



iHealthSpot's Editorial Team

iHealthSpot's award-winning Patient Education Library is created by an experienced team of authors and editors made up of Board-Certified Physicians, Nurses and Clinical Doctorates. Each member of iHealthSpot's Editorial Team offers a vast array of knowledge and expertise in varying areas of medicine. Together, this team creates exceptional medical content designed to inform and educate patients in language that they can understand. iHealthSpot's Patient Education Library helps doctors to better inform their patients about the conditions or treatments that they or their loved ones are experiencing. iHealthSpot's Editorial Team is committed to bringing only the most accurate and up-to-date information to patients and enhancing the doctor-patient relationship. iHealthSpot has been a four-time proud recipient of the prestigious national "www Health Award" for excellence in online patient education.

Senior Staff:

Steve E. Meadows, MD Chief Medical Officer, iHealthSpot

Steve E. Meadows, MD is the Chief Medical Officer for iHealthSpot. Dr. Meadows is a Board-Certified Orthopedic Surgeon with Advanced Fellowship Training in Hand and Upper Extremity Surgery. Dr. Meadows is responsible for providing guidance for iHealthSpot's successful penetration of the medical market and for providing introductions and insight to the medical community at large. He oversees all medical content development, including written, animated, and video content for iHealthSpot's Patient Education Library and is responsible for leading the efforts that led to four consecutive "www Health Awards" for excellence. In addition, Dr. Meadows oversees iHealthSpot's Physician Editorial Board.

Dr. Meadows received his undergraduate degree from the University of Pennsylvania and his Medical Degree from SUNY, Downstate College of Medicine. Dr. Meadows completed his Internship in General Surgery at the North Shore University Hospital of Cornell University and obtained his Residency Training at the Hospital for Joint Diseases Orthopaedic Institute. He received his Fellowship Training in Hand and Upper Extremity Surgery at the Hand Center at Thomas Jefferson University in Philadelphia, renowned for its pioneering efforts in tendon surgery and techniques of hand rehabilitation.

Dr. Meadows is a Diplomate of the American Board of Orthopaedic Surgery. He is a Member of the American Academy of Orthopedic Surgeons and the American Society for Surgery of the Hand.

Dr. Meadows has been in private practice of orthopedic surgery for more than 15 years. He is a Managing Partner of South Palm Orthopedics, a large group practice recognized in South Florida as a foremost authority in advanced techniques for the diagnosis, treatment, and rehabilitation of a variety of orthopedic conditions. Dr. Meadows performs more than 400 surgeries per year, including elective and trauma hand surgery, arthroscopy, rotator cuff repair, and shoulder replacement. He is also one of the few orthopedic surgeons in South Florida performing the cutting edge Reverse Shoulder Replacement. He is on the Surgical Committee and Credentials Committee at Delray Medical Center and is President of the Board of Directors at the Delray Ambulatory Surgery and Laser Center. Dr. Meadows has been a columnist for Tennis Week magazine and has published and presented on a variety of orthopedic topics.

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Mary Car-Blanchard, OTD, OTR/L

Senior Medical Author, iHealthSpot

Mary Car-Blanchard, OTD, OTR/L has been the Senior Medical Author for iHealthSpot, Inc. since its inception. Dr. Car-Blanchard is responsible for leading and writing iHealthSpot, Inc.'s award-winning medical content for all patient education materials. She authors iHealthSpot, Inc.'s medical animation scripts, video scripts, and marketing materials for client websites. Dr. Car-Blanchard has a broad knowledge of medical topics and has worked in the health care field for more than twenty years.

Dr. Car-Blanchard has an extensive background in medical writing and public health education. She was honored to be selected as a medical writer, research writer, and presenter for the United States Department of Defense and Veteran's Brain Injury Center, US Defense Health Board for Military Injured in Iraq and Afghanistan, as assigned by the US Secretary of Defense and the Secretary of Veterans Affairs of the Senate and House of Representatives. She is a contributing guest author for the upcoming book *Hidden Battles, Unseen Fronts*, a book about military members with traumatic brain injury and post traumatic stress disorder, as well as a contributing author for Salem Press's upcoming books *Forensic Science* and *Salem Health: Cancer*. She was selected by the State of Iowa to write a book about traumatic brain injury as a result of domestic violence. Dr. Car-Blanchard has written medical content for the Brain Tumor Association of America and the Health and Human Service's NE Office of Women's Health. In addition, she has consulted on medical content for mainstream movie and television scripts.

