

Take One

Your Tri-County Resource Guide to Health and Beauty



Living

Body BEAUTIFUL

3 Step Program:
Vein Rejuvenation

Spa News—
Infrared Body Wraps
& Ultrasonic Facials

numb
tingling
toes?

Fat Transplantation
— yes you can!

Tattoo Removal
Made Easy

10 Page Pull-Out
Complete Foot Health

Premier Doctor Issue

Be the first to get
Body Beautiful specials!
Text "BODY" to 91944
Open evenings & weekends!

A MOMMY MAKEOVER JUST FOR YOU!

*We offer
rejuvenation
treatments after
child birth or
menopause
to help
restore your
youthful shape!*

- BABY BELLY
- BODY CONTOURING
- TICKLE LIPOSUCTION
- SKINPLASTY
- MINI TUMMY TUCK
- SKIN FILLERS
- BOTOX® COSMETIC
- PERMANENT MAKEUP
- PHOTOFACIALS
- NATURAL BREAST AUGMENTATION



Advanced
LIPOSUCTION CENTER

Offices in 12 locations! Call now 724.987.3221

www.ADLIPOCENTER.com

**Text BODY
to 91944
& get \$100
FREE toward
any laser
treatment**

**Call Body Beautiful
Laser Medi-Spa at
724-987-3221 and ask
about our evening and
weekend hours!**



**TEXT BODY
TO 91944**

JOIN FOR SPECIAL OFFERS!

**CALL TODAY
724.987.3221**



Text the word BODY to 91944
and receive specials directly on your
phone. Then show us your phone and
we will show you deep discounts to
stay looking body beautiful!

Say NO to shaving and YES to Laser Hair Removal!

Safe • Comfortable • Affordable

**Get your discount—
text BODY to 91944**



**Body Beautiful
Laser Medi-Spa**
Get a laser hair removal
treatment at any one of our
convenient 12 locations
Call 724-987-3221

www.BBLMSpa.com

Laser Treatment for Toenail Fungus

No more
embarrassment...
help is here.



Treatments:

- FDA Approved
- Quick, Safe & Painless
- Clinically Proven
- More Effective than Topicals
- Affordable Payment Options



www.BBLMSpa.com

Treatments take less
than an hour.

Why wait? Call now!

724-987-3221 • 12 Locations

Laser Medi-Spa Parties

Get the girls together for a spa party

- | | |
|--------------------------|-------------------------------|
| ◆ Laser Body Contouring | ◆ Teeth Whitening |
| ◆ Skin Tightening | ◆ Microdermabrasion |
| ◆ Laser Hair Removal | ◆ Permanent Cosmetics |
| Lip / Chin / Legs/ | ◆ Tattoo Removal |
| Bikini / Under Arms | ◆ Facials/ Acid Peels |
| ◆ Photofacial | ◆ Massages |
| Acne, Rosacea, | ◆ Infrared Body Wraps |
| Sun & Age Spots | ◆ Ultrasound Facials |
| ◆ Deep Wrinkle Reduction | ◆ Botox®/ Juvéderm/ Radiesse® |
| ◆ Spider Veins | ◆ Fun, Drinks, Food & More! |

Celebrate the big 40 or big 50 birthday party, bridal shower, or a bachelorette party in our 3000 sq. foot beautiful facility with big screen TV's and a comfortable leather living room area with private kitchens.



Find us on:
facebook.

Book your party now **724-987-3221 • www.BBLMSpa.com**

Come to one of our 12 convenient locations including Chippewa, Moon & Cranberry Township



The New r20 Technique Cuts Laser Tattoo Removal Time in Half

by Wesley South, CLS

Nineteen-year-old Amanda McDonald had no regrets when she got a tattoo of a star on her arm. But at 39, the stay-at-home mom believed the youthful design wasn't right for her anymore. "My life has changed dramatically since I was younger," Amanda said. "It just doesn't fit me anymore. I want to be able to wear tank tops and dresses, and feel comfortable with myself."

Amanda considered tattoo removal, but knowing it could take over a year to complete, she settled with covering up with long sleeves, sweaters and jackets. But then, she heard about a new procedure that is able to remove tattoos in a fraction of the time. So Amanda made an appointment with *Wesley South*, a certified laser technician, at Body Beautiful, who performs the procedure.

Called the *r20 technique*, its results can be seen in just one session. Tattoos that normally would take four treatments to remove now only require one; tattoos that would need eight sessions, now

only require two – and so on.

What was done in four months' time, can be done in one day now. Clients are getting much faster results and when it's faster, it is easier to make the appointment to come in. The one thing that really discourages clients from getting tattoo removals is that they are told that it can sometimes take one to two years to clear a tattoo. Now, it can be done in just a few months!

On the first pass of the laser, the entire tattoo is traced. Gas bubbles form and dissipate. Twenty minutes later, the area is able to be penetrated deeper for the second pass of the laser. Four passes of the laser can be done in one treatment session.

Consider calling Body Beautiful Laser Medi-Spa to make an appointment for Tattoo Laser removal. One of our certified laser technicians will be happy to speak with you and answer any questions about r20 or any of our other services. 🦋

A non-invasive way to reduce back pain and start healing injured discs.

Using a computer controlled table, pressure is reduced on the discs by creating a vacuum, pulling fluid, oxygen and nutrients back into the discs to start the healing process.

- No injections
- No surgery
- Outstanding results

Call today for a free consultation

Advanced
SPINE AND DISC CENTER

Dr Steven Crotzer DC
724-709-0667

20555 Perry Highway (Rt 19)
CranMar Plaza Suite D
Cranberry Twp, PA 16066
www.BBLMSpa.com/Back

NEW CLIENTS ONLY

Premium Teeth Whitening Package Regular Price \$199

\$99 ALL-INCLUSIVE PRICE

Package includes upper and lower custom fit trays, whitening gel, and case.

Cannot be combined with other offers.





Richard Fleis
Executive Editor



Living Body Beautiful: Your Tri-County Guide to Health and Beauty is the region's first and only cooperative magazine highlighting specialists and ancillary health providers to the perfect clientele.

This magazine contains more of the usual, ordinary, everyday offerings. Furthermore, we're very proud of that, because it means that we've come through with another spectacular edition.

You see, discovering, creating, partnering with, and establishing unusual and extraordinary new technologies, medical breakthroughs and procedures, anti-aging techniques, doctors, and business ventures, is part of our everyday routine!

Consequently, this time around, we've packed our pages with riveting information about advances in foot and vein health, diabetic neuropathy and wound care, reversing skin damage, fat transplantation, and much more. We're also featuring many of our top-notch specialists in our profiles in excellence.

What's more, in another exciting development, we've opened the Advanced Spine and Disc Center, in which we provide a revolutionary, non-surgical approach to treating back pain.

So, sit back, settle in, read on, and get ready to find out just how fascinating "routine" can be.

Richard Fleis



In this magazine

3. Tattoo Removal
6. Infrared Body Wraps
7. Ultrasonic Facial
10. Anti-Aging Injectables
12. Varicose and Spider Veins
16. Truth About Spinal Decompression
18. Podiatry
19. Bunions and Hammertoes
20. Neuropathy
21. Stress Fractures
22. Meet Dr. Christina Teimouri, DPM
24. Heel Pain
25. Cryotherapy
26. Toenail Fungus
27. Bunions
28. Advanced Vein Center
35. Permanent Makeup
40. Wound Care
41. Vein Center Menu
42. Foot Center Menu
44. Laser Medi-Spa Menu
45. Specialty and Lipo Menu



As an advertiser with Living Body Beautiful, you are gaining a well placed marketing team. We attend events and distribute the magazine in:

- Waiting Rooms
- Gyms
- Hair Salons
- Senior Fairs
- Trade Events
- Bridal Shows
- Corporate Screenings
- Over Seventy Health Fairs
- Chamber Of Commerce Events
- Our 11 Tri-State Locations

Getting YOU exposure to your potential clients!

As an advertiser with Living Body Beautiful, you are gaining a marketing team like no other! We'll put your company's information into the hands of the decision makers, women age 35-65!

You will gain exposure to over 100,000 people across the greater Pittsburgh and Northwestern PA area.

Living Body Beautiful
724-991-0116

www.LivingBodyBeautiful.com

Living Your Tri-County Resource Guide to Health and Beauty *Body* BEAUTIFUL

Publisher

Dr. Christina Teimouri, DPM

Managing Editor

Richard Fleis • richfl@hotmail.com

Senior Account Executives

Mark Fleis, M.Ed.

markrfleis@gmail.com

Tiffany Jury

tiffany@LivingBodyBeautiful.com

Craig DeBiase

Craig@LivingBodyBeautiful.com

Contributing Writers

Dr. Christina Teimouri DPM,

Kathy Moran, Steve Crotzer DC,

Marcia Hale, Jeff Houk PA,

Joleen Monteleone, Wesley South

and Diane Ventura

Art & Editorial Director

Karen Newpol

karen@LivingBodyBeautiful.com

(724) 316-7044

Photographer • www.jccpix.com

James Ray • 800.520.4802 x105

Printing

William's Graphic Design • (330)

932-0478

Body Beautiful Laser Medi-Spa

12 Convenient Locations

Call for a location near you

Call Now 724.987.3221

BBLMSpa.com

Advanced Liposuction Center

20555 Route 19 (CranMar Plaza)

Cranberry Twp., PA 16066

Call Now 724.987.3221

AdLipoCenter.com

Advanced Vein Center

5 Convenient Locations

Cranberry, Moon, Chippewa

Hopewell & Newcastle

Call Now 724.987.3220

AdVeinCenter.com

Sound Medical Technologies

Call for a podiatrist near you.

Call Now 724.991.0116

SoundMedTech.com

Beaver Valley Foot Clinic

5 Convenient Locations

Chippewa • Ambridge • Hopewell

Cranberry • Moon

Call Now 724.375.1577

BVFootClinic.com

A special thanks to all our patients who allowed us to anonymously use pictures of their feet to further the education of others.

Advanced Vein Center

Pittsburgh Area's Premier Vascular Lab for Lower Extremities



Advanced
VEIN CENTER



American College of
PHLEBOLOGY



AdVeinCenter.com

724-987-3220

Cranberry Township, Hopewell,
Moon Township, Chippewa, New Castle

Meet our staff



Marcia Hale

Certified Laser Technician for 6 years 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. View her portfolio at www.Visions-of-Fine-Art.webnode.com

Mark Fleis, M.Ed.

Director of Body Beautiful Laser Medi-Spa and certified laser technologist. He supervises 10 employees and instructs them on the newest laser technologies. He understands his clients and their individual needs. Mark has a Masters Degree from Slippery Rock University in Education in Health Therapy.

Jeff Houk, PA

I am now in my 24th year of practice. I began my career at Shadyside Hospital in Pittsburgh, PA, Department of Surgery. I had extensive experience in general ENT, Head and Neck Surgery, Facial Plastic and Reconstructive Surgery. I assisted in facelifts, blepharoplasties, brow lifts, nasoseptorhinoplasties, muscle plications, nerve grafts, and head and neck cancer surgery with reconstruction. In addition to Botox® and Restylane® injections, 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.

Our newest Advanced Treatments

• Formostar Infrared Body Wraps

by Diane Ventura

Body Beautiful is excited to offer another service to our loyal clients. The Formostar Infrared Body Wrap is a weight control, inch loss, pain management, detoxification system that is fast, easy and effective. It uses infrared heat that penetrates twice as deeply as other heat sources to target toxins and cellulite trapped in pockets below the surface of the skin.


