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Physician Publication

## Orthopedic practice opens new 'joint' in Monroe

By CHRISTINE SPARTA • STAFF WRITER for myCentralJersey.com

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**MONROE** — Dr. Alan S. Nasar is trying to shake his "Doogie Howser, M.D." image. Nasar is a board-certified orthopedic surgeon with a specialty in joint replacement, but patients still compare him to the youthful TV doc.



**Dr. Alan S. Nasar, an orthopedic surgeon, holds a model of a knee joint, at the new satellite office of Advanced Orthopedics and Sports Medicine Institute on Applegarth Road in Monroe. The practice is based in Freehold.**

"They're always saying, 'You look so young. How old are you?'" said Nasar, a 34-year-old Eatontown resident.

He works at the Advanced Orthopedics and Sports Medicine Institute in Monroe, a new satellite office to a Freehold-based orthopedics practice that opened earlier this month.

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During the last three years, Nasar has performed nearly 500 joint-replacement surgeries.

Advanced Orthopedics has specialists in arthroscopic surgery, shoulder and knee reconstruction, pain management and many other areas.

The practice is affiliated with CentraState Medical Center in Freehold, where Nasar is the director of The Total Joint Center of New Jersey. The center specializes in minimally invasive hip and knee repair and replacement surgery.

When he was an undergraduate majoring in mechanical engineering at Cooper Union in New York City, Nasar befriended an adjunct professor there who let him observe

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a hip-replacement operation at St. Vincent's Hospital.

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"My eyes just opened," said Nasar, who was 20 at the time. "I knew that was my direction."

Even though he felt faint and ran out of that surgery, he still decided to go into the field.

He was viewing a 16-year-old girl's scoliosis surgery and still vividly recalled seeing her naked with an incision through her back.

"I'm looking at lungs. It's all big and pink and moving," he said.

After Cooper Union, Nasar received a medical degree from the University of Medicine and Dentistry of New Jersey in Newark and did his residency and internship at SUNY Stony Brook University Hospital in Stony Brook, N.Y.

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He then completed a one-year fellowship at the Desert Orthopaedic Center in Las Vegas and assisted in hundreds of surgeries.

Even though he's treated all ages, Nasar has a soft spot for children and has four of his own. He marvels at their resilience and rewards them with colored casts, glitter and stickers.

"This is like a big Band-Aid. It will make you feel better," he tells them, trying to describe the cast in a comforting way.

