin her practice, which has grown to



Photo by Jenn Cady.

Dr. Heidi Williams and her staff. Left to right: Sarah Gibbons, Taylor Naylor, Jessica Williams, Dr. Heidi Williams, Anne Renneker and Stacia Murray.

include Mt. Pleasant Medi Spa.

So if you'd like to "feel stunning and entrancing, [and] feel like running and dancing for joy," look into the healthy, helpful and hopeful opportunities and solutions offered by Dr. Heidi Williams and Mt. Pleasant Medi Spa. 🩺

*Mt. Pleasant Medi Spa is located at 999 Lake Hunter Circle, Unit D, in Mount Pleasant. For more information, visit [www.mountpleasantmedispa.com](http://www.mountpleasantmedispa.com) or call 843-375-0270.*



# By the Foot Carolina Foot Specialists

**F**OR MANY LOWCOUNTRY athletes, the Cooper River Bridge Run is the highlight of the year. But for some, walking or running the bridge can be a pain in the ... foot.

There's no reason foot pain should get in their way, according to Dr. Andrew Saffer and Dr. Adam Brown of Carolina Foot Specialists. They specialize in sports podiatry because, as runners, both doctors know an athlete's passion for staying on his or her feet.

Dr. Saffer said there are several things runners and walkers can do to prepare for conquering the bridge and preventing heel pain, the most common problems he sees in runners.

"No. 1, they need the right shoe gear," he said.

For some, that might include an orthotic. At Carolina Foot Specialists, custom foot orthotics are designed from a three-dimensional image of the foot along with the doctor's prescription. It's also important to know your body, according

to Dr. Saffer.

"If you feel foot pain that is not normal, you should come in immediately to get that evaluated," he said. "Don't run through the pain."

Dr. Brown suggested that having faith in your body is important, as well. He took up barefoot running to show his patients how "the body can heal, adapt and strengthen if it is trained properly."

Most importantly, both doctors encourage athletes to educate themselves. By visiting [www.carolinafootspecialists.net](http://www.carolinafootspecialists.net), athletes at all levels can access a variety of resources. 



Dr. Andrew Saffer and Dr. Adam Brown of Carolina Foot Specialists.

Photo provided by Carolina Foot Specialists.

To learn more, visit [www.carolinafootspecialists.net](http://www.carolinafootspecialists.net) or call 843-654-8250.

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Bill Macchio  
Publisher, Mount Pleasant Magazine



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# Many Avenues to Treatment

## Absolute Wellness Center

**I**F YOU HAVE ANY OPINION ON chiropractic care, it is likely that Dr. Susan Doyle, owner of Absolute Wellness Center, will be the one to change it. Her passion was stoked early. At the age of 4, she injured herself in a fall and later developed scoliosis.

“It changes your world when as a young child you are told that you have to give up activities because of your back issues,” she shared. “I can connect with each of my patients because I understand how debilitating back pain can be.”

Three years of chiropractic care corrected her scoliosis and allowed her to participate in sports in high school and college. She still attributes her active lifestyle to her experiences with chiropractic care, firsthand knowledge that allows her to empathize with her patients.

“I opened Absolute Wellness Center because I know that there are many avenues to treat patients, and I want to offer several of these approaches,” Dr. Doyle explained. “We offer complete, holistic, life-changing healing through chiropractic, acupuncture, nutrition and massage.”

She also provides natural facial treatments, ear candling and physiotherapy.

“People think that you only need to go to the chiropractor when you are in pain, but that simply isn’t the case,” Dr. Doyle pointed out. “Think of it like dental hygiene. Most don’t wait until their teeth are falling out to go to the dentist. They go regularly to prevent issues from developing. Spinal hygiene is the same concept.”

At one time, it was thought that only people in their 30s and 40s could benefit from chiropractic care, but this is no longer the case, and stagnant lifestyles are the culprit. Young

people sit too much, whether in school or playing video games.

“Your mom would warn you not to make ugly faces because they might stick. Well, this is true with poor posture,” said Dr. Doyle.

In fact, Dr. Doyle and her team treat patients as young as 5 weeks old.

“The parents usually are the ones to recognize the benefits of chiropractic, and that is why these patients are brought to me,” Dr. Doyle explained. “Of course, these patients are treated much more gently. The pressure I use is the same you’d use to handle a soft peach.”

Mount Pleasant-area residents visit Absolute Wellness Center for assistance with medical and pain issues, but they also come to Dr. Doyle for help with performance in the sporting arena. “It’s common knowledge that athletes who are well-adjusted perform better. On the other side, adults can often trace back to an injury that was never treated and now find out that being well-adjusted can help the pain and improve day-to-day function,” Dr. Doyle said.

The most significant decisions you make in life are those that concern your health and well-being. Whether it is chronic aches and pains, your energy level or being just plain tired, these issues should not be considered normal just because you’re accustomed to them.

“You don’t have to live with pain, and, when you leave here, we want you to take away a new perspective,” Dr. Doyle said. 🩺

*Absolute Wellness Center is located at 966 Houston Northcutt Blvd. in Mount Pleasant. To learn more about Dr. Doyle and her team, visit [www.absolutewellnessmtp.com](http://www.absolutewellnessmtp.com) or call 843-416-8218.*

BY STACY E. DOMINGO



Dr. Susan Doyle opened Absolute Wellness Center because she knew that there are many avenues to treat patients, and she wanted to offer several of these approaches.

Photo courtesy of Absolute Wellness Center.



# Filling A Fitness Niche

## Fitness Now

**F**ITNESS NOW OPENED ITS DOORS IN 2003, filling a necessary niche in the Mount Pleasant area. It has achieved success as a one-on-one personal training and sports medicine facility that works with clients from the tween age to the not-so-tweens.

“We don’t put people in a box like some workout facilities,” said owner Travis Lance. “We do an evaluation and full medical history before we even get started. This is the

BY STACY E. DOMINGO

building block for the client’s individual workout routine.”

The youngest clients of Fitness Now are 12-year-olds who have come to Lance for different reasons.