Dr. Car-Blanchard formerly served as the Information and Resource Administrator for the Brain Injury Association of America, where she wrote public health materials for projects funded by the Center for Disease Control (CDC), Department of Defense and Veteran's Brain Injury Project (DVBIC), National Institute on Disability and Rehabilitation Research (NIDRR), and the Robert Wood Johnson Foundation. Her poster presentation for the Prevention of Violence-Related Brain Injuries won a National People's Choice Award.

Dr. Car-Blanchard's written work has been published in peer-reviewed journals, national health awareness campaigns, website content, and medical brochures. She is an invited national speaker, trainer, and advocate for individuals with disabilities. She is well known for her dedication to the prevention of violence related brain injuries, and has conducted national training for audiences including law enforcement, military, medical, legal, and social work personnel. She is recognized for her ability to explain complex medical information in terms that are easy to understand.

Dr. Car-Blanchard previously worked as an occupational therapist on a brain injury rehabilitation team and as a patient education provider for reconstructive and cosmetic surgery team. Prior to working in the health care field, she worked as an award-winning graphic artist. Her interest in health care marketing prompted her career change to the medical field.

Dr. Car-Blanchard graduated Summa Cum Laude from Creighton University Medical Center where she earned a Clinical Doctorate and Bachelor's Degree in Occupational Therapy. Creighton University awarded her their prestigious Young Alumni Award in 2004. She earned a Certificate in Commercial Art and Design from the Studio Academy of Advertising, Dana College.

Editorial and Advisory Staff

Ernie F. Soto, DDS

Editorial Advisor and Editor, iHealthSpot

Ernie F. Soto, DDS is an Editorial Advisor and Editor for iHealthSpot. Dr. Soto has practiced dentistry in South Florida since 1990. Dr. Soto's diverse expertise in his field is unmatched. Dr. Soto routinely performs oral surgery procedures, implants, and cosmetic dentistry.

Dr. Soto is a member of the International Congress of Oral Implantology, American College of Oral Implantology, American Society of Osseointegration, American Orthodontic Society, Florida Dental Society of Anesthesiology, and American Dental Society of Anesthesiology. Dr. Soto is Certified in Nitrous Oxide Sedation and IV Sedation. He is one of a limited number of dentists licensed by the State of Florida to provide anesthesia. Dr. Soto has placed more than 500 dental implants and 15,000 crowns. He instructs other dentists on state-of-the-art techniques, such as CT scans for virtual surgical procedures, 3D surgical planning, and computer aided surgical guides.

Dr. Soto has been the recipient of industry awards, including Align Technology Inc.'s Invisalign Innovator Award. He has written numerous articles for Senior Life magazine.

Dr. Soto received his under graduate degree from Creighton University and earned his Doctor of Dental Surgery Degree from Georgetown University's School of Dentistry. He completed a General Practice Residency at Mt. Sinai Hospital in Miami Beach, Florida.

Ronald J. Glatzer, MD, MBA

Editorial Advisor and Editor, iHealthSpot

Dr. Ronald Glatzer is an Editorial Advisor and Editor for iHealthSpot. A recognized authority in his field, Dr. Glatzer is a Board-Certified Ophthalmologist and a Fellow of the American College of Surgeons and American Academy of Ophthalmology. Dr. Glatzer is sub-specialty trained in Retina and Vitreous.

Dr. Glatzer is an active member in a number of medical societies and has instructed courses in vitreous and ultrasonography. He has received numerous awards including a place in the "Best Doctors in America" for the last four years. He is also recognized as one of the "100 Best Physicians" by South Florida magazine.

Dr. Glatzer graduated from the University of Vermont, Magna Cum Laude, and Phi Beta Kappa. He is a graduate of New York Medical College. Dr. Glatzer completed his Internship at Long Island Jewish Medical Center and Residency in Ophthalmology at the New York Eye and Ear Infirmary.

Jonathan Rosenberg, MD

Editorial Advisor and Editor, iHealthSpot

Jonathan Rosenberg, MD is an Editorial Advisor and Editor for iHealthSpot. Dr. Rosenberg is a Board-Certified Physician in Internal Medicine with expertise and sub-specialty interest in gastroenterology. He has published scientific papers on various gastroenterological, internal medicine, and outcomes research topics. He has won several awards for speaking and scientific research at both the national and local level.

