

# In her patients' shoes

## Cancer-survivor doctor melds healing methods

By Kevin Smith  
Staff Writer

**P**ASADENA — Dr. Paulette Y. Saddler knows what's it's like to be seriously ill.

After being diagnosed with breast cancer in 1995, she underwent a lumpectomy and also had to endure chemotherapy and radiation treatments.

"I sought out an acupuncturist and that really helped with the nausea and fatigue," the 52-year-old Altadena resident said. "I also have a lot of allergies and a sensitivity to medications, so I didn't want to take any more of those than I had to."

Saddler's experience with acupuncture stayed with her. Now the physician incorporates that into her medical practice in Pasadena.

"I started my practice in 1998, and the philosophy was to combine traditional Western medicine with some of the techniques of acupuncture in terms of looking at the whole person," said Saddler, a board-certified internist. "Our motto is 'healthy inside and out.'"

The medical clinic also offers laser hair removal, cellulite reshaping, Botox treatments and a wide range of dermatology services.

Saddler, a medical doctor and a fellow of the American College of Physicians, said her clinic's services are designed to complement each other.

"I learned from my cancer experience that when you're sick you really don't care how you look," she said. "But when you want to start interacting with with people again ... you do. The interaction between how we feel and how we look is very strong."

Some of the clinic's treatments are geared toward relieving pain, such as the pain associated with cancer treatments. But other treatments — including derma fillers, which are injected into the skin to add volume to lips and to smooth wrinkles and folds — are clearly for cosmetic purposes.

## LADDER OF SUCCESS

Dr. Paulette Y. Saddler

**TITLE:** President and CEO

**PRACTICE:** P675 S. Arroyo Parkway., Suite 410, Pasadena

**SÉRVICES:** Acupuncture treatments, dermatology services, laser hair removal, cellulite reshaping and Botox treatments

**PHONE:** (626) 405-1059

**WEB ADDRESS:** [www.saddlermd.com](http://www.saddlermd.com)

**SECRET OF SUCCESS:** Expertise in the field and a strong empathy for patients

Moreen Logan has been a patient of Saddler's since 1999.

"I have chronic migraine and tension headaches," the 42-year-old Hermosa Beach resident said. "I receive acupuncture every three to four weeks and I also have fibromyalgia, which is a chronic pain condition where you get knots in your muscles."

The treatments, she said, have worked wonders.

"They're great," Logan said. "They've helped me to continue to do what I do, to work and exercise. I have two jobs and I'm a graduate student as well. If it wasn't for the acupuncture treatments, it would be a no-go. It's quelled the migraines."

Patient Ehsan Youness of Glendale has had equally impressive results.

"I had pain in my back and my muscles were so tense," Youness said. "She did some acupuncture on me and I feel real relief. She also puts moist heat on my back with pads she heats up in a microwave and it really relaxes the muscles."

Born in Chicago, Saddler grew up in Washington, D.C. and later moved to New York City, where she attended Bronx High School of Science.

"It's a magnet school," she explained. "You take an entrance exam to get into it. It's for those interested in careers in science."

Saddler is a graduate of Wesleyan University in Connecticut and Howard University College of Medicine in Wash., D.C., where she received an award for humanism and dedication to the principles of the family practice creed.

She was cited as the Outstanding Senior Medical Student in Obstetrics and Gynecology.

Saddler and her husband, Oscar E. Streeter Jr., moved to California in 1986.

"I started working at clinics associated with the county," she said. "I worked as an internist at many of those clinics and then worked for Southern California Edison. They had a health plan for their employees."

Saddler says she thoroughly enjoys the work she does these days — particularly when she can bring pain relief to someone who feels they've run out of options.

"I've helped people who have tried different therapies or maybe had surgery but are still not well enough to remain active or stay in the work force," she said. "I just treated a lady who has had arthritis for a long time. We helped with medication and also did acupuncture. Those two things helped a lot."

Saddler also serves as a clinical assistant professor of family medicine at the Keck School of Medicine of USC and was recently named a fellow of the American College of Physicians.

Saddler said her personal experience with cancer has given her a perspective she might otherwise never have had.

"I draw upon that every day," she said. "That experience is something ... I'll never forget. I really understand what patients are going through when they don't feel well. I draw upon my own perspective to help my patients."

[kevin.smith@sgvn.com](mailto:kevin.smith@sgvn.com)  
(626) 962-8811, Ext. 2701