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YOU?

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A SANDOW MEDIA PUBLICATION

“The MIAMI Institute for Age Management & Intervention focuses on comprehensive rejuvenation through a plethora of state-of-the-art procedures in a luxurious, metropolitan environment.”

—JULIO F. GALLO, MD, FACS, AND ROBERT L. SIMONS, MD, FACS

beautiful. medicine.

Located in the luxurious environs of the Four Seasons Hotel and Tower in downtown Miami, The MIAMI Institute for Age Management & Intervention is dedicated to the art of aging well.

The multi-specialty team, led by facial plastic surgeons Drs. Julio F. Gallo and Robert L. Simons, is committed to managing the aging process for its patients. An impressive array of procedures and treatments is offered, including surgical and nonsurgical aesthetics, a variety of wellness programs and skin-care treatments. According to Dr. Simons, achieving successful outcomes begins with the consultation: “A surgeon’s ability to understand what a patient needs is critical to making patients feel better about themselves afterward.” He writes comprehensively about the history of the discipline in his book, *Coming of Age: A Twenty-Fifth Anniversary of the American Academy of Facial Plastic and Reconstructive Surgery*. What he realized as he worked with his patients was that there were many similarities between aesthetic facial plastic surgery and the reconstruction work he was performing. “It wasn’t a far leap for otolaryngologists because we understood that part of the body so well,” explains Dr. Simons. In the decades that followed, Dr. Simons was a driving force in obtaining proper recognition of, and more importantly, proper training for facial plastic surgery certification. In his long-term career, Dr. Simons continues to focus on rhinoplasty and on his recently published book, *HERE TO STAY: A Brief History of the American Board of Facial Plastic and Reconstructive Surgery in Celebration of its Twentieth Anniversary*. The doctors at The Institute have redefined the concept of how to view and treat the aging process. “We manage the whole patient, not only in terms of plastic surgery but also with regard to addressing cosmetic enhancement concerns and how they feel on the inside and outside,” says Dr. Julio Gallo, who joined Dr. Simons after training with him during a fellowship. “We both believe in super-specialization,” says Dr. Gallo, who focuses on cutting-edge techniques in soft tissue work, such as brow elevations and endoscopic surgery. “I enjoy the face because you’re dealing with so many different tissues and structures,” he adds. “My father was a sculptor, and I think there’s a parallel there.”

JULIO F. GALLO, MD, FACS

BOARD CERTIFICATION

American Board of Facial Plastic and Reconstructive Surgery

American Board of Otolaryngology/Head and Neck Surgery

PROCEDURES PERFORMED

Blepharoplasty
Endoscopic Surgery
Facelift
Facial Rejuvenation
Laser Surgery
Rhinoplasty

ROBERT L. SIMONS, MD, FACS

BOARD CERTIFICATION

American Board of Facial Plastic and Reconstructive Surgery

American Board of Otolaryngology/Head and Neck Surgery

PROCEDURES PERFORMED

Rhinoplasty

LOCATION

Miami, Florida
305.624.0009

WEB SITE

www.MIAMI-Institute.com

VIABLE OPTIONS FOR FACIAL REJUVENATION

If you’re not ready for a full-blown facelift, Dr. Gallo recommends **MINIMALLY INVASIVE PROCEDURES** that can be surgical, involving smaller incisions and the use of new technologies, such as **ABSORBABLE RIBBONS**. Additionally, there is a large selection of new injectables and lasers, which offer patients **MAXIMUM RESULTS** with limited recovery periods.

INSIDE INFORMATION

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“Our guiding philosophy is to be our patients’ partner in the aging process and to develop customized treatments,” says plastic and reconstructive surgeon Dr. Leonard Tachmes. “We are here to help improve the quality of their lives.”

BOARD CERTIFICATION

American Board of Plastic Surgery

PLASTIC SURGERY OF THE BREAST AND MICROSURGERY FELLOWSHIPS

Memorial Sloan-Kettering Cancer Center

PROCEDURES PERFORMED

Abdominoplasty
Aesthetic Injectables
Body Contouring
Aesthetic & Reconstructive Breast Surgery
Ultrasonic Liposuction

LOCATION

Miami, Florida
305.624.0009

WEB SITE

www.MIAMI-Institute.com

Dr. Tachmes specializes in aesthetic breast surgery and body contouring surgery, which includes ultrasonic liposuction of the body and abdominoplasty surgery. Indeed, The Institute provides a wide range of treatments: cosmetic surgery for the face, body and breasts, facial rejuvenation using lasers and soft tissue fillers, hormone replacement, nutritional counseling and weight-loss management, and skin-care analysis, microdermabrasion and photofacials. With a focus on aesthetic surgery of the body, Dr. Tachmes is on hand to perform liposuction and sculpting of the body. “I’ve developed a unique method of abdominoplasty surgery that produces a contoured, anatomically correct abdominal wall,” says Dr. Tachmes. His technique involves targeted liposculpting of the abdominal skin flap and the areas surrounding the umbilicus. His method of non-tension umbilicus reconstruction creates an aesthetically satisfying belly button with minimal evidence of previous surgical intervention.

