



Greetings!

We are excited that so many of you are enjoying the newsletter!

Welcome to the latest from Advanced Surgical Physicians
We're excited to share what's new this month at ASP! In this edition, meet Sher, a vital member of our team. We're highlighting important health topics for July, including UV Safety, and sharing recent press featuring Dr. Shapiro and Dr. Eldredge. Plus, learn how you can help us give back to the community by **SPONSORING** and/or **PARTICIPATING** in our second annual obstacle course Race, and where you can find us on social media for more insights, tips, and behind-the-scenes moments.

Join Us for our 2nd Annual Race



2ND Annual Obstacle Course Race Benefiting Sojourners with Healing Hearts

LOCATION

Okeeheelee Park

DATE AND TIME

09/06/25 6:30am - 09/06/25 10:00am US/Eastern

Join us Sept 6, 2025 at Okeeheelee Park for our 5K Obstacle Course Race
10 challenges, all levels welcome! #GetMoving #PushYourLimits

I Am Running

I am Walking

I am Cheering Everyone On

Links Links and More Links to Learn More About Lots of Things

More Info On The Race

I Want to Register for the Race

Read More About Sojourners with Healing Hearts



1700 Pounds Down

We're proud to share that 97 patients in our GLP-1 weight loss program have collectively lost over 1,700 pounds and counting! Our program is more than just a prescription, it's a personalized, physician-led approach tailored to each individual's health goals, lifestyle, and progress. Many of our patients are now entering the maintenance phase, where long-term habits and metabolic support help them keep the weight off.

Give us a Call to get more information and SUMMER pricing.

We are getting HOLIDAY ready!

Check out our article [The Skinny On Tirzepatide in Around Wellington!](#)



The video above is of a real surgical procedure

**Don't Let the Sun Catch You Off Guard:
UV Safety Tips from Our Surgeons"**

July is UV Awareness Month, a perfect time to shine a spotlight on protecting your skin. While sunshine is vital for health and mood, too much exposure, especially in South Florida, can lead to serious consequences, including skin cancer.

Sun protection tips, such as:

- Apply a broad-spectrum sunscreen (SPF 30 or higher) daily, even on cloudy days or when driving.
- Reapply every 2 hours, especially if swimming or sweating.
- Wear UPF clothing, wide-brimmed hats, and UV-blocking sunglasses to minimize exposure.
- Avoid peak sun hours (10 a.m. to 2 p.m.) when UV rays are strongest.
- Check your skin regularly for new or changing lesions and report anything suspicious to your doctor.

[READ MORE](#)



**We've Won Twice Already
Help us do it again**

Keep Voting!! You can vote once per day, and every vote brings us closer to a threepat.

[Vote Here](#)



STAFF SPOTLIGHT

For the past year and a half, Sherlitz has been an essential part of our team, bringing positivity, professionalism, and a personal touch to every patient interaction. With her gentle demeanor and kind approach, she helps patients feel comfortable from the moment they call the office.

Sherlitz works tirelessly behind the scenes to ensure patients are scheduled quickly and smoothly, often going the extra mile to accommodate urgent needs. Fluent in Spanish, she plays a key role in helping us serve our diverse patient population with compassion.

We're truly grateful to have Sher as part of our practice.

Fun Fact: She has two cats named Olivia and Tofu



Recognized for Clinical Excellence in Patient Satisfaction and Wound Healing Rates

We're proud to share that Dr. Kyle Eldredge, who serves as Wound Care Director, is featured in South Florida Hospital News for his leadership at the Center for Wound Care and Hyperbaric Medicine at Wellington Regional Medical Center.

Dr. Eldredge and his team use advanced treatments, including hyperbaric oxygen therapy, to help patients with chronic and complex wounds heal faster and avoid more invasive procedures.

[Read More About It](#)



Suffering from Hemorrhoids? Relief Is Easier Than You Think

If you're dealing with itching, bleeding, or discomfort, you may have internal hemorrhoids and **WE HAVE** a fast, effective way to treat them. The CRH O'Regan System is a simple, in-office procedure that places a small rubber band around the base of the hemorrhoid. This cuts off blood flow, causing it to shrink and fall off naturally, usually within a few days.

- ✓ No sedation or special prep needed
- ✓ Painless for most patients
- ✓ Quick recovery, return to normal activities the same day
- ✓ High success rate with low recurrence

A quick office visit is all you need to determine if you are a candidate- STOP Suffering in Silence

[More About Hemorrhoids](#)

Big NEWS- Can you see what's in the Background?



We're getting ready to introduce
someone special
to our team.
Any guesses?

Stay Connected With Us



Want to keep up with the latest in surgical care, wellness tips, and behind-the-scenes moments from our team? Follow Advanced Surgical Physicians

on social media!

We're sharing helpful health info, office updates, and real stories from the people who make our practice special, plus a few fun moments, too.

Find us on:

 Facebook – @AdvancedSurgicalPhysicians

 Instagram – @AdvancedSurgicalPhysicians

 TikTok – @asp_surgerybros

Whether you're a patient, friend, or just curious, we'd love to have you in our online community.

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