You may burn 700 or more calories in just one 50-minute session and potentially see and feel results from your very first session. Inch loss from infrared treatments is permanent — unlike the generic body wraps.

Formostar Infrared Wrap Features

One of the best features is that you don't even have to remove your clothes for this treatment. Just wear absorbent clothing and we will wrap you in the neoprene wraps for a 50 minute treatment. Relax, lie back, and enjoy your 50 minutes of burning calories and detoxifying your body.

Why Formostar Infrared Body Wraps Work

Losing Weight is a simple process. You need to burn more calories than you consume. Unused calories are stored as fat. Fat storage areas on women are primarily the thighs, buttocks, stomach, breasts and upper arms. Stored fat is known as "cold fat" as blood circulation is extremely low in fat storage areas. When we work out, our muscles and vital organs receive the majority of our blood flow. It is virtually impossible to "work off" some fats through exercise. Limited blood circulation results in what are known as 'cold spots' where the fat hardens and over time leads to cellulite. The Formostar Body wrap reverses this situation by applying infrared heat to the body.

Using infrared heat applied directly to the body via the neoprene wrap allows between 970-1460 calories to be sweated out in a 50-minute session. 



Dr. Kevin Baskin

Dr Kevin Baskin, our medical Director, with ---yrs experience ...
from original 2 page article it list his work history like harvard , boston and upmc...

Diplomate
American Board of Radiology
Diplomate
National Board of Medical Examiners

American College of Radiology the foremost hospitals in the world, including Duke, the University of Iowa, the University of Toronto, Harvard, Boston University, and, more recently, UPMC and Children's Hospital of Pittsburgh, where he was Division Chief of Pediatric Interventional Radiology at the University of Pittsburgh School of Medicine



Joleen Monteleone

Esthetician and Laser Technician at Body Beautiful Laser Medi-Spa. She received her Bachelor of Arts degree in Psychology from Slippery Rock University. She has worked in the beauty industry for more than 17 years in sales and marketing for several professional beauty product companies including, Paul Mitchell, Nexxus, Wella and Sebastian. She also assists Dr. Giraldo MD, of Advanced Liposuction Center, during liposuction surgeries.



Diane Ventura

An Esthetician with Nursing and Natural Wellness degrees, is one of only ten professionals in the world to successfully complete Rose M. Chvasta's European Skin Care Academy.

Diane is certified through *The Center for Aromatherapy Research and Education* to perform the Raindrop Technique Massage and has extensive training and experience with laser treatments.



Tina M. Welsh

Laser Technician with Body Beautiful Laser Medi-Spa for 3 years. An esthetician and 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. She gained expertise in anatomy, facial techniques, waxing, makeup, aromalogy, health and nutrition.

• **Body Beautiful** **Ultrasonic Facial** *by Diane Ventura*

Our skin impacts how we feel about ourselves and how others view us. A healthy complexion leaves us feeling attractive and confident, while an imperfect or ailing complexion can make us feel less confident.

Ultrasound Facial

Skin care is no longer considered pampering, but rather a necessity for basic health maintenance.

We live in a hectic, stressed, fast-paced environment, and when you factor in pollution, pollens and constantly changing seasons in western Pennsylvania, it becomes clear how beneficial a monthly treatment to deeply cleanse, exfoliate and hydrate your skin can be to help you maintain your complexion.

Our aestheticians use only the finest products based on trace minerals, essential oils and plant extracts. Every facial includes a skin analysis, deep pore cleansing, gentle exfoliation, a customized mask and moisture treatment.

The Ultrasound Facial Therapy Treatment is a popular facial. Ultrasound uses vibrating sound waves which stimulate tissue, raising its temperature and increasing its metabolic rate. It also increases circulation, kick-starting a chain of beneficial events such as debris removal,

healing and regeneration.

The American Society for Aesthetic Plastic Surgery recently stated that "new skin care product formulations, used in conjunction with ultrasound, will allow for deeper penetration of topically applied rejuvenating agents into the skin, resulting in significantly improved aesthetic results."

The three major effects are Mechanical, Thermal, and Chemical. Mechanical is the micro-massage of tissue, resulting in the softening of scars, increased superficial toning and increased elasticity of the skin.

The Thermo effect creates friction and increases local heat. It increases the metabolism of fibroblast and other connective tissue cells, causing the production of collagen and elastin to increase. It also increases the temperature and stimulates blood flow to the area, bringing it more nutrients and oxygen for healing. It can create an increase in lymph flow which aids in removing toxins and waste products. The Chemical effect helps increase rate of chemical reactions in cells to facilitate healing and decrease local pH.



It also increases permeability of the skin cells which favors penetration of active ingredients in the epidermis. 🦋

Benefits of an Ultrasonic Facial

- Reduces Wrinkles
- Reduces Acne Spots
- Decreases Rosacea
- Treats Inflammation
- Speeds Wound Healing
- Increases Skin Moisture Retention
- Enhances Antioxidant Products Penetration
- Increases Collagen Tissue Extensibility
- Increases Blood Flow
- Improves Skin Tone
- Increases Cell Regeneration
- Diminishes Unwanted Pigment
- Makes The Skin Feels Smoother & Tighter

www•BBLMSpa•com

PILATES • YOGA • STRENGTH

STRETCH & STRENGTHEN PROGRAM-9AM

60 minute workout – firm, tone and define muscles. Prevent back pain, improve balance, posture, flexibility and overall strength. This program is well suited for both beginners and seasoned exercise buffs.

YOGA-TUES & THURS-7AM

The moves are designed to unlock energy flow; while building strength, toning the body and increasing flexibility. Yoga calms the mind and creates a relaxed state. Yoga postures promote vitality and inner peace.

ENJOY “IN HOME” PERSONAL TRAINING

Therapeutic Stretching • Yoga • Pilates • Weight & Cardio training programs specifically designed to meet your goals.

“NEW” OFF SITE REFORMER TRAINING

- Improves muscle elasticity and joint mobility.
- Build strength by gaining long, lean muscles & flexibility.
- Develop a strong core, flat abdominal and a strong back.
- Helps to prevent sports injuries.
- Pilates reformer is so safe; it is used in physical therapy.

For a Certified Personal Trainer & Instructor Call

724-251-9540

THE STORE FOR THE DANCERS

THE DANCERS BARRE

skatewear • costumes • dancewear • yogawear

1221 Merchant Street • Ambridge, PA 15003

724.251.9540

Capezio • Danskin • So Danca
Bodywrappers • Leo



Onsite fittings available upon request
Performance skatewear and costumes on consignment
Items unavailable in-store shipped directly to your home

STORE HOURS:



M ... 1:30pm - 4:30pm • T-W-Th ... 2pm - 5pm

F ... 1:30pm - 5:30pm • SA ... 11:30am - 4pm

Sunday by appointment



Choosing the Anti-Aging Injectable That's Right for You

by Steve Crotzer, DC

Women are just looking younger nowadays! Since the Food & Drug Administration (FDA) approved Botox for its wrinkle reducing properties just five years ago (just five!), anti-aging has never been the same. Almost immediately after approval, other products hit the market. Why? Largely because the results were phenomenal; dramatic reduction in age-related wrinkles—frown lines, crow's feet, everything. Hollywood starlets as well as en mode Main Street moms have never looked the same.

Though there are other Anti-Aging Injectables (AAIs), Botox, Juvéderm, and Restylane have established themselves as the leaders. So are there differences between them? Absolutely. The human face is simply too complex for any one product to do it all. The following is a quick look at exactly what these elixirs of youth do best and how you can use them best on your particular face.

Botox is still very widely used for wrinkle reduction because the results speak for



themselves. Derived from highly purified botulinum toxin, Botox is a muscular paralyzing agent that works wonders on some of the most tell-tale signs of facial aging; stubborn vertical frown lines between the eyes, and unsightly crow's feet occurring in the outside folds of the eyes. It delivers consistent results and is well tolerated by all patients. After the world got comfortable with using an actual paralytic toxin for wrinkle reduction, Botox has never left center stage.

According to San Francisco plastic surgeon William Binder, it's important to get someone who really knows how to use Botox in order to get the most out of it. In the hands of an artist, your skin will look much smoother and younger. The most common mistake is using too much. Applied improperly by an unskilled practitioner, well, you've seen the results. There's no need to name names, but think of some of the Hollywood faces that you've seen that look like plastic surgery disasters.

Chances are that part of what's going on is the Botox mask; the flat, unemotional, almost shiny, sometimes reddish look. Luckily, this will wear off in four to six months.

What Botox can't do, Juvéderm (usually can, and it's become wildly popular recently. As we age, the proteins in the lower layers of our skin degrade somewhat. The result is skin that lacks youthful tone and plumpness and has many small wrinkles. While good moisturizers (ask your Body Beautiful technician for what's best) can plump the skin somewhat, they have their limitations. Moisturizers just can't add much volume to the skin; and the volume they do add is largely limited to a shallow layer of the dermis.

Juvéderm is usually the answer to this inevitable thinning of the skin. Technically speaking, it is a hyaluronic-acid filler. Juvéderm has the consistency of a gel, and is one of the only treatments that can actually add volume to the skin. Megan Fox is a perfect example of what Juvéderm can do, as are Jennifer Aniston and Jessica Alba. The list is long and the results are spectacular.

Of particular interest is how long Juvéderm lasts. While Botox can wear off in four months, a typical Juvéderm treatment commonly lasts nine months! There are three "thicknesses" of Juvéderm, the first two are for mild to moderate skin thinning and fine wrinkles, the third for more severe aging damage.

Juvéderm is arguably the hottest AAI today. It is everywhere in Hollywood. It delivers awesome results for the tough-to-treat wrinkles that run from the folds of the nose to the corners of the mouth. Turn on the TV and have a look for yourself; you'll see very few of these infamously stubborn signs of aging—that's Juvéderm.



What about the lips? What Juvéderm does for facial skin, Restylane does for lips. Restylane is another hyaluronic-acid filler that is particularly suited to treating thinning lips associated with aging. Once again, look at Megan Fox. Sure, she's naturally beautiful, but she's also on record as being a very satisfied Restylane user. For women who naturally have thinner, less voluptuous lips, Restylane can be perfect for them. Also note that results typically last up to six months!

In summary, Botox is still, and probably always will be, a superb treatment for stubborn frown lines and crow's feet.

Juvéderm is huge now for its ability to add tone and fullness to thinning skin and stubborn mouth wrinkles. It is extremely versatile and can last up to nine months. Restylane is an excellent alternative to more invasive collagen plumping procedures for movie star voluptuous lips. Ask your Body Beautiful tech to pick the Anti-aging product that's right for you and your unique face! 🦋

Body Beautiful Laser Medi-Spa wants you to get the most out of your time with us. In the hands of an artist, your skin will look much smoother and younger.

