

Your Tri-County Resource Guide to Health and Beauty



# Living

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*Body* BEAUTIFUL





# Body Contouring



*We offer two revolutionary skin tightening regimen systems for a non-invasive solution for body contouring and cellulite reduction.*

- **Presenting the new VelaShape II®**, the most popular body shaping device on the market. VelaShape II® features revolutionary technology including Bi-Polar Radio Frequency, Infrared Light Energy, Vacuum and Mechanical Massage. The Vacuum and specially designed rollers for the Mechanical Massage smooth out the skin to facilitate safe and efficient heat energy delivery. The net result increases the metabolism of stored energy, increases lymphatic drainage and reduces or shrinks the size of the actual fat cells in fat chambers.
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We are once again on the cutting edge of technology! This edition introduces revolutionary help for 35-60 year old women, we are introducing the Silhouette Face Lift, restoring a fresher, more youthful appearance but avoiding the risks and downtime of a traditional face lift procedure. The Silhouette Brow Lift, Mid-face Lift or Neck lift helps drooping eyebrows, face and neck. Together with the Silhouette Face Lift procedure, several other rejuvenation treatments or procedures may include photofacials, microdermabrasions or skin tightening to correct age and sun damage, hyperpigmentation and wrinkles; non-surgical laser photo-rejuvenation to stimulate collagen and elastin production to improve skin tone and elasticity; Botox to relax wrinkles caused by hyperactive muscles; dermal fillers such as Juvaderm, Radiesse and Restylane to restore volume in the cheeks, tear trough and chin. Read on for more...

*Richard Fleis*  
Richard Fleis  
Executive Editor

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## Advanced Vein Center

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## Beaver Valley Foot Clinic

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LIPOSUCTION CENTER

# Meet The Body BEAUTIFUL Staff



## Mark Fleis

Director of Body Beautiful Laser Medi-Spa and Certified Laser Technologist. Mark has a Masters Degree from Slippery Rock University and has been a Wellness Coordinator for over 5 years.



## Joleen Monteleone

Esthetician and Laser Technician at Body Beautiful Laser Medi-Spa. Received her Bachelor of Arts degree in Psychology from Slippery Rock University. She has worked in the beauty industry for more than 17 years (Sales and Marketing for several Professional Beauty Product Companies including, Paul Mitchell, Nexxus, Wella and Sebastian).. She also assists Dr. Giraldo, of Advanced Liposuction Center, during liposuction surgeries.



## Marcia Hale

Certified Laser Technician and Permanent Makeup Specialist at Body Beautiful Laser Medi-Spa. Marcia graduated with a Bachelors of Fine Arts and Humanities from Slippery Rock, and Carlow University. She is an Art Teacher and Muralist for businesses and home decor. To view her portfolio visit [www.Visions-of-Fine-Art.webnode.com](http://www.Visions-of-Fine-Art.webnode.com)



## Melissa Mlinac

In the beauty industry for over 13 years and A certified laser technician for the last 5 years. Melissa graduated from Pittsburgh Beauty Academy in 1998 where she received her degree in cosmetology and skin care. To expand her knowledge, she attended A school for laser in Philidelphia, PA in 2006 where she was trained and certified in laser technology. Over the last 2 years, Melissa has been A great asset to Body Beautiful bringing her knowledge and experience to our company



## Tina M. Welch-Clutter

Laser Technician with Body Beautiful Laser Medi Spa for 2 years. A graduate of Casal Aveda Institute in 2007 where she received skin care training with an emphasis on using pure flower and plant essences in treatments. I gained knowledge in Anatomy, Facial Techniques, Waxing, Makeup, Aromalogy, Health and Nutrition.





### Jeff Houk, PA

A 1987 graduate of the Gannon University Physician Assistant program, I am now in my 24th year of practice. I began my career at Shadyside Hospital in Pittsburgh, PA, in the Department of Surgery. While there I had extensive experience in general ENT, Head and Neck Surgery, Facial Plastic and Reconstructive Surgery with a special emphasis on facial reconstruction for patients suffering from facial paralysis. Routine duties would include pre and post operative evaluation and care as well as surgical assisting for procedures such as facelifts, blepharoplasties, brow lifts, nasoseptorhinoplasties, muscle plications, nerve grafts, and head and neck cancer surgery with reconstruction. During my tenure at Shadyside, I also developed a special interest in sinus disorders and the use of endoscopic sinus procedures for the treatment of patients suffering from chronic sinusitis and participated in the successful treatment of hundreds chronic sinus sufferers. In addition, I have been trained and have 5 years experience in the use of Botox Cosmetic and Restylane injections. Other expertise includes six years of pain management experience, evaluating and treating pain from a wide variety of causes. As a result I have extensive experience with trigger point injections as well as a wide variety of bursa and joint injections.

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Harvard Medical School Postgraduate Association  
Resident Alumni Association, University of Pittsburgh  
Society of Laparoendoscopic Surgeons



American College of  
**PHLEBOLOGY**

# What is tennis elbow?

Extracorporeal Shock Wave Therapy, or ESWT, was first developed 20 years ago as a treatment for kidney stones. Now researchers have found this treatment effective in treating tennis elbow.

When physical therapy, NSAIDS, or rest and ice fail to alleviate this painful condition, doctors have typically used surgery as the next option. However, with ESWT, treatment is applied in only one session, in the doctor's office, lasting only twenty minutes.

Lateral epicondylitis, or "tennis elbow," is a result of repetitive movements of the forearm muscles. You don't need to be a tennis player to suffer from it; tennis elbow is a common workplace or athletic injury.

The primary symptom is pain on the outside of the elbow caused by inflammation of ligaments and degeneration of tissue around the joint. This makes twisting movements and lifting objects particularly painful.

Tennis elbow usually starts out mild and worsens over time. Chronic sufferers can have disabling pain that rarely relents. Reaching and gripping motions, such as in

shaking hands or opening jars, is especially painful. Lifting and carrying even a cup of coffee or gallon of milk are also painful for the person affected with this condition.

## *Signs and symptoms that your pain may be tennis elbow:*

- Inability to extend the forearm fully without discomfort.
- Pain caused by lifting, bending the arm or grasping even light objects.
- Trigger point elbow tenderness.
- Recurring pain on the outside of the upper forearm just below the bend of the elbow.
- Pain that radiates down the arm toward the wrist.
- Pain when shaking hands, turning door knobs, or lifting a grocery bag.
- Muscle weakness in shoulder, forearm, and wrist.
- Occasional muscle spasms in lower arm.

## *Treatment with ESWT*

During the session, you comfortably recline while the elbow is placed on a warm water bubble and covered with gel. The injured area is viewed with diagnostic ultrasound. Then, we then deliver tiny little pressure waves or "shockwaves" to the injured area. Healing occurs gradually over the next 6-12 weeks.

Approved by the National Institute for Clinical Excellence for use on tennis elbow one year ago, we are happy to make this treatment available to you. Call our office today to begin experiencing the relief this treatment offers in one short session. 🦋



# My heel hurts every morning

by Anne Eisler

Do you suffer with nagging pain in your heel in the morning or in your elbow after playing tennis or working outside? Well you are not alone! Many people suffer with the condition know as plantar fasciitis or lateral epicondylitis (tennis elbow). Plantar Fasciitis or Heel Spur Syndrome is characterized by a sharp stabbing pain in the heel - usually with your first steps right out of bed in the morning - and anytime after standing from a seated position. Unfortunately, it is very common.

Many people have the misconception that they have a heel spur, but that may or may not be the case; plantar fasciitis can occur with or without a heel spur.

The plantar fascia is the connective tissue that goes from the heel to the toes. It becomes contracted when pressure is off the feet, such when as sleeping or sitting down. Upon standing it must stretch out again; that is when micro tears occur.

## *Treatment Options*

Conservative treatment may consist of a shot of cortisone into the inflamed area accompanied by stretching exercises and the use of firm arch supports. Ice should also be applied to decrease inflammation at the end of the day.

Another option available at our office is Extracorporeal Shock Wave Therapy, or ESWT. FDA approved, it is a non-surgical approach to pain relief that is regularly used to cure common problems like heel pain, plantar fasciitis, Achilles tendonitis, tennis elbow, shoulder tendonitis, lateral epicondylitis, and more. The therapy works by targeting shock waves directly to the painful area. This noninvasive procedure typically lasts less than 30 minutes. Extracorporeal Shockwave Therapy is for those who have had pain for at least six months and have tried conservative therapy with no results.

## *How it Works*

ESWT breaks up the scar tissue in the plantar fascia with sound waves. In breaking up the scar tissue, the plantar fascia is enabled to stretch normally again. Healing is usually complete in 2-12 weeks. We see an amazing 90 percent success rate in our office.

Surgery to treat such painful heel or elbow conditions is only 50 percent successful. Highly invasive, surgery is not only risky, but the recovery time can be substantial.

So instead of hobbling out of bed with pain every morning, do yourself a favor and call to make an appointment today. Your feet will thank you for it. 🦋



# Advanced Toenail Fungus Relief

First, let me answer the easiest question. No, fungal toenails do not occur due to poor personal hygiene. In fact, you can wash your feet ten times a day and still be prone to getting the dreaded thick and discolored nail.

Now the difficult question to answer is always, “How did I get it?” Everybody has fungus on their toes and fingers. They are living organisms that are part of the “normal flora” of our skin. In other words, they live together with different types of bacteria on our skin. These living fungal organisms usually do not cause any infection. But the fungus is an opportunistic entity. It thrives in warm, moist environments. And, when you injure your toenail by stubbing it, dropping something on it, or even by someone stepping on it, the nail itself lifts up ever so slightly and sometimes comes off all the way. In doing so, the fungus finds a way under the nail and becomes protected by the nail itself. It may then lie dormant for any amount of time.

As it slowly begins to infect the surrounding tissue, gradual change in the nail may not be noticed until several months after the injury. In fact, some people can't even remember a specific incident that caused injury to a toe.

Whatever the reason, fungal toenails no longer have to be the embarrassing part of the body that we hide in the sand at the beach or paint all year round so nobody will see them. Difficulty in treating fungal infections of the nail is due to the infection being inside and under the toenail - not just on top. The treatment must penetrate the hard and thick nail in order to kill the fungal infection. There are a number of treatments available to you. The following are some options depending upon the severity of the fungal infection. 🦋



## What treatment is right for you?

### 1. Home Remedies

A few home remedies have been suggested for treating the fungus: Vicks Vapor Rub, vinegar, and even soaking feet in diluted bleach. However, there is no scientific evidence that any one of these is an effective way to cure the fungus. In fact, there have been cases of chemical burns due to the bleach people have tried to use.