The MIAMI Institute’s modern Scandinavian-style office exudes understated elegance. Privacy and discretion are paramount: there is a VIP pre- and post-surgery entrance and exit, along with private waiting rooms, VIP suites and a recovery room just an elevator ride away. “Ultimately, we believe in catering to our patients,” says Dr. Tachmes.

“Located in the luxurious environs of the Four Seasons Hotel and Tower in downtown Miami, The MIAMI Institute for Age Management & Intervention is dedicated to the art of aging well.”

—DR. LEONARD TACHMES

LEONARD TACHMES, MD

OPERATING ROOM STYLE Focused and intense **FAVORITE PART OF YOUR JOB** Seeing a happy patient come back for a follow-up visit **WHAT FASCINATES YOU MOST ABOUT THE HUMAN BODY** Its complexity, consistency and simplicity **ALTERNATIVE OCCUPATION** Movie director **HOBBIES** Art dealer **ANTI-AGING ADVICE** Avoid direct sunlight **BEAUTY PRODUCT EVERYONE SHOULD HAVE** Sunscreen/moisturizer **I WOULD LIKE TO BE REMEMBERED AS** Honest, devoted and hard-working



BREAST SURGERY

Dr. Tachmes has a special interest in **RECONSTRUCTIVE OR REVISIONAL BREAST SURGERY** for patients who have undergone previous breast surgery and are experiencing saline or silicone breast-implant-related problems. “There exists a growing population of women with breast-implant-related complications who require complex and sophisticated revisional surgery solutions for their unique issues,” says Dr. Tachmes. “Each patient must be evaluated individually, and a customized surgical plan must be tailored to address and correct their aesthetic deformities.” Procedures involve removal of existing breast implants, repair of pocket deformities, removal of breast pocket scar tissue, secondary mastopexy procedures and **RE-AUGMENTATION WITH NEW SALINE OR SILICONE IMPLANTS**. “The goal is always to achieve and restore a natural, anatomically correct breast shape and symmetry,” he says.

beautiful. smile.

When going to visit The MIAMI Institute for a cosmetic dentistry consultation with Dr. Todd B. Barsky, guests are put at ease by his unyielding desire to best serve his diverse patient base. "I hold my practice to the highest standards," says Dr. Barsky, who is experienced in multiple aspects of aesthetic, restorative and reconstructive dentistry.

BOARD CERTIFICATION

Diplomate, American Board of Prosthodontics

DOCTOR OF DENTAL SURGERY

University of Maryland Dental School

RESIDENCY

Prosthodontics, U.S. Army Medical Department

AFFILIATIONS

American Academy of Cosmetic Dentistry
American Dental Association
Fellow, American College of Prosthodontists
Academy of Osseointegration
Florida Dental Association

PROCEDURES PERFORMED

Prosthodontics
Smile Makeovers
Dental Implants
Teeth Whitening
Invisalign®
Veneers
Cosmetic Dentistry
Full-Mouth Restoration
Neuromuscular Dentistry (TMJ)

LOCATION

Miami, Florida
305.624.0009

WEB SITE

www.MIAMI-Institute.com

Board certified in prosthodontics, one of the nine specialties recognized by the American Dental Association, Dr. Barsky considers himself "an architect of the smile," as his procedures seek to restore function as well as beauty. A specialist and fellow of the American College of Prosthodontists, Dr. Barsky considers the overall health of the mouth before considering cosmetic components of treatment. "It's important to first establish a foundation upon which to build," he says. "While most of my patients come to me for aesthetic work, I first consider the patient's overall dentition and utilize all available resources to be as thorough as possible."

At The MIAMI Institute, Dr. Barsky and his team, which he describes as "delightful and caring," seek to deliver results that maximize cosmetic appeal and function, while remaining harmonious with patients' unique facial features and specific objectives. "Before ever embarking on a smile makeover, I always first consider how each procedure will affect the patient's overall appearance," says Dr. Barsky. "What I deem an appropriate treatment option for one patient may not be recommended for another. Each smile makeover is uniquely modified to complement our patients' individual bone structures, face shapes, skin tone and aesthetic visions."