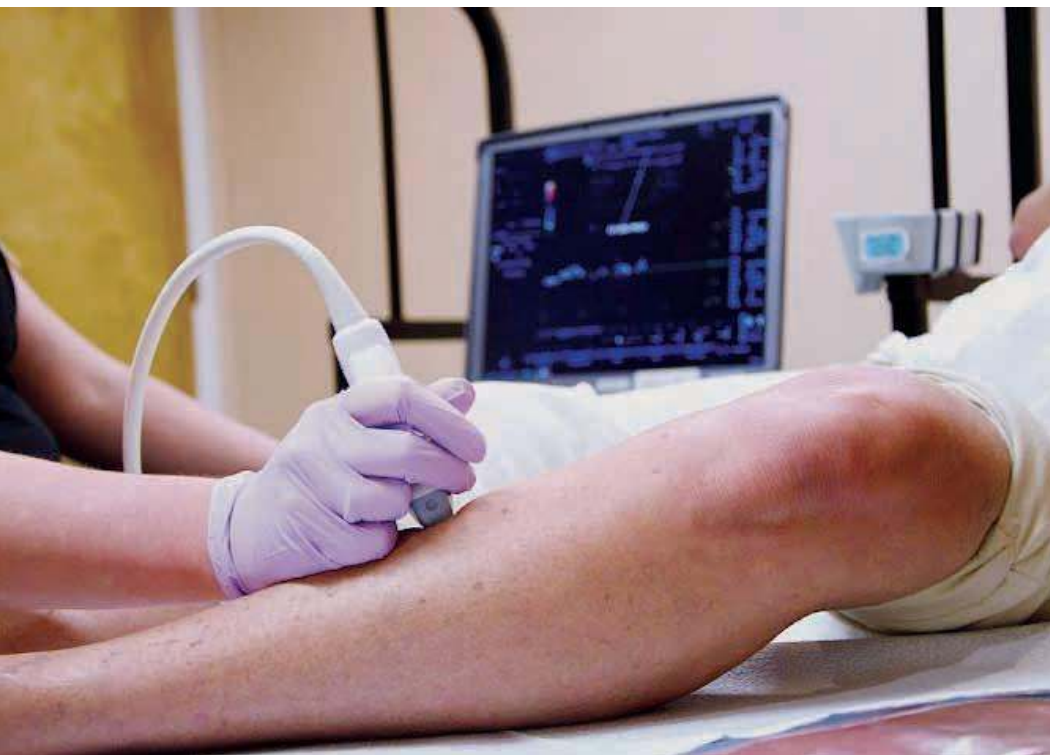


724-987-3221

[www•BBLMSpa•com](http://www.BBLMSpa.com)

3 Steps to Healthy Legs

by Christina Teimouri, DPM



Take the First Step to Getting Your Legs Back on Their Feet!

Do you suffer from:

- Swollen, aching legs
- Restless leg syndrome
- Itchiness, cramps, charlie horses
- Tired, heavy legs when standing
- Ropey, blue or purple lumps
- Bleeding during shaving

At the Advanced Vein Center, we offer many treatment options for problematic veins around the eyes, nose, hands, abdomen, thighs, calves, and even the pelvic area, that can cause pain and discomfort and heaviness in your back.

By a certain age, varicose veins affect up to 30% of the population. Although these mostly occur in women because female hormones weaken the walls of the veins, however men can be affected too.

Age or situations requiring a lot of sitting or standing, can increase your chances of forming varicose veins. Blood goes to your legs through arteries and returns to the

heart against gravity in your veins. During walking, the muscles around the veins in the legs pump the blood toward your heart. Valves in the veins keep the blood from going back down the legs. If these valves are not working properly, they leak and increase pressure like a backed up sink, blood then pools in the legs and the veins bulge and weaken, causing them to become varicose.

Without treatment varicose veins get worse. The following symptoms may occur:

Venous Stasis Dermatitis - Brown or purple discoloration of the skin at the ankle.

Phlebitis - Inflammation or blockage of veins and calves that become painful and red.

Venous Ulcers - Blood leaks out of the varicose vein into the surrounding tissue causing the tissue to decline over time and break open.

Bleeding - Veins can bleed after shaving or bumping the leg.

Step 1 – We gather information

Varicose veins are easy to see. However, to determine the location and extent of any valve damage, we perform tests at our ACR (American College of Radiology) accredited site using:

- **Color duplex ultrasound** scanning checks for any abnormalities in the structure of the vein and the blood flow through it.
- **Doppler ultrasound test** creates an image of the inside of the leg by using sound waves. This gives information about the direction of blood flow in the vein and can determine if the vein is refluxing.


Step 2 – Discuss your options

We will explain your options and develop the personal treatment plan best for you. You may not do anything more than wear compressive stockings. Or we may need to prescribe a more involved treatment plan for you including:

- **External Laser Therapy** is a cosmetic treatment for spider veins, and works magic on broken capillaries on the nose or noticeable veins in the face, thighs, and lower legs.
- **Liquid or Foam Sclerotherapy** is a small injection that closes the affected vein. Either liquid or foam is used according to the size of the vein. Sclerotherapy is a popular and effective treatment of problem veins around the eyes or on the hands, thighs and lower legs.
- **Radio Frequency Ablation**, also known as endovenous laser treatment, uses a high-frequency energy wave to heat the wall of the vein which causes it to close. This safe, quick, in-office procedure causes minimal irritation and causes no downtime. In fact, doctors encourage patients to resume normal activity immediately. Radio frequency ablation relieves swelling and other symptoms and prevents worsening of discoloration and bulging veins in the legs.

Step 3 – Treatment

The Advanced Vein Center uses the latest technology to treat veins in a safe and comfortable way. Many of our treatments, which are performed by board-certified physicians specializing in vein care, are covered by most insurances.

Start your 3 step process today by scheduling a visit to the **Advanced Vein Center** by calling **724-987-3220** or go to **www.AdVeinCenter.com** for more information. 

Don't Let Spider Veins Creep Up on You

by Kathy Moran

Although not as serious as varicose veins, spider veins are still unattractive, and caused by malfunctioning valves that allow blood to stagnate in them. However, even though they may do more aesthetic damage than anything else (and that's bad enough), if left untreated, they can continue to deteriorate.

Furthermore, perhaps because they prevent proper circulation, spider veins may trigger Restless Leg Syndrome (RLS), one symptom of which is, quite fittingly, a creepy-crawly sensation.

Among the factors that can contribute to the formation of spider veins are age, heredity, hormonal fluctuations, and pregnancy. Therefore, it's no surprise that

women are not only more likely than men to develop them, but also to suffer from the fear of spider veins, otherwise known as arachnoveinophobia (a completely original and non-technical term).

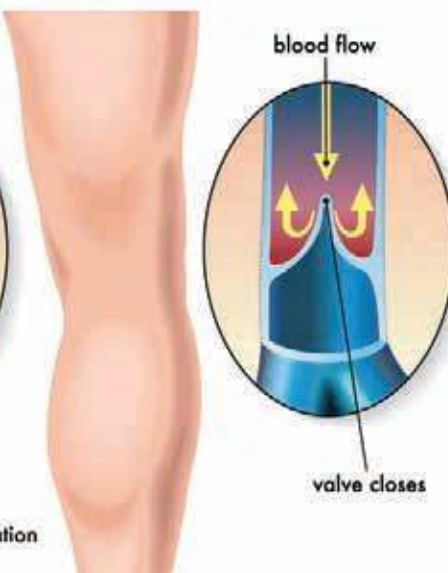
Interestingly enough, though, we've found that making light of the situation can be one of the best courses of action. By that, we mean our Intense Pulse Light Therapy (IPL), a revolutionary new technology that quickly and safely exterminates spider veins, age spots, and other discolorations.

Of course, that's just one of many treatments that we offer. So, come see us for a consultation and an examination, and we'll determine the most effective way to slay your spider veins. 🦋

Varicose Veins



Healthy Veins



4 Myths About Varicose Veins

Myth #1

Varicose veins are just a cosmetic flaw.
This is simply untrue. Varicose veins come from blood flow restriction that can cause circulatory problems.

Myth #2

Only women get varicose veins.
While nearly 25% of women are affected by varicose veins, nearly 15% of men are affected as well.

Myth #3

Varicose veins do not hurt.
Varicose veins cause swelling of the veins and circulatory problems that can lead to pressure and discomfort.

Myth #4

Varicose veins need to be treated with surgery. We use VNUS Radio Frequency Vein Ablation, which closes off bad veins with a minimally invasive wire procedure, and Compression Therapy, helping you lose varicose veins quickly and without pain!



LAMPROBE

(Radio Frequency)

Removal of Minor Skin Irregularities

- skin tags
- cherry angiomas
- acne pimples
- white heads
- cholesterol deposits
- broken capillaries
- brown spots



12 Locations - Call for a location near you.

724-987-3221

www.BBLMSpa.com



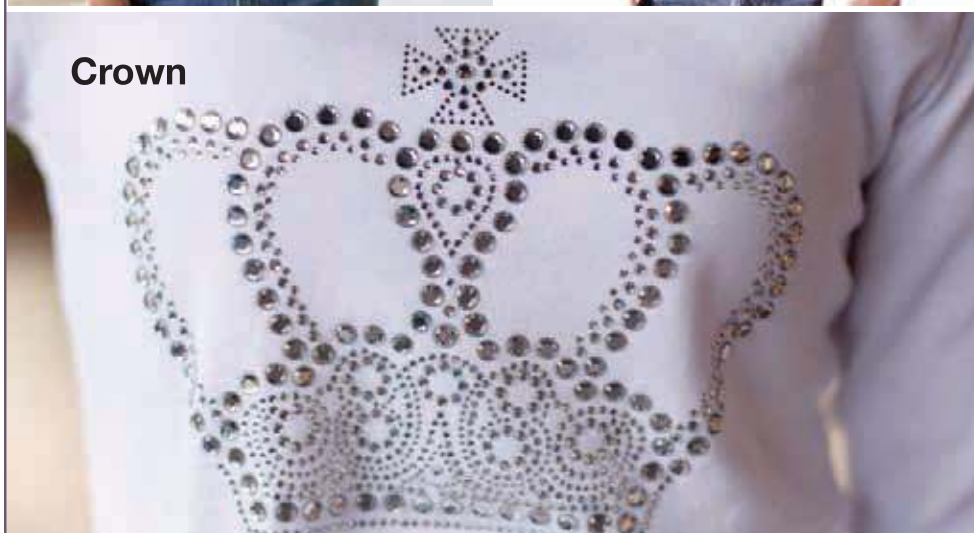
**Cross
Collection**



Crown
Womens XS- 3X



**Pittsburgh Say
No More...**
Womens XS- 3X



Crown



Amazing Grace
Womens XS- 3X

save **25% off at**
inspiretees.com

Use coupon code: **beautiful** at checkout!

Our fashions are available in custom designs, with name-dropping for businesses, schools, groups, or events. Perfect for bridal showers, bachelorette parties, reunions, holidays, anniversaries, birthdays, and other special occasions!

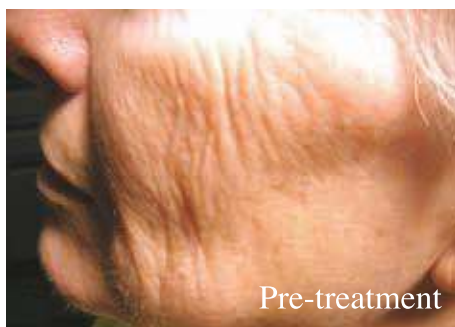
1-888-315-3848 ♥ inspiretees.com ♥ Womens XS- 3X ♥ Mens L- XXL

Come see our warehouse and showroom: 1101 Highland Avenue ♥ New Castle PA

You can find us online, as well as in over 70 retail establishments throughout the United States.

Too Much Fun in the Sun?

