

NATIONAL MEDICAL ADVISORS

COSMed The Wellness & Beauty Magazine

To our Readers

*forward Dr. Youngerman
forward Dr. Ganjianpour*

Best regards, and best of health to all of you.

Sincerely,

COSMed The Wellness and Beauty



Jay Youngerman, M.D., F.A.C.S. Ear, Nose & Throat Specialist Plainview, New York

Dr. Jay Youngerman, a Board certified Otolaryngologist (ENT) and Head & Neck Surgeon, founded Long Island ENT Associate in 1984. He is the Attending in Charge of the Division of Otolaryngology at North Shore Plainview and Syosset. He is a past President of the Long Island Society of Otolaryngology, Head & Neck Surgery. Currently he is on the Board of Directors of the Board of Governors of the American Academy of Otolaryngology, Head & Neck Surgery. Dr. Youngerman has a special interest in Pediatric Ear Nose and Throat Disorders, Adult and Pediatric Sleep and Voice Disorders, Snoring, Hearing Loss, Nasal and Sinus Problems, Head and Neck Surgery (Thyroid, Parathyroid, Parotid, Larynx, and Oral Cavity).



Mark Ganjianpour, M.D. Orthopaedic Surgeon Beverly Hills, California

Dr. Ganjianpour grew up in Clearwater, Florida. Throughout his career as a Sports Medicine Orthopaedic Surgeon, Dr. Ganjianpour has been involved in the care of athletes. He has served as team physician for local high schools since 1996, provided medical coverage for local colleges and athletic organizations, including the Great Floridian Triathlon, and has participated in the direct care of international Olympic athletes training in the United States. Dr. Ganjianpour has written book chapters, published articles and given many local and national lectures on topics pertaining to the field of sports medicine and arthroscopy. He has also been a clinical instructor at local and national orthopaedic surgery and arthroscopy courses. His interests include minimally invasive approaches to the rotator cuff disease, instability of the shoulder, instability of the knee and ankle, ligament injuries of the knee and ankle and cartilage restorative procedures.

Dr. Ganjianpour is a board certified orthopedic surgeon and the chairman of department of surgery at Olympia Medical Center. He is a member of the American Orthopaedic Society for Sports Medicine, Arthroscopic Association of North America, and American Academy of Orthopaedic Surgeons. He is also a Qualified Medical Examiner (Q.M.E) for the State of California. While not working, he enjoys skiing, hiking, mountain biking, golfing and traveling.



Carl Laurysen, M.D. Spinal Neurosurgeon

Beverly Hills, California

Carl Laurysen is certified by the American and Canadian Board of Neurological Surgery. Dr. Laurysen received his medical school training at the University of Cape Town, South Africa, followed by his neurosurgical residency at University of Calgary, Alberta, in Canada. He then completed a spinal neurosurgical surgery fellowship at the University of Alabama, under Dr. Mark Hadley, past president of the Congress of Neurological Surgeons. Dr. Laurysen was on faculty at Washington University for seven years, directed the advanced neurosurgical spine program at Barnes-Jewish Hospital and his work at the University of Washington was recognized by both Orthopedic Surgery and Trauma Services. He has twice been awarded the Young Investigator Award from the American Association of Neurological Surgeons for his work on cervical disorders and stem cell research.

In addition, Dr. Laurysen was the first neurosurgeon to inject stem cells into a human spinal cord, as part of a FDA trial.

As a leading spinal neurosurgeon, he is the co-director of spine research and development at Olympia Medical Center. His research and surgical interests have focused on minimally invasive surgery and motion preservation.



Adam Bodian, M.D. Dermatologist

Great Neck, New York

Adam B. Bodian, MD, is an internationally recognized Dermatologist, Laser and Cosmetic surgeon. He received his medical degree at the Sackler School of Medicine and completed his dermatology residency at New York University School of Medicine where he won the Morris Leiter Award for "Best all round resident". He was a Dermatology Research Fellow at the Columbia University School of Physicians and Surgeons in the Department of Dermatology. His affiliations include North Shore Hospital and Mount Sinai Hospital of Queens. Dr. Adam B. Bodian participates and lectures in the medical industry's most prestigious organizations, serving as Secretary/Treasurer of the International Dermatology Radiotherapy Society, and on the boards of the North Shore University Hospital Physicians IPA and the Noah Worcester Dermatology Society.