“One is on an exercise and weight loss program, while the other is on a travel soccer team and requires sport-specific conditioning. Both young men have bodies that are still developing, so it is important to treat them as such.”

The oldest clients, who are in their 80s, are being treated in different areas as well.

“Their ages are about the same, but one is male and the other female. One is an active tennis player who broke her elbow, and the other just wants to feel better,” said Lance. “For the aging population, we help work on balance, which improves their mobility and lifestyles tremendously. We have to look at their individual needs and capabilities, and then we work with them to accomplish specific goals.”

At Fitness Now, working with clients is more than a 30-minute program a few times a week that lasts for a month or so.

“Making a lifestyle change is not just being healthy and fit. It is more about a total approach to wellness, which includes exercise, nutrition and routine checkups with health professionals,” Lance explained.

Above all else, though, the staff at Fitness Now wants their clients to feel comfortable and safe.

“One way we do that is by staying up-to-date on our

credentials. A lot of people don’t realize that in South Carolina, personal trainers aren’t required to be licensed. At Fitness Now, we are all licensed and have to maintain continuing education credits every couple of years,” Lance pointed out.

A certified athletic trainer as well as a personal trainer, Lance worked with insurance companies in the physical therapy field prior to opening Fitness Now.

“I was frustrated with the paperwork and the type of care we were allowed to give our clients, which is why at

Fitness Now I structured the costs to resemble that of normal co-pay,” he said.

Today’s lifestyles are more sedentary than ever before, and the staff at Fitness Now wants to encourage people to get moving.

“Just like you know you must eat three meals a day, you need to break a sweat every day,” said Lance. “Be active five days a week. This will not only help you physically, but it will help you mentally by clearing your mind and reducing stress. In the end, you will be more productive.”



Photo courtesy of Fitness Now.

At Fitness Now, all the personal trainers are licensed and required to maintain their continuing education credits.

To learn more about Fitness Now, visit [www.fitnessnowinfo.com](http://www.fitnessnowinfo.com) or call (843) 345-9493.

### SIX WAYS TO IMPROVE YOUR LIFESTYLE

- Break a sweat every day with at least 20 to 30 minutes of exercise.
- Eat on smaller plates, and don’t allow your food to touch.
- Get routine physicals; know your numbers – blood pressure, weight, cholesterol.
- Schedule your workouts and set annual, quarterly, monthly and weekly goals.
- Take at least 10,000 steps per day.
- Don’t ignore ailments. Instead, seek professional help.



# Staying Healthy Naturally

## Accurate Chiropractic

**S**INCE SO MUCH OF OUR OVERALL health is based on the spine, everyone, from children to seniors, can benefit from regular chiropractic care. The roots of this time-honored practice can be traced back to 1500 B.C. Ancient writings from China and Greece tell of spinal manipulation and maneuvering to alleviate pain.

BY KALENE MCCORT

Fortunately, Accurate Chiropractic has been a trusted name in the Mount Pleasant community for 14 years. With two convenient locations, Drs. Gina and Michael Courson are keeping Lowcountry residents healthy.

“I was always into health and holistic remedies, and it interested me enough to learn more. Chiropractic school made sense,” said Dr. Gina Courson, the first female to practice chiropractic in Mount Pleasant. “I wanted to help people in a more natural way. My personality is to care for others, and that’s what makes me happy.”

Going beyond typical chiropractic duties, the Coursons also provide dietary and nutritional counseling to help

patients follow a healthy path in all areas of their lives.

“We are unique because we look at the patient as a whole and treat as that person needs. It’s geared to that specific individual,” Dr. Gina Courson said. “We have the ability to adjust the patient very lightly with instrumentation or in general with traditional techniques.”

In addition to performing adjustments on patients, Accurate Chiropractic offers the latest innovative therapies to better the body and being. Dr. Gina Courson is a specialist in Cold Laser Therapy, which utilizes specific wavelengths of light to eliminate pain and increase functionality. From detox baths to the use of essential oils, Accurate Chiropractic implements a variety of treatments that ensure results.

“Knowing people walk in my office with pain and discomfort and walk out feeling better is very rewarding,” said Dr. Courson. “The trust they have in me is rewarding.”

To learn more, visit [www.mtpleasantchiro.com](http://www.mtpleasantchiro.com) or call 843-971-8814.

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# Be Sun-Smart Coastal Dermatology

**W**HAT SPECIALTY DOES A physician choose who wants to nurture both sides of her brain? She goes into dermatology – or at least that’s what Dr. Michele Mittelbronn did to satisfy her need to help her patients look good and feel good about themselves.

“I can be a problem solver and an artist,” she said, explaining why she chose dermatology as her profession. “I enjoy the clinical and surgical aspects, as well as the artistic cosmetic aspects.”

Dr. Mittelbronn, who established Coastal Dermatology in Mount Pleasant in 2003 and later added an office in Pawleys Island, is a graduate of the University of Florida Medical School in Gainesville. She completed her residency at Louisiana State University-New Orleans.

Dr. Joseph Myers, a Wando High School graduate who attended the College of Charleston and earned his medical degree at the Medical University of South Carolina, joined the practice in July 2014. He did his dermatology residency at the Medical College of Georgia, was on the faculty there for a year and completed advanced training at the Laser Institute of Georgia.

Coastal Dermatology offers a range of cosmetic dermatology procedures, including Botox; facial fillers for wrinkle correction and volume sculpting; Intense Pulse Light to treat rosacea and eliminate facial blood vessels and sun spots; medical grade chemical peels; diamond microdermabrasion; Blue U treatment with Levulan for acne and enlarged oil glands; removal of spider leg veins with sclerotherapy; skin tightening of the face; body tightening, contouring and cellulite reduction; laser resurfacing of sun-damaged skin and scars with the Fraxel™; Elos Sublative™; and fractionated CO2 lasers.

Dr. Mittelbronn also performs blepharoplasty to remove excess skin on the upper eyelids.

Coastal carries a variety of advanced skin care products that enhance the results of cosmetic procedures.

The practice’s most important job, however, is making life a little better for its patients.

