

goodhealth

MEMPHIS A healthy lifestyle publication from Scripps Howard

170 doctors ★ **26 specialities**
Find the best physicians, chosen by Good Health readers

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PHYSICIANS LIST

JUNE 2013

+ JUMP START TO GOOD HEALTH: TRY SKYROBICS!

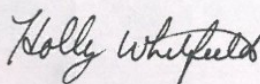
from the
editor

Everyone gets sick sometimes. Whether you are suffering from the common cold or facing a more challenging health issue, it's good to know there are plenty of people ready to care for you and your loved ones. In the following pages, you'll find over 170 local doctors, chosen by nearly 800 Good Health readers who took the time to vote online or mail in ballots and nominate physicians in 26 different specialties. We've published a list of those doctors who received the most votes in their categories, along with a special spotlight on some of the physicians who were particularly popular with Good Health readers.

For me, this issue has been a fantastic way to get to know some of the physicians in our area. Every doctor who I spoke with was passionate, kind, and full of great information that can benefit our bodies and minds. I asked them to choose from one of the following questions: "What's the most common question your patients ask you, and how do you answer it?" or "What do you wish you could tell people about their health?" The results were overwhelmingly related to preventative care and an holistic approach to wellness. My favorite answer is from Dr. Shankar Shiva Natarajan of Memphis Neurology, who commented that "good health is so much more than being thin or losing weight; it also means happiness...if you're not happy, you're not healthy." With that said, we're sticking to our commitment to bring you, dear readers, the latest, most creative ways to stay happy and healthy. You'll find high-tech fitness gadgets, our visit to one-of-a-kind trampoline aerobics class (yes, I worked out with my boss), and a fresh recipe for peach salsa, as well as a step-by-step guide to strengthening your core muscles.

Just in time for the summer break, our next issue of Good Health will be our first-ever Children's Health issue, with a guide to pediatric care from infancy to adolescence. We'll look into behavioral health issues, parenting tips, and how to get the little ones excited about healthy eating. Do you know a child who shines when it comes to setting a healthy example for their peers--or their parents? Or have you met a young person who has overcome the odds to beat or manage a serious health issue? Good Health wants to hear about it, so share your stories with me at holly.whitfield@scripps.com. They could be featured in our next issue, and you might help someone you know become a health inspiration!

Cheers to your health!



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For more information on advertising your medical practice in Good Health Magazine, contact Amy Mills at 901-529-6517 or e-mail mills@scripps.com

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Many women ask if they need a Pap smear every year. The answer is a little more complicated than it used to be. Once a year, once every three years, or longer can all be true, in light of modern technology. You always need a yearly physical exam but each person can

be different on how often they need a Pap smear. Ask your doctor what's right for you.

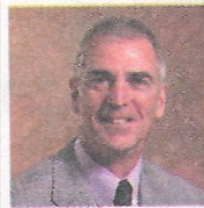
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Oncology

Kurt W. Tauer, MD, FACP
The West Clinic



"Cancer is such a serious diagnosis, but now there is so much hope and so many things changing. Over the next five to ten years, we're going to see a lot of tremendous advances, especially on the molecular level, determining why cancer cells become cancerous, and that is going to allow us to provide much more effective treatment."

Lee S. Schwartzberg, MD, FACP
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