

GulfshoreLife

# HEALTH

YOUR 2015 GUIDE TO LIVING WELL IN SOUTHWEST FLORIDA

# TOP

## DOCTORS

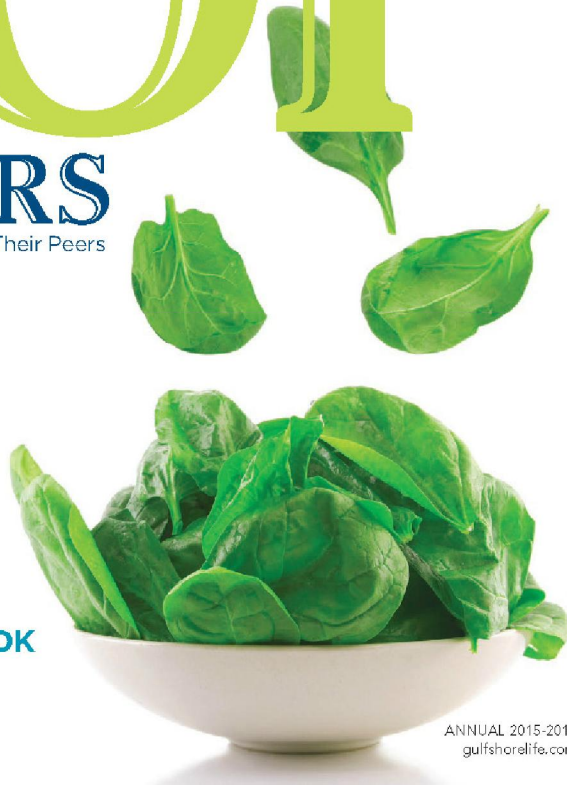
Physicians Most Recommended by Their Peers

**PLUS:**  
**BABIES ADDICTED TO DRUGS**

**OPTIONS FOR RETIREMENT LIVING**

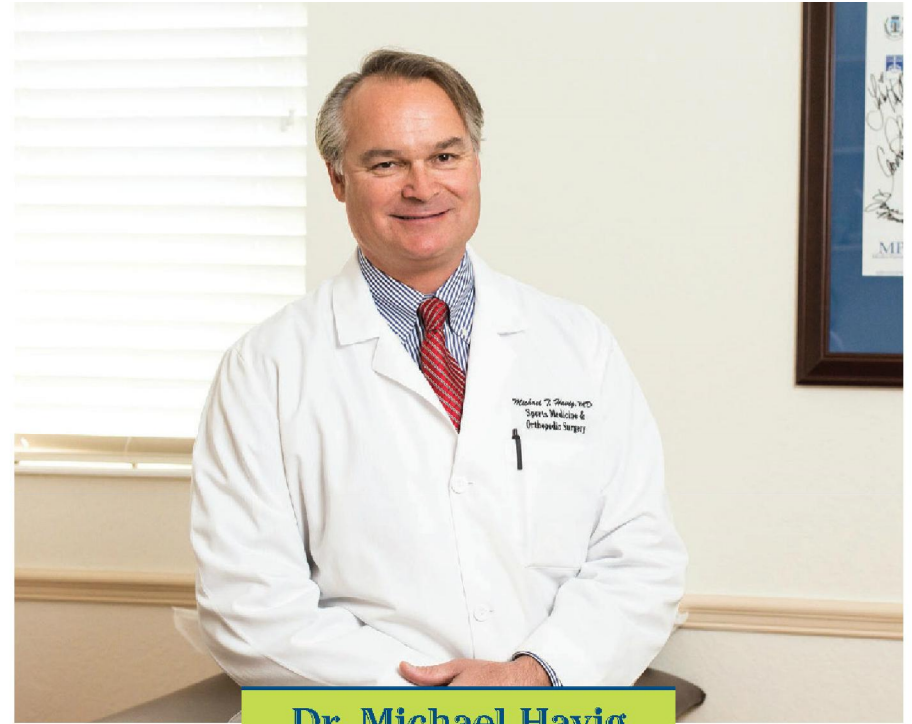
**A DAY IN THE LIFE OF A JOINT SURGEON**

**AN INTERVIEW WITH AUTHOR DR. ROBIN COOK**



*Plenty of research has proven that eating leafy greens can be a lifesaver.*

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**Dr. Michael Havig**  
Orthopedic surgeon  
NEUROSCIENCE & SPINE ASSOCIATES

**N**aples orthopedic surgeon Dr. Michael Havig has tended to the U.S. athletes at the 1996 and 2002 Olympic Games and regularly provides medical coverage to the U.S. Ski Team at World Cup events and training camps in North America and Europe.

"These experiences have helped me bring world-class care to the athletes of Southwest Florida," Havig says.

Havig combined his love of sports—he'd been a Naples High football player, college rugby player, and is an avid skier—with a fascination for medicine he'd developed watching his father, a cardiothoracic surgeon.

"Fortunately, I never had a serious sports-related injury, but many of my friends and teammates did," says Havig, who grew interested in why some people recovered from their injuries and returned to their sports and others did not.

He's been working to return more people to the playing field ever since.

"It is very satisfying to see an injured athlete return to a high level of performance after recovering from a potentially career-ending injury," he says.

Case in point: Havig a few months ago opened a local newspaper and saw a photo of a high school soccer player kicking a game-winning goal, propelling her team to the

next round of playoffs. She'd been his patient.

Havig stays abreast of the latest technology. He's one of three surgeons in the region using the MAKO robot to increase the precision of surgical procedures, and he uses platelet-rich plasma therapy to help tissues heal faster. Havig is also involved in developing new surgical techniques, sometimes in conjunction with Naples-based medical device-maker Arthrex. He's working to repair rather than replace torn ACL ligaments, for example, in patients whose knee injuries may not require a graft.

"Reconstruction, no matter how good it is, it's not the ligament that was there," Havig explains.

While pushing the bounds of technology, Havig insists on good, old-fashioned doctoring, too. He dedicates lots of time to patients so they understand fully their injuries and treatment options. Havig has also served as the team physician for Naples High School for 15 years and takes care of a number of athletes from other schools, too.

"You treat people like they are friends or family, and you do your best to try to make them better," he says. "When my patients don't do well, it stresses me out. I really do take things personally."

—Jennifer Reed