“We focus on the individual,” Dr. Mittelbronn commented. “We look at all aspects of a patient’s care. We treat them just like we would like to be treated ourselves or have our family members treated.”

Along those lines, Coastal Dermatology recently added the PicoWay Tattoo Remover Laser, which is capable of completely removing tattoos of all colors. The new

technology breaks up the ink into tiny particles so the body can remove it naturally. The laser is less painful, requires fewer treatments and does far less skin damage than the older generation of lasers. Coastal is the only practice in South Carolina that has this groundbreaking technology.

Another key aspect of the practice is all about preventing skin cancer, which one in five people eventually will develop, according to Dr. Mittelbronn. She provided some ways to avoid this deadly disease:

- ▶ Use sunscreen of SPF 30 or higher;
- ▶ Use sunscreen every day, not just when you are planning to spend time outdoors;
- ▶ Wear sun-protective clothing and broad-brimmed hats;
- ▶ Re-apply sunscreen – after a while, it breaks down;
- ▶ Examine any moles on your body, and note whether they have changed in shape, size or color;
- ▶ See a dermatologist at least once a year if you have moles or a family history of melanoma.

“Being sun-smart is the name of the game,” Dr. Mittelbronn said. 🩺

*Coastal Dermatology is located at 2705 N. Highway 17 in Mount Pleasant. For more information, visit [www.coastalderm.net](http://www.coastalderm.net) or call 843-881-2265.*



Photo by Brian Sherman.

Dr. Michele Mittelbronn chose dermatology as her profession because she is both a problem solver and an artist.



# Home Safe

## BeWell Home Services

**I**S ONE OF YOUR LOVED ONES LIVING WITH a chronic condition, recovering from illness or simply in need of daily assistance? BeWell Home Services can provide them the comfort of knowing that someone is there to help.

BeWell is the only faith-based nonprofit home care service in the Charleston area. A division of Lutheran Homes of South Carolina, which has more than 100 years

BY MIRANDA S. STEADMAN

of experience serving older adults, BeWell is there when you need a little help at home. Members of the staff have been specially selected, insured and trained to provide companionship, and they also are trained to do laundry, run errands, go shopping, accompany you on appointments and assist with personal hygiene. According to Administrator Connie Henrich, “We specialize in meeting individual needs. You pay for and receive the exact services you request.”

BeWell will set up an in-home assessment of your situation at no charge, ensuring that everything is provided for the most comfortable and safest environment possible. This includes the appropriate equipment, lighting and furniture placement, pet care, plant watering, food upkeep, as well as anything else necessary for a healthy, independent lifestyle.

BeWell Home Services provides the latest technology in home care assistance. With the Phillips Lifeline necklace, a client can call for help with the push of a button. Or, with fall protection service, Lifeline with AutoAlert automatically calls for assistance if the client falls. The Phillips Medication Dispenser rotates on a 30-day cycle, dropping medication one day at a time, and an audio alarm sounds when it’s time to take medication. If a dosage isn’t taken, the system notifies the appropriate contact person.

Licensed by DHEC, BeWell offers affordable rates and service plans to clients of all ages. No contracts or time commitments are required. Currently serving 125 satisfied clients, customer care is BeWell’s highest priority. The company employs more than 80 caregivers, with a certified nurse assistant staff coordinator on call at all times.

Mrs. Emily H. Remington has enjoyed the assistance of BeWell Home Services for the past five years. Mrs. Remington, who conducted the Charleston Symphony Orchestra Chorus for 19 years and started the Singers Guild Society in Charleston in 1978, was also involved with Holiday Pops concerts for the city of Charleston and Piccolo Spoleto. A professional musician, she now

organizes the Remington Concert Series at her retirement community and remains active with the assistance of BeWell Home Services.

“I would be in assisted living if I did not have someone with BeWell to always take care of me. It is a wonderful service, and I highly recommend it. The caregivers are old-fashioned, nice and vary in age,” Remington stated.

BeWell’s goal is to provide assistance for people to maintain quality of life and independence. Because sometimes we all need a little

help to accomplish tasks and be our best, BeWell strives to provide support and peace of mind to clients and their families, regardless of whether the client is living in a private home, a retirement community or a health care facility. 🩺

*To learn more about about BeWell Home Services, visit [www.bewellhomeservices.org](http://www.bewellhomeservices.org) or call (843) 377-4663.*



Mrs. Emily H. Remington, a professional musician, has enjoyed the assistance of BeWell Home Services for the past five years.

Photo by Rick Waldo.



# More Than Just A Gym

## ActiveRx Active Aging Center

**W**HEN ACTIVERX ACTIVE AGING Center opened its doors in 2013, a cynic might have predicted its demise, dismissing it by asking, “Who needs another gym East of the Cooper?”

Today, as its enrollment continues to grow and its members sing its praises, the answer to that question might be “Plenty of folks, and more to come!”

Targeted to the rapidly increasing 50+ crowd in Mount Pleasant and its environs, ActiveRx has established itself as a premier facility for physical rehabilitation, strength training and much more, including yoga, nutrition counseling and frequent presentations by authorities on subjects from neuropathy to diminished hearing. What’s more, ActiveRx has become what one enthusiast called “a home away from home” for men and women seeking a path to better health and improved quality of life.

BY BILL FARLEY

Nancy Wetmore was among the first to join ActiveRx. She knew it was for her because she “wanted and needed a workout facility but not one dominated by 20-somethings in Spandex.” Plus, she wanted more personal attention than she could ever get in a big gym.

To say that Wetmore has become a regular would be to understate her commitment. Now she takes strength training classes three times a week and yoga two.

“There are never more than six people in a class,” she said. “It’s almost like having a personal trainer but without the big cost.”

For her, what started out as a path to better health has become an integral part of her life – she enjoys the camaraderie among her workout friends almost as much as the medical benefits of her regimen.

Wetmore’s assessment is seconded by Sarah Ezzell, who initially joined ActiveRx for physical therapy after surgery on her badly broken arm. After she was released from therapy, she was given the opportunity to stay on free of charge for a few weeks to find out whether she might like some other programs. Now Ezzell logs two strength training and two yoga sessions every week.