Skin Damage Treatments That Work



Pre-treatment



8 weeks Post-treatment

by Tina M. Welsh

Too much fun in the sun, your diet and water intake can take their toll on your skin. If you find that your skin has been abused, Body Beautiful can certainly help turn back the clock on skin damage. Whether it is acne, scars, sun damage, stretch marks or daily wear and tear, we offer various services to help you look your best. It is my job as an esthetician and laser technician to help you with your skin care needs. Some of these treatments include: Chemical Peels, Microdermabrasion, Photofacials, Fractional Laser or Lamprobe

Chemical Peel and Microderm

A Chemical Peel or Microdermabrasion, received with a facial, is one of the least invasive ways to improve the appearance of your skin. They may be used on all skin types and on many areas of the body with a few exceptions. Done in a weekly series for up to six

weeks, they can improve acne. By exfoliating the top layer of your skin, it allows dead skin cells to shed more effectively, which reduces clogged pores and pimples drastically. Both treatments are great for age and liver spots, fine lines, pigmentation, rough or dry skin, scars and sun damage. Microdermabrasion can also increase the number and thickness of collagen fibers, the number and size of fibroblasts, cells that make collagen, and the number and orientation of elastic fibers, giving the dermal layer more spring.

You will see subtle improvements at first, but that healthy glow will increase with each treatment of your series. Then you can maintain your vibrant look by receiving treatment once a month. Although Chemical Peels and Microdermabrasion work for superficial skin conditions, deeper scars and pigmentary abnormalities may require a Photofacial or Fractional Laser treatment.

Photofacial (IPL)

When skin rejuvenation is applied to the face and neck, it's referred to as a **Photofacial**. We use **Intense Pulsed Light (IPL) Therapy** - a skin rejuvenation technique that uses intense pulsed light waves to treat damaged cells deep within the skin's layers. Since there are no incisions involved, you can undergo treatment and go back to your regular schedule immediately.

The Photofacial makes use of an Intense Pulsed Light (IPL) device that is steadily passed over the skin's surface and treatment areas. The light emits high-intensity wavelengths that reach deep within the skin's layers to cause a structural breakdown of damaged cells. This promotes the healing process as the body rapidly removes the injured tissues and cells.

Photofacials offer several benefits for damaged skin, and can help you achieve a fresh, rejuvenated appearance as they:

- Reduce the appearance of age spots
- Remove fine lines and wrinkles
- Improve the complexion
- Increase collagen production to help create healthy and resilient skin
- Break down and remove damaged skin tissue and cells naturally
- Improve the texture and tone of the skin
- Get rid of acne scars and skin pigmentation
- Enhance skin tone and help even out darker shades or patches of skin

Fractional Laser (Infrared)

While Photofacials target discolorations, a **Fractional Laser** is used for skin resurfacing (skin tightening and wrinkle reduction) on all skin types. This laser is used to treat problems that occur on the face, neck, chest, back, arms, and legs (wrinkles, acne scars, melasma, stretch marks, crow's feet, blotchy skin).

The Fractional Laser works by delivering an array of high-precision micro beams (infrared) to create deep, narrow columns of coagulation in the epidermis and dermis. This triggers a restorative natural healing process that creates healthy new tissue including collagen.

Photofacials and Fractionals are administered in a series of four to six treatments every four weeks for optimal results and may be maintained with monthly facials, Chemical Peels, Microdermabrasion and yearly Photofacial and Fractional Laser treatments.

Contact Body Beautiful today to schedule a consultation and let me help you develop a skin care routine that works for your individual skin type. 🦋

| Treatment Options | Treats | Initial Treatment & Maintenance | Results |
|---|--|--|--|
| Chemical Peel Microdermabrasion Lasers Power Peel Lumenis Lightsheer | Age & Liver spots Fine Lines Pigmentation Rough/ Dry Skin Scars Sun Damage Active Acne Hair Removal | Weekly (for 6 weeks) Once a month | Immediately Extra Microderm Benefits Increases Collagen Fibers Fibroblasts Cells Elastic Fibers |
| Deeper scars and pigmentary abnormalities may require a Photofacial or Fractional Laser treatment. | | | |
| Photofacial (IPL) Damaged cells deep within the skin's layers Laser Palomar Starlux | Age Spots Sun Damage Fine Lines & Wrinkles Collagen Production Damaged Skin & Cells | Complexion Texture & Tone Acne Scars Skin Pigmentation Hair Removal | Visible in 1 week |
| Fractional Laser Skin Resurfacing (skin tightening & wrinkle reduction) Other Lasers Syneron E-Lite Alma Accent XL Velashape 3.0 | Wrinkles Acne Scars Melasma Stretch Marks Crow's Feet | Blotchy Skin Face & Neck Chest & Back Arms & Legs 4-6 treatments every 4 weeks Monthly: Facials Chemical Peels Microdermabrasion Once a year laser | Visible in 1 week New Collagen |
| Exfoliating with a Chemical Peel or Microdermabrasion before Lamprobe gives better results. | | | |



The Plain Truth About Spinal Decompression

by Steven M. Crotzer, DC

Over the years, you've probably heard, or made, the claim, "I've got a bad back," or, "I threw my back out," several times. It's no wonder, though, that this is such a widespread complaint, as the National Institutes of Health (NIH) finds that lower back pain is the leading cause of long-term, work-related disability in this country, where, in 2010, over \$50 billion was spent treating it. It affects eight out of ten Americans at some point in their lives, and, obviously, hurts financially, as well as physically.

People often use the vague description, *bad back*, because they don't know the medical terms for their conditions. Usually, however, the culprits are injured discs, which are the shock-absorbing pieces of cartilage, with jelly-like centers, between each bone, or *vertebra*, in the spine.

While the sturdy vertebrae rarely break, the discs frequently become compressed between them. This can cause them to bulge, or, in more severe instances, rupture, and lose their protective centers. These are the two most frequent sources of back discomfort; and, in either case, they can put pressure on nerves, causing pain that can also radiate into the buttocks and legs. Therefore, an informed sufferer might say something more specific, such as,

"I've got a herniation at L5, which is pressing on a nerve."



As damaged discs can no longer adequately cushion the spine, it can wear out and quickly develop arthritis. Furthermore, their lack of ability to offer proper support may trigger spasms in the spinal muscles, leading to the tight, achy feeling that many people experience daily.

Naturally, it's impossible to cover the entire scope of disc injuries in one article; but you can get a better idea about them from the accompanying pictures, or find more information on the Internet.

Physical therapy, surgery, chiropractic, orthotics, and various joint injections, are some of the top remedies, along with anti-inflammatory and pain-killing medications. While these can be somewhat effective, in certain circumstances, I prefer solutions that are truly effective, in most situations. So, I've always tried to keep an open mind about alternative

treatments, even though I trained at New York Chiropractic College (NYCC), a school that is among the most accepting of mainstream medicine.

During my five years as a practicing chiropractor, I have found that 90% of chronic lower back pain is caused, at least in part, by bulging or herniated discs. While that's always bad news for patients, the good news is that this condition alone qualifies them for spinal decompression. This technique has been used since the late 20th century; and, besides spinal surgery and steroid injections, it's the only one that directly affects the injured discs. What's more, it's non-invasive, and has the potential to heal them, and eliminate pain, permanently.

The procedure is performed on a large, computer-controlled table, which reduces the pressure on spinal discs, by slowly and gently separating the vertebrae.



The vacuum created then pulls fluids, oxygen, and nutrients back into the discs, so that they can start healing. Normally, a patient will need 15-20 treatments, over a period of five to seven weeks, to attain the optimum outcome.

I have been using this method for two years, and have found that it can be at least as helpful as surgery, but without any of its negative effects. In order to gauge the success of my spinal decompression treatments, I devised a test to classify what I would consider desirable results for my patients. I wanted to be able to answer questions about whether or not it really works, so I had to take different factors into account.

Mainly, I measured pain reduction and the regaining of lost function, through standard tests that are used by most chiropractors, physical therapists, and spine surgeons. Since success depended heavily upon a patient's age and overall health, I put about 120 disc patients into a "younger and healthy," or an "older and less healthy" group,

before beginning treatment. One month later, 78% of the first group, and 48% of the second, had favorable outcomes.

That meant that these patients had much less pain, or none at all, and were able to do physical activities that they couldn't do, or that had hurt them to do, before. These results are outstanding, and typical of other spinal decompression studies. There are many statistics available regarding the success rates of other treatments, and I encourage all patients to look at them, before making a decision about which is best for them.

I especially hate to see anyone rush into back surgery, as I feel that it should be considered only after all other options have been exhausted. Even then, I advise people not to commit to it until they've gotten at least two opinions, and a doctor has explained, in detail, what will be done, and how it will help.

Disc surgery has serious limitations. Surgeons cannot implant artificial discs, as they can with hip and

knee joints. They can only trim away herniated or protruding disc material, fuse bones, remove bone fragments to relieve nerve pressure, or burn away parts of nerves that are under constant pressure.

I provide full spinal decompression protocols at the **Advanced Spine and Disc Center**. We offer free consultation, during which we will answer all of your questions, and address your concerns, about the procedure. We will also analyze any lumbar X-rays, MRI films, or other reports that you bring to us, and determine whether or not further testing is needed. Spinal decompression has helped thousands of people to get rid of their chronic low back pain, so call 724-709-0667 for a free consultation, to find out if it will finally be the solution for you. 🦋

Advanced
SPINE AND DISC CENTER
www.BBLMSpa.com/Back

308 9th Street Monaca, PA 15061

BALL

FURNITURE CONTRACTING, LLC

724-709-7471

www.ballfurniturecontracting.com

CONTRACTING SERVICES INCLUDE

- Relocation Consulting
- Moving Services
- Packing Services
- Crating/Shipping
- Loading/Unloading Trucks
- Storage
- Records management
- Furniture Arrangement
- Floor Plan Design
- Foreclosure Clean outs

INSTALLATION SERVICES INCLUDE

- Interior Design
- Mount Wall Hangings
- Mount Flat Panel TV's
- Mount Window Treatment
- Mount White Boards
- Stage Furniture
- Furniture Repair
- Appliance Installation
- Cubicle Design/Installation
- Pool Tables
- Grandfather Clocks

Ball Furniture Outlet

- Buy & Sell New & Used Furniture
- Consignment of Art & Furniture
- Sell Moving Supplies
- Rent Moving Equipment (local only)

FREE ESTIMATES

Keep Your Age A Mystery...



See The Difference Demonstrated...

- Get a facelift in five minutes
- No pain • No recovery
- Professional spa results in the comfort of your own home



NU SKIN.
THE DIFFERENCE DEMONSTRATED®

Call 304-288-4697 or email
thedifferencedemonstrated@aol.com
 to schedule an appointment.
www.nuskinusa.com

What is a Podiatrist?

by Dr. Teimouri, DPM

I am a podiatrist.

This seemingly simple statement is actually quite profound; and, whenever I say it, I am filled with pride, as I understand its depth and scope. More than that, in fact, it's an essential part of my life.

However, I recognize that its complete range of meaning is not clear to everyone, including some of my patients. This realization has struck me many times, as I've chatted with regular patients about what has happened in their lives since their last appointments. On several occasions, I have been surprised to learn that someone had seen another doctor for a lower-extremity treatment, unaware that I perform the same procedure.

Therefore, I would like to detail my qualifications and acquaint you with the full spectrum of my capabilities. I'll also note that anyone who sets out to become a podiatrist must have a deep desire, and be prepared to face many rigorous years, to make it happen.

To begin with, the competition for admission to a four-year doctoral program is quite fierce, as there are only seven schools of podiatric medicine in the country. Therefore, a candidate must start building an outstanding academic record, long before the selection process begins. So, while earning my four-year university degree, a necessity for all aspiring podiatrists, I strove to exceed all of the standard pre-med requirements.

