Sunscreen Tips

by James Scelfo, M.D., F.A.A.F.P.
Personalized Primary Care
407-566-2454
www.personalizedprimarycare.com Sunscreens protect the skin from ultraviolet rays. UV rays are cat
Skin cancer
skin protective factor

Additional tips include applying a full ounce of sunscreen 30 minutes before going outside; applying to th

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Breast Rehabilitative Surgery

by James A. Matas, M.D.
Advanced Centre for Plastic Surgery and Medical Day Spa
407-345-8145
www.yournewlook.com Breast rehabilitative surgery is the process of restoring a woman's breasts to a

The human breast is composed of the skin envelope, fat and actual breast tissue. There are many comb

Childbearing and breast-feeding can result in breast tissue atrophy, as well as a stretched-out skin enve

Overly enlarged breasts with sag and possibly with neck/shoulder pain can be treated with a breast redu

A board-certified plastic surgeon performing the surgery at an accredited surgical facility, hospital or aml

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Online Medical Resources

by Thomas D. Harris, M.D.
Harris Internal Medicine
407-351-9696
www.harrisinternalmedicine.com Patients often come in to see an internist after searching for their sym

Here are some ways to find quick medical information that is useful for everyday life:

For quick medical news and information, visit www.medscape.com/internalmedicine on the Web.

Inexpensive generics can be found at sites.target.com/site/en/health/page.jsp?contentId=WCMP04-040590 and www.publix.com/freeantibiotics .

Useful information about food and drugs in the U.S. is available at www.fda.gov/default.htm .

Useful information about travel to other countries can be found at www.cdc.gov/travel/destinations/list.aspx .

For information about joining a clinical trial, visit www.clinicaltrials.gov on the Web.

Vaccination schedules are available at www.cdc.gov/vaccines/pubs/acip-list.htm. Other medical resources include www.nlm.nih.gov www.webmd.com

Determining the Need & Safety Of Hormone Replacement

by Kirti Kalidas, M.D., N.D.
The Center for Natural & Integrative Medicine
407-355-9246
www.drkalidas.com

Those who are feeling moody, hot, aged, depressed, irritable or as if they have brain fog may be experiencing hormone imbalance. Production

Often, women beginning perimenopause want to stimulate their horm

Hormone regulation should be approached with great trepidation and an abundance of medial know-how

Today, bioidentical hormones, which are like those

More Health & Fitness