“The yoga they teach is called ‘gentle yoga,’” she said.

“But it’s pretty hard. Still, I never miss it!”

“I can understand why ActiveRx is so popular,” she added.

“Everything they do is personal. The attention you get is truly individualized. It’s more than a place to work out and improve your strength. It’s like a big, extended family.”

Both women’s husbands are also ActiveRx members, and both are enthusiastic cheerleaders for its Strengththerapy programs, encouraging friends and acquaintances to just give it a try on the theory that once they’ve experienced what ActiveRx has to offer, they, too, will never want to give it up.

Even with two knee replacements, Sarah Ezzell contends that working out “is fun, because you hate it until you’re finished. Then you love it!”

“We’re extremely pleased with the response we have gotten from our community. We knew when we opened that there was a need for the research-based Strengththerapy programs we offer, but we never anticipated the immediate response we experienced and the enthusiasm we’ve encountered from all our members,” said ActiveRx General Manager Ryan Daniel.

He said management is now giving serious consideration to expansion to other Lowcountry locations, including West Ashley and Summerville. But no one at ActiveRx will forget that Mount Pleasant came first! 🩺

*To find out more about how you can improve your health and enhance your strength, visit [www.activerx.com](http://www.activerx.com) or call 843-388-3120.*



Photo provided by ActiveRx.

Nancy Wetmore, seated, was among the first area residents to join ActiveRx. Now she’s one of its most enthusiastic cheerleaders.



# Put a Spring in Your Step

## Tips from Dr. David Geier

**W**ITH SPRING IN THE AIR, many people want to get in shape or train for upcoming races and competitions. Starting a new physical activity program can improve both your health and your athletic performance, but, before you begin, you should take steps to avoid injuries.

Dr. David Geier, a board-certified orthopedic surgeon and sports medicine specialist, recently outlined a few of these important steps. Dr. Geier, the director of sports

BY EILEEN CASEY

medicine at East Cooper

Medical Center, has been the chief tournament physician for the Family Circle Cup women's professional tennis tournament for seven years and has also served as head team physician for the Charleston Battery professional soccer team. His impressive resume also includes a stint as physician for the USA Rugby and the U.S. women's national soccer teams during their appearances in Charleston.

**Here are some of Dr. Geier's suggestions:**

**Find a qualified personal strength and conditioning trainer** - When learning any new program, it is a good idea to work with a fitness trainer. Inquire about your trainer's experience and certification, such as Certified Strength and Conditioning Specialist (CSCS), a designation awarded by the National Strength and Conditioning Association.

**Learn the correct techniques for every movement** - Many people hurt themselves by flailing their arms around or lifting weights off the ground awkwardly. Using perfect technique for each exercise can help you prevent injuries, and it will also enhance your results by focusing the stress

on the muscles you are trying to build.

**Start out slowly** - You wouldn't start running today and compete in a marathon a month from now. However, some people do suffer injuries running in a race for which they haven't had time to prepare. If you can't slowly add to your training regimen, you are subject to injuries such as stress fractures that can force you to miss months of training.

For the same reasons, don't try to lift heavy weights right away. Start out with less weight that you know you can control and perform as many reps as you can. You can gradually increase your weights as you progress.

**Stop an exercise when you can no longer control the movement** - Pushing yourself to your limit with each exercise will help you grow and improve, but you must be able to control your form. You need to be able to safely control the weight. If you lose your form or if the bar or dumbbell slips, you could suffer a serious injury.

**Cross train one or two days each week** - Any form of exercise that involves a repetitive motion can lead to injury over time. Repetitive stress on one or a few body parts day after day can build up quickly. For example, jogging seven days a week might not cause any trouble for a few weeks or months, but,

if you do it long enough, overuse injuries such as stress fractures or tendinitis are relatively common. Your upper body is no different. You don't necessarily have to give up exercise – just pick a different exercise occasionally. 🏥

*If you or your family members suffer an exercise or sports injury or have bone or joint pain, call Dr. Geier at 843-971-7672.*



Photo courtesy of Dr. David Geier.

Dr. David Geier is a board-certified orthopedic surgeon with experience in a variety of sports, including tennis, soccer and rugby.



# Hearing Is Believing Zounds of Charleston

**Z**OUNDS IS DEVELOPING A sterling reputation in the Lowcountry. But beyond enthusiastic recommendations from satisfied customers, possibly the most revealing testimonial the company has earned since opening its doors in March 2014 is that the franchise's first customer was its owner.

Derrick Woods, who runs Zounds of Charleston with his wife, Nancy, knows firsthand what it's

like to struggle to hear and understand the sounds that many people take for granted. He has had hearing problems since childhood, but, today, equipped with a Zounds hearing aid in each ear, he revels in everyday sounds he never thought he would hear.

"I hunted, went to concerts and worked in factories my whole life," Woods commented. "I got by with lousy hearing for 40 years. Now that I can hear, I can't stand a day without my hearing aids."

Zounds hearing aids eliminate up to 90 percent of background noise, according to Woods, and they also do away with feedback that can cause an irritating squealing or whistling sound. And just as Zounds founder Sam Thomasson developed the innovative hearing aid to help his daughter, who lost her ability to hear at a young age, the Woods' opened the franchise to give them the opportunity to improve the lives of their Lowcountry neighbors.

"We got into this to help people," Nancy Woods explained. "The satisfaction we get out of it is tremendous."

Derrick Woods enjoys talking about people whose lives have taken a turn for the better because of his Zounds franchise. For instance, a woman who had taught piano for half a century gave up playing because of her severe hear-

ing loss. Shortly after she was fitted with a pair of hearing aids, she broke the news to Woods, amid tears of joy, that she was making music again.

Another Zounds customer, a 31-year-old language teacher, was amazed to find that "After 10 years of teaching, she could hear her students talking behind her back." And a woman at an assisted living center in North Charleston was grateful that she was finally able to speak over the phone to her daughters in Michigan and Florida. It wasn't long before five of her friends at the center

wanted to talk to Woods about improving their hearing.