Andrew Jacono M.D., F.A.C.S Facial Plastic Surgeon

Great Neck, New York

Andrew Jacono M.D., F.A.C.S. is a Dual Board Certified, Facial Plastic and Reconstructive Surgeon and Assistant Clinical Professor, Division of Facial Plastic and Reconstructive Surgery at The New York Eye and Ear Infirmary. He is also Director of The New York Center for Facial Plastic and Laser Surgery.

With surgical privileges at six New York area hospitals, an extensive background in Head and Neck Surgery with a subspecialty training in Facial Plastic Surgery, Dr. Jacono is recognized amongst his peers for his innovative surgical techniques and skills. His clinical research has been presented at several national meetings and symposiums and he has authored numerous manuscripts and published articles in leading medical journals on a variety of surgical techniques.

Dr. Jacono is regularly featured by the national media and is the author of a new book entitled FACE THE FACTS: The Truth About Plastic Surgery Procedures That Do and Don't Work.



Kevin Tehrani, M.D. Plastic Surgeon

Great Neck, New York

Dr. Tehrani earned his medical degree at SUNY Downstate Medical Center. Then, he completed his general surgery residency at Beth Israel Medical Center in New York where he was Chief Resident in General Surgery. He continued his postgraduate training in plastic and reconstructive surgery at Kansas University Medical Center where he again served as Chief Resident.

Believing that plastic surgery can be the ultimate expression of art in surgery, Dr. Tehrani values reaching the highest levels of achievement in reconstructive and aesthetic surgical training, continuing education and clinical experience. Dr. Tehrani is the founder and director of Aristocrat Plastic Surgery with offices in Great Neck and Manhattan.

Payman Simoni, M.D. Facial Plastic Surgery

Beverly Hills, California



Payman Simoni, M.D. received his undergraduate degree from Yeshiva University and his M.D. degree from the Albert Einstein College of Medicine. He then served as general surgical resident at University of Alabama at Birmingham Hospital and completed his Facial Plastic Surgery and Head & Neck surgery training at University of Alabama at Birmingham Hospital. Dr Simoni has double board certification in Facial Plastic Surgery by American Board of Facial Plastic and Reconstructive surgery (www.abfprs.org) and American Board of Head and Neck Surgery/Otolaryngology.

Early through his training, Dr. Simoni realized that the field of facial plastic surgery is vast, diversified and continuously changing. Following completion of his training, Dr. Simoni sought an experience that most plastic surgeons dream of but never achieve. He decided to travel through the country to study under and spend time with some of the top leaders in the field of facial plastic surgery to benefit from their techniques and experiences.

Dr Simoni is the facial surgeon other doctors choose for their cosmetic procedures. Dr Simoni's background in nasal surgery combined with natural looking result has made him one the most sought after rhinoplasty specialist.

Steven Svehlak, M.D. Cosmetic & Reconstructive Plastic Surgery

Beverly Hills, California



Dr. Steven Svehlak is a double Board certified surgeon who has been featured on Dr. 90210, Dr. Phil, The View, Entertainment Tonight and Discovery Health. Recently, he was featured in US Weekly and on Access Hollywood for his highly publicized corrective surgery on actress Tara Reid.

Dr. Svehlak attended the University of Connecticut before earning his medical degree at New York Medical College. During his general surgery residency at Stamford Hospital, Dr. Svehlak was introduced to the art of plastic surgery. He found great satisfaction in getting to know his patients and helping them feel more confident.

After completing a highly competitive plastic surgery program at George Washington University, Dr. Svehlak advanced his training even further when he was chosen for Dr. Richard Ellenbogen's prestigious Advanced Aesthetic Surgery Fellowship in Los Angeles, California.

Dr. Svehlak was invited to join the prestigious ranks of America's Top Surgeons. Since many of his patients make their livings on camera, he tries to minimize post-surgical recovery time, and is keenly aware that producing a very natural look for his patients is of the utmost importance.

