

New Jersey MD Says Your Diet May Be Killing You



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FEBRUARY 2008

64 Top NJ Beauty Docs

Our Readers Favorite Restaurants

Real Women Makeovers Inside

Savvy Fashion Hits The Slopes

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Top Docs for Beauty

BY GEORGE ANDERSON

Forty may be the new 30, 50 the new 40, etc., and that's because people are not willing to sit idly by and age gracefully. Today, people are paying closer attention to diet and exercise and taking advantage of both non-surgical and surgical procedures to keep looking their very best.

According to the American Society for Aesthetic Plastic Surgery (ASAPS), 11.5 million surgical and nonsurgical cosmetic procedures were performed in the United States in 2006. Surgical procedures accounted for roughly 17 percent of the total, with nonsurgical procedures making up 83 percent.

THE TOP FIVE SURGICAL PROCEDURES, ACCORDING TO ASAPS, WERE:

1. Liposuction (403,684 procedures)
2. Breast augmentation (383,886)
3. Eyelid surgery (209,999)
4. Abdominoplasty (172,457)
5. Breast reduction (145,822)

THE TOP FIVE NONSURGICAL PROCEDURES, ACCORDING TO ASAPS:

1. Botox injection (3,181,592 procedures)
2. Hyaluronic acid (1,593,554)
3. Laser hair removal (1,475,296)
4. Microdermabrasion (993,071)
5. Laser skin resurfacing (576,509)

CHECK OUT OUR LIST OF 64 TOP DERMATOLOGISTS, COSMETIC SURGEONS AND OTHER LOCAL SPECIALISTS FROM THE AUTHORITATIVE INDUSTRY SOURCE, *CASTLE CONNOLLY*, IF YOU ARE CONSIDERING TAKING MEDICAL STEPS TO IMPROVE YOUR APPEARANCE.

ROBIN ASHINOFF, MD DERMATOLOGY

360 Essex St. Ste 201, Hackensack
201.336.6880
Hackensack University Medical Center
NYU Medical Center
Mohs' Surgery, Laser Surgery, Cosmetic Dermatology

ANTHONY BERLET, MD PLASTIC SURGERY

908 Pompton Ave. Ste A-1, Cedar Grove
973.857.7757
Hackensack University Medical Center
Chilton Memorial Hospital
Cosmetic Surgery—Face, Liposuction & Body Contouring

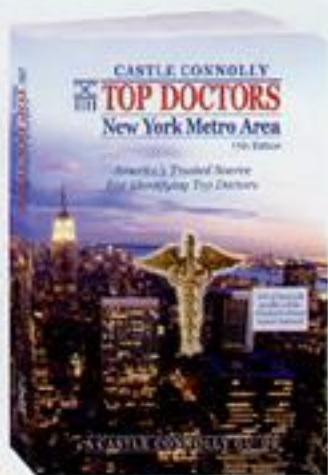
EMIL BISACCIA, MD DERMATOLOGY

182 South St. Ste 1, Morristown
973.267.0300
Morristown Memorial Hospital
NewYork-Presbyterian Hospital/Columbia
Cosmetic Dermatology, Botox Therapy

SHEILA BOND, MD PLASTIC SURGERY

39 S Fullerton Ave Fl 3, Montclair
973.509.0007
Mountainside Hospital
Holy Name Hospital
Cosmetic Surgery—Breast, Breast Reconstruction,
Cosmetic Surgery—Face, Liposuction & Body Contouring

Castle Connolly's physician-led team of researchers follows a rigorous screening process to select top doctors on both the national and regional levels. Using mail and telephone surveys, and electronic ballots, they ask physicians and the medical leadership of leading hospitals to identify highly skilled, exceptional doctors. Careful screening of doctors' educational and professional experience is essential before final selection is made among those physicians most highly regarded by their peers. Physicians selected for inclusion in this magazine's "Top Doctors" feature may also appear as Regional Top Doctors online at www.castleconnolly.com or in one of Castle Connolly's Top Doctors guides, such as [Top Doctors: New York Metro Area](#), [America's Top Doctors®](#) and/or [America's Top Doctors® for Cancer™](#).



Top Doctors: New York Metro Area (11th ed. retails for \$24.95 and is available at www.castleconnolly.com, 1.800.399.DOCS (3627) and also at all major bookstore chains.



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information 732.281.1988.



