



**Carlo A. Messina, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Specializing in Sports Medicine, Lower Extremity Trauma
- Specializing in Deformities in Children and Adults
- Specializing in Complex Ankle Ligament Injuries



**Michael M. Cohen, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Board Certified: American Board of Podiatric Medicine
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Complex Limb Salvage; Foot, Ankle and Leg Fracture Surgery
- Specializing in Total Ankle Replacements and Running Injuries



**John D. Goodner, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Sports Medicine, Foot and Ankle Arthroscopy
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Adult and Pediatric Reconstructive Foot, Ankle and Leg Surgery
- Specializing in Adult and Pediatric Lower Extremity Trauma



**Warren Windram, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Foot and Ankle Arthroscopy
- Specializing in Total Ankle Replacement
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults

# INSURANCE

**MOST INSURANCES, PPO's AND MEDICARE ACCEPTED**  
*Preferred Providers Below*

## ADULT

Aetna (HMO, PPO, POS, EPO)  
 Avmed (HMO, PPO)  
 Better Health  
 Blue Cross/Blue Shield (HMO, PPO)  
 Cigna (HMO, PPO, POS)  
 GHI  
 Humana (PPO, POS, EPO)  
 Magellan  
 Medicare  
 Memorial (HMO, PPO)  
 Miccosukee  
 Multiplan  
 Network Blue (HMO, PPO)  
 Preferred Choice  
 Private Health Care System  
 Seminole Tribe  
 Tricare  
 United Health Care (HMO, PPO, POS)

## PEDIATRIC

Better Health  
 Molina  
 Staywell  
 Sunshine State  
 Wellcare

## WORKERS' COMPENSATION

AIG  
 Corvel  
 ESIS  
 FCCI  
 Gallagher Bassett  
 Hartford Ins - Specialty Risk  
 Liberty Mutual  
 Marriot  
 Publix Works Comp  
 Sedgwick  
 Travelers  
 US Department of Labor  
 Zenith Ins. Co.  
 Zurich American

**Call us to see if we participate with your plan**

Accepting Medicare  
 Accepting most HMO's and PPO's  
 Accepting Motor vehicle insurance  
 Accepting Workers Compensation  
 Second opinions and IME's  
 Outpatient and Inpatient surgery

Same day appointments  
 Emergency visits  
 Early morning appointments  
 Evening appointments  
 Letters of Protection, (LOP's)  
 Se habla Espanol

## LOCATIONS

### WESTON

1600 Town Center Blvd. • 954-389-5900

### PEMBROKE PINES

17842 NW 2nd St. • 954-430-9901

### PLANTATION

220 S.W. 84th Avenue, Suite 102 • 954-720-1530

[www.SouthFloridaSportsMedicine.org](http://www.SouthFloridaSportsMedicine.org)



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# No Need To Hide Your Toes!



Messina • Goodner • Cohen • Windram

Desimone • Moya • Bertot • Shenassa • Jones • Gonzalez

# BEAUTIFUL LASER NAILS

## BRINGS BACK NAILS SAFELY

# LASER TREATMENT WORKS! NO NEED TO HIDE YOUR TOES!

## Ask A Specialist If Laser Treatment Is Right For You

### Do Your ToeNails Appear Yellow, brittle or Thickened?

Then perhaps you suffer from Onychomycosis, a condition also known as ToeNail Fungus. ToeNail fungus can be caused by heavy foot perspiration, poor shoe/sock ventilation, or walking barefoot in damp areas such as gyms and locker rooms.

Until now, the only solutions for ToeNail fungus was to surgically remove the nail; apply topical treatments, which have POOR success rates, or prescription medications, which may have many potentially dangerous side effects.

### Today, Lasers are the latest Treatment for ToeNail Fungus

Laser treatment can effectively rid your toenails of unsightly toenail fungus in as little one or two treatments, depending on the severity of the condition. Our lasers wavelength penetrates the nail, eliminating the destructive fungus that causes the infection while revitalizing your nail as it grows out.

- Quick, In Office Procedure
- FDA Approved
- Safe & Effective
- Virtually Painless

### Laser Treatment WORKS!

*Talk to Our Doctors and find out how Laser Treatment can benefit you!*

### What To Expect...

Your Toe Nails should be cleaned and filed prior to the Laser Treatment. As each toe is treated with the Laser you will feel a mild, warming sensation. The Laser Treatment will take about 20-30 minutes depending on the toes involved. There is usually no discomfort after the treatment. The Physician will discuss post-treatment care to avoid fungal re-infection.

You will notice results within 3-6 months, depending on how quickly your toenails grow. New, clear growth begins to appear at the bottom portion of your nail as the diseased portion of the nail grows out.

You may return to your normal daily routine immediately after your toenail treatment. We suggest avoiding covering treated toenails with polish for a short period of time. More information will be given during the procedure by the Laser Technician and Your Physician.

### Why Choose Laser Treatment?

Lasers are making HUGE strides in the medical care of fungal nails. Until Lasers came about there were virtually no easy ways of getting rid of ToeNail fungus with any consistent results, leaving an unsightly uncomfortable disease to maintain under your toe nails, unobstructed. In addition, ToeNail Fungus may be contagious, which is why it has infected 40% of the adult population. Now You Can do something to correct this discouraging infection from its horrors that it inflicts.

It is important to understand that laser treatment for nails is NOT 100%. while it is expected to greatly benefit the nail appearance, some nails may be resistant to laser treatment, and other types of treatment may be necessary.

### Will My Insurance Cover This Procedure?

No. Insurance companies consider fungus nails to be cosmetic and will not cover them. The cost for treatment will be \_\_\_\_ to \_\_\_\_, depending on the number of nails treated.