Daniel Yamini, M.D., F.A.C.S. Cosmetic & Reconstructive Plastic Surgery

Beverly Hills, California



Dr Yamini is a Beverly Hills Plastic Surgeon who is Board certified in both Plastic and General Surgery. His practice focuses entirely on cosmetic procedures of the face and Body. His specialty is breast and body contouring as well as repairing results from previous surgeries. His practice philosophy is centered on patient safety, comfort and satisfaction. He has a very friendly, caring, and

Dr Yamini has been featured on numerous national and local Television programs, newspapers and magazines. He has contributed to many scientific journals and is a frequent lecturer on cosmetic topics.

Dr Yamini received his Bachelors in Biology and Psychology Form Stanford University. He attended Medical College of Wisconsin and pursued his surgical training at Harbor-UCLA. He trained in Plastic Surgery under the world-renowned plastic surgeon Ian Jackson at Providence Hospital in Michigan, and then pursued advanced cosmetic Fellowship in Hollywood.

Asher Milgrom Ph.D. Laser Medicine Specialist

American Medical Aesthetics Corp., President & CEO • Santa Monica, Newport Beach, California

Asher Milgrom received a full MD/PhD scholarship at the Chicago University of Health Sciences and also attended the Medical School at the University of Chicago. Near the end of his training, he experienced a near-death experience that rendered him in a coma and caused him to redirect his talents to include entrepreneurship after his remarkable recovery. Thereafter he expanded his professional credentials by earning a PhD in Biochemistry and Bio-Medical Sciences as well as an MBA.

During the next 5 years he earned his reputation as a successful entrepreneur and innovator in the aviation industry while serving as the President & CEO of Air West Airlines. Many of Milgrom's programs concerning airline strategies and efficiency such as "inter-regional" routing and "ticket-less travel" have since become standard throughout the industry. Milgrom's next entrepreneurial venture involved telecommunications and information management technologies. In association with InfoUSA, Inc., Milgrom founded a joint venture partnership that developed the world's first "Unified Communication Platform." In this capacity, he regularly lectured to business audiences in the thousands around the USA and internationally.

In 1999, Milgrom founded and funded American Medical Aesthetics Corp. (AMA Corp.) and is the principle architect of its medical and business strategies. Together with Alice S. Pien MD, Milgrom developed advanced medical protocols for a wide variety of laser procedures that produce extraordinary clinical results while requiring no patient down-time.

Milgrom and Pien pioneered the field of "Medical Aesthetics" and are at the epicenter of the research and development of Multiple-Modality Holistic protocols.

Milgrom also founded the Gratitude & Honor Foundation for which he received the George Washington Honor Award, presented by the Freedoms Foundation of Valley Forge



Alice S. Pien, M.D. American Medical Aesthetics Corp: Medical Director Santa Monica, Newport Beach, California



After graduating from the School of Pharmaceutical Sciences, Dr. Pien graduated Medical School in 1990. She completed her residency at the University of California, Irvine in 1994. Dr. Pien served as an ER physician and coordinator of Pediatric Emergency Medicine at Western Medical Center, Santa Ana Ca. Dr. Pien is also board certified in Hypnotherapy as well as Medical Acupuncture. She has been elected as a Fellow of the American Society of Laser Medicine and Surgery.

Under the auspices of American Medical Aesthetics Corp's research programs, Dr. Pien became a Certified Laser Specialist in 1999 and has since pioneered the development of advanced "Holistic Multiple-Modality Laser Protocols" that are the signature treatments of AMA Corp. Beyond the sheer thrill, professional challenge and expertise of transforming the physical appearance of her laser patients, Dr. Pien is most inspired by the deep emotional healing and joy that her patients experience due to the results of the treatments.

"For many men and women, it's not just an inconvenience to hide or disguise embarrassing marks or lesions day after day... it becomes an unrelenting emotional burden that erodes their self esteem and darkens their spirit," says Dr. Alice Pien. "To take that away is like transplanting a flower from a dark place where it is struggling to survive to a warm sunny space where it blossoms and thrive. I can't help but feel blessed and privileged to contribute to their happiness."

Dr. Pien has been elected Fellow of the American Society of Laser Medicine & Surgery.

Katherine Ahn, D.D.S. Director Cosmetic Dentist Huntington Beach, California



Dr. Ahn's artistic abilities and attention to detail allow her to deliver a delicate balance of beauty and function. She knows that all the components of a smile - not just your teeth - must complement each other to create a beautiful smile.