Fortunately, I was accepted to the Ohio College of Podiatric Medicine. During the first two years, the courses, in the basic sciences, pharmacology, anatomy, physiology, and the cadaver lab, were nearly identical to those taught in a medical school.

We had classes in the morning, and clinical rotations in the afternoon. Our subjects included surgery, general medicine, orthopedics, sports medicine, radiology, and dermatology, all with emphasis on the lower extremities. In one of my favorite classes, Pod Med, which we fondly called "arts and crafts," we learned the techniques of casting, splinting, and padding.

After graduating, I took the comprehensive, all-day state licensing exam, which is required to become a podiatrist. However,

because I also wanted to be a surgeon, and achieve board certification, it was compulsory for me to receive advanced training in a four-year residency program, which I completed at The Medical Center, in Beaver.

During that time, I performed more than 500 surgeries, while working rotations through the hospital in plastic surgery, general surgery, dermatology, vascular surgery, orthopedic surgery, the lab, and the emergency room.

As is standard for all podiatrists, I practiced for several years before becoming eligible for board certification. This process entails several, grueling days of written and oral exams, and a review of 100 of my surgical cases, 25 of which are randomly chosen by a board of surgeons, who pore over them for months.

This is what it means to be a board-certified physician, the only kind I recommend when selecting any type of doctor. It also means that a board-certified podiatrist is the most qualified professional to care for your lower extremities.

I am licensed in Pennsylvania to treat soft tissue below the knee, and bones from the ankle, down. Among other things, I provide diabetic and geriatric foot and nail care, cutting and treatment of thick nails, removal of ingrown toenails and warts, treatment and removal of ganglion cysts, fibromas, and lipomas, and the removal of foreign objects, such as glass and splinters. I also treat ankle sprains, broken bones, stress fractures, tendonitis, hammertoes, and bunions.

In addition, I specialize in diabetic wound care, especially non-healing ulcers of all types, including venous stasis and pressure ulcers. I have advanced training in treating heel spurs, and am certified to perform extracorporeal shockwave therapy for plantar fasciitis. With the only local, in-office diagnostic ultrasound machine, I can also perform Doppler vascular exams, and take foot and ankle X-rays.

Call me, Dr. Christina Teimouri, DPM at Beaver Valley Foot Clinic at 724-772-FOOT (3668), or visit www.bvfootclinic.com for the help you need. 🦋

Ingrown Toenail Treatment

Ingrown toenails are a common problem that can be extremely uncomfortable, but they do not need to be a lingering problem!



What are ingrown toenails?

Nails become ingrown when they grow into the surrounding skin, often at the edges of the toes. They may be caused by improper trimming, inherited nail deformities, injuries, fungal infections, or pressure.

What do we do?

While many people have various home treatments for ingrown toenails they do not always prove to be effective. Our simple 5 minute procedure will permanently fix your ingrown toenail and leave you free of discomfort and unsightly toe issues.

Call today for an appointment at any of our 5 convenient locations (724)-375-1577

www.BVFootClinic.com

Bunions and Hammertoes Hit Hard, for the High-Heeled

by Dr. Teimouri, DPM



There's a lot to be said about high-heeled shoes; but, if you're a podiatrist, most of it is not very favorable! Without a doubt, they account for a great number of the foot problems that hobble women with alarming regularity. Among the most widespread of these are bunions and hammertoes. Moreover, although heredity may be a factor in these ailments, and men can be affected as well, wearing high heels with a narrow, pinching toe box can definitely cause, or exacerbate, the condition.

If you have a bunion, it will manifest itself as a painful bump on the inside of your foot, at the base of your big toe. It may feel sore, stiff, and arthritic at the big toe joint, become

foam padding in your shoe, or even a spacer between the first two toes. If, however, it continues to cause distress, shows signs of infection, such as redness or swelling (especially if you have diabetes), or interferes with your daily functions, you should seek professional help.

A podiatrist can usually diagnose a bunion just by looking at it, and may first give you a cortisone shot to try to temporarily relieve the pain. Otherwise, you may need surgery to remove it and to realign the big toe; and, in such a case, an X-ray will be required to assess the abnormal angles of the bone. The simple, outpatient procedure, a bunionectomy, takes only about an hour, under twilight anesthesia. Afterward, you'll be able to walk immediately, but will have to wear a special shoe for several weeks.

Hammertoes can also be brought on by trauma or arthritis that causes the toes to become curled or bent. They can be accompanied by blisters, ulcerations, corns, redness, and pain or calluses in the ball of the foot, from downward toe pressure. The knuckles of curled or bent toes may be swollen, and painful to move. In rigid hammertoes, the tendons have become tight, and the joint, misaligned and stiff.

If you're suffering from hammertoes, a commercial, non-medicated hammertoe pad,

wrapped around its bony prominence, may help. You should also wear shoes with deep toe boxes, and heels measuring no more than one inch. To reduce swelling, apply ice packs several times a day; but, while this may ease the soreness, only a podiatrist can correct the condition.

An initial examination and X-ray will be necessary, and an optimum treatment plan will be devised especially for you. Other options may include padding and taping, orthotics, NSAIDs, or

cortisone injections. If surgical measures must be taken for less severe cases, it will be a simple, in-office procedure. You'll leave with a few stitches, and will have to keep your foot elevated for about three days, although it will be several weeks before complete healing occurs.

So, if you're suffering from these, or any other, foot problems, come see me at my office. Before you know it, you'll be back on your feet, and wondering why you waited so long to get treatment in the first place! 🦋



red, irritated, or calloused, or cause the big toe to turn inward.

At the first sign of a bunion, you should start wearing wide-toed shoes to relieve pressure on it. You can also try putting felt or





NEW Help for Numbness, Tingling, and Weakness of Your Toes!

by Christina Teimouri, DPM

Neuropathy in Diabetics & Non-Diabetics

Neuropathy, one of the most common complications of diabetes, can occur even when blood sugar is under control; and, in time, it will affect nearly half of all diabetics.

The condition arises when nerves in the feet, ankles, and legs become compressed, or pinched, and are deprived of oxygen and nutrients. This causes sensory changes, such as numbness or tingling in the feet and toes. Although initially intermittent, these symptoms will eventually be constant, and may even become irritating enough to disturb sleep.



Over time, the loss of feeling may progress to the point where sufferers can't tell how tight their shoes are, or detect foreign objects, such as pebbles, in their shoes; and that can lead to foot injuries. If left

untreated, the nerves will ultimately die, and serious consequences can ensue. In fact, neuropathy is the leading cause of foot ulcerations and infections, as well as toe and foot amputations. Moreover, if motor neuropathy develops, the foot muscles weaken, and may cause hammer-toes and fallen arches.

Fortunately, there's a new source of optimism for patients with neuropathy from diabetes, and other causes. Now, there are non-surgical procedures that can relieve the pressure on the affected nerves, eliminating the burning, tingling, and pain of neuropathy, and, in many cases, restoring sensation to the feet.

Why Do Nerves in the Diabetic Become Compressed?

Nerves begin in the spinal cord, and extend to the toes, passing through certain areas of anatomic narrowing, or tunnels. Many of these are well-known, including the "funny bone," in the elbow, the carpal tunnel, in the wrist, and the similar tarsal tunnel, at the inside of the ankle.

Because a surplus of sugar in a diabetic

can enlarge the nerves that draw in excess water, they often become compressed, if they swell in one of these tight areas.

For Non-diabetics, or patients who come in early in the course of nerve compression, it may be possible to relieve some of the pressure upon the nerve by wearing shoe inserts (orthotics) for the feet, or many other non-surgical options.

In the foot, the posterior tibial nerve travels through the tarsal tunnel, which supplies the entire bottom of the foot, including the heel. If it becomes compressed, it can result in numbness or tingling of the heel, arch, and ball of the foot, and the bottoms

and tips of the toes. If this pressure is not relieved, motor neuropathy can develop.

What Can Be Done About It?

We can surgically open the tight area, by dividing a ligament, which is a fibrous band across the nerve, thus allowing blood to easily flow into it, and permitting it to glide with movements of nearby joints and tendons.

How Does this Type of Surgery Help the Nerve?

Decompression of a peripheral nerve in a person with diabetes can alter

the natural course or history of diabetic neuropathy by removing the tight areas along the length of the nerve that are the symptom-producing regions of friction.

The decompression surgery does not change the basic, underlying (metabolic) neuropathy that made the nerve susceptible to compression in the first place. If it's done early in the course of nerve compression, restoration of blood flow to the nerve will stop the numbness and tingling. If done later, after nerve fibers have begun to die, decompression of the nerve may permit the diabetic nerve to regenerate.

However, if one waits too long to decompress the nerve, recovery may not be possible. Once the feet already have ulcerations, or have lost toes, the nerve damage has become irreversible, and very little sensation may be regained.

The symptoms of diabetic neuropathy, the most common type that we have been discussing thus far, are numbness and tingling, weakness, and loss of balance, and are essentially the same as those of nerve compression.

Who is a Candidate for this Type of Procedure?

The ideal candidate for this surgery is the diabetic who is beginning to experience numbness and tingling in the feet, who may have noticed changes in the shapes of the feet or toes, or may have begun to experience problems with balance or falling. This patient should be examined in order to measure the degree of sensory and motor loss.

Special instructions are given to patients to inspect their feet daily, for early signs of skin breakdown, or infection. When the Quantitative Sensory Testing demonstrates sufficient sensory loss, special shoes may be required to protect the feet; and medications can temporarily relieve the discomfort of the neuropathy. Naturally, patients must also be meticulous about maintaining optimum blood sugar levels.

Those whose sensory loss has advanced to the point where numbness and tingling persist throughout the day, or interrupt sleep, may be candidates for surgical nerve decompression. However, treatment must be sought before feeling is gone completely, or an ulceration begins; otherwise, it may be too late to reverse the nerve damage.

After surgery, hot or cold shooting pains in the toes are common, as nerves that have been "asleep" begin to awaken. Although an encouraging indication of recovery, this can also be uncomfortable, so medication may be prescribed to alleviate any distress.

All in all, nerve decompression procedures can offer diabetics new hope for reversing their neuropathy, and preventing further complications in their feet. 🦋



Don't Stress Out Over Stress Fractures

by Christina Teimouri, DPM

We all get aches and pains, here and there, now and then; but we don't always know what triggers them, or whether or not they're serious. However, after years of having them come and go, we tend to disregard most of them.

This is especially true of exercise-related soreness, particularly in the feet and legs. For example, one symptom that's commonly ignored is a foot pain that develops at the beginning of a walk or run, lessens during the workout, intensifies toward the end, then subsides after a rest. While many people feel that this is an inevitable result of physical exertion, it may indicate a stress fracture.

Also known as a hairline, or marching, fracture, this is a small crack in a bone, typically caused by overuse, or high-impact sports or running. It can also occur when a normally-sedentary person overdoes it with a new exercise program. Wearing shoes that are new, or inappropriate to an activity, continuing to exercise when in pain, failing to rest, and working out on hard, or uneven, surfaces, can also lead to stress fractures.

The metatarsals are among the most frequently fractured foot bones. They are more vulnerable in thin women who run long distances, people with rheumatoid arthritis or osteoporosis, and those who have lost sensation in their feet, because of diabetes, or other neurological conditions.

These bones can also suffer acute fractures, which are usually caused by heavy objects, sports accidents, falls or other sudden traumatic foot injuries. Still, neglected stress fractures can become acute; so if you think that you have one, seek treatment immediately. A bone scan may be necessary to confirm its presence and location, as most metatarsal stress fractures escape detection by traditional X-rays.