### 2. Topical Treatments

Anti-fungal creams are quite effective for the fungus in athlete's feet but not the fungal infection in the toenail. The over the counter creams are not able to penetrate the thick nail in order to get to the fungus. Your podiatrist's office should be able to offer over the counter topical treatments that contain ingredients that are able to carry the medication through the nail in order to reach the fungus. It may take anywhere from 4-6 months to notice a difference.

### 3. Prescription Topical

Again, depending on the thickness of the nail, topical applications are difficult to penetrate through to the fungus.

### 4. Anti-fungal Nail Polish

One should understand that wearing nail polish will cover and suffocate the nail, preventing it from “airing out”. However, fungus thrives in warm and moist environments. For those patients who wish to continue wearing nail polish, anti-fungal nail polish is available. Usually it is applied daily for 7 days then wiped off and applied again for another 7 days until the fungus clears out.

### 5. Oral Medications

The most commonly prescribed oral medication is Terbinafine (Lamisil). This can be prescribed for the thicker nails that haven't responded to other treatments. Liver function tests must be performed before starting the medication because it gets metabolized through the liver. The medication gets to the root of the nail through the bloodstream and allows the nail to grow out healthy and clear of fungus. One tablet is taken daily for at least 3 months, and liver enzymes are monitored throughout the treatment.

### 6. Surgical Removal of the Nail

For recurring and severe staged fungal toenails, surgical removal of that nail can be an option. The thickened fungal nail can be removed and a topical anti-fungal application can be used as the new nail starts to grow. Because the area of infection is exposed, the topical treatment is able to kill the fungus more effectively.

### 7. Laser Treatment

Laser treatment is the newest invention in the elimination of toenail fungus. Quick and painless, it has proven effective for the treatment of mild, moderate and severe cases of toenail fungus. The treatment you decide to use will depend upon the severity of the toenail fungus. It is always in your best interest to consult your podiatrist in order to obtain an accurate diagnosis and the best treatment option available to you personally.



# All my shoes have an ugly worn out bump!

by Marcia Hale

If you have them, or know someone who does, the words “sore”, “painful”, “ugly”, sound very familiar. Phrases like, “*I can’t find any comfortable shoes*”, or “*I can no longer wear attractive shoes*”, or even, “*All my shoes have an ugly worn out bump*” have described your foot fashion.

If you are rubbing your foot as we speak, you have probably considered doing something about this issue, but for some reason, have not. I can assure you, now is the

time to do something!

I was a former bunion procrastinator, and can promise that the issue doesn’t just “go away” as I had hoped.

Instead, it got worse. I used every excuse in the book like, “*I can’t take time off of work.*”, “*I have kids to run around after.*”, “*I’m afraid of surgery.*”, “*My bunions don’t look that bad.*”, or even “*They don’t hurt that much!*” I have to admit, if I would have come in sooner, there were a lot of other options

to treat this issue before it progressed to the point of needing surgery.

So finally, I agreed to have the surgery. “WOW! What a relief” It looks fantastic. Now, my new shoes won’t need to be two sizes too big to be comfortable because of the ugly bump. Now, when I reach down to rub it, I’m not chanting “Ouch” to myself, but rather, I have to look twice to because the area is smooth and pain free! Then, I look at my other foot and say... “You’re next!”

## Is it the right time for you?

If you’ve been putting off this procedure for years, come in and talk to Dr. Teimouri DPM or Dr. Quattrone DPM to see if it’s the right time for you. The doctors will be happy to answer all of your questions about the procedure, how much time you’ll need to take off from work, what to expect and more. If it’s not the right time for you, that’s okay—at least you’ll know. If it is, we can help you. Here are just a few of the common problems that these two board certified surgeons see every day.

### Bunions

A common deformity of the foot, a bunion is an enlargement of the bone and tissue around the joint of the big toe. Heredity frequently plays a role in the occurrence of bunions, as it does in other foot conditions. When symptomatic, the area may become



red, swollen and inflamed, making shoes and walking uncomfortable and difficult.

### Bunionette (Tailor’s Bunion)

A protuberance of bone at the outside of the foot behind the fifth (small) toe, the bunionette or ‘small bunion’ is caused by a variety of conditions including heredity, faulty biomechanics (the way one walks) or trauma, to name a few.

### Hammertoes

Symptoms of hammertoes, which are curled or bent toes, include calluses, blisters, ulcerations, corns, redness and pain. The correction is simple, and can be performed right in the office surgical suite—no hospital required! Patients receive a few stitches and need to elevate their feet for a few days. Most people who fix their hammertoes say if they’d have known how simple it was, they would have done it years ago!



### Neuroma

An irritation of a nerve may produce a neuroma, which is benign enlargement of a

nerve segment, commonly found between the third and fourth toes. Trauma, arthritis, high heeled shoes or an abnormal bone structure are some of the conditions that may cause a neuroma. Symptoms such as burning or tingling in the ball of the foot or in the adjacent toes and even numbness are commonly seen with this condition. Those suffering from the condition often find relief by stopping their walk, taking off their shoe, and rubbing the affected area. At times, you may feel the pain is similar to having a stone in your shoe.



Call with any questions about the above conditions, as well as various other lumps and bumps and cysts and tumors. Your feet aren’t supposed to hurt. Call Beaver Valley Foot Clinic today at 724-375-1577. We are located in the CranMar Plaza on Rt.19 in Cranberry Township and at four other locations in Beaver, Butler and Allegheny Counties.



# FEET STRESS FRACTURES



## Don't let stress fractures slow you down.

### COMMON FOOT PROBLEMS

The metatarsal bones are some of the most commonly fractured (broken) bones in the foot. There are two main types of metatarsal fractures:

**Acute fractures** - due to an acute (sudden) injury to the foot (commonly dropping a heavy object onto the foot, a fall, or a sporting injury) - a true foot emergency.

**Stress fractures** - due to overuse, or repetitive, injury to a normal metatarsal bone

A stress fracture is a small crack in a bone. Stress fractures often develop from overuse, such as from high-impact sports like distance running. But if you are a 40 year old woman and have just started a walking/exercise program, you can get them too! They can occur after new footwear, or insufficient rest, or continuing to exercise despite the presence of foot pain. Sometimes metatarsal stress fractures can occur in someone who has an underlying problem affecting the bones such as rheumatoid arthritis or osteoporosis. They can also occur in people who have lost sensation in their feet due to neurological problems, for example diabetes that has affected the nerves in the feet.

#### Symptoms

- Pain that develops gradually, increases with weight-bearing activity, and diminishes with rest
- Pain that becomes more severe and occurs during normal, daily activities
- Swelling on the top of the foot or the outside of the ankle
- Tenderness to touch at the site of the possible fracture
- Foot bruising

### DO I NEED TO SEE A DOCTOR?

Your doctor may suggest an X-ray of your foot if they suspect a metatarsal stress fracture. However, not all stress fractures show up on X-rays initially. In fact, about half of them never show up on a normal X-ray. Most metatarsal stress fractures can be seen by using a bone scan to look at your foot.

### HOW ARE METATARSAL STRESS FRACTURES TREATED?

The goal of any treatment is to help you return to all the activities you enjoy. Following your doctor's treatment plan will restore your abilities faster, and help you prevent further problems in the future.

**Rest.** Take a break from the activity that caused the stress fracture. It typically takes 6 to 8 weeks for a stress fracture to heal. During that time, switch to aerobic activities that place less stress on your foot and leg. Swimming and cycling are good alternative activities. Remember, however, that you should not do any physical activity on the involved foot or ankle until you consult a doctor.

**Protective footwear.** To reduce stress on your foot and leg, your doctor may recommend wearing protective footwear. This may be a stiff-soled shoe, a wooden-soled sandal, or a removable short-leg fracture brace shoe.

**Casts.** Stress fractures in the fifth metatarsal bone (on the outer side of the foot) or in the navicular or talus bones take longer to heal. Your doctor may apply a cast to your foot to keep your bones in a fixed position and to remove the stress on your involved leg. Casts are a type of external fixation. To keep weight off your foot and leg, your doctor may recommend that you use crutches until the bone heals. 🦶

# Advanced Wound Care!

By Dr Derrico Quattrone DPM

The power of healing begins with relief. If a non-healing wound is keeping you from doing all the things you would like to do, the Beaver Valley Foot Clinic can help you get your life back. Of those patients afflicted with chronic wounds, the majority (approximately 2.5 million Americans) suffer from slow-healing or non-healing lower extremity ulcers.

## Ulcers

Ulcers (an open wound) are wounds that have a biological or physiological reason for not healing. If unrecognized or untreated, these wounds can have serious complications. Some of the most common wounds are leg ulcers from a vein problem, foot wounds from diabetes, a bed sores and any infected wounds. If a wound does not heal within a reasonable amount of time, intensive medical intervention is required to enable that wound to heal. There are many types of wounds that become chronic; non-healing after a number of weeks of non-treatment.

**Pressure ulcers** (bed sores) are a result of part of the body that stays in a single position for a long period of time. Lying in bed or sitting in a wheelchair causes pressure that can cut off the blood supply to that part of the body. We see pressure ulcers on the heels of patients after a long hospital stay because their feet have been lying on the bed all day in the same position.

**Venous ulcers** are usually the most common type of wounds seen in our office. It usually occurs with those patients that have a history of a blood clot or vein problems as in varicose veins or venous insufficiency (swelling and sluggish blood flow going back up the leg).

Diabetic foot ulcers refer to any break in the skin on the foot of a person with diabetes in which infections can occur. These open areas can be caused by loss of sensation (neuropathy) and/or poor circulation (peripheral vascular disease). Loss of sensation can make a person with diabetes unaware of continuous trauma (injury) caused by ill fitting shoes, improper weight bearing, or hard objects in shoes like pebbles.

## Testing

A venous doppler scan would be a beneficial start to evaluate the venous blood flow. If there is poor circulation within the venous system then there is medical help. There is an outpatient procedure done in the office to reduce the back flow of the veins and increase the circulation of the blood going back up against gravity. An arterial doppler is a scan done to evaluate the blood supply getting down to the entire foot including the toes. Off-loading pressure areas of the feet with diabetic shoes and inserts, special padding and elevating the feet on pillows at night while sleeping (place the pillow under calves, not directly under heels) can help reduce the amount of pressure ulcers.