Woods pointed out that not every potential patient needs a hearing aid, though he added that 10 percent of Americans – 34 million people – suffer from some type of hearing loss. Patients who visit Zounds first view a short video that explains the technology behind the Zounds hearing aid, then they are tested by Hearing Aid Specialist Mark Selby. The initial appointment usually takes around an hour-and-a-half, and there's no charge for the test and

consultation. Sometimes, Woods pointed out, the problem is something simple, such as excess earwax.

If a hearing aid is necessary, the patient will start hearing better right away and return for a follow-up visit in a week or two.

"If a person buys a hearing aid, they aren't just buying a product. They have to commit time for us to tweak it for them. No two people are alike, and no two ears are alike. You have to be willing to come back so we can make it comfortable and as close to perfect as possible for you," Nancy Woods explained. 🩺

*To find out more about how a Zounds hearing aid can help you, visit [www.zoundscharleston.com](http://www.zoundscharleston.com) or call 843-388-4853.*



Photo by Jenn Cady.

Derrick Woods knows what it's like to have hearing problems. That's one reason he and his wife, Nancy, opened Zounds of Charleston in March 2014.



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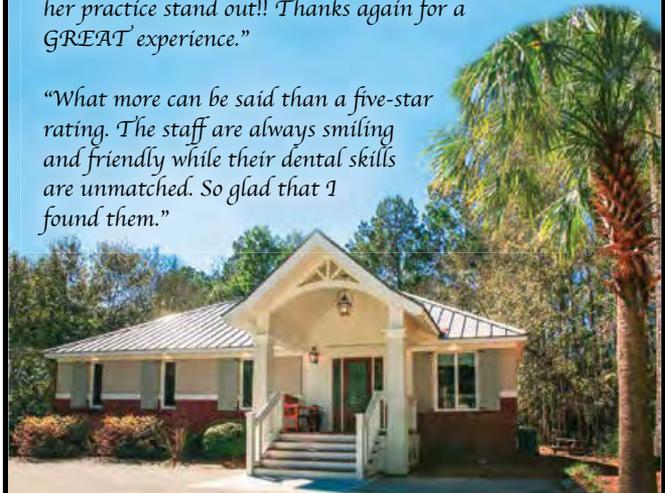
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*"What more can be said than a five-star rating. The staff are always smiling and friendly while their dental skills are unmatched. So glad that I found them."*



**Dr. Kari Ryan and Dr. Kristi Dillard**  
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# Who Knows Best? Coastal Pediatric Associates

**W**HEN IT COMES TO your parenting questions, there's a bevy of people, from neighbors and friends to grandparents and colleagues, who are ready and willing to offer opinions to you. Other times, you might want to keep matters – your child's health being one – within a more select group. With Coastal Pediatric Associates as part of that trusted group, a doctor or nurse will always be there to listen.

BY DENISE K. JAMES

Open seven days a week – four days until 9 p.m. – with a 24-hour nurse call line, Coastal Pediatric Associates has made it possible to get answers regarding your child's health whenever you need them. And with office locations in Mount Pleasant, West Ashley and James Island, a caring physician is always nearby.

"We have a great team that works together and allows these flexible hours to be possible," commented Dr. Laurin Graham, who works in the Mount Pleasant office. "Parents can always access us."

So how do you know when to phone a doctor? In the age of "too much information," Dr. Graham cautioned parents against researching symptoms on the Internet or even relying on feedback from other parents or community members. Instead, a parent's own instinct is the most important reason to bring a child to a physician. And solving mysteries about your little one's health – including figuring out "what hurts" – is something the doctors embrace as a cornerstone of pediatric medicine. In other words, they'll know just what to do.

"We take care of kids, and we also take care of the families," Dr. Graham pointed out. "We listen to the parents,

reassure them and give them realistic expectations."

Now that spring and summer are on the way in the Lowcountry, many parents will want to schedule wellness visits that will prepare a child and guard his or her health. The warmer months are a good time to "catch up" on your child's overall well-being, including updating vaccinations and testing for allergies. And if you're planning to send your child to overnight camp this year, most will require a yearly physical.

"Camps like to know when your most recent wellness visit was," Dr. Graham explained. "If a wellness visit has been recent, parents can request records through our Web portal. Otherwise, it's a good idea to schedule one early."

Even high school athletes would be wise to sign up for a wellness visit. Dr. Graham commented that South Carolina requires players to visit a physician between the first of April and the starting date of the sport.

"It's best to plan ahead," he affirmed.

Need more proof that Coastal Pediatrics Associates knows best for your child? Consider the fact that

the practice is a designated Level 3 Patient Centered Medical Home, recognized for providing the highest level of care in the three-tiered quality grading system, according to Lindsey Young, marketing manager.

"We are the only pediatric practice in the Lowcountry to receive this honor," Young said. "We're proud to serve the families of the greater Charleston area with the highest standard in pediatric care. It's our hope that your children will look forward to return visits with medical providers they come to know, love and trust." 



Photo courtesy of Coastal Pediatric Associates.

With spring and summer on the way, Lowcountry parents will want to schedule wellness visits for their children, according to Dr. Laurin Graham.

*Coastal Pediatric Associates is located at 1952 Long Grove Drive in Mount Pleasant. To learn more, visit [www.cpakids.com](http://www.cpakids.com) or call 843-971-2992.*



# The Healthcare Solution

## Atlas Healthcare, PA

**H**EALTH INSURANCE POLICIES FIRST emerged in the industrial era of the 1880s, powered by the rise of unions that sought compensation for the illnesses and injuries of steel factory workers. They were designed to mitigate the economic hardship caused by unforeseen accidents.

Since those humble beginnings, health care has morphed into a huge industry, fueled by insurance companies and pharmaceutical conglomerates and mandated by the federal government. Because insurance premiums are withheld from paychecks – or paid for by government entities such as Medicare and Medicaid – rather than passing through our hands, we are unaware of the high price we are actually paying. In other words, health care consumers and health care payers are different entities.

One result of these vast changes in the insurance industry in the past century or so is that increasing government regulations and decreasing reimbursements are forcing doctors to become employees of hospitals.