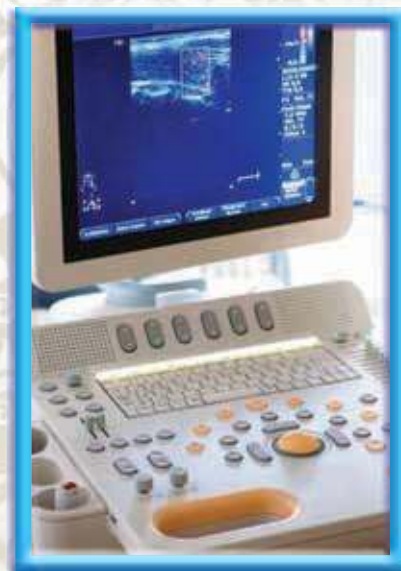
During the healing period, which can be at least eight weeks, you'll have to avoid activities that will aggravate it. Depending upon its severity, this could mean anything from staying off your foot completely, to replacing grueling workouts with low-impact aerobics, swimming, or cycling.

It's also possible that you'll require a stiff-soled shoe or sandal, or a removable, short-leg fracture walker. Then again, if the fracture is in the fifth (outer) metatarsal, the navicular, or the talus bone, it can take longer to heal, and you may need a cast to hold your bones in position, or a set of crutches, which will reduce stress on your foot and leg.

At the Beaver Valley Foot Clinic, we have the most advanced equipment for the detection of stress fractures. Of course, we also have the most skilled and caring doctors to provide you with the best treatment, which will reduce stress on your mind. 🦋

Meet Dr. Christina Teimouri, DPM

ESWT Extracorporeal
Shockwave Therapy



ACR Accredited
Vascular Lab



Dr. Teimouri, DPM
Beaver Valley Foot Clinic

Proper Podiatric Care Leads to Great Feats

by Kathy Moran

Christina Teimouri, DPM, personifies all of the personal, professional, and ethical characteristics that are essential in a true physician.

Indeed, Dr. Tina, as she is familiarly and affectionately known, has an inherently profound compassion, and an overwhelming desire to help others. Building upon that foundation with her education, creative problem-solving skills, and progressive ideas, she has become a top-flight doctor.

"I have known since I was five years old that I was going to be a doctor," she says, "but I hadn't considered podiatry until I was in college, and volunteering at South Side Hospital. Then, on Podiatry Day, some of the surgeons invited me to observe their operations. I really liked what I saw, and knew that I wanted to be a part of it."

On the way to achieving her goal, she did her undergraduate studies at Pitt, went

to the Ohio College of Podiatric Medicine, and completed a Podiatric Surgical Residency at the Beaver Medical Center.

Because she loved this area, Dr. Teimouri settled here, and, in 1994, opened her Beaver Valley Foot Clinic in Hopewell. Before long, she had four more locations, in Beaver, Butler, and Allegheny counties.

In 2006, she attended a seminar on aesthetic podiatry, which was just gaining popularity. "That's where I was introduced to the practice of using lasers in podiatry to clear up nail fungus and remove hair on the legs and feet," says Dr. Teimouri.

Soon afterward, she added a foot spa to her clinic; and that led to more growth. "After several months, I saw that there was a great demand for all-over body services," says Dr. Teimouri. "So we hired a medical director, and opened our Body Beautiful Laser Medi-Spa."

"I knew at five years old that I was going to be a doctor."

Dr. Teimouri is also committed to promoting vein health. "As a podiatrist, over the last 18 years, I've performed a lot of wound care," she says, "and I often noticed that my patients' veins were becoming varicose. In such cases, I would advise them to see a vein specialist, as early intervention is crucial in preventing complications and infections in the lower extremities."

However, because many were uncomfortable about searching for a new doctor, I recruited a leading vein specialist to work in-house. That way, I could be sure that they followed up and received the help that they needed, from a competent surgeon. Thus, we became a multi-specialty practice, and the Advanced Vein Center was born."

Certainly, a keen intuition about her patients' needs spurs her quest for cutting-edge medical and technological advancements that will provide a constant stream of new resources and methods that she can use to improve the

Cryotherapy



Laser Toenail Fungus Removal



X-ray

Foot Care



quality of their lives. Toward that end, she recently added an impressive menu of high-tech, non-invasive procedures that can effectively replace open surgery.

"I truly believe in using the most advanced technology to save people from unnecessary surgery, whenever possible," says Dr. Teimouri. "For example, in the past, if cortisone shots failed to clear up plantar fasciitis, surgery was the only option. But I'd do anything, rather than cut the plantar fascia, because it's such a vital ligament for supporting the weight of the body. Now, we have non-invasive Extracorporeal Shock Wave Therapy (ESWT), which painlessly breaks down scar tissue and stimulates new tissue growth in the heel. It's absolutely the new gold standard."

She is also excited about cryosurgery, wherein foot tumors are treated with a probe, inserted through the skin, which freezes the abnormal tissue, and re-absorbs the tumor. It can also be used to freeze nerves, elimi-

nating their ability to transmit pain signals.

Another reason why Dr. Teimouri is such a crowd-pleaser is that she not only treats her patients, but treats them *like family*. That's no surprise, though, as her practice is thoroughly family-oriented. "I'm the oldest of six kids, and, while I was still in podiatry school, my dad got lung cancer," she says. "Before he died, I promised him that I would take care of the family. Therefore, all of my siblings, after finishing college, came to work with me; and they've all made significant contributions to our business. The great thing is that, even after working together all week, we still socialize on the weekends. And, without a doubt, they take care of me as much as I take care of them."

So, evidently, with all of the huge strides that Dr. Tina has made since opening her foot clinic, she is not one to rest on a sole accomplishment. In fact, with her dedication to promoting proper podiatric care, and her ever-expanding practice, she has

now become one of the region's preeminent physicians; and that's no small feat! 🦋



**Beaver Valley
Foot Clinic**

5 Convenient Locations

Chippewa • Ambridge • Hopewell

Cranberry • Moon

724.375.1577

BVFootClinic.com

My Heel Hurts Every Morning... by Christina Teimouri, DPM

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 known 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 as when 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. 🦋



Dr. Tina Testimonials

Plantar Fasciitis

"For years, plantar fasciitis had been causing me a lot of pain. My heels really hurt when I went barefoot; and I needed cushioned inserts in my shoes.

When I finally decided to seek help, I called Dr. Tina, and was immediately impressed that she answered her own phone. After hearing about my symptoms, she told me that she could help, and we set up an appointment. When I arrived, her staff was very friendly, and put me at ease right away.

I then received Extracorporeal Shock Wave Therapy, and they explained every step, throughout the process. It was entirely painless, and gave me instant relief! I went from being uncomfortable all of the time, to feeling completely normal - and I was in the office for only about 25 minutes. Before I left, Dr. Tina also gave me some insoles, which help to support my arches. And now, more than a year later, I still feel great!

Dr. Tina and her staff were so nice to me, and ESTW was very effective. I would recommend her to anyone who has any kind of foot ailment." ~ Charles Gilch

Heel Pain & Varicose Veins

"I had been suffering with plantar fasciitis for quite awhile, and had sought relief from two other podiatrists. They both kept telling me to just continue doing stretches, until the last one advised that surgery would be the only option. Discouraged, I searched online for another solution, and found some great reviews about Dr. Tina. As a last hope, I called her, and she suggested that I try their shock wave therapy.

It was quick and painless, and I walked out feeling much better. My condition steadily improved over the following weeks, and, four months later, there's still no soreness in my heel! Truly, she saved me from a very invasive, painful operation that would have cost thousands of dollars.

What's more, while treating me, Dr. Tina noticed that I had some varicose veins, and asked me if they were causing me discomfort. When I said that they were, she got me right in for an ultrasound, and discovered that some of my major leg veins were damaged. Then, the vascular specialist at her office did another procedure, which was also fairly simple. To my surprise, my legs stopped hurting after a couple of weeks, and my varicose veins were fading!

Dr. Tina is an excellent physician, who is very observant, and genuinely caring about her patients. I've found this to be very rare in the medical field these days. I cannot thank, or recommend, her enough!" ~ Mary Glivic

Laser Toenail Fungus Treatment Testimonial

For over a decade, I had thick, yellow toenails that got uglier every year. It was so embarrassing that I couldn't wear open-toed shoes, or sandals, even in the summer, which made the heat that much worse; and when I tried to hide them with nail polish, they still looked awful. During this time, I had seen a few doctors, none of whom could get rid of the fungus.

Finally, a friend who had recently had her tendinitis quickly relieved by Dr. Tina, recommended her to me. When I called her office, I got to speak with her directly. Her friendly demeanor, and assurance that she could correct the problem, made me feel better instantly!

When I went for my appointment, everyone was so congenial, and Dr. Tina explained the whole laser procedure to me. It was quick and painless, and it worked! Just as she said it would, the cuticle cleared up after a few months, then the nail started to grow back clear over the next several months, until it was normal again!

Suddenly, for the first time in years, I was excited to shop for cute sandals; and they actually looked so good on me, that I didn't even want to paint my toenails anymore! I couldn't be more thrilled; and I can't recommend Dr. Tina enough! ~ Anonymous

Is There a Pebble in Your Shoe?

by Christina Teimouri, DPM

Do you suffer from any of the following?

- Plantar Fasciitis (heel pain)
- Morton's Neuroma (ball of foot)
- Fibromas (bottom of foot/arch)
- Plantar Warts
- Shooting/ Tingling/ Burning Pain

Did you ever go to a doctor's office and the first thing he wanted to do was cut something off? Although I am a board certified surgeon, I believe that surgery is a last resort.

The doctors at Beaver Valley Foot Clinic are using a new technology to replace surgery called Cryotherapy. In as little as a six-minute office procedure that only requires a Band-Aid as a dressing, you can continue your regular activities the same day and shower the next morning.

Cryotherapy involves locating and freezing the nerve associated with the pain. It has

been around since the 1960s and has been used for the treatment of prostate cancer, eye surgery and spinal nerves. Cryotherapy for foot problems has been shown effective for over ten years now and I believe it is the gold standard treatment of neuromas and fibromas which are the most common foot tumors.

The good news is that Cryotherapy is covered by most insurances! Our success




rate after Cryotherapy is about 92% percent.

Some describe feeling a wrinkled sock or pebble in their shoe. A Morton's neuroma stems from a pinched nerve in the foot. It is benign but very painful, causing burning,

tingling, or numbness shooting up the toes and ball of the foot. Aerobics, walking and many jobs can create or aggravate a neuroma. A Cryopac machine uses extremely cold temperatures to cause demyelination of the sheath around the nerve which decreases the nerve's ability to transmit the signal of pain. The epineurium and perineurium remain intact, preventing the formation of a stump neuroma, one of the worst and most common complications of surgical removal.

During the following month, the nerve sheath regenerates without the inflammation and you are pain free. If you have already had neuroma or heel surgery but are still experiencing problems, Cryotherapy may be able to help you.

Our doctor, Dr. Teimouri, DPM, is setting the bar in the Pittsburgh area in the field of Cryotherapy in podiatry. She is one of only a few podiatrists in the country to receive advanced training and certification in Cryotherapy for use on the foot. Please visit our website at www.bvfootclinic.com for more information on Cryotherapy. 