## Treatments

There are many simple topical dressings for wounds such as ointments and saline, or as complex as the use of a "silver type" of dressing that stays on for a week under compression wraps. In clinical trials, Apligraf® (created from cells found in healthy human skin) proved particularly effective in the recovery of patients with long-standing, hard to heal venous leg ulcers and diabetic ulcers.

Another option is Dermagraft® which is manufactured from human fibroblast cells derived from human tissue grown in a lab under sterile conditions. It is used for the treatment of full-thickness diabetic foot ulcers greater than 6 weeks duration. Dermagraft® should be used in conjunction with standard wound care regimens and in patients who have adequate blood supply to the involved foot. Oral antibiotics are required for infections and in serious infections IV antibiotics are needed for hospital admissions. This is why it is very important to seek medical treatment early when a wound develops.

## Why should I choose the Beaver Valley Foot Clinic for wound care over similar facilities?

We are very passionate about our patients, and we believe that no other facility will give you the personal attention and care that we offer at Beaver Valley Foot Clinic. You are

not just a patient to us, we believe that you deserve the best quality of life possible. Dr. Quattrone DPM is Board Certified in wound care is always looking for the best treatment for his patients by staying on the cutting edge of therapy. There is an enormous amount of patients who are very pleased with the treatment they received at the Beaver Valley Foot Clinic and Advanced Vein Center.



**If you have a sore or wound that hasn't started to heal in a month, Call 724-375-1577 or go online [www.BVFootClinic.com](http://www.BVFootClinic.com) and let our Doctors start getting you better today.**



# Help for Foot, Knee and Back Pain!



We now offer over the counter (OTC) arch supports that you can try on! Powerstep arch supports are designed to relieve foot pain and can even help prevent it. These unique, podiatrist-designed orthotics can also help remedy knee, leg, and lower back pain associated with foot problems. By stabilizing and balancing the foot and reducing pronation, prefabricated orthotics offer immediate and affordable relief from heel and arch pain and other foot conditions, and a delay in the progression of, or help in preventing, many foot problems. The ailments discussed below are some of the most commonly suffered foot problems. Powerstep arch supports carried at all of [Beaver Valley Foot Clinic's 5 locations](#),



can help alleviate and even prevent some of these issues from developing. Excessive pronation (when heel bone angles inward) does not allow the foot to supinate (angle outward) and stabilize its movement, creating many foot problems including:

- Plantar fasciitis/heel pain
- Bunions and tailor bunions
- Hammertoes
- Calluses
- Neuromas
- Haglund's deformity (pump bump)
- Ankle and knee pain

## Orthotics

When considering orthotics, you should be evaluated by a podiatrist, not a salesman. A thorough biomechanical exam evaluates your specific gait pattern and joint motion involving your lower extremities. Your foot type, muscle strength, age, activity level, and shoe gear will also be evaluated in order to properly prescribe your foot orthotics. Orthotics are covered by most insurances when prescribed or distributed by a podiatrist.

### Benefits

1. Custom made - so they are most comfortable
2. Covered by many insurances
3. Tailored to your activity and foot type
4. Prevents further damage to your foot from abnormal motion

Orthotics come in Rigid, Semi-Rigid, & Soft/Flexible - Ask your doctor about the right style for you.



## crocs™

Going to work, putting in your garden, strolling on the beach, or walking to a meeting, crocs™ shoes are the most comfortable and versatile shoes you'll ever own. crocs™ shoes are a new breed of shoe that mixes the comfort of clogs with a space age material that has incredible benefits. The special *Patented Closed Cell Resin (PCCR)* warms and softens with your body heat and molds to your feet. The European styling of the orthotic heel, built-in arch support and tarsal bar, position your feet for ultimate foot comfort and health. crocs™ originated in Boulder, Colorado as a simple, comfortable boat shoe. Today this versatile footwear can be found in more than 120 styles for men, women and children. They are colorful, lightweight, comfortable and perfect for every season.

**Croslite™**, a closed-cell resin, is the technology behind these remarkable shoes. This technology is responsible for creating its soft, comfortable, lightweight, non-marking and odor resistant qualities. crocs™ are worn casually and professionally; they are ideal for so many uses and occasions. I rarely go anywhere without my crocs™!

Some crocs™ shoes were tested and recommended by the U.S. Ergonomics company in 2005 and were accepted by the American Podiatric Medical Association in 2009. In 2008, the U.S. government Centers for Medicare and Medicaid Services approved a model of crocs™ with molded insoles as diabetic footwear, to help wearers avoid foot injuries. In 2007, then-President *George W. Bush* wore black crocs™ with socks publicly. In August 2009, *First Lady Michelle Obama* was spotted wearing crocs™ with her daughter. Today, more than 100 million pairs of crocs™ have been sold. There's no reason to wait any longer! We promise your feet will thank you. And, they are available at any one of our **Beaver Valley Foot Clinic's 5 locations**.









# Are You Looking for Quality Affordable Teeth Whitening?

The truth is, white teeth are more than just attractive; they can actually boost your confidence and help you both professionally and socially. And the best part? Getting that whiter, brighter smile is easy and affordable at Body Beautiful Laser Medi- Spa.

Coffee, tea, wine, cigarettes - they can all contribute to stained, discolored teeth. And while there are many over-the-counter products available today that promise whiter teeth, they can't match the results that the team at Body Beautiful can deliver. Professional tooth whitening effectively treats discolored and aging teeth through state-of-the-art techniques. You can expect quick, easy, and safe results.

**Teeth whitening** ("bleaching") remains the **most requested cosmetic dental service**, according to *America Academy of Cosmetic Dentistry*. Under the supervision of our trained technician, teeth whitening is perhaps the **safest cosmetic procedure**. At your teeth whitening appointment, we use a shade guide meter to determine your current tooth shades and show you the whiter teeth that await you. Then we will take impressions of your teeth and create a set of custom trays. The trays will hold our teeth whitening solution flush against all of your teeth, including hard-to-reach back teeth.

Hydrogen peroxide, the bleaching agent in the whitening gel, is activated by laser. As the light breaks down the hydrogen peroxide, oxygen enters your enamel and dentin, bleaching any colored substances while leaving the rest of the tooth unchanged. You will begin to notice results immediately. Keep the custom trays, and we'll provide additional teeth whitening solution when you want to touch up your smile. It's really that simple. Bleaching has a higher than 90% success rate. If you follow the simple, post-whitening care instructions, brightening effects can last up to five years after the treatment depending on your personal habits, such as smoking or drinking coffee or tea.

Bleaching is tough on stains but gentle on your teeth! Bleaching will not lighten fillings or artificial materials used in dental repair as for crowns, porcelain veneers, etc. Your technician may discourage treatment if you have sensitive teeth, periodontal disease, teeth with worn enamel or if you're pregnant or breast-feeding.

Professional teeth whiteners have the power to whiten dramatically, and most importantly, have been ADA-tested and approved. Teeth bleaching has never been easier or more effective. Call (724) 987-3221 today - a whiter, brighter smile is waiting for you tomorrow! [www.BBLMSpa.com](http://www.BBLMSpa.com)



## NEW CLIENTS ONLY

### Premium Teeth Whitening Package

Reg \$199

# \$99

ALL-INCLUSIVE  
PRICE

**Package includes upper and lower custom fit trays, whitening gel, and case .  
(Cannot be combined with other offers)**





<b>\$200</b>	<b>WORN-OUT</b>	<b>OVER-STRETCHED</b>	<b>\$300</b>	<b>PICKED-AT</b>	<b>DAMAGED AND WRINKLED</b>
<b>\$500</b>	<b>“WHAT ARE THE MOST COMMON SKIN ISSUES?”</b>				<b>\$150</b>

Millions of women have stretch marks, which occur normally as a result of puberty, pregnancy, hormonal changes and weight gain. This fact does little to alleviate the embarrassment that most women feel at the appearance of these unsightly striations on their skin.

Acne scars and surgical scars may be a cause of a person's emotional and or physical pain and affect their quality of life. In severe cases, scars can even limit a person's mobility. Surgical scar removal procedures are painful and invasive and have a risk for complications.

A 2008 survey by the American Society for Aesthetic Plastic Surgery reveals that people in their 50s and 60s ranked youthful-looking skin as the number-one feature they find attractive in others. It also indicated that respondents in their 20s, 40s, 50s and 60s were very concerned about the appearance of their faces.

At Body Beautiful we use the Palomar's Lux1540 Fractional Laser System. Palomar® invented and patented micro-fractional laser technology. We are able to offer a noninvasive solution that delivers rapid, reliable treatment with less risk. Healing time is minimal, infection risk is eliminated and little to no pain is felt. This technology is the

perfect choice for the treatment of wrinkles, acne and surgical scars, melasma, striae, unwanted textural irregularities, crow's feet, blotchy skin and more, on virtually any trouble spot on the body - face, neck, chest, arms, legs.

The treatment improves the unsightly color and skin texture associated with stretch marks, Periorbital and perioral wrinkle treatment, otherwise known as CROW's feet around the eyes are reduced or eliminated, leaving you with smoother, better-looking skin. It is appropriate for use on all skin types, making ours the preferred method of scar removal for excellent clinical outcomes.

#### ***How the Fractional Laser Treatment Works***

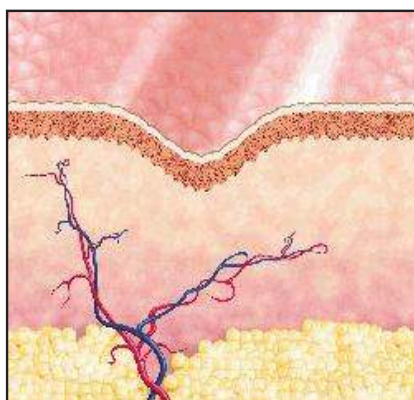
Whether the issue is scars, stretch marks, or wrinkles, the concept remains the same. To understand what's happening within the skin to make smoother, tighter skin happen is fascinating. You see, the reason why we develop these wrinkles, or pits or scars is because the rate at which our bodies' recover, or repair damages has slowed down or over/under produced scar tissue. More specifically, the elasticity-or the skin's tissue fibers that give it supple flexibility- has been broken down or worn out from sun damage and repetitive muscle use over time. Or in the case of acne scars- the healing

response has been interrupted and layers of malformed scar tissue has developed. However, our body or face has not been able to repair it fast enough before we wore it out again. Here's how the fractional laser can help. It's called a FRACTIONAL LASER because under every "zap" from the laser only a fraction of the skin is being affected. (which makes it safer and permits "no down-time") The laser sends tiny columns of Intense Pulsed Light, IPL, through selected pores and dissolves weakened strands of elasticity and stimulates the collagen to send a healing response. It then fills in that dissolved area with protective, stronger skin tissue. The appearance is actual new, smoother skin!