Meanwhile, insurance companies and hospitals seem to be more concerned about their financial security than about patients. According to Dr. Tim Wingo of Atlas Healthcare, more than half the bankruptcies in this country are caused by medical costs.

Certain that there is a better way, Dr. Wingo opened Atlas Healthcare to give people an alternative: better health care at an affordable price. He takes a holistic approach that concentrates on maintaining wellness and preventing disease.

“I advocate for quality routine primary care,” he said. “I see just a few patients per day, so I can spend more time with them.”



As an affordable concierge practice, Atlas Healthcare does not contract with insurance companies, which helps keep overhead low. In addition to extended appointments at his office, Dr. Wingo is available by phone. Everything about his practice is streamlined except for patient relationships.

Dr. Wingo is passionate about the need for ample time with patients.

“Without time, there can be no meaningful communication or education,” he explained.

Dr. Wingo’s view of insurance is not unlike that in the automobile industry. Consumers pay the doctor directly for routine primary care, just as they would pay for oil changes for their car, which encourages them to be more involved in decision-making and spend less

money on unnecessary tests and appointments. He suggested that most people can improve their well-being and reduce medical expenses dramatically by choosing a concierge practice combined with a high-deductible insurance plan and a health savings account.

According to Dr. Wingo, “The premium savings alone from a high-

deductible plan will fund the HSA. In fact, the cost to see me for a year would be a fraction of the tax savings from the HSA contribution.”

Is Atlas Healthcare the right choice for you and your family? Dr. Wingo welcomes your questions and will gladly explain the math to you during a free consultation. But, even more than your potential savings, you’ll appreciate the quality of care you’ll receive. 🩺

*Atlas Healthcare is charting a new direction in health care. To find out more, visit [www.AtlasHealthcarePA.com](http://www.AtlasHealthcarePA.com) or call (843) 352-9353 for an appointment.*

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-By Kathrin Hutson (Patient and Enthusiast)

*"When I first came to Dr. Jesse I could hardly walk. Even sitting at the computer was an extreme distraction due to the amount of pain I was experiencing. Over the course of 12 sessions, he have restored my ability to not only walk, but to run and work out as well. my pain level was close to a 10 when I came in. Now my pain levels are at a 1 or 2 max. I continue to see Dr. Jesse and I highly encourage you to see him as well. Dr. Jesse doesn't just fix you but educates you on the problem. My quality of life has improved thanks to him."*

-B. Hawkins

*"I was weeks away from scheduling a cervical fusion and had tried many different approaches to relieving my chronic pain. Injections, TENS, traction, adjustments, massage ... nothing worked for long. I will be the first to say that I was doubtful but I am a different person than I was just a few weeks ago. It has been an amazing experience."*

-B. Kirby

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# Gentle Dental Care Anderson Family Dentistry

*Some tortures are physical and some are mental, but the one that is both is dental - Ogden Nash*

**S**o wrote the celebrated poet laureate of light verse, with tongue firmly in cheek, most likely next to an aching molar.

Of course, there is more truth than fiction to Nash's ditty. A visit to the dentist's office was once looked upon by many people as something between unpleasant and unbearable.

That's not true any longer, and, in Mount Pleasant, a leading practitioner of gentle, pain-free dental care is Dr. Charles Anderson, whose practice on Wingo Way, in the shadow of the Ravenel Bridge, utilizes state-of-the-art equipment and techniques to put patients at ease, lessen their pain and give them optimal dental outcomes.

A Charleston native, Dr. Anderson earned his undergraduate degree at the University of South Carolina, a master's in Education from the Citadel and is a graduate of the Medical University of South Carolina College of Dental Medicine. He holds additional credentials in cosmetic dentistry and dental implants.

Dr. Anderson ventured East of the Cooper in 2001, when he shuttered his successful downtown practice and moved to Mount Pleasant. Today, he has served three generations of loyal patients. Loyalty also is an attribute of his staff, most of whom have been with Dr. Anderson for between 14 and 22 years.

The Anderson experience, business manager Kelly Vincent feels, "Starts at the front door. The personalization we give each of our patients sets us apart from other dental offices. We're very detail-oriented, and everyone from Dr. Anderson on down keeps us on the cutting edge with the tools and techniques of 21st-century dentistry."

Dr. Anderson himself, Vincent said, "takes a holistic approach to his practice. He doesn't just focus on a tooth

that's causing pain, for example. He wants to put that issue in the context of the person in the chair. He wants to uncover precisely what's causing the problem so that he can address all its underlying issues."

The full title of Dr. Anderson's practice promises his commitment to "Family Dentistry and Aesthetic Restorative Dentistry." He handles most crowns, extractions and implants himself and maintains a network of specialists. If a specific problem requires specialized attention, he can refer a patient to practitioners he trusts.

To put patients at ease, Dr. Anderson offers oral sedation, nitrous oxide – also known as laughing gas – and virtual vision goggles so a patient can relax and watch a movie while the doctor works.

Dr. Anderson believes that a patient's smile can be life-changing. To that end, he offers bonding, veneers, teeth whitening and removable braces.

When he is out of the office, Dr. Anderson is a part-time instructor at the James B. Edwards College of Dental Medicine at MUSC. He's an avid golfer and recently renewed his interest in hunting. He regularly goes on medical missions to developing countries in Central and South America through the Dental Community Fellowship.

And he is a new grandfather. No one would ever know he is very proud of her – unless, of course, they saw the pictures he posts weekly around the office.

Once upon a time, whimsical poet Ogden Nash might have been right about how people feel about going to the dentist. He obviously never visited the office of Dr. Charles Anderson. 🦷

*To learn more, visit [www.anderson-dentistry.com](http://www.anderson-dentistry.com) or call 843-884-2021.*

BY BILL FARLEY



The staff at Dr. Charles Anderson's dental practice. Left to right: Front row: Kelly Vincent, Michele Litchfield and Sharon Varner Holloway. Back row: Christy Johnson, Janet Easterby, Dr. Anderson and Belinda Buckheiser.

Photo courtesy of Anderson Family Dentistry.