Dr. Rosenberg graduated with Honors from Washington University in St. Louis. He completed medical training, internship, and residency at the University of Illinois in Chicago. He received his fellowship training

at the University of Chicago Section of Gastroenterology and Nutrition, ranked one of the nation's top programs in the country by US News and World Report.

Christopher M. Nolte, MD, MS

Editorial Advisor and Editor, iHealthSpot

Christopher M. Nolte, MD, MS is an Editorial Advisor and Editor for iHealthSpot. Dr. Nolte is a Neurologist with expertise in Sleep Medicine. He is a Fellow of the American Academy of Neurology. Dr. Nolte's research in neuroscience is published in numerous peer-reviewed journals. He is an invited national guest lecturer, has received multiple honors and awards for his educational and professional efforts.

Dr. Nolte serves as the Chair of Consortium of Neurology Residents and Fellows for the American Academy of Neurology. He is a Member of the American Academy of Neurology Patient Safety Subcommittee and a Graduate of the American Medical Association Foundation Health Literacy Train-the-Trainer Program.

Dr. Nolte earned a Master of Science from Florida State University. He earned his Doctor of Medicine from Vanderbilt University. Dr. Nolte completed his Internship and Residency at the Mayo Graduate School of Medicine. Additionally, Dr. Nolte is a Fellow in the Division of Sleep Medicine at Vanderbilt University.

David Applebaum, MD, FACS,

Editorial Advisor and Editor

David Applebaum, MD, FACS is an Editorial Advisor and Editor at iHealthSpot. Dr. Applebaum is Board-Certified in Plastic and Reconstructive Surgery, as well as Hand Surgery and Microsurgery. Dr. Applebaum is distinguished as a Diplomate of the American Board of Plastic Surgery and a Fellow of the American College of Hand Surgeons. He has earned Certifications for Restylane, Botox, and Photomedex.

Dr. Applebaum is an Appointed Member of the National Medical Advisory for Photomedex Corp. He is a Certified Instructor for Advanced Techniques in Dermal Fillers. Dr. Applebaum has served on several medical advisory panels and participated in pilot studies for cosmetic products.

Dr. Applebaum serves his community through his work with the American Cancer Society and the Breast Task Force. He is a regular volunteer at hospitals for skin cancer screenings. He is a regular community presenter for a variety of cosmetic surgery topics, hand surgery, laser surgery, and skin cancer. He was a volunteer for his community's tattoo removal project.

Dr. Applebaum holds the position of the President of the Palm Beach County Plastic Surgeons, IPA. He is a Member of the American Society of Plastic Surgeons, American Society of Aesthetic Plastic Surgery, International Society of Clinical Plastic Surgeons, Southeastern Society of Plastic and Reconstructive Surgeons, Florida Society of Plastic and Reconstructive Surgeons, Palm Beach County Society of Plastic and Reconstructive Surgeons, American Society for Laser Medicine and Surgery, Lipoplasty Society of North America, Florida Hand Society, Palm Beach County Hand Society, Burkhalter Hand Society, Florida Medical Hand Society, Palm Beach County Medical Society, Malignant Hyperthermia Association of the United States.

Jonathan M. Tarrash, MD

Editorial Advisor and Editor

Jonathan M. Tarrash, MD, is an Editorial Advisor and Editor at iHealthSpot. Dr. Tarrash is Board-Certified in Physical Medicine Rehabilitation and Pain Management. Dr. Tarrash earned his Medical Degree from the Downstate College of Medicine in Brooklyn, NY. He completed his Residency at Einstein-Montefiore Hospital in Bronx, NY.

Dr. Tarrash is a Member of the American Academy of Physical Medicine Rehabilitation, American Academy of Physical Medicine, and American Academy of Electrodiagnostic Medicine.

Paula Soto, RN, BSN

Editorial Advisor and Editor

Paula Soto is an editorial advisor and editor at iHealthSpot. Paula is a Registered Nurse who graduated with honors with a Bachelor of Science in Nursing from Creighton University in Omaha, Nebraska. Paula has extensive clinical experience having worked extensively in ICU nursing at some of the most recognized medical centers in the country. These include, George Washington University Hospital and Walter Reed Army Medical Center. Paula has also done extensive work in home health both in a clinical setting and in management.