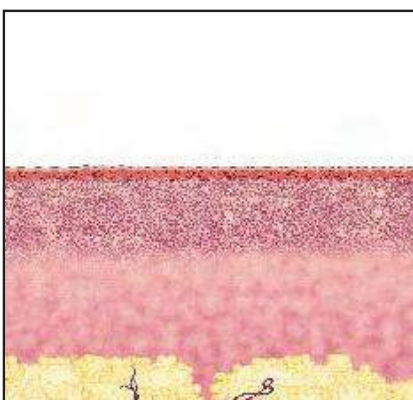
## **Are your visible veins letting on that you're getting on in years?**

Even if your spider veins were brought on by pregnancy rather than age, those red or purple little veins can have a big effect on your confidence. Sclerotherapy is considered the gold standard in the treatment of spider veins, and can be used almost anywhere spider veins appear on the body, including the legs, arms, hands, face, and neck.

Sclerotherapy is considered extremely safe, and can be performed in our office with no anesthesia or recovery time required. Sclerotherapy works by injecting a small amount of a special chemical into the problem vein, closing the vein and redirecting circulation to other, healthy veins deeper within the skin. The closed vein disappears over time, so that squiggly purple mark fades from your skin and memory, permanently. There's no need to cover up your skin this summer



*The Lux2940 Groove Optic creates a unique grooved injury pattern on the skin, which preserves portions of healthy tissue surrounding the treatment zones so clients can receive high ablative coverage with minimal downtime.*



*While keeping the stratum corneum in place, the Lux1540 uses high-precision microbeams to create narrow, deep columns of tissue coagulation in the epidermis and dermis.*

# 5 Treatments to get ready

**1**

Teeth Whitening

**2**

Microdermabrasion



for those wedding bells

**3**

Moles, Sun & Age Spots Removal

**4**

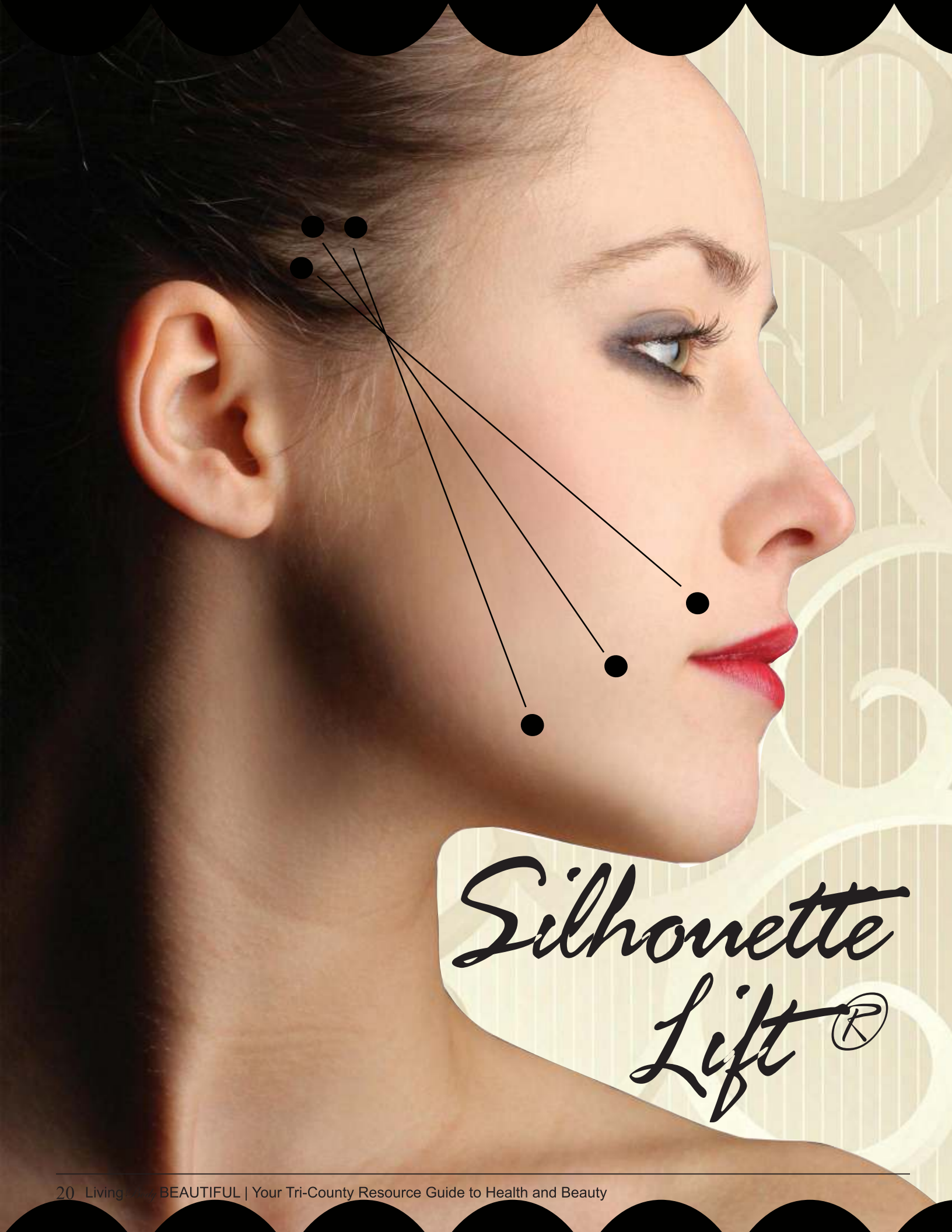
Botox &  
Juvederm

**5**

Permanent Hair Removal

*Flowers*

on



# Silhouette Lift®



# The safer alternative to a traditional face lift

By Karen Newpol

The alarm went off at 6:30 a.m. like it did every morning. I rolled out of bed and headed to the bathroom. I stopped and looked into the big mirror in the bathroom and I saw an old tired looking woman staring back at me. I placed my hands on my cheeks and gently pulled back my skin to give the appearance of smooth non-sagging skin; but when I released my hands, the skin went to its saggy position again. I wished I could turn back time. I thought about a facelift for a few seconds, but a traditional facelift is out of the question. I can't afford the expense or the time off work right now. That morning, I called the Advanced Liposuction Center ([www.adlipo.com](http://www.adlipo.com)) and asked what my alternatives are to a traditional face-lift. They said that I would need to set up a consultation with their board certified surgeon, but did tell me about this new state-of-the-art procedure called the Silhouette Lift.

The Silhouette Lift can be done in just over an hour using on a local anesthetic. Normal activities resume within 2 days and in 2 weeks; no sign that the procedure was even done. The procedure is perfect for women or men 35-60 years of age who would like to correct moderate premature skin laxity.

## Silhouette Lift is perfect for:

- Repositioning saggy cheeks
- Smoothing out premature wrinkles
- Lift drooping lower face and neck tissue

## The benefits of the Silhouette Lift:

- Minimally-Invasive
- No Recovery Time

- Only One 1-2 hour Procedure
- Natural-looking Results
- Generates New Collagen
- Longer Lasting than other Thread Lifts
- FDA and CE Mark Approved

Body Beautiful's Advanced Liposuction Center presents the Silhouette Facelift, which deals with the signs of aging without the scarring and downtime associated with a traditional face lift

As we age, the tissues of our face change. The skin loses elasticity and becomes lax, You lose facial fat and gravity produces the typical jowls, flat cheek and lower eye bags. Muscles also decrease in their size and strength and with loss of bone especially around the upper and lower jaws, the face takes on the typical features of aging. The face assumes a tired sagging appearance.

Environmental factors like sun-damage and pollution (smoking) accelerates the loss of collagen and hyaluronic acid, and causes abnormal pigmentation (sun spots/age spots), fine blood vessels and wrinkles to appear.

The downside of previously available surgery is significant scarring and recovery time lasting for four to six weeks.

We have available minimally invasive techniques for rejuvenating the face in order to provide you with effective facial rejuvenation.

The recent appreciation of the importance of volume loss contributing to facial aging has lead to the increasing use of injectable products/fillers in restoring a more youthful appearance.

The Silhouette Facelift technique uses novel threads of permanent sutures incorporating tiny absorbable cones which lift and reposition the tissues of the skin. These Silhouette Sutures have been approved by the FDA in the USA and have received the CE mark of approval.

The threads are secured to the deep strong fibrous tissue in the temple region ensuring that the lifting of the sagging tissues is long lasting. Normally four threads are used on each side of the face and two to three are used on each side of the neck. The Silhouette Facelift normally takes 90 minutes and treatment of the face and neck takes 60 minutes. The cones dissolve over a period of three to four months leaving the sutures to lift


the tissues for up to four or five years.

The Silhouette Facelift procedure is designed to rejuvenate the lower face and neck with a minimally invasive procedure that is performed under local anesthetic as an outpatient. No hospital stay is required and the recovery time is normally three to five days.

The ideal patient for the Silhouette Facelift procedure is 35 to 60 years of age with early jowls and sagging of the cheek and neck, who does not have significant skin laxity and who would like to restore a fresher, more youthful appearance, but wants to avoid the risks and downtime of a standard facelift procedure.

However, in combination with the Silhouette Facelift procedure, several other non-surgical or minimally invasive treatments or procedures may be suitable to achieve the optimum rejuvenation of the face.

Rejuvenation treatments or procedures may include photofacials or microdermabrasions to correct age and sun damage, changes in the skin such as age spots, hyperpigmentation and wrinkles; non-surgical laser photo-rejuvenation to stimulate collagen and elastin production to improve skin tone and elasticity; Botox to relax wrinkles caused by hyperactive muscles; dermal fillers such as Juvaderm, Radiesse and Restylane to restore volume in the cheeks, tear trough and chin, and the Silhouette Browlift/ midface lift or neck lift to lift drooping eyebrows, face and neck.

Thus, at the time of the consultation a thorough assessment of the face and neck should be performed and a full discussion of the non-surgical and surgical procedures is essential to providing the most natural facial rejuvenation. Call today to set up your appointment **724-544-8063** or log on to our web site at [www.AdLipoCenter.com](http://www.AdLipoCenter.com). 





