

A CELEBRATION OF TOP GUN'S 40TH BIRTHDAY

SAN DIEGO[®]

MAGAZINE

TOP DOCS 475

PHYSICIANS IN
46 SPECIALTIES

PLUS:
DOCTORS WHO
RESTORE BODIES
AND SOULS

Dr. Afshin Bahador
GYNECOLOGIC ONCOLOGIST

OCTOBER 2009 | \$4.95 US



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HAS SAN DIEGO'S
ECONOMIC SLIDE
BOTTOMED OUT?

ELLEN REVELLE:
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A CIVIC TREASURE

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Best Medicine

ARE SAN DIEGO'S DOCTORS getting better all the time? Probably. Or are we getting better at finding San Diego's better doctors? Probably. Both could explain why our annual Top Doctors issues are among the most popular with you readers, year in, year out.

For the past six years, we've partnered with the San Diego County Medical Society to bring you our guide to identifying outstanding doctors in 46 specialties. And as always, we've gone to the physicians themselves for guidance. This year, doctor members of the society identified 475 doctors they would recommend to their patients and their own families. Pretty strong medicine.

"The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated." So, we're told, preached Plato. He was probably onto something. Still, there are doctors who do a pretty good job of ministering to both. As part of our Top Doctors coverage this month, senior editor Julia Beeson Polloreño and contributing writer Bob Rowland give you a closeup look at some San Diego physicians who not only correct physical maladies and deformities but also give their pa-



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DOCS (Doctors Offering Charitable Services)

tients a new outlook on life. Through DOCS (Doctors Offering Charitable Services), Fresh Start Surgical Gifts and Interface, these selfless doctors perform life-changing surgeries on patients ranging from local military veterans to needy children in Mexico. And they do it without charge.

Living well is also a tonic for the body and soul. And this month's issue brings a plethora of options for exploring San Diego's good life. *At Home* editor Rowena Kelley embraces urban living with a look inside two dramatically remodeled kitchens in downtown condos. Dining critic David Nelson explores one of San Diego's hottest new restaurants with his review of Cucina Urbana — Tracy Borkum's "hard times chic" makeover of the former Laurel dining room in Bankers Hill. And associate editor Adam Elder celebrates the 40th anniversary of Top Gun with a look back at the real-life heroes and hotshots who established Miramar's Navy Fighter Weapons School at the height of the Vietnam War. Without any help from Tom Cruise, thank you.

Here's to your health. And happiness.

TOM BLAIR
Editor in Chief