TODD B. BARSKY, DDS

CHAIRSIDE STYLE Attentive to patients

FAVORITE PART OF YOUR JOB The end

results **BEST ADVICE YOU'VE RECEIVED**

Never compromise and always hold yourself

to the highest standards of your profession

ALTERNATIVE OCCUPATION Playing

shortstop for the New York Mets **PLACE**

YOU GO TO ESCAPE THE OFFICE The

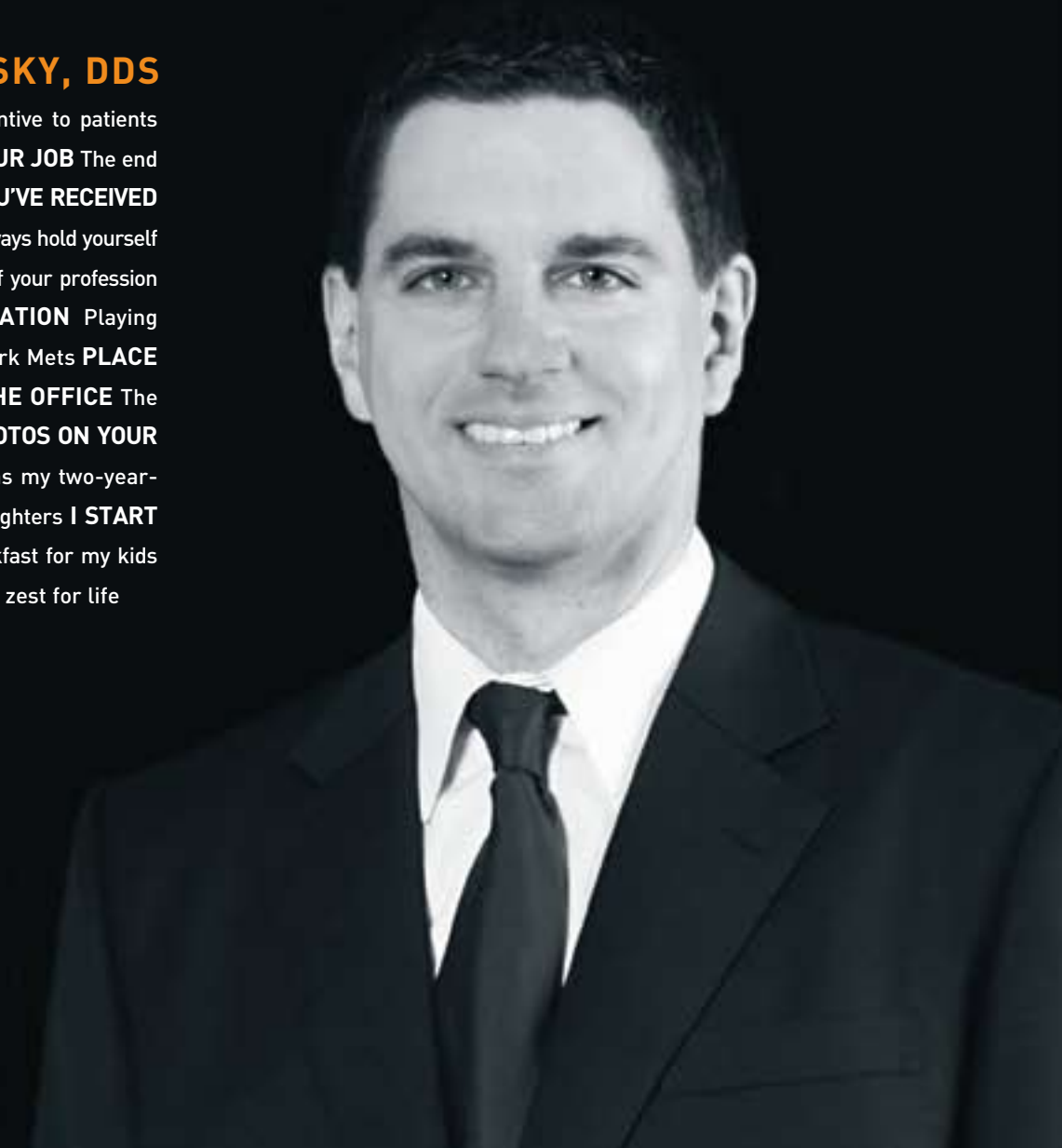
golf course **FRAMED PHOTOS ON YOUR**

DESK My wife, as well as my two-year-

old and four-year-old daughters **I START**

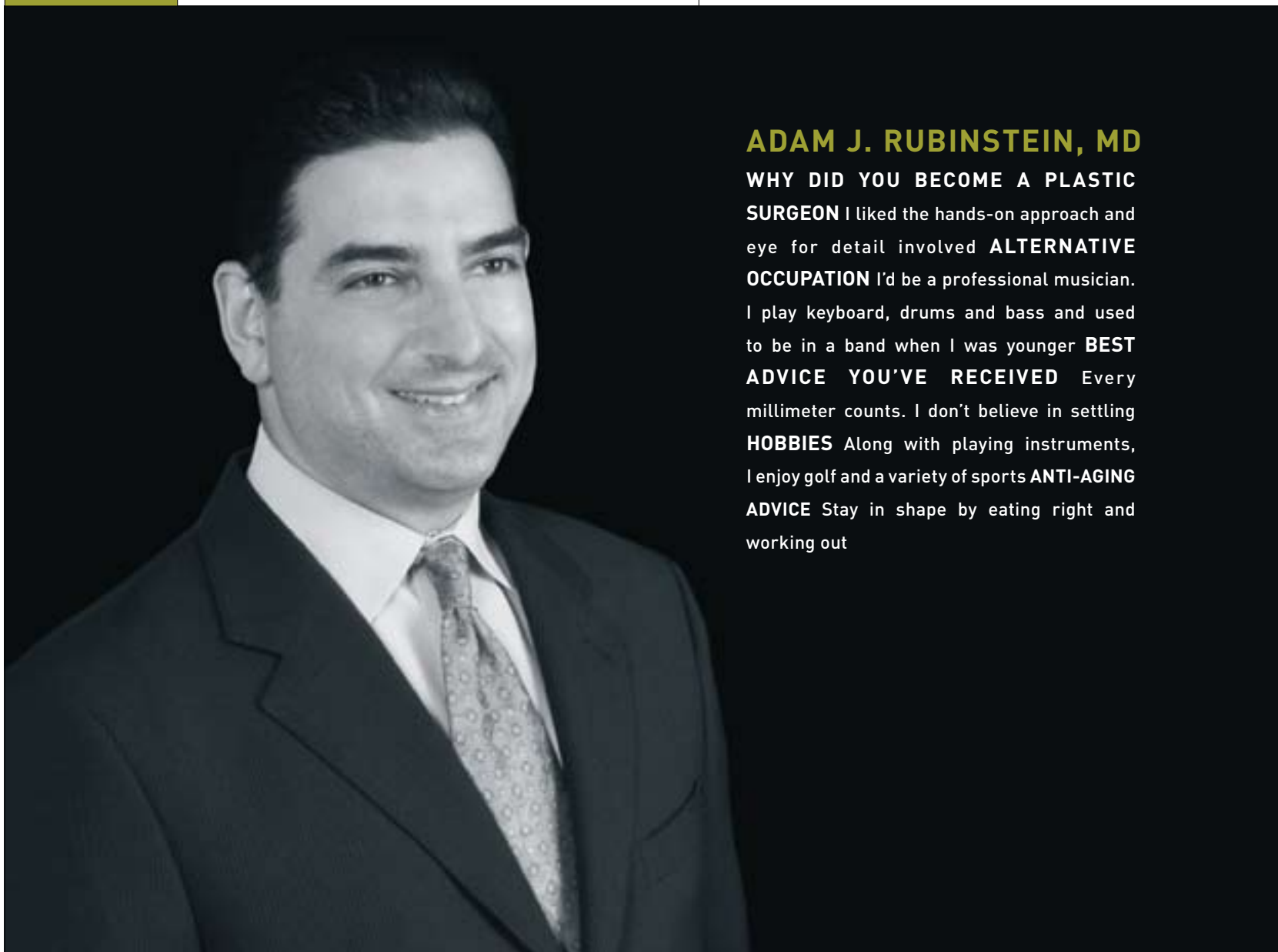
EACH DAY Making breakfast for my kids

I'M NEVER WITHOUT A zest for life



RELIEVING ANXIETY

UNHURRIED AND FASTIDIOUS, Dr. Barsky employs a host of measures to help **RELAX PATIENTS** and get them excited about their treatment plans. "One technique that I have found helps reassure patients is to show them, in their own mouths, how the end results can look," he says. "By wearing temporary restorations, patients can **PREVIEW OUTCOMES** prior to committing to them. Actually seeing results in the mirror can help soothe patient anxiety." Allowing ample time during consultations, Dr. Barsky strives to guarantee that no patient leaves with unanswered questions and that every guest feels confident about his or her decision to undergo treatment with him and his staff. "We value our patients' support and feel honored when they choose us as their cosmetic dental team. It's a pleasure serving the community, and we don't take the responsibility lightly. **HIGH REGARDS FOR SAFETY, PATIENT COMFORT AND TRUST** motivate us to deliver the caliber of care our patients deserve and expect."