# Liposculpture and

**A**s we get older or have children, the body tends to remap the areas where it deposits most of the excess fatty tissue. The flanks, lower abdomen and thighs become common targets in women; the abdomen flanks and chest in men. Unfortunately, losing sufficient weight to clear fullness in these areas commonly leads to excessive volume loss in the face, giving it a tired expression. In some people, even at a young age, there are stubborn fatty tissue deposits, mostly around the thighs, which seem to be genetic.

Liposuction is the removal of fat from deposits beneath the skin using a hollow stainless steel tube called a cannula and a powerful vacuum. A procedure chosen by both men and women, it is not a method of weight reduction. Rather, it is a way to remove stubborn fatty deposits that remain despite dieting, exercise or massage.

In the early days of liposuction, the procedure involved using relatively large cannula and was associated with extensive bruising and a higher risk of irregularities. Today, liposuction uses much finer cannula that cause less trauma to the tissues and allow fat to be removed in a much more controlled manner. These finer cannula can be used closer to the skin surface to provide a superior result.

A more recent addition to the armamentarium of body sculpting surgery, is the impressive Custom Acoustic Liposuction or “Tickle Lipo”. It allows for a carefully controlled and gentle surgical process to loosen and remove areas of fatty tissue deposition and can be used just as safely around the face, neck, body and arms and legs. The benefits of the technique include reduced bruising and swelling postoperatively, faster recovery and a smoother surface even after more intense contouring. Because of its ability to reduce irregularities, the process has been reliably used in abdominal etching has also given rise to the concept of high-definition liposuction. Your Consultation: Deciding If Liposuction Is Right For You.

During your consultation your surgeon will ask about your general health, any conditions

that might interfere with liposuction, your goals for the surgery and the specific areas where you want fat removed.

It is important that you discuss your goals fully with your surgeon so he can advise you as to whether the results will meet your expectations. He may tell you that you could require more than one liposuction session to achieve your goals without unacceptable risk. Your surgeon may also recommend an alternative procedure such as a tummy tuck, if the abdominal skin has become too loose. If you have loose skin and/or dimpling (cellulite) you are probably not an ideal candidate for liposuction. Indeed, liposuction could make these conditions worse. In these situations, abdominoplasty, thigh lift or body lift may be a better procedure for you. As part of your consultation, your doctor will perform an exam, explain the details of the procedure and develop a specific plan for surgery and recovery with you.

In most cases your surgeon will require that you be relatively close to your ideal body weight. This is not an absolute requirement. Rather, it reflects the fact that there is a surgically safe limit to the volume of fat removed that can be removed at any time, and a limitation on how much your skin will shrink after large volume liposuction.

For these reasons, if you are contemplating liposuction as part of a more extensive diet and exercise program aimed at losing more than a 20 pounds of weight, your surgeon will recommend that you lose the weight before your surgery. It is fair to say that the results of liposuction often motivate people to adopt better diets and more extensive exercise, however you should not rely on making these changes after your procedure. ✂



## NATURAL BREAST AUGMENTATION

For years, women have asked cosmetic surgeons, “Can you take some fat from down there and put it up here?” Prior attempts at autologous fat transfer to the breast have not proven to be successful due to poor techniques resulting in less than optimal fat survival. Advanced Liposuction Centers’ Natural Breast Augmentation technique employs the latest technologic advances in fat harvesting, adult stem cell transfers, and breast splinting technology to provide women the option of enlarging their breast using their own fat without the use of unnatural implants.

The end result is enlarged breasts that are very natural in appearance and feel without the risk of implants. Unlike implants this procedure will not interfere with future Mammograms. The Natural Breast Augmentation procedure offers women the option of enlarging their breast with their own fat using safe, proven techniques that are virtually pain free and with less than 48 hours of off-work time. A recent patient said “I was never happy with the sagging and shrinkage in my breast that occurred after child birth and breast feeding. I did not want to have a painful breast lift procedure and implants. This procedure has given me back the breast that I had when I was 20.”

## BRAZILIAN BUTT LIFT

The Brazilian butt lift is a type of butt augmentation procedure which results in a youthful, prominent, perky buttocks and a more sensual body profile. People of all ages are having the butt lift procedure. Our doctor removes fat from selected areas of your body, purifies the fat, then reinjects selected donor fat cells into your buttocks. The procedure is designed to fill the upper quadrant of your buttocks so that the butt appears lifted and perky. The resulting effect is that the woman appears more attractive and sensuous.

If you have enough donor fat, our Dr. prefers to augment the butt using fat injections-the Brazilian butt lift. He believes that this method results in the most natural and sensual look for the buttock area. He only recommends butt implants if you are



# Fat Transfer

very tiny with no fat in your stomach or flank area. The fat transfer method has a lower risk of infection compared to the butt implant procedure.

An additional benefit of this fat injection method is that you not only get a more shapely buttock, but the area liposuctioned is now much leaner, giving your profile a more sensuous look.

## *How is the fat injected into the buttocks?*

The buttock is first contoured by performing liposuction in the areas around the buttocks to make them stand out more. Common areas liposuctioned include the back- directly above the butt, the stomach, and the thighs. Note that even the liposuction alone will give your lower body a more attractive look.

The fat suctioned from these areas is carefully processed and purified such that only a fraction of the donor fat removed will qualify for re-injection to the buttocks. In order to get enough qualified fat, the doctor must liposuction at least 2 areas of your body. After liposuction, he carefully purifies the fat so that only the best donor fat cells are reinjected back into your buttocks for augmentation. The fat is placed or transferred to the buttocks with special cannulas.

The doctor injects small amounts of purified fat into different areas of the buttocks and at various depths so that the patient will get the highest permanent absorption rate. Correct injection methods are essential to achieve a uniform, smooth, natural appearance to the buttocks

## *How long do the fat injections last?*

If the fat is harvested, processed, and injected correctly, the result should be long lasting. The procedure should not require touch ups or a second round of fat injections. The Brazilian butt lift result is highly dependent upon the experience of the surgeon. Surgeons who are not using correct purification or injection methods will not obtain long lasting results. ❖









# What Permanent Makeup Can do for you

By Marcia Hale

## Lip Color and Lip Liner

This procedure is both lip liner and lip-fill. The vermillion border, or lip line can be tattooed slightly outside the border to give the appearance of larger, more pouty lips. As time marches on, our lips begin to appear thinner, irregular, and faded. The lips take a lot of wear and tear and it is little wonder that as we mature, women want plump, colorful, well-defined lips, which we enjoyed in our youth. Over time, sun damage, medical conditions, hormonal changes, and tissue trauma all contribute to loss of definition and natural color. Permanent Makeup application is a major contributor to a more youthful appearance.

## Lip Liner

Lip Liner can give the appearance of a more defined lip or even-out an asymmetrical lip border. Most women eventually want to have their whole lip colored in permanently, because it looks the most natural.

## Eyebrows

Permanent eyebrows are for individuals who have very light, thin or no brow hair. It

is an excellent alternative to applying pencil daily, and spares you the embarrassment of losing your brows due to swimming, perspiring or wiping your forehead. Eyebrows are a key feature of the face, so without them our ability to communicate is lost because our face appears expressionless. Of the three primary permanent makeup procedures: eyebrows, lips and eyeliner, I consider the eyebrows the most important feature to a person's overall appearance. I have worked with some clients who have no brow hair at all, although sparse hair is also very common, due to over-tweezing, or aging. Permanent eyebrows help normalize a person's lifestyle and/or put a traumatic event, such as an accident or medical condition behind them.

## Eyeliner

As stated so often, the eyes are the "window to our soul". People often refer to another's eyes as sexy, thoughtful, tired, cheerful, lifeless, or heaven forbid, beady, and so on. Our eyes define how we feel inside and how life is treating us. They are our means of projecting thoughts without words. Because our eyes are so expressive, it must be why we

want the area surrounding the eye to look its best at all times. If we are in other's company, our eyes are the focus of conversation. With eyeliner the lash line is darkened to produce a lush, full lash-line effect. This can be applied to either the upper, lower or both lash-line areas. Eyeliner, properly selected takes the "tired and washed out" appearance out of our expressions, as well as the entire face. Sports activities, hobbies that were avoided due to the fear of topical makeup coming off, and just simply looking your best at all times are yours for the asking.

## Eyelash Enhancement

Eyelash Enhancement brings out the eyes just like eyeliner does. A line is drawn or dots are placed between the lashes, which gives the illusion of fuller lashes. The color used is typically the same color as your lashes.



inhalers, but you are still addicted to nicotine. Medications are another option, but are expensive or have potential side effects. Although some people may find these techniques work for them, the overall success rate is only about 5%.

A new low level laser therapy option is now available that could be just right for you! Low level cold lasers have been used for years to stop pain and recently to help people quit smoking. **Low Level Laser Therapy** is the application of red and near infra-red light over injuries or lesions to improve wound and soft tissue healing, reduce inflammation and give relief for both acute and chronic pain.

First developed in 1967, it is now commonly referred to as LLLT (Low Level Laser Therapy). LLLT can be used instead of needles for acupuncture and is ten times more effective for smoking cessation than patches, gum, or hypnotherapy according to the results from two NHS trials in Scotland. Laser smoking cessation therapy is a painless therapy that relaxes the body like acupuncture but without the needles. The red and near infrared light (600nm-1000nm) commonly used in LLLT can be produced by laser or high intensity LEDs. The intensity of LLLT lasers and LED's is not high like a surgical laser. There is no heating effect. There are normally no adverse effects from LLLT, however, patients occasionally experience mild discomfort / ache after treatment. This should settle down after 24 - 48 hours.

Your body gets rid of nicotine in as quickly as 48 hours after your last cigarette. This means that your withdrawal symptoms can be intense for the first two or three days, but you will feel better after the third or fourth day. Trying to cut down gradually just prolongs the withdrawal process. Most people can't get past that third or fourth day. Laser smoking cessation therapy will reduce withdrawal symptoms in those critical first four days, and control cravings for even longer, resulting in a documented success rate of 46%. Stopping smoking can be difficult but it's not impossible – it all depends on how motivated you are. Make a plan of action for stopping smoking – and stick to it. Tell your friends and family that you're trying to stop smoking, and get their help and support. Stay positive and remind yourself of what you've achieved when the going gets tough. Don't give up on giving up! Stopping smoking involves changing your lifestyle, habits and getting rid of an addiction you may have had for years.