# MOUTHING OFF THE IMPORTANCE OF ORAL HEALTH



**R**ESearch has shown that the health of your mouth mirrors the condition of your body as a whole.

That means, of course, that oral health isn't just about maintaining an attractive smile and avoiding the embarrassment of bad breath. Instead, it's about your overall health and well-

BY SARAH LYNCH

being. There's a connection between a healthy mouth and a healthy body.

According to the American Academy of General Dentistry, clues to more than 90 percent of all systemic diseases can show up in your mouth. As a result, your oral health can tell your dentist a lot more than simply whether or not you have cavities or crooked teeth. He or she

might be able to tell if you are likely to develop a disease such as diabetes.

Reports also have shown that there is a relationship between periodontal (gum) disease and more serious health issues. These include strokes and heart disease; leukemia, pancreatic and oral cancers; rheumatoid arthritis; and kidney disease. And women with gum disease apparently are more likely

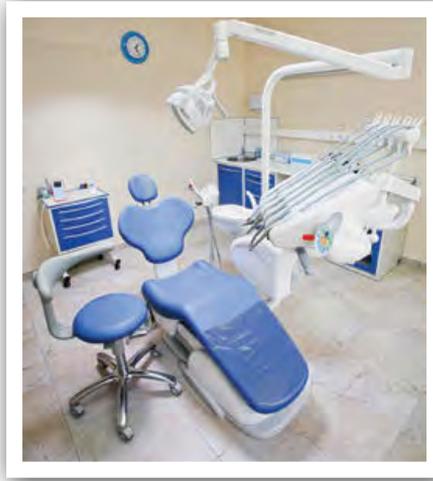
to give birth to pre-term, low-birth-weight babies.

Most people visit their dentist because they have cavities, but adults over the age of 35 lose more teeth to periodontal disease than to cavities. In fact, three out of four adults are affected by periodontal disease at some time in their life. To make matters worse, the problem can be managed, but it can never be fully cured. And it's a transmissible disease that can be passed on to your spouse or children.

The good news is that periodontal disease is preventable. The disease and decay both are caused by bacterial plaque, a colorless film that is constantly formed on your teeth and sticks to them at the gum line. If you brush and floss every day and see your dentist on a regular basis, you can get rid of these germs and help prevent periodontal disease.

Seeing a dentist regularly helps keep your mouth in top shape, of course, but it also gives your dentist the opportunity to watch for developments that just might point to other health issues. A dental exam also can detect poor nutrition and hygiene, growth and development problems and improper jaw alignment.

You can help your dentist help you



by providing her or him with a complete medical history. And remember to tell your dentist about any recent health developments, even if they seem unrelated to your oral health.

### HERE ARE SOME WAYS TO PRACTICE GOOD ORAL HYGIENE EVERY DAY:

- Brush for two to three minutes at least twice a day, using fluoridated toothpaste.
- Floss daily to remove plaque from places your toothbrush can't reach.
- Eat a healthy diet to provide the nutrients necessary (vitamins A and C, in particular) to prevent gum disease.
- Avoid cigarettes and smokeless tobacco, which may contribute to gum disease and oral cancer.
- Exercise preventive care and schedule regular dental checkups – the surest way to detect early signs of periodontal disease. 

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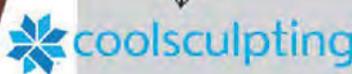
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# The Best Of Mount Pleasant Medical 2015

## YOU Make It Happen

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### **BEST ALLERGIST**

If you can't walk outside without sneezing your head off or pet your friend's cat without scratching your skin raw, it might be time to make an appointment with Dr. Bruce Ball. Our readers think he's the guy for determining which allergens you should avoid and significantly lower your Kleenex bill.

1. *Dr. Bruce Ball*
2. *Dr. Ned Rupp*
3. *Dr. John Ramey*

### **BEST AUDIOLOGIST**

Being a good listener is an art form, and listening to your patients discuss their concerns regarding hearing is something our readers believe Dr. Mary Anne Larkin has mastered. So if you find yourself straining during a conversation, give her a call – she is all ears.

1. *Dr. Mary Anne Larkin*
2. *Dr. Kristen Bish*
3. *Jennifer Bonner*

### **BEST CHIROPRACTOR**

At his Maximized Living Clinic, Dr. Brian Class offers the best all-natural holistic chiropractic care available. Dr. Class and his staff provide patients with simple, common-sense tips to preventing disease and living a fuller, healthier lifestyle. Give him a try. ... if you have the spine for it.

1. *Dr. Brian Class*
2. *Dr. Matthew Murrin*
2. *Accurate Chiropractic*

### **BEST DENTIST**

Remember your old dentist who bribed you with cheerful balloons, new toothbrushes and flavored fluoride to forget your fears and enjoy your cleaning? Our readers insist that Pleasant Family Dentistry is the best dentist without such gimmicks – they simply do a good job with your smile.

1. *Pleasant Family Dentistry*
2. *Dr. Nicole Dahlkemper*
3. *Assey Dental Associates*

### **BEST DERMATOLOGIST**

Our skin is the largest organ of our bodies, and taking care of it is important. Readers voted Dr. Marguerite Germain as the best in skin care, so before you slather another miracle cream on your mug, try giving her a call.

1. *Dr. Marguerite Germain*
2. *Dr. Sam Stafford*
3. *Dr. Stephanie Smith-Phillips*

### **BEST EYE DOCTOR**

For all your optical needs – examinations, eyeglasses, frames, contact lenses and more – Dr. Brad Bodkin and his skilled staff provide patients with the best outcomes in a high-tech and environmentally friendly way. And he never makes a spectacle of himself.

1. *Vision Center at Seaside*
2. *Dr. Brad Majors*
3. *Dr. Wm. Christopher Orr*

### **BEST FAMILY DOCTOR**

We've all seen those fuzzy black-and-white films and television shows that depict a caring family doctor curing the household of fevers and chickenpox with the magical items inside his doctor's bag. Our readers voted Dr. John Knepper as the modern version, so give him a call at the first sign of illness.