Beaver Valley Foot Clinic
5 Convenient Locations
Chippewa • Ambridge • Hopewell
Cranberry • Moon
724.375.1577
www.BVFootClinic.com



SMART Media
 COMMUNICATIONS, LLC
Advertising Logos

724.316.7044
SMARTMediacom.com

Extracorporeal Shockwave Therapy (ESWT)

Suffering from chronic pain in your heels or elbows? Ask your doctor if they provide the ESWT treatment. If not, mention this ad and ask them to call us so that they can treat you with the best available technology today to help make you pain free!



- No more painful cortisone shots
- No need for surgery
- No time off work

SOUND MEDICAL TECHNOLOGIES
724-991-0116
SoundMedTech.com

Is Toenail Fungus Among Us?

by Christina Teimouri, DPM

Treat it now, and get quick results.

Topical Antifungals

Over-the-counter creams are not able to penetrate the thick nail. A Podiatrist's office should have a stronger topical treatment that is able to kill the fungus. With this option, it may be six months before you notice a difference.

Fungal Nail Polish

Wearing regular nail polish covers and suffocates the nail thus trapping the fungus. If one wishes to wear nail polish, anti-fungal nail polish is available. The anti-fungal nail polish is applied to the nails twice a week for effect.

Oral Medication

The most common oral medication is called Lamisil. This option must be approved by your PCP or Podiatrist since it may alter your liver function. Proper testing must be done prior to taking Lamisil. The oral medication will get to the nail root by way of

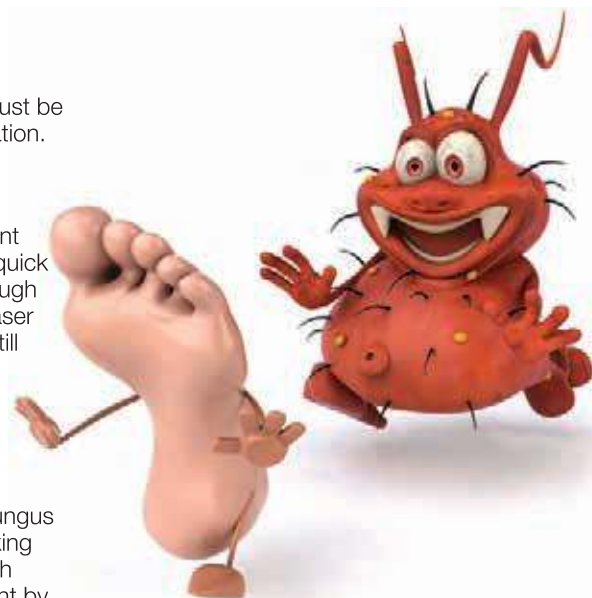
the bloodstream. Again a Podiatrist must be consulted before you take this medication.

Laser Treatment

Laser treatment is the newest treatment option available. The laser ablation is quick and painless. A laser light passes through the nail without damaging it, but the laser does kill the fungus under the nail. It still must grow out after treatment.

Periodic Debridement by Your Podiatrist

The most common treatment of nail fungus recommended for diabetics, those taking blood thinners and elderly patients with poor circulation is periodic debridement by your foot doctor. When the nails become so thick and deformed that it hurts to wear shoes, this service, covered by most insurance companies, is recommended, especially for those who may not be able to heal properly if they injure themselves with home treatments.



Call 724-375-1577

5 locations near you!

www.BVFootClinic.com

A graphic of a movie marquee with the text "NOW PLAYING AT QCHS". To the left of the marquee is a film strip showing various photos of students and school activities. The marquee has a red and white striped border and is lit up with yellow lights.

Star-Studded Academics!

- Recognized as a top Catholic high school in the nation.
- Highest SAT Scores in Beaver County.

Making the A-List!

- Contributes actively to the community - students serve over 100 hours of Public Service each.

Award-Winning Activities!

- 12 sports teams-many win championships and make the playoffs every year.
- Annual musicals have won over 30 Mancini Awards.
- Nationally recognized Forensics & Mock Trial programs
- Excellence in PJAS and in the Westinghouse Science Honors Institute.

Final Credits!

- Student to teacher ratio is 10:1.
- Financial Aid and free busing.

QUIGLEY CATHOLIC HIGH SCHOOL
COLLEGE PREP. CATHOLIC VALUES.
(724) 869-2188
200 Quigley Drive, Baden, PA 15005
admissions@qchs.org
www.qchs.org [facebook.com/QuigleyCatholic](https://www.facebook.com/QuigleyCatholic)

The logo of Quigley Catholic High School, featuring a shield with a cross and the letters "QCHS" inside.

We provide all kinds of foot care for children & teens.

- Sports Injuries
- Orthotics
- Plantar Fasciitis
- Plantar Warts
- Ingrown Nails
- Ankle Sprains
- Flat Feet
- Deep Splinters
- Glass In Feet



Beaver Valley
Foot Clinic

5 Convenient Locations

Chippewa • Ambridge
Hopewell • Cranberry
Moon

724.375.1577

BVFootClinic.com

Do You Have Favorite Shoes?

Do They Have Worn Out Bumps?

by Marcia Hale



If you have them, or know someone who does, the words, “sore,” “painful,” or “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. 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! 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 because the area is smooth and pain free! Then, I look at my other foot and say... “You’re next!”

www.BVFootClinic.com

Meet Professional Freelance Copywriter—Kathy Moran

Here at Body Beautiful, we love our professional freelance copywriter, Kathy Moran. With a wealth of experience in advertising and marketing, she also worked at CBS-Radio, where she created hundreds of commercials for broadcast. Kathy began writing for us on our previous magazine, and has since done most of the blogs, tweets, and Facebook posts for Body Beautiful, as well as our three sister companies. Innovative and insightful, she is adept at precise, effective communications, and finding a fresh approach to any subject. Kathy’s sharp wit infuses our magazine articles, promotional materials, and social media with humor, intelligence, and sparkling personality. Equally proficient at technical writing, she can comprehend and clearly explain the specialized terminology of any profession.

You can contact Kathy about her writing services, at 724-777-0628, or kemmcin@hotmail.com.

**WILLIAMGD
GRAPHIC DESIGN
& Printing Company**

- ♦ Tri-folds
- ♦ Door Hangers
- ♦ Magazines
- ♦ Business Cards
- ♦ Political Signs
- ♦ Banners
- ♦ Wall Posters
- ♦ Stationery
- ♦ Folders
- ♦ Media Kits
- ♦ Flyers
- ♦ Post Cards
- ♦ Note Pads
- ♦ Stickers

330-932-0478
www.williamgd.com

Powerstep Arch Supports

Powerstep arch supports and custom made orthotics help alleviate

Plantar Fasciitis • Bunions
Hammertoes • Neuromas
Ankle & Knee Pain

For arch supports and orthotics, you should be evaluated by a podiatrist. Orthotics are covered by most insurances when prescribed or distributed by a podiatrist.

Beaver Valley Foot Clinic
724.375.1577
www.BVFootClinic.com

Advanced Vein Center

Pittsburgh Area's Premier Vascular Lab for Lower Extremities



724-987-3220
Cranberry Township, Hopewell,
Moon Township, Chippewa, New Castle

Advanced
VEIN CENTER

AdVeinCenter.com

Board Certified Physicians • Covered by Insurance • Walk out immediately

by Kathy Moran

The Advanced Vein Center has long been recognized as one of the area's premier facilities for the treatment of venous diseases. We've always been proud of our sterling reputation, and we strive every day, not only to maintain our high standards, but to continually find ways to exceed them.

Because of the speed of medical and technological advancements, which are being made every day, this is an on-going challenge. Nevertheless, it's an exhilarating one, which we've repeatedly met with ardor, staying ahead of the curve by perpetually growing, learning, building upon our skills, and expanding our services. In fact, we've recently taken another giant step forward, greatly augmenting our practice to include a remarkable range of minimally-invasive surgical procedures.

One of the main reasons why we are consistently able to reinvent ourselves is that we align strictly with the top talent in the field, whose knowledge, abilities, objectives, and principles mirror our own. Of course, at times, searching for such ideal matches can be exhaustive; but it's always been worth the effort, as we've found some real gems.

Indeed, our doctors are among medicine's elite. Not only do they reside on the cutting edge of medical breakthroughs, but they have even been responsible for some of them. Without question, their unwillingness to be bound by preconceived notions

has benefitted patients around the globe.

Among their specialties, our doctors do image-guided microsurgery, using all types of real-time and cross-sectional imaging technology, including ultrasound, X-Rays, CT scanning, and fluoroscopy.



Being able to clearly see inside the body without performing open surgery allows them to work through small incisions, using devices to obtain tissue for biopsies, drain abscesses or abnormal fluid build-ups, treat vascular diseases and malformations, and care for a variety of other ailments.


Moreover, our doctors enjoy making these minimally-invasive procedures accessible to more people. By providing them in our offices, they can connect better with their patients, and achieve a higher level and quality of care. Even more appealing is that the Advanced Vein Center has so many locations in the region where they

can perform them. Certainly, having these doctors on our staff has added immensely to our capabilities. Now, besides treating venous diseases, we offer a broader selection of procedures for a vast number of diseases that couldn't be tended to here previously. We're also giving Pittsburgh-area general practitioners some great, new options when they're looking for the optimum facilities to which they can refer their patients.

There's no doubt that everyone is excited about the advantages of these minimally-invasive techniques. Even so, because the field has been making great strides at a dizzying pace, some people still believe that they can be used in only a few cases, or are less effective than traditional operations. The doctors point out that they're usually more effective, at lower costs, with fewer risks of complications; and they're becoming more prevalent every day.

As a matter of fact, they note that most physicians now will recommend open surgery only as a last resort; and they're delighted with this trend. Furthermore, being visionaries who are always seeking better methods of doing things, they're enthusiastic about making more of their own innovative contributions to medicine.

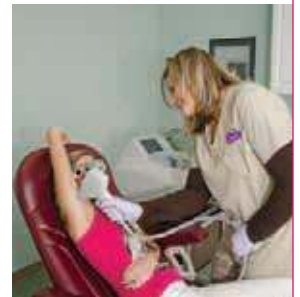
Though truly avant-garde, they staunchly uphold and adhere to the conventional standards and ethics of their profession. Greatly esteemed by their colleagues, they have worked at some of the foremost hospitals in the world, including Harvard, UPMC, and Allegheny General Hospital.

Of course, we – and all of our patients – are very happy that they're now on our team! 

Follicle Fridays



Laser Hair Removal
12 Locations to
Serve You!



Invest in Your Personal "Real Estate"

Only \$200

Get 2 small areas
(or 1 medium) of
Laser Hair Removal

What does hair have in common with real estate? The most important thing about it is – *location, location, location!* Indeed, while, on the head, it can be one's crowning glory, in other places, it can become a royal pain!

So, no matter where you have unwanted hair, whether it's your legs, face, back, neck, or anywhere else, our laser hair removal treatments can wipe it out. Just visit us on **Follicle Fridays**, and we'll **treat two small areas, or one medium, for only \$200!** That should really increase your personal "real estate" values!

Text the word ***BODY*** to **91944**. You will instantly receive a text good for a **FREE Laser Treatment** and other secret gifts. Bring your phone in and show us your text message to redeem it.

Go to **BBLMSpa.com** or call **724-987-3221** and make an appointment.