Now that you have made the decision to quit, consider laser smoking cessation therapy to greatly improve your odds of being successful. Quitting is a challenge, but it's worth it. 🍀

# Quit Smoking

## Laser Smoking Cessation

**S**o, you have decided that it's time to quit smoking! The mounting social stigma, increasing cost, and concerns about the effects of smoking on your health have finally gotten you to give in and give up. According to Mark Twain, "Quitting smoking is easy, I've done it hundreds of times." Okay, so it's not so easy, but laser therapy can help!

Google 'quitting smoking' and you will find numerous sites offering any number of different therapies that promise to help you stop smoking for good. These range from acupuncture and hypnotherapy to books and relaxation techniques. Other options include nicotine patches, gum, and





ad -fotofacial



# Are your valves working?

## Varicose & Spider Veins

**W**e all got'em ... the squiggly little red and purple lines on our legs, or worse around our eyes. Or those ropey hand veins...am I turning into my mother? But what are they? Better yet... how can I get rid of them?

Spider veins are small broken blood vessels, just under the skin. Varicose veins are larger bumpy dark superficial vessels. Because they are just under the skin, both are very safe and easy to treat by many different ways. At the Advanced Vein Center, we specialize in treatment of troublesome veins of the calves, thighs, hands, around the nose and eyes, and even pelvic veins-the ones that add to your monthly pain and discomfort and heaviness in your back, abdomen and thighs.

By a certain age, varicose veins affect up to 30% of the population, mostly women, because female hormones relax the walls of the veins, but men are affected too. Age or a job requiring a lot of sitting or standing increases your chance of forming varicosities.

### *Symptoms include:*

- Swollen, aching legs
- Restless leg syndrome
- Itchiness, cramping, charlie horses
- Tired heavy legs when standing
- Ropey blue or purple lumps under skin
- Bleeding when you shave or bump them

Blood goes to your legs through arteries, and returns to the heart against gravity in your veins. When you're walking, the muscles in your legs help to pump the blood toward your heart. Valves in the veins keep the blood from leaking back in between contractions. If these valves are not working properly, they leak and increase pressure like a backed up sink, blood then pools in the legs. The veins swell and weaken (varicose veins).

### **Without Treatment**

Varicose veins don't get better without treatment; they slowly get worse over time. Left untreated you may get:

**Venous Stasis Dermatitis** - Brown or

purple discoloration of the skin at the ankles

**Phlebitis** - Inflammation or blockage of your veins and calves become painful and red

**Venous Ulcers** - Blood products leak out of the varicose vein into the surrounding tissue causing the tissue to weaken over time and break open

**Bleeding** - Veins can bleed if you shave or bump your leg. You should lie down and raise your leg. Apply pressure to help stop the bleeding

Varicose veins are easy to see in your leg. However, to work out the position and extent of any valve damage that you have, we perform some tests including the following:

- Color duplex ultrasound scanning is used to look for any abnormalities in the structure of your vein, and to look at the blood flow through it.

- A Doppler test is an ultrasound technique that uses sound waves to produce an image of the inside of your leg. This gives your doctor information about the direction of blood flow in your vein and whether your valves are working properly.



# Treatment Options

Look  
Good



Feel  
Great



## Treatment of Varicose Veins

If your varicose veins don't cause you any discomfort, you may decide not to have any treatment. If you do decide to have treatment, we will explain your options and develop a personal treatment plan best for you. The most common treatment options are listed below.

### Compression Stockings

Compression stockings may relieve the swelling and aching of your legs but they won't prevent more varicose veins from developing. Compression stockings can help the blood in your veins to flow up towards your heart, and some people won't need any other treatment.

### Sclerotherapy (liquid or foam)

This involves injecting an agent into your smaller veins which irritates the veins, causing them to close. Liquid sclerotherapy is often used to treat smaller varicose veins. For larger veins, foam sclerotherapy is sometimes used. Studies have shown that this treatment is effective at treating varicose veins in the short-term. It is useful on the veins around your eyes, on the hands, thighs, and lower legs.

## Endovenous Laser Treatment or Radio Frequency Ablation

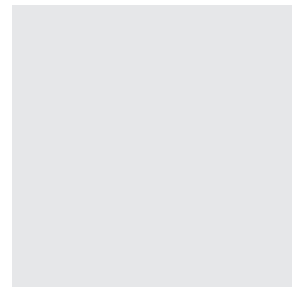
Radio Frequency involves using a high frequency energy wave to heat the wall of your varicose vein, causing it to close. These are very safe quick in-office procedures causing minimal local discomfort. There is no down time, and you are encouraged to walk and resume normal activity immediately. The benefits are enormous, relieving symptoms and swelling and decreasing further worsening of your legs. You have ten miles of veins in your body. By simply rerouting the flow in a small section of them, your symptoms will greatly improve. This also allows non-healing ulcers around the ankle to close and help prevent their reoccurrence.

### External Laser Therapy

Removes / cleans up small cosmetic spider veins after the larger problematic ones are cared for. This is used on the face, broken capillaries on the nose, thighs and lower legs!

## What You Can Do At Home

Walk regularly and lose excess weight, elevate legs when resting, and use compression stockings. Also do not sit or stand for long periods of time. Don't cross your legs when sitting. There are NO effective medications, or creams that prevent or help varicose veins. Unfortunately the leading cause of Varicosities is genetics, so once they appear, it is best to come in and have them evaluated by a Vascular Lab accredited by the American College of Radiology (ACR) such as the Advanced Vein Center, where we strive to use the latest technology to treat you in the most safe and comfortable manner, by experienced Board Certified doctors specializing in the care of veins. For more information go to [www.AdVeinCenter.com](http://www.AdVeinCenter.com) or call 724-987-3220 today to look and feel your best!



# Unwanted Hair? No Problem



Relax! You are not alone. Unwanted hair is a common problem for both women and men and is often a source of embarrassment and loss of confidence. However, with the advent of laser technology, the removal of unwanted hair is now effective and gentle. Laser hair removal is the best available solution for unwanted hair.

The treatment is non invasive and does not cause the irritations typically found with some other hair removal methods. Here at Body Beautiful Laser Medi-Spa we have new lasers and other light devices that can treat people with darker complexions as well as people with lighter hair colors—which can be a challenge for older machines.

When Laser Hair Removal was first introduced in the late 1990's, it was limited to light skinned individuals with dark hair. Diode Lasers now offers high powers and both short and very long pulses (how deep the laser goes into the skin—longer wavelengths are safer for darker skin) to safely and effectively treat all skin types, including tanned skin and the broadest range of hair colors, diameters and

depths. Laser hair removal works by emitting a beam of laser light that passes through the outer layers of skin and is absorbed by the hair follicle directly below.

Our lasers are medical grade and ensure the very best results. These lasers apply precisely controlled pulses of energy which reach the hair follicles and disable their ability to grow. Unlike UVA and UVB light, laser treatment light is safe and does not pose any risk to the skin. It's important to make sure the right laser procedures are used for you. Our professional staff will take into account your body chemistry, skin, and hair type in order to put together a personalized hair removal plan for you. This plan will also give you a good idea of how many treatments are required for you to achieve permanent results.

## Some facts about laser hair removal

The time required for laser hair removal procedures varies. Facial and bikini areas are usually completed in less than 10 minutes. For backs, legs, and larger areas the procedure usually takes about an hour. You may be wondering about the procedures themselves and whether they cause any discomfort. The lasers we use have a cooling feature which reduces discomfort. Though a slightly different sensation, it is not much more painful than waxing. For more sensitive areas of the body a topical aesthetic cream can be used. Your consultant will advise you on this.

## TOP 5 REASONS FOR LASER HAIR REMOVAL

1. Rebuild confidence by removing unwanted hair. Remove the concerns of showing some skin and rebuild your confidence.
2. Permanently removing unwanted hair will help you look great Your skin will not only look and feel smooth, but will also be rejuvenated from the light therapy.
3. Laser hair removal saves you money Over time, laser hair removal costs a fraction of the price of other hair removal methods.
4. Laser hair removal saves you time Not only is each individual treatment faster than other methods, the results are permanent.
5. Ingrown hairs are no longer a concern with laser hair removal Ingrown hairs are the cause of discomfort, infections and self-consciousness resulting from unsightly outbreaks.



# Never wax your hoo-ha

By Marcia Hale



y night  
began as  
any other

normal weeknight. Fix dinner, watch the grand kids come and go. I then had the thought that would ring painfully in my mind for the next few hours; 'Maybe I should get the waxing kit from the medicine cabinet. So I headed to the site of my demise: the bathroom.

It was one of those 'cold wax' kits. No melting a clump of hot wax, you just rub the strips together in your hand, they get warm and you peel them apart and press them to your leg (or wherever else) and you pull the hair right off. No muss, no fuss. How hard can it be? I mean, I'm not a genius, but I am mechanically inclined enough to figure this out. (YA THINK!?!)

So I pull one of the thin strips out. Its two strips facing each other stuck together. Instead of rubbing them together, my genius kicks in so I get out the hair dryer and heat it to 1000 degrees. ('Cold wax,' yeah...right!) I lay the strip across my thigh. Hold the skin around it tight and pull. It works!

OK, so it wasn't the best feeling, but it wasn't too bad. I can do this! Hair removal no longer eludes me! I am She-rah, fighter of all wayward body hair and maker of smooth skin extraordinaire.

With my next wax strip I move north. After checking on the family, I sneak back into the bathroom for the ultimate hair fighting championship. I drop my granny panties and place one foot on the toilet...using the same procedure, I apply the wax strip across the

right side of my bikini line, covering the right half of my hoo-ha and stretching down to the inside of my butt cheek (it was a long strip). I inhale deeply and brace myself... RRRRIIPPP!!!! I'm blind!!! Blinded from pain!!!! ... OH MY GAWD!!!!!!!!!! Vision returning, I notice that I've only managed to pull off half the strip. CRAP! Another deep breath and RIPP! Everything is spinning and spotted. I think I may pass out...I must stay conscious...I must stay conscious. Do I hear crashing drums??? Breathe, breathe... OK, back to normal.

I want to see my trophy - a wax covered strip, the one that has caused me so much pain, with my hairy pelt sticking to it. I want to revel in the glory that is my triumph over body hair. I hold up the strip! There's no hair on it. Where is the hair??? WHERE IS THE WAX???

