



## Elliot Lach, MD

Renowned plastic surgeon and hormone replacement specialist Elliot Lach, MD, has a unique medical philosophy. Dr. Lach believes that patients benefit best when their doctor has a healthy pair of ears. **Yes, you heard that right.**

**B**eginning with the first consultation, Lach puts the focus on the individual, encouraging his patients to express each of their concerns. For him, it's the key to properly diagnosing ailments.

***"Typically doctor's appointments are rushed," said Dr. Lach. "Patients tend to be put into a cookie cutter algorithm based on their age and symptoms. You have to listen to a patient and see what's really bothering them."***

He ought to know, Lach has been listening to his patients for nearly 35 years.

Lach once sent a 30 year-old for a colonoscopy based on listening closely to the patient's symptoms. It was a little unusual because most people won't be directed to getting a colonoscopy until they're 50. But as the patient spoke, pieces of a puzzle began fitting together. Because he took the time, Lach ended up getting the patient an early colon cancer diagnosis — something that could have gone on for years undetected. Instead, it saved his life. It's that kind of care, that individual attention, that Lach uses when he treats his patients using Hormone Replacement Therapy (HRT).

### AN IVY LEAGUE OF HIS OWN

Listening is where it starts, but where it really began for Dr. Lach was in training. He trained with the best of the best in these acclaimed institutions:

#### EDUCATION:

Dr. Lach received his undergraduate Bachelor's of Science degree from the prestigious Massachusetts Institute of Technology (MIT) in Cambridge, MA. While still an MIT student he completed coursework at Harvard Medical School and also performed lab research in surgical nutrition, renal, pulmonary and cellular physiology. He attended Yale University School Of Medicine where he received his Doctorate of Medicine in 1981 and he completed his post doctoral fellowships at Harvard Medical School in 1987.

#### RESIDENCY:

Dr. Lach honed his skills at some of the most distinguished and highly regarded medical teaching hospitals in New England. His rigorous residency training program included rotations in General Surgery, Cardiac Surgery, Pediatric Surgery, Plastic and Reconstructive Surgery, Hand Surgery, and Microsurgery. He completed the program in six years training at the Yale New Haven Hospital, Yale Medical School, Brigham & Women's Hospital, Boston Children's Hospital, Beth Israel Hospital, and the Plastic Surgery residency training Program at Harvard Medical School.

### GETTING THE TOTAL PICTURE - ESPECIALLY FOR MEN

Dr. Lach recognizes the unique psychological, physiological and chemical differences between men and women, especially when it comes to medical care.

"Woman have had the socially acceptable expectation that their bodies are changing throughout life," said Lach.

He explained that traditionally women are more comfortable discussing these changes with their doctors.

"With men it's a matter of pride," said Lach. "They assume that as long as they can father a baby 'till they're 100, everything's okay."

In other words, men typically won't complain about changes in their aging bodies like weight gain, fatigue and lack of libido, instead, they'll accept it as a normal part of the aging process.

Big mistake.

"As men age their thinking risks becoming fogged, they retain fat on their bellies, they become more easily fatigued — they're not as strong as they were when they were younger. Their cholesterol gets elevated their bones can become brittle. If you dig deeper you realize that they're not unlike women — they do develop hormone deficiencies which with relative simplicity can be recognized and resolved."

So the question Dr. Lach asks is, why not look and feel your best?

"Healthy bodies look good and feel good when the person's hormones are optimally balanced," said Dr. Lach. "A patient feels healthier, they're rejuvenated and restored to where their body was 20 years ago, but it's not going to happen without paying attention to where their hormone status is."

Can restoring the health of one individual change the world?

It may not be as crazy at it sounds.

Dr. Elliot Lach believes that it can, like one big happy chain reaction.

"If I'm helping somebody everyday, it's going to cascade down the road," said Lach. "If my patients are happy, then their spouses are happy, their children are happy, their employers or employees are happy. Their improved mood can only improve their relationships with significant others and improve their performance in their day-to-day life."

And isn't that what we all want?

**Dr. Lach is affiliated with teaching and community hospitals.**

#### Awards:

- Patients' Choice 5th Anniversary Award (2012 - 2014)
- Patients' Choice Award (2008 - 2014)
- Compassionate Doctor Award - 5 Year Honoree (2013 - 2014)
- Compassionate Doctor Recognition (2009 - 2014)
- On-Time Doctor Award (2009)

**Dr. Lach has contributed to numerous publications including:**

- The New England Journal of Medicine • Encyclopedia Britannica
- Annals of Plastic Surgery • Life Sciences
- Journal of the History of Medicine and Allied Sciences
- Plastic and Reconstructive Surgery