

BODY MAINTENANCE

It doesn't always take a "new year, new you" approach to make a major difference when it comes to your health. Three of the most overlooked "maintenance" areas involve your mouth, skin and eyes. Simple checkups in these areas can prevent a small issue from becoming a life-threatening problem.



VISIT YOUR DERMATOLOGIST

WHY: "It is important for everyone to have a yearly skin check (including the scalp, hair, nails, feet and toes, along with a mole check) to make sure that any abnormalities of the skin are not precancerous or cancerous, as well as to diagnose skin conditions such as psoriasis or eczema," says **Marta Rendon**, a Boca-based board-certified dermatologist who specializes in hair loss for men and women, and cosmetic dermatology (lasers, fillers and toxins). "Additionally, South Floridians are susceptible to potential skin cancers due to chronic sun exposure."

WHERE: The Rendon Center for Dermatology & Aesthetic Medicine (88 N.W. 13th St., Suite 3C, Boca Raton; 561/750-0544; drrendon.com)



VISIT YOUR DENTIST

WHY: "There is a proven link between bacteria in your mouth and inflammation in your body that can cause heart disease," says **Dan Greenstein** of Mizner Park Dental in Boca, who has been practicing general and cosmetic dentistry for 28 years. "New digital X-rays give off less radiation, and we have cameras now that can show the patient what's going on in his or her mouth."

WHERE: Mizner Park Dental (327 Plaza Real, Suite 305; 561/391-3337; miznerparkdental.com)



VISIT YOUR OPHTHALMOLOGIST

WHY: "You should check your eyes the same way you check your blood pressure," says **William Kelly**, an ophthalmologist on staff at Boca Raton Regional Hospital. "With one noninvasive exam we can tell a lot and make sure that something isn't quietly hurting your eye. There are many silent eye diseases, like glaucoma, that you wouldn't know you have until it is already far advanced."

WHERE: Dr. William Kelly, 1701 N. Federal Highway; 561/395-5666; brrh.com



NEW YEAR MAKEOVER

SKIN: "Botox remains extremely popular and, aside from the cosmetic uses, it is being used to help with health issues like excessive sweating and migraines," Marta Rendon says. "The most important thing is the professional injecting the product. Make sure they are board-certified in dermatology or facial plastic surgery."

TEETH: Professional teeth whitening can be an easy fix and take years off your appearance. Many area practitioners offer the most popular whitening systems available, like Zoom Whitening. The procedure takes approximately one hour; while pricey (anywhere from \$200 to \$500), it is the best option if you are short on time and don't want to mess with multiple-day at-home trays or over-the-counter systems.

EYES: Lasik can correct your vision and eliminate the need for glasses or contacts. While still controversial due to the relatively new technology, many ophthalmologists are now becoming fans. William Kelly does not do the procedure himself, but he says that the technology has improved. "In the past 10 years, the laser technology has advanced like your cell phones and computers have," Kelly notes.