Slowly I ease my head down, foot still perched on the toilet. I see the hair. The hair that should be on the strip! I touch ... I am touching wax. I run my fingers over the most sensitive part of my body, which is now covered in cold wax and matted hair. Then I make the next BIG mistake ... remember my foot is still propped upon the toilet? So I put my foot down.

Sealed shut! My butt is sealed shut. Sealed shut! I penguin walk around the bathroom trying to figure out what to do and think to myself 'Please don't let me get the urge to poop ... my head may pop off!'

What can I do to melt the wax? Hot water!! Hot water melts wax! I'll run the hottest water I can stand in the bathtub, get in, immerse the wax-covered bits and the wax should melt and I can gently wipe it off, right ???

**\*WRONG!!!!!!!!\***

I get in the tub - the water is slightly hotter than that used to torture prisoners of war or sterilize surgical equipment - I sit.

Now, the only thing worse than having your nether regions glued together, is having them glued together and then glued to the bottom of the tub.... in scalding hot water. Which, by the way, does not melt cold wax.

So, now I'm stuck to the bottom of the tub as though I had cemented myself to the porcelain!! God bless the AT&T man who had convinced me a few months ago to have a phone put in the bathroom!!!!

I call my friend, thinking surely she has waxed before and has some secret of how to get me undone. It's a very good conversation starter. 'So, my butt and hoo-ha are glued together to the bottom of the tub!' There is a slight pause. She doesn't know any secret tricks for removal but she does try to hide her laughter from me. She wants to know exactly where the wax is located, 'Are we talking cheeks or hoo-ha?' She's laughing out loud by now. I give her the rundown and she suggests I call the number on the side of the box. YEAH!!!! Right!! I should be the joke of someone else's night.

While we go through various solutions, I resort to trying to scrape the wax off with a razor. Nothing feels better than to have your girlie goodies covered in hot wax, glued shut, stuck to the tub in super hot water and then dry-shaving the sticky wax off!!

By now the brain is not working, dignity has taken a major hike and I'm pretty sure I'm going to need post-traumatic stress counseling for this event. My friend is still talking with me when I finally see my saving grace.... the lotion they give you to remove the excess wax. What do I really have to lose at this point?

I rub some on and OH MY GOD!!! The scream probably woke the family and scared the dickens out of my friend. It's sooo painful, but I really don't care. IT WORKS!!

I get a hearty congratulation from my friend and she hangs up. I successfully remove the remainder of the wax and then notice to my grief and despair ... THE HAIR IS STILL THERE ... ALL OF IT! So I recklessly shave it off. Heck, I'm numb by now. Nothing hurts. I could have amputated my own leg at this point. Next week I'm going to try hair color.....how bad can that turn out???

Need hair removed? go to  
[www.BBLMSpa.com](http://www.BBLMSpa.com) or call 724-987-3220



# MEN, LET US

**by Angela Gatenby**

Most men I know work really hard for the things they value in life. Having a good job, caring for significant others, and keeping in shape all take work and time.

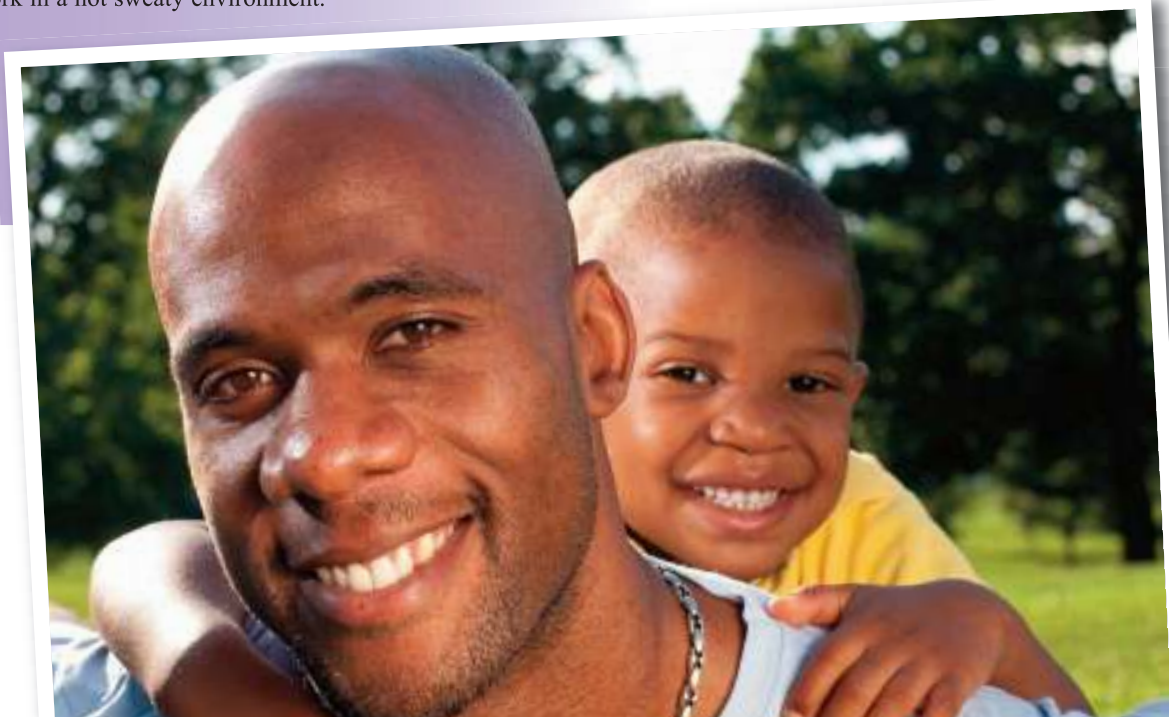
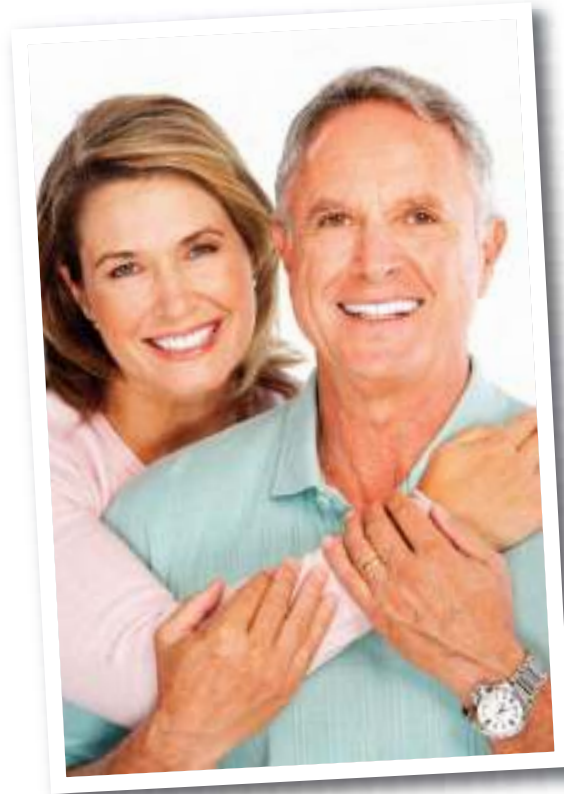
It's good to know that some very good, even life-altering things, can happen in a man's life that don't necessarily require a great deal of exertion. For example, any one of the following treatments can significantly change your life – and the hardest part is just making the call to one of our five locations!

## **Teeth Whitening**

Did you know that there is a correlation between high self-esteem and a white, confident smile? Or that studies have shown that people who have whiter teeth look younger than people who don't? Our whitening gel was developed by an ISO Certified Dental Laboratory for fast whitening and lasting results. Originally developed in Belgium by a team of dental professionals, this is a simple 15 minute procedure without the dentist's price!

## **Laser Hair Removal**

Our laser treatments, designed specifically for hair removal, can control hair problems. The procedure works by reducing the density and coarseness of hair and reducing growth in unwanted areas. Because hair grows in phases, several treatments are required until the majority of hair follicles are damaged or destroyed, making them incapable of producing hair. Your confidence will increase as our laser technicians work to improve your appearance. Especially useful for in grown neck hairs, back hair and men who work in a hot sweaty environment.





# DO THE WORK



## Male Breast Reduction

Have you been living with enlarged male breasts? Many men are embarrassed by this condition, refusing to go topless – even at the beach. With modern advances in liposuction, the excess fat tissue can be removed safely. Following the procedure, the discomfort is easily treated with a simple analgesic such as Aspirin. Our doctors have seen the remarkable transformation of many happy patients.

## Liposuction

You've tried diet and exercise but can't seem to get rid of unwanted fatty areas on your body. Or, perhaps you have lived for years with a double chin, or love handles that appeared out of no where when you hit 40. With modern liposuction, a procedure in which fat deposits are carefully suctioned out of the body, excessive fat deposits can be removed. This safe, cosmetic procedure can reshape those disproportionate or unsightly contours of the body. With an artistic eye and a careful attention to detail, our doctor will remove just the right amount of fat for pleasing results.



## Skin Tightening and Deep Wrinkle Reduction

If you've been living with problem areas on your skin such as deep wrinkles, acne scars, melasma, stretch marks, crow's feet or blotchy areas, let us improve the look of your skin with treatments using our Fractional Laser. By delivering an array of high-precision micro beams, the laser treatment triggers a restorative natural healing process that creates healthy new tissue, including the creation of new collagen.

## Photofacials

You've worked hard and played hard outdoors, but all that time in the sun has had a damaging effect on your skin. Our skin treatments can remove the sun and age spots that may have begun to appear on your arms, face and even the top of your head (where hair has thinned). Using an Intense Pulsed Light (IPL) device, high intensity wavelengths reach deep within the skin's layers to rejuvenate the skin. With minimal discomfort and short healing time, you can get the appearance you've been wanting in no time. Just call, and let us do the work!

*"Thank you  
for your Service"*


We have a special  
**75% off**  
for **ANYONE** with military ID





# What is Body Contouring?

By Joleen Monteleone



I am asked the question, many times a day. We introduced Body Contouring to our patients about a year ago, and I am not surprised how it has quickly become one of our most requested treatments. We offer, not one, but the two highest rated body contouring lasers available. The VelaShape and the Alma Accent. At Body Beautiful Laser Medi-Spa, we provide our patients with the most advanced technology available in laser Body Contouring procedures. The VelaShape provides the latest technology in cellulite treatment. VelaShape can help you achieve the body you long for non-invasively. VelaShape combines gentle infrared light and radio frequency energies with deep tissue massage. The VelaShape is an FDA approved, non-surgical treatment that contours, shapes and slims the body by improving cellulite and reducing circumference. You can reshape your overall figure including stubborn areas such as, thighs, hips, buttocks, and more!