Dr. Ahn Graduated from Loma Linda University with a Bachelors Degree in Biology She then graduated from UCLA School of Dentistry and it is where she also completed a two year postgraduate residency in Pediatric Dentistry which was inspired by her belief that a truly healthy smile should begin at the earliest possible age. Dr. Ahn continued on to additional postgraduate education at the Las Vegas Institute for Advanced Dental Studies, a world renowned center for education in cosmetic dentistry. Her commitment to excellence and extensive ongoing continuing education keeps her on the cutting edge of cosmetic dentistry.

Dr Ahn is Invisalign Certified and belongs to the American Dental Association, the California Dental Association, Orange County Dental Society, the American Academy of Pediatric Dentistry. And the American Academy of Cosmetic Dentistry

Dr Ahn is the director and owner of Impression Dental Care in Huntington Beach, California It is a state of the art Center for Cosmetic & Restorative Dentistry, where their mission is "....."to provide exceptional dental care to those who desire to obtain optimal dental health, as well as smile with unreserved confidence. We accomplish this goal by providing our patients cutting edge technology, advanced artistic techniques, and personalized attention "

Peter Newen, M.D. Director Cosmetic Surgery Huntington Beach, California



Dr. Peter Newen is a board certified plastic surgeon who upholds the highest standards of surgical excellence. He has earned the respect of the community and the appreciation of his patients with his outstanding results. He has been a featured plastic surgery expert on television, radio, and in newspaper articles on multiple occasions.

Dr. Newen education and training include University of Chicago, BA ,University of Chicago, Pritzker School of Medicine, Brown University - Rhode Island Hospital -General Surgery Residency and Plastic Surgery Residency, Children's Hospital of Los Angeles - Fellowship, Craniofacial Plastic Surgery. He is Board Certified from the American Board of Plastic Surgery and his hospital associations include Children's Hospital of Orange County, Hoag Hospital and St. Joseph Hospital. He has done features for CBS on "Easy on the Eyes and Asian Eyelid Surgery" and in the Orange County Register, "Eyes by Design". Doctor Newen is the Medical Director of Image Plastic Surgery Center in Huntington Beach, California.

Dr. Peter Newen is one of those rare physicians who can see the beauty inside you and has the skill to bring it out. His artistic eye guides his precise hands as they sculpt you from your present beauty to the beauty that could be... When you are ready to become art...the artist awaits you.

Red M. Alinsod, M.D., F.A.C.O.G., F.A.C.S., A.C.G.E. Urogynecology & Reconstructive Pelvic Surgery, Aesthetic Vaginal Surgery Laguna Beach, California



Dr. Red Alinsod graduated from Loma Linda University School of Medicine in 1986 and completed his OB/GYN residency from Loma Linda University Medical Center in 1990. He was the first Rutledge Fellow at MD Anderson Cancer and Tumor Institute. Red was also accepted to Yale's Gynecologic Oncology fellowship but was unable to attend due to a military commitment. He became one of the first fellows of the Accreditation Council of Gynecologic Endoscopy. He was the first surgeon to achieve this distinction in Nevada. He left the Air Force as a Major in 1994 and joined Facey Medical Group in Southern California. For ten years Red built a large and successful pelvic surgery practice.

In 2004, Red was recruited by South Coast Medical Center in Laguna Beach, CA, to develop the Women's Center. This unique center of excellence has catered to the needs of women from annual paps and physicals, incontinence and prolapse treatments, to bioidentical hormones and menopause, to vaginal rejuvenation, Botox/Fillers, and total laser skin care. He is the only physician performing endometrial ablations, tubal sterilizations, labiaplasty, clitoral hood reduction, vaginoplasty, perineoplasty, hymenoplasty, and laser treatments in the office without I.V.s in the United States.

Red is also highly sought after in presenting talks locally and nationally. He is the national instructor in Vaginal Rejuvenation for the American Academy of Cosmetic Gynecologist. Red's focus on aesthetic vaginal surgery to improve patient lives have led to multiple innovations and inventions that have had a major impact on how pelvic surgery is performed worldwide. His lecture and teaching affiliations are with Caldera Medical, Boston Scientific, Ethicon, Lone Star/Cooper Surgical, Monarch Medical, ConMed, and Palomar Medical. Email: red@urogyn.org
Web: www.urogyn.org