

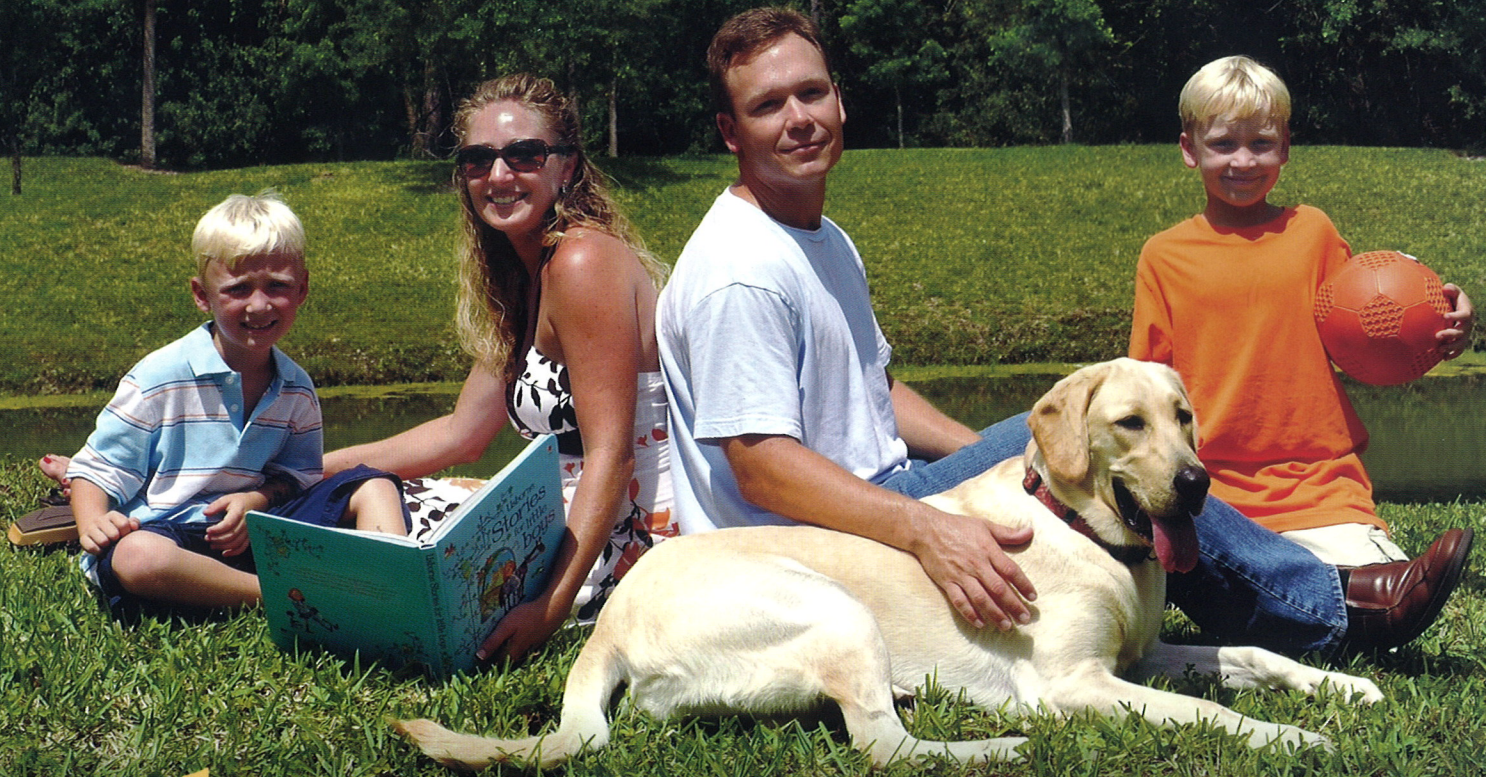
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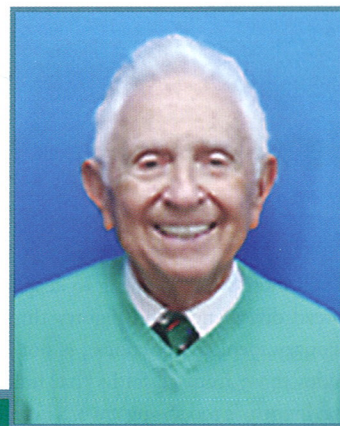
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Like Father Like Son

By Jan Engoren

Tucked inside a nondescript, blue-glass office building in East Boca Raton, sits the 11,000 sq. ft., high-tech and glossy Sanctuary Plastic Surgery Center and the new Sanctuary Medical Aesthetic Center (SMAC), co-founded by Jason N. Pozner, M.D., a board-certified plastic surgeon and David Goldberg, M.D., a cosmetic dermatologist and leader in the use of non-invasive laser and cosmetic dermatology.

On staff at Sanctuary Medical Center are four plastic surgeons, three dermatologists and three anti-aging specialists, as well as Dr. Murray Pozner, known as "Dr. Murray," Dr. Jason Pozner's father, a family practice physician and weight loss specialist for more than 30 years. Like Donald and Don Trump, and Kirk and Michael Douglas, Dr. Jason Pozner has the rare opportunity to work side by side with his father, Dr. Murray Pozner. Dr. Murray, whose other son, Cliff, works for Fox Broadcasting in New York City, was a family practice physician specializing in medically supervised weight loss in suburban New Jersey. Now, semi-retired, he loves working with his son, Jason.