ADAM J. RUBINSTEIN, MD

WHY DID YOU BECOME A PLASTIC SURGEON

I liked the hands-on approach and eye for detail involved **ALTERNATIVE OCCUPATION** I'd be a professional musician.

I play keyboard, drums and bass and used to be in a band when I was younger **BEST**

ADVICE YOU'VE RECEIVED Every millimeter counts. I don't believe in settling

HOBBIES Along with playing instruments, I enjoy golf and a variety of sports **ANTI-AGING**

ADVICE Stay in shape by eating right and working out

ASK DR. RUBINSTEIN

Q: I RECENTLY LOST A GREAT DEAL OF WEIGHT BUT AM NOW FACED WITH EXCESS, FLABBY SKIN. WHAT PROCEDURES DO YOU RECOMMEND TO HELP ME ACHIEVE A MORE SVELTE, SHAPELY FIGURE?

A: After losing a substantial amount of weight, it's common for patients to complain of redundant, sagging skin. Body contouring and breast surgeries can help take patients across the finish line to achieve the figures they've always dreamed of. I offer bodylift procedures, tummy tucks and liposuction, along with breast lift-, reduction-, and augmentation surgeries to help accomplish this goal. When patients come to see me, they've become much healthier, having lost a significant amount of weight. But, subsequently, they are plagued with extra, lax skin and don't like how they look. Essentially it's trading one problem for another; that's where I come in. I spend a great deal of time with patients, plotting out paths to success and partnering with them on their journeys so they can feel more comfortable with the way they look and reap the full benefits of all their hard work. It's such a profoundly fulfilling part of my job to help them get to the point where they can say, "I am happy with how I look."

INSIDE INFORMATION

beautiful. medicine.

At The MIAMI Institute for Age Management & Intervention, an ultra-deluxe utopia for cosmetic enhancement, Dr. Adam J. Rubinstein parlays his accomplished plastic surgery skills through a holistic approach to medicine, years of experience and an all-inclusive array of treatment options.

Practicing a comprehensive, medicinal approach to patient care, the doctor recommends massage therapy, herbal supplements and relaxing music to help strengthen the immune system, speed recovery and promote a sense of calm. "My practice style is very boutique," says Dr. Rubinstein, who offers procedures ranging from tummy tucks and liposuction, to facial rejuvenation, breast procedures and fat transfer to the buttocks. "I spend a great deal of time with patients each day—an hour with every new patient. During this time I provide an 'introductory course' to what my procedures entail because I feel that educating patients on their options will enable us to develop a surgical plan that's right for them." Using the analogy that "there's no one key that fits every lock," Dr. Rubinstein asserts that "there's no one procedure that's right for every patient." "The variety aspect of plastic surgery is refreshing to me," he says. "Not only do I get to meet new people each day, I get to operate on so many areas of the body."

Serving on the editorial board of the *Aesthetic Plastic Surgery Journal*, published by the International Society of Aesthetic Plastic Surgery, Dr. Rubinstein is on the cutting edge of new procedures and techniques. "There are always new advances on the horizon," he says. "I feel it's important to view them with both excitement and reservation. Since I want to make sure a procedure is safe and effective before offering it, I don't want to be first on the bandwagon, but I don't want to be last, either. Being a part of the journal keeps me current and able to have an open mind."

BOARD CERTIFICATION

American Board of Plastic Surgery

MEDICAL DEGREE

St. Louis University

RESIDENCY

St. Joseph Hospital, Houston, TX

FELLOWSHIPS

Pediatric Plastic Surgery Fellowship, Miami Children's Hospital, Miami, FL
Hand and Microsurgery Fellowship, The Buncke Clinic, San Francisco, CA

AFFILIATIONS

American Society of Plastic Surgeons
American Society of Bariatric Plastic Surgeons
International Society of Aesthetic Plastic Surgery
Chief, Section of Plastic Surgery, Jackson North Medical Center

PROCEDURES PERFORMED

Abdominoplasty
Blepharoplasty
Breast Augmentation
Body Contouring
Facelift

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