1. *Dr. John Knepper*
2. *Dr. John Rowe*
3. *Dr. Lee Allison*

### **BEST FITNESS CENTER**

It's East of the Cooper and a few miles from the shore, but East of the River Pretty Near the Beach was too long a name. But don't join East Shore Athletic Club for the name. Join it for the wide range of exercise equip-



ment and fitness gear and for their available personal trainers. They're "gonna pump you up!"

1. *East Shore Athletic Club*
2. *Iron Tribe Fitness*
3. *EcoFitness*

**BEST GERONTOLOGIST**

Modern society is right about one thing: Life begins at 60, especially East of the Cooper! For those of you searching for the right specialist to ensure the quality of your golden years, our readers suggest the talented Dr. Rex Morgan.

1. *Dr. Rex Morgan*
2. *Dr. Scott Evans*
3. *Dr. John Kleckley*
3. *Dr. Leonard Lichtenstein*

**BEST HOSPITAL**

When the Roper St. Francis Mount Pleasant physicians and health care professionals claim that they put patients first, they're not kidding. Year after year, they rack up national awards in patient satisfaction to prove it. No one wants to go to the hospital, but, when you have to, you'll get world class care.

1. *Roper St. Francis Mount Pleasant*

2. *East Cooper Medical Center*
3. *MUSC*

**BEST LASIK SURGEON**

Seeing is believing, so after we counted up all our readers' votes for Dr. Kerry Solomon as the best lasik surgeon, we decided that they must be right.

1. *Dr. Kerry Solomon*
2. *Dr. David O'Day*
3. *Dr. David Vroman*

**BEST OBGYN**

Pregnancy is sometimes depicted as a nail-biting experience on romantic-comedies, but thanks to Dr. Toya Pound, the ladies of East Cooper are feeling relaxed throughout the entire process. As for the fathers, well, that's another story.

1. *Dr. Toya Pound*
2. *Dr. Natalie Gregory*
2. *Mount Pleasant OBGYN*

**BEST ORAL SURGEON**

Sometimes, bad things happen to good mouths. On those occasions, our readers put their trust in Shelbourne and Associates and look forward to Dr. Court-



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**BEST ORTHOPEDIC SURGEON**



Thank you for voting Dr. William Estes Best of Mount Pleasant!

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ney Shelbourne opening his new dental practice in the spring of this year.

1. *Shelbourne and Associates*
2. *Dr. Phillip Prickett*
3. *Dr. Craig Rhyne*

#### **BEST ORTHODONTIST**

At Nash Orthodontics, the goal is to help patients achieve and maintain a beautiful and healthy smile by offering the absolute best quality orthodontic care in a caring, fun, and friendly environment. No truth to the rumor that Jerry Seinfeld does the chairside warm-up.

1. *Dr. Travis Nash*
2. *Dr. James Kelley*
3. *Dr. Roberta Gardner*

#### **BEST ORTHOPEDIC SURGEON**

When people talk about “feeling something in their bones,” they mean that they know it without any real proof. However, the readers of Mount Pleasant Magazine have proven to us that Dr. Billy Estes is the best orthopedic surgeon when it comes to ridding yourself of any pains in the neck – or elsewhere.

1. *Dr. Billy Estes*
2. *Dr. William Carroll*
2. *Dr. John Graham*

#### **BEST PEDIATRICIAN**

The tenured physicians at Coastal Pediatric Associates have been caring for the children of the Lowcountry, providing the most current, compassionate and comprehensive care, for more than 20 years. Pretty soon, their first patients will be switching to Coastal Middle-Aged Care Associates.

1. *Coastal Pediatric Associates*
2. *Dr. Matthew Davis*
3. *Dr. Sheri Scott Ziemnick*

#### **BEST PHYSICAL THERAPIST**

Imagine Physical Therapy’s founder and guiding light, John Mart, was a Marine – and it shows! Whatever your sports-related, post-operative or other general physical tuneup, you’ll get it here double time! But John’s staff has a softer side, too. If you work hard, they just might give you a cookie.

1. *Imagine Physical Therapy*
2. *Danielle Licari*
3. *Olympic Physical Therapy*

#### **BEST PLASTIC SURGEON**

At the Lowcountry Plastic Surgery Center, Dr. Jack

Hensel and his team provide a wide range of services, from breast augmentation, reduction and reconstruction to liposuction, body contouring and more. You’ll love the results so much, your smart phone will probably never leave “selfie mode” again.

1. *Dr. Jack Hensel*
2. *Dr. Heidi Williams*
3. *Dr. Tom Funcik*

#### **BEST URGENT CARE**

Urgent care means what it says – it’s care you need right now – not in three or four hours. Not tomorrow. Now! And that’s what Nason Medical Center is all about: ambulatory urgent care. That, and making some great TV commercials starring head doc Barron Nason himself.

1. *Nason Medical Center*
2. *HealthFirst*
3. *Roper Hospital*

#### **BEST UROLOGIST**

If you find yourself asking “Where’s the powder room” a bit too often at parties, it might be a good idea to give Dr. Dennis Kubinski or Dr. John Donaldson a call. These fine physicians tied for readers’ favorites when it comes to flushing that issue away.

1. *Dr. Dennis Kubinski*
1. *Dr. John Donaldson*
3. *Dr. David Brandli*
3. *Dr. Stanley Hall*

#### **BEST WEIGHT LOSS PROGRAM**

Those stubborn pounds that you haven’t been able to lose since the decade of your 20s aren’t a problem for the Lowcountry Beauty and Wellness Spa, according to our readers. Voted the best weight loss program, it’s a great way to regain your self confidence and avoid a midlife crisis.

1. *Lowcountry Beauty and Wellness Spa*
2. *Metabolic Medical Centers*
3. *Weight Watchers*

#### **BEST YOGA STUDIO**

Yoga is hot, especially at Bikram. Go ahead and work every muscle in your body with a series of 26 postures and two breathing exercises. You’ll be able to cool off at one of the many bars and restaurants near Bikram in the Shoppes at Seaside Farms.

1. *Bikram*
2. *Charleston Power Yoga*
3. *Serenity Now*
3. *Gaea*

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