"For me it is extremely rewarding to work alongside my son and see him so happy and fulfilled doing what he loves. It gives me *nachas*. He has accomplished so much in so little time," he said.

Dr. Murray's personalized approach includes taking a thorough medical and family history, and analyzing patient's blood samples in order to customize a successful weight-loss program according to each patient's profile and needs.

Some of his advice for weight loss? Avoid the three S's: sweets, salt and highly spiced foods. He also recommends practicing the 3 S's of exercise: sweat, strengthening and stretching.

Stephen Mrachek Jr., 28, a patient of Dr. Murray and the husband of SMAC's marketing manager, Kimberly Winkler, has lost 60 pounds on Dr. Murray's program. The Boynton Beach resident is 6'2" and went to see Dr. Murray weighing in at 275 pounds and, within the first two to three months, quickly dropped 40 pounds.

His first time dieting, Mrachek said, "I really wanted to do it and was ready to make changes in my habits and lifestyle. Dr. Murray designed a

plan specifically for me and I went to see him weekly for blood work, heart and blood pressure monitoring."

The newest addition to the Sanctuary Plastic Surgery Center, which focuses on major surgery such as breast enhancement, body sculpting, facial surgery and liposuction, the Aesthetic Center concentrates on alternatives to plastic surgery, such as botox and cosmetic fillers, nutritional counseling, anti-aging therapies, including bio-identical hormone treatment with Dr. Mitchell Matez and functional medicine with Dr. David Blyweiss.

Functional medicine, which came into vogue in the early 1990s, looks at prevention and underlying causes of disease instead of focusing on symptoms. The physician focuses on the patient's hormones, neurotransmitter imbalances, oxidation-reduction imbalances, detoxification and will treat immune, inflammatory and digestive system imbalances.

Founded in 2008, the Aesthetic Center bills itself as: "where science meets beauty," and indeed, the center is a one-stop mecca for health, wellness, dermatology, weight loss, nutrition and functional medicine.

"My philosophy of care is to provide comprehensive care to patients over the course of their lifetime. We provide a full-range of care and services and give our patients a plan to live with for a healthy life," Pozner said.

Pozner, known as the "laser guru," employs the latest in laser technology, such as: the Sciton Pro-Fractional laser for hair removal, skin resurfacing and tightening; the Artic Peel, which he invented; the newly approved FDA device, Ulthera System which is intended for non-invasive brow elevation but is being used off label for facial tightening; and the pioneering use of Zeltiq, a painless, non-invasive procedure based on the science of cryolipolysis (precisely controlled cooling), to reduce fat.

Pozner likes to think of the surgery center and the aesthetic center as synergistic practices.

"For example," he said, "a woman might have liposuction or a breast augmentation and also desire to lose weight. In this case, in addition to plastic surgery, I would refer the patient for weight loss and nutritional counseling here within the practice."

Pozner, who trained at the Mount Sinai School of Medicine in New York and was an assistant professor of plastic surgery at Johns Hopkins

Father-son physicians work side by side at Sanctuary Plastic Surgery Center

Medical Center, relocated to Boca Raton from New Jersey in 1997. More than 80 percent of his plastic surgery practice is dedicated to corrective cosmetic procedures.

Inside the surgery clinic, the white walls are bedecked with framed diplomas of every size, the collective degrees of the well-renowned staff, including Mitchell Matez, D.O., David Blyweiss, M.D., Christine Haugen, M.D., Oscar Ramirez, M.D., and Kurt Wagner, M.D.

Wagner, known as "Dr. 90210," is one of the original plastic surgeons credited with creating extreme makeovers in the early 1970s and has been in the forefront of the cosmetic surgery trend for 30 years.

Wagner, a fifth-generation physician whose father practiced medicine into his 90s, was born in Vienna and can remember Sigmund Freud, a neighbor, tousling his hair as a child.

Throughout his 30-year career, Wagner, whose motto is, "If anything is unbecoming to you, you should be coming to us," has beautified the faces of many Beverly Hills and Hollywood movie stars and was known as "the surgeon to the stars."

Due to the popularity of TV shows such as "Extreme Makeover" and the media bombardment of images of picture perfect people, the acceptance and popularity of cosmetic surgery continues to grow. According to the American Society of Plastic Surgeons, the top five procedures in 2009 were breast augmentation, nose reshaping, eyelids, liposuction and tummy tucks.

The ASPS has guidelines on its Web site for choosing a plastic surgeon. Its recommendations include choosing a doctor with more than six years of surgical training and experience, with a minimum of three years in plastic surgery, who is trained and experienced in all plastic surgery procedures, including breast, body and face reconstruction, and who operates only in accredited medical facilities and is board certified by the American Board of Plastic Surgery.

So, once you've done your research and homework and chosen a course of action that works for you, remember to heed the wise words of Dr. Wagner, a cosmetic surgeon who has seen it all and done it all, "Look as good as you can, for as long as you can without making a fool of yourself."

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