

**The Civil War  
And Westchester**

**Charles Fazzino's  
3D World in New Rochelle**

**Indian Point  
Behind the Scenes**

# WESTCHESTER

## Best Places To Live

**22 Top  
Towns**

For Families, Food,  
Culture, and More

**Real Estate  
Data Chart**

Vital Stats on  
Every Town

**The Rules of  
Downsizing**

Yes, It Can  
Be Done!





*Do you brush and floss and still always have cavities?*

*Does it seem like you've spent your life and savings in the dental chair?  
Have you been told you have "soft teeth" or aggressive decay?  
Have fillings led to crowns then "root canal" and then tooth loss?*

Don't resign yourself to this being your future. Now there is a proven science, evidence based, successful prevention program!

With little cost and minimal effort you can STOP the progress of beginning cavities and reduce or eliminate new decay.

Call for a free consultation appointment to find out about this revolutionary program.

- Westchester Magazine "Top Dentists" 2009, 2010, 2011, 2012, 2013, 2014
- Consumer Research Council List of "Top Cosmetic Dentists"
- Listed in "Westchester's Leading Plastic Surgeons and Cosmetic Dentists"
  - Professor of Esthetics NYU College of Dentistry
- Dr. Sabrina Magid chosen by Westchester Magazine as one of the top 22 People to Watch in Westchester County & as a "Rising Star - Westchester's 40 under 40" by the Business Council of Westchester
- Chosen for fellowship in the International College of Dentists

## Advanced Dentistry of Westchester PLLC

**Kenneth S. Magid, DDS, FICD**  
**Sabrina Magid-Katz, DMD**

If you want to learn about the advanced technologies we use or the comments from our patients visit our web page at [www.ADofW.com](http://www.ADofW.com) and visit us on



**163 Halstead Avenue**  
**Harrison, NY**  
**914.835.0542**

**Q** What is your procedure for treating varicose veins?

"It's most important to identify the source of the leaks that cause varicose veins and spiders. Half of my patients are from failures of previous treatments in the U.S. and/or Europe because the pressure sources were incorrect. My Veno-Merse technique, for which we have several patents, eliminates these sources and results in a near-perfect leg in over 99 percent of patients. Patients also can resume activity with no disabilities."

**Heshmat Majlessi, MD, FICS, FACS, Rye Vein-Laser Center, Park Avenue Vein-Laser Center**

## Beauty Tips

**Q** How can I look more youthful without surgery or long recovery time?

"Seek an experienced facial surgeon to perform Microneedling with PRP (Platelet Rich Plasma) therapy—an effective and safe procedure that rejuvenates your skin without pain and needless downtime. Microneedling prevents premature skin aging by triggering collagen and elastin growth, which results in the reduction of fine lines, wrinkles, and scars. Combined with PRP, the overall result is enhanced—the face looks tighter, fuller, and revitalized. Many of my patients notice significant improvement with this proven and noninvasive option over a course of two to three treatments in a few months."

**James R. Gordon, MD, FACS, FAAO, Cosmetic Eyelid & Facial Surgeon**

**Q** Will lifting heavy weights make me bulky?

"This is the infamous question women tend to ask me when I am handing them a heavy weight. The answer is 'No, you will get stronger, not bigger.' Along with eating the right foods, lifting heavy weights will burn fat on top of the muscle and will lead you towards that lean look you desire. Now if you are eating more calories than what you burn everyday and pump yourself with testosterone, then you may get bulky."

**Angela LoBrutto, Personal Trainer, Angela Claire Fitness, Inc**



## GUERRINO DENTISTRY & ASSOCIATES

Mon.-Sat.



Dr. Guerrino is a graduate of NYU Dental School & has done post-graduate work at Boston University & NYU Dental School for both periodontal surgery & dental implants. His partner & wife, Dr. Afshan Ahmed, is also a graduate of NYU Dental School and practices general & cosmetic dentistry.

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**Bruce Pinker, DPM,  
Dr. D-LUCS**



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**JAMES R. GORDON, MD, FACS**  
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