The Alma Accent machine is a revolutionary skin tightening laser that uses advanced radio frequency to treat wrinkles and loose skin non-invasively. Multiple clinical studies and thousands of satisfied patients have proven the Alma Accent to be effective on tightening loose skin and promoting healthy collagen production, thus improving body contours. Smaller waistlines, arms, thighs and more are achieved. The most commonly asked questions are:

## HOW DOES VELASHAPE REDUCE CELLULITE?

Velashape uses combined energies called elos, to precisely target and heat fatty tissues within the treatment area. The precise heating ensures a safe, effective, fast treatment with no downtime. Vacuum and rollers provide the mechanical massage that smoothes out the skin. The result of these combined technologies is the metabolism of stored energy in the fat cells and increased lymphatic drainage, which reduce or shrink the size of the actual fat cells and fat chambers beneath the skin's

surface. This results in gradual smoothing of the skin's surface with a noticeable reduction in cellulite.

## HOW DOES THE ALMA WORK?

The Alma works by using radio frequency to heat and melt fat cells as well as promoting collagen production; the combination of the two results in inch loss and tighter, smoother skin.

## HOW QUICKLY WILL I NOTICE A CHANGE?

Gradual improvement of the treated area can be seen following the first treatment. The skin's surface will feel smoother, firmer and tighter. Results in circumference and cellulite reduction are most apparent 6-8 weeks after the final treatment. An important thing to remember is that this is a slow process. You will need to be patient with your body and allow for some time to reveal your new shape.

## HOW MANY INCHES WILL I LOSE?

Clinical studies show an average loss of 0.5 – 3 inches.

## IS TREATMENT SAFE?

Treatment is safe and effective for all skin types and colors with no reported short or long-term health effects.

## DOES IT HURT?

No.  
Most patients find it rather pleasant. It feels similar to a warm massage.

## HOW CAN I MAINTAIN MY RESULTS?

Many people will see a reduction in fat with this treatment alone, but it is suggested that this treatment be used as a tool to assist you in achieving your weight-loss goal. This should be done in addition to a proper exercise regime and a healthier diet.

At Body Beautiful Laser Medi-Spa, we are very proud to be able to offer our patients the latest, cutting-edge technology. We want you to be thrilled with the results of your customized treatments and understand that each treatment is an investment towards the correction or prevention of any issue with your skin and body shape. No matter what your needs or concerns are, our highly qualified laser technicians are ready and eager to answer all of your questions.

Contact Body Beautiful today for a consultation to discuss a personal treatment plan to address your specific needs so you can "Look and Feel Your Best at Any Age"!

**Body Beautiful Laser Medi-Spa**  
**BBLMSPA.com 724-987-3221**





## Prepping for Prom

It's prom night, and the limo is here! But wait, what's that, a zit? And oh no, my dress doesn't zip! Oh, and don't even mention how my feet look in these heels, that bunion looks atrocious, the warts: horrendous, and the fungus is appalling...

This nightmare could have been avoided. You buy your dress months in advance, why treat your body any different? At Body Beautiful, we offer a wide variety of treatment plans from head to toe (literally). If you follow our plan for prepping for the perfect prom, you can look and feel your best on your special night!

Lets begin with the head and work our way down to the toes, shall we?

### Microdermabrasion

Gentle exfoliation of dead skin cell layers, helping reduce the appearance of large pores and blackheads. Soothes sun-damaged skin, superficial scars, and acne for smooth, beautiful skin. May be done up until the day before prom.

### Facials, Peels, Scrubs

Calming facial and rejuvenating treatments to clear pores and effectively treat bacteria and acne. Best if done 2 weeks before prom.

### Teeth whitening

Our most popular treatment that transforms your smile, 3-6 shades whiter, in just 15 minutes! Best if done the week of prom for

your whitest, picture perfect smile!

### Medi-Pedi

Indulge yourself and relax while special enzymes instantly remove calluses and rough, dry skin from your heels and feet.

### Rosacea and Acne treatments

High intensity light rejuvenates and improves the appearance of skin by destroying bacteria quickly and easily without antibiotics or side effects.

### Body contouring

FDA-approved, non-surgical treatment that contours, shapes, and slims the body's problem areas by improving cellulite and reducing circumference. Best results in package of 3-6 starting 2-3 months before prom.

### Hair removal

Never wax, pluck, bleach or shave again! Nose, toes, brow, breast, other tiny areas, underarms, shoulders, bikini line or abs/navel, Brazilian, buttocks or thighs.

### Laser toenails

We use the most effective toenail lasers to kill fungus under the nail, resulting in fungus-free nail growth. Start 1 year ahead of time.

### Bunions

If you want to dance in those cute shoes, come in several months before prom with your parent to discuss your options. Covered by insurance through our sister company

the Beaver Valley Foot Clinic, also receive treatment of ingrown toenails well in advance so your shoes don't kill your feet!

### Warts

Successfully eliminate unsightly warts with safe and effective treatment.

### Tattoo removal

Safe and effective procedure with less risk and pain than traditional methods. Price varies according to size and color.

### Arrive in style together (men's treatments)

Guy's most popular services are teeth whitening, hair removal from backs, necks and fingers, acne treatments, and wart and ingrown toenail removal. Look your best on that special day!

Call Body Beautiful Laser Medi- Spa for safe effective treatments from highly trained professionals at 724-987-3221 [www.BBLMSpa.com](http://www.BBLMSpa.com)



ad -Toenail Fungus





## SPA MENU



## Skin Care Treatments

*For any type of skin, to look your best at any age.*

### MICRODERMABRASION FACIAL

Gentle exfoliation of dead skin cell layers, helping reduce fine lines and wrinkles. Soothes sun-damaged skin, superficial scars, and acne for smooth, beautiful skin.

### FACIALS, PEELS & SCRUBS

Rejuvenating treatments to clear pores and effectively treat bacteria and acne.

### IPL (Intense Pulsed Light) Treatments

### PHOTOFACIAL

Erase skin damage and reduce redness, wrinkles, and pores with gentle light energy that stimulates the production of natural collagen.

### ROSACEA & ACNE

High intensity light rejuvenates and improves the appearance of skin by destroying bacteria quickly and easily without antibiotics or side effects.

### Laser Treatments

### SUN/AGE SPOTS, RED ANGINOMAS

Gentle laser treatment soothes sun-damaged skin, superficial scars, and acne for smooth, beautiful skin.

### SKIN TIGHTENING, SCARS, STRETCH MARKS, WRINKLE REDUCTION

Anti-aging laser treatments that add glow and firmness to the skin.

## Cosmetic Facial Treatments

*Only the best for beauty and anti-aging.*

### BOTOX & JUVEDERM

The only FDA approved treatment for the temporary reduction of moderate to severe wrinkles.

### RADIESSE

Popular for its long-lasting results while providing volume and lift to diminish signs of aging.

### LIP IMPLANT

Permanent lip enhancement customized for each person, but easily replaceable or removable.

### SIHOUETTE FACELIFT

Permanent sutures lift and reposition skin tissue to rejuvenate aging skin through minimal invasion.

## Laser Hair Removal

*Never wax, pluck, bleach or shave again!*

Nose, Toes Brow, Breast, Lip, Ears, Eyebrows, Hands, Feet, Chin, Neck, Sideburns, Wrist, Underarms, Shoulders, Bikini Line, Abdominal area, Navel, Brazilian, Buttocks, Thighs, Lower Legs, Chest, Large Back, Full Legs or Dare to be Bare: Head-to-Toe



**BBLMSPA.COM**  
**724-987-3221**



## Specialty Treatments

*Something you've always wanted.*

### FULL BODY SWEDISH MASSAGE

Long flowing strokes relieve tense muscles, release stress, and increase circulation

### TEETH WHITENING

Our most popular treatment that transforms your smile, 3-6 shades whiter in just 15 minutes!

### PERMANENT COSMETICS

Eyeliner, Eyebrows, Full Lips & Liner

### MANI-PEDI

Indulge yourself and relax while special enzymes instantly remove calluses and rough, dry skin.

### SCAR CAMOUFLAGE

Re-colors the area of damaged skin to match surrounding area's natural color

### TATTOO REMOVAL

Safe and effective procedure with less risk and pain than traditional methods. Price varies according to size and color.

### FACIAL OR LEG SPIDER VEINS

### SMOKING CESSATION

Lasers stimulate the body's production of natural chemicals to which helps eliminate the pain and discomfort of withdrawal symptoms.

## Advanced Liposuction

*Be rid of those love handles and problem areas with custom body shaping.*



### BODY CONTOURING

FDA-approved, non-surgical treatment that contours, shapes, and slims the body by improving cellulite and reducing circumference.

### CUSTOM ACOUSTIC LIPOSUCTION

FDA-approved procedure effectively and safely removes large amounts of fat from all areas of the body- fewer risks and side effects than traditional lipo!

### NATURAL BREAST AUGMENTATION

Using advanced fat transfer, you can enlarge your breasts virtually pain free without unnatural silicone implants.

### BRAZILIAN BUTT LIFT

Enhance your sensual profile with fat transfer for a new youthful, perky look for your buttocks.

**ADLIPOCENTER.COM**  
**724-683-7581**



## Advanced Vein Center

*Free vein screenings, and treatments covered by insurance!*

### VARICOSE VEINS, FULL LEGS

Free screening, most insurances accepted.

### SPIDER VEINS, FACE OR LEGS

**ADVEINCENTER.COM**

**724-987-3220**

## Foot Treatments

*The latest state-of-the-art care for any podiatry problems.*

### LASER TOENAIL FUNGUS REMOVAL

We use the most effective toenail lasers to kill fungus under the nail, resulting in fungus-free nail growth.

### LASER WART REMOVAL

Successfully eliminate unsightly warts with safe and effective treatment.

### EXTRACORPOREAL SHOCKWAVE THERAPY

Treat chronic plantar fasciitis with no surgery and proven pain relief through shockwaves that stimulate the body's natural healing process.

### CRYOTHERAPY

Decreases inflammation and pain through cold therapy, effectively relieving symptoms from heel pain, neuromas, tarsal tunnels, tendonitis, arthritis, and neuropathy.

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