TOP DOCS CONTINUED

JEANINE DOWNIE, MD DERMATOLOGY

51 Park St. Montclair
973.509.6900

Overlook Hospital
Mountainside Hospital
Cosmetic Dermatology, Botox Therapy,
Black/Asian Skin Care, Skin Laser Surgery

MARC DRIMMER, MD PLASTIC SURGERY

842 State Rd. Princeton
609.924.1026

University Medical Center at Princeton
Cosmetic Surgery

WAYNE FOSTER, MD OTOLARYNGOLOGY

Foster Facial Plastic Surgery
500 Lakehurst Rd. Toms River
732.914.2233

Community Medical Center - Toms River
Cosmetic Surgery-Face & Eyelid,
Rhinoplasty, Botox Therapy

BEVERLY FRIEDLANDER, MD PLASTIC SURGERY

636 Morris Tpke, Ste 26, Short Hills
973.912.9120

St Barnabas Medical Center
Overlook Hospital
Breast Augmentation, Cosmetic Surgery-
Face & Body, Cosmetic Surgery-Liposuction

PARHAM GANCHI, MD/PhD PLASTIC SURGERY

342 Hamburg Tpke, Ste 202, Wayne
973.942.6600

Chilton Memorial Hospital
St Joseph Wayne Hospital
Cosmetic Surgery-Face & Body, Breast
Augmentation, Body Contouring,
Facial Rejuvenation

JAMES GARDNER, MD PLASTIC SURGERY

47 Maple St, Ste 406, Summit
908.918.1969
Overlook Hospital
UMDNJ-University Hospital-Newark
Cosmetic Surgery-Face, Cosmetic
Surgery-Body

CAROLINE GLICKSMAN, MD PLASTIC SURGERY

2164 Hwy 35, Bldg A, Sea Girt
732.974.2424

Jersey Shore University Medical Center
Breast Reconstruction & Augmentation,
Cosmetic Surgery-Breast, Liposuction &
Body Contouring, Rhinoplasty

CHRISTOPHER GODEK, MD PLASTIC SURGERY

1430 Hooper Ave, Ste 200A, Toms River
732.281.1988

Ocean Medical Center
Jersey Shore University Medical Center
Cosmetic Surgery-Face & Body, Rhinoplasty,
Breast Reconstruction & Augmentation,
Liposuction & Body Contouring

MARK GRANICK, MD PLASTIC SURGERY

NJ Medical School Plastic Surgery
90 Bergen St, Ste 7200, Newark
973.972.8092
UMDNJ-University Hospital-Newark
St Barnabas Medical Center
Reconstructive Surgery, Cosmetic Surgery,
Skin Cancer, Liposuction & Body Contouring

MICHELE GRODBERG, MD DERMATOLOGY

106 Grand Ave Fl 3
Englewood
201.567.8884

Englewood Hospital & Medical Center
Cosmetic Dermatology, Hair Removal-Laser,
Botox Therapy

KENNETH GROSSMAN, MD DERMATOLOGY

180 White Rd, Ste 103, Little Silver
732.842.5222

Riverview Medical Center
Psoriasis, Skin Cancer, Cosmetic
Dermatology, Botox Therapy

RICHARD HAWRYLO, MD PLASTIC SURGERY

PeerGroup Plastic Surgery Ctr
124 Columbia Tpke, Florham Park
973.822.3000
St Barnabas Medical Center
Morristown Memorial Hospital
Cosmetic Surgery-Breast, Cosmetic
Surgery-Face & Eyelid, Abdominoplasty,
Liposuction



PERSONAL ENHANCEMENT

1430 Hooper Ave., Toms River

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The Personal Enhancement Center is committed to you. Dedicated to outstanding plastic surgery results in New Jersey, our practice focuses on holistic cosmetic care. Whether you want to enhance your figure or your facial features, subtly or dramatically, Dr. Christopher Godek and Dr. Michael Nagy have the skill and artistry necessary to create beautiful, natural results. A preeminent plastic surgery

center in Toms River, the Personal Enhancement Center offers facelifts, eyelid lifts, brow lifts, rhinoplasty, breast augmentations, breast lifts, breast reductions, tummy tucks, liposuction, Liposelection™ by Vaser and many more procedures, both invasive and noninvasive. At the Personal Enhancement Center, we encourage total physical and emotional wellness by combining our plastic surgery with an integrated program of skin care, nutrition and personal training.

The friendly, knowledgeable staff concentrates on providing the highest quality care in a warm, safe environment. We focus on you, your needs and your expectations. Our doctors strive for perfection in every plastic surgery procedure in order to ensure that you achieve total personal enhancement.