Everyone will notice, but no one will know



Juvéderm[™]
ULTRA

BOTOX[®]

Advanced
LIPOSUCTION CENTER

Offices in 11 locations!
Call now 724.987.3221
AdLipoCenter.com



**TSBN – The Small
Business Network**

**Pittsburgh's Most Unique
Networking Group**

- One Networking dinner a month
- One member per business category
- 25+ members per chapter
- Member spotlight presentations
- Advanced networking training
- Panel Discussions, brainstorming, referrals
- Networking exercises from TSBN's Playbook
- One Member-hosted networking breakfast or lunch a month
- Relationship-developing activities in between meetings

Learn how TSBN's **IN-THE-GAME NETWORKING[™]** system can help you take your business to the next level. Sign up to attend a networking dinner at any of our local chapters at www.tsbn.org.

Call 412-367-5979 for more information.

Resurface Your Skin with Photofacials, For a New You!

Photofacials are the best answer to rid your skin of sun damage and age spots as well as rosacea and scars. The treatment is also very effective for redness of the skin from broken capillaries. This very non-invasive treatment helps you to instantly have more youthful looking skin while evening out your complexion and stimulating collagen growth. The procedure can help to tighten skin and reduce wrinkles as well as improve skin tone and can even reduce acne as it kills the bacteria that cause it.

The process works by light entering your skin which heats the skin's inner layer (the dermis) while cooling the outer (epidermis). Each treatment lasts about 30 minutes and there is zero down time after the treatment is over. Patients may experience a slight stinging sensation from the light and only transitory mild redness.

Much of your accumulated sun damage is permanently removed, however yearly treatments are recommended to overcome new damage from day to day exposure.

Photofacials are a great way to resurface your skin as opposed to lasers which treat the skin from the top down-which is a more invasive procedure compared to the photofacial which corrects the skin from the inside out.

Intense pulsed light waves treat damaged cells deep within the skin's layers. The light is passed over the skin's surface and treatment wavelengths that reach deep within the skin's layers to cause a structural breakdown of damaged cells; this promotes the healing process as the body rapidly removes the injured tissues and cells.

Photofacials are administered in a series of 4-6 treatments every 4 weeks for optimal results and may be maintained with monthly facials, chemical peels, microdermabrasion, and yearly photofacials.

724-987-3221

www.BBLMSpa.com



**To thank you for your service
to our nation we are offering**

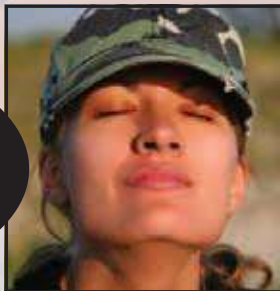
75% OFF

**Laser Treatments for
ANYONE with a military ID**



724-987-3221

12 Locations to serve you!



Get gorgeous lips!



**Tell us you saw this
ad and ask for Marcia**



GALATEA
JEWELRY BY ARTIST

A STUNNING NEW COLLECTION
OF CARVED PEARL JEWELRY
STARTING AT \$465

MOSES
JEWELERS

Butler's Diamond Family Since 1949

101 Clearview Circle
Butler, PA
724-283-2776

524 Northpointe Circle
Seven Fields, PA
(Next to Siba Restaurant)
724-591-5776

www.mosesjewelers.com



The Perfect Blend of the Finest Ingredients

Long the most popular establishment in Ambridge, Rook's East Side Saloon is getting a fresh start! At the same time, new Manager, Matt McCrensky, will retain the ambiance that patrons have always cherished. He will, however, be giving it a new flavor – several, in fact – as he revamps the menu including homemade soups using fresh local products!

Other changes on tap involve adding several craft beers to the old favorites that are still on draught.

McCrensky, who has years of experience in the hospitality industry, says, "We're going back to basics with the menu, sticking with the fresh approach, but making it interesting. We'll also carry on the tradition of the sports theme, in a fun, family-friendly atmosphere."



Build your own BURGHer All

Choose from: fried onions, onion rings, French fries, slaw, mushrooms, green chilis, muenster, American, provolone, bleu, Swiss or get one from our new specialty burgers:

The double play.....\$11.00

Two patties with bacon, onion rings, monterey jack, golden bbq, and mayo.

The Black'n Gold.....\$9.00

Blackened BURGHer with Swiss cheese, bacon, sauté onions, golden bbq.

The SteelTown.....\$9.50

Provolone, bacon, slaw, fried egg, french fries & hot sauce.

The Beat Philly.....\$9.00

Slice of cream cheese, bacon. & green chilis.

Dining Hours

Mon,Tue,Thr— 11am to 10pm

Wed— 11am to 11pm

Fri, Sat— 11am to 12am

Sun— Noon to 9pm

724-266-1556

www.RooksSaloon.com

TODAYS SPECIALS

Super Bowl "Rings"\$4.00
Hand cut, breaded onion rings topped with a black stout & golden bbq sauces. Or served naked with no sauce.

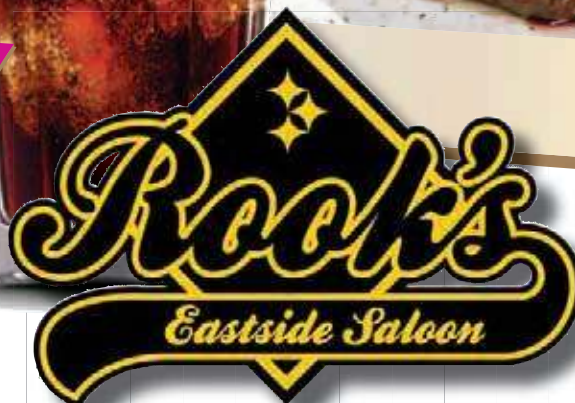
Stuffed Banana Peppers.....\$ 8.50
Banana Peppers stuffed with Rooks' Italian sausage and cheese stuffing. Topped with marinara & cheese.

Rook's FAMOUS Fish Sandwich.....\$9.00
A large piece of our fried fish with tartar sauce and lemon on a soft bun.

The "Rook's" Ribeye.....\$18.00
A USDA choice Ribeye steak with a garlic butter topper.

LATEST NEWS

Happy Hour & Dinner Specials



282 Fourth Street • Ambridge , PA 15003

THE AMBRIDGE FAMILY THEATRE

Movie Times: Fri 7:10, 9:40 • Sat 1:10, 4:00, 7:10, 9:40 • Sun 1:10, 4:00, 7:10

Celebrate your
child's birthday
with us!

Children's Birthday Parties

\$5.50 Per Child

Includes; Admission, Small
Popcorn and Small Drink



\$4 Matinee, \$5 Evening • ambridgefamilytheatre.com

645 Merchant Street • Ambridge, PA 15003 • 724-251-9760

Economy Lanes

KID'S BOWLING BIRTHDAY PARTIES

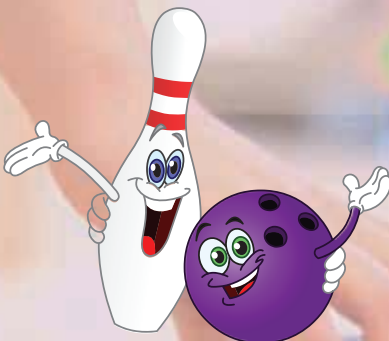
2 hrs – Basic \$7 a person
(Includes shoes - a 10 person min.)

Cosmic Bowling

\$135 up to 20 people

Available for an Extra Charge
Hotdogs • Pizza • Soft Drinks

Hours: Closed Monday
6-10 pm..... Tue.-Thurs.
5-11 pm..... Friday
12-11 pm Saturday
2-9 pm Sunday



LEAGUE BOWLING

**Youth League
Saturday • 12 pm**

**Child & Adult
League Sunday
Night • 7 pm**

**Adult League
Thursday • 7 pm**
(Space available)

Bring this ad
& receive
10% off
of kids birthday
parties

www.EconomyLanes.com • 724-266-6300

1307 Merchant Street, Ambridge, PA 15003

Body Beautiful's Advanced Liposuction Center Presents the **Silhouette Facelift**

Advanced
LIPOSUCTION CENTER

Call for a consultation
724-987-3221
www.AdLipoCenter.com

Combat 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 facial fat, so it becomes lax, and gravity produces the typical jowls, flat cheeks, and lower eye bags.

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

The downside of traditional 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.

Thread lifting was introduced to correct the skin sagging with little downtime, usually three to five days. 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 US FDA and have received the CE mark.

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. The Silhouette Facelift normally takes 45 minutes and treatment of the face and neck takes 90 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 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 a fresher, more youthful appearance, but wants to avoid the risks and downtime of a standard facelift procedure.

Simple

- Works like the *Lunch time lift*
- Done in less than 2 hours
- No recovery time
- Effective facial rejuvenation



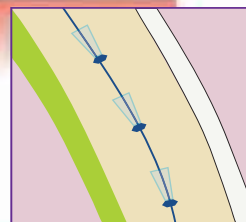
Safe

- FDA Approved
- CE Mark approved
- Minimally-invasive
- Longer lasting thread lifts



Natural

- Naturally lifts saggy cheeks
- Smooths out premature wrinkles
- No visible scars
- Generates new collagen



Affordable

- No hospital cost
- No anesthesia cost
- Financing available
- Major credit cards accepted



Are Permanent Eyebrows Right for You?

by Marcia Hale

One of our most popular treatments for reversing the signs of aging is our Permanent Eyebrow Treatment. And there's a good reason for that! Not only is the treatment affordable, but the results are immediate. The cosmetic pigment looks natural as it blends into your own natural brows, and there is no down-time as swelling is minimal.

Don't worry if you suspect that your brows are too sparse or light colored. Marcia Hale, the Permanent Cosmetic Specialist and Fine Artist, can detail the eyebrows to create individual hair strokes and fill in the sparse areas. No more "drawn on" eyebrows appear too heavy and artificial. Best of all, these eyebrows won't wipe off or smear at the worst times.

Here's an easy assignment. Take a picture of yourself with a clean, makeup free face. Then, apply some color and shape to your brows and take another picture. I bet you have noticed that by changing nothing else but your eyebrows, you look 5-10 years younger!



After our Permanent Eyebrow Treatment, you may even feel younger because of all the compliments you will receive saying you look fresher.

After you have improved the appearance of your eyebrows, why not try one of the other treatments that Marcia provides such as: the Eyelash and Eyeliner Enhancement, Lip Liner and Fill (to even out your lips and make them appear fuller without injections), Hair Fill (in areas on your head where hair is thinning), Scar Camouflage, and Skin Corrections such as Areola and Belly Button Restoration.

So don't get caught "aging" yourself by the accidental swipe of the brow when it's so easy to look younger permanently! 🦋

**Call Body Beautiful Laser Medi-Spa's
Marcia Hale and make an appointment at 724-987-3221.**

True Essence Massage and Bodywork

N w ffe
N t in the M the
e tility Ma a e

- Naturally increases fertility
- Safe & therapeutic

Nurturing the Mother™ is for you whether you are trying to conceive naturally or you are using assisted reproductive technology to help you conceive.

Approved by the National Certification Board
of Therapeutic Massage Bodywork

Peggy Outrakis, LMT
724-977-3254

Offering all types of massage: Swedish, Hot Stone, Reflexology

Nationally Certified in Therapeutic Massage and
Bodywork, Licensed Massage Therapist
Hermitage, Pennsylvania (Sharon, Pennsylvania Area)



Christine Kiefer

*Independent
Chocolatier*

**Call me to discuss your
chocolate-covered future!**

724-816-5957



chocoliciousmom@yahoo.com
www.mydcdsite.com/christinek

The Science Behind the Lips and Lip Augmentation

Lip enhancement techniques may be separated into two kinds: temporary and permanent. Temporary techniques require the use of injectable fillers repeated every 6-9 months to maintain their appearance. Permanent techniques generally involve the use of injectable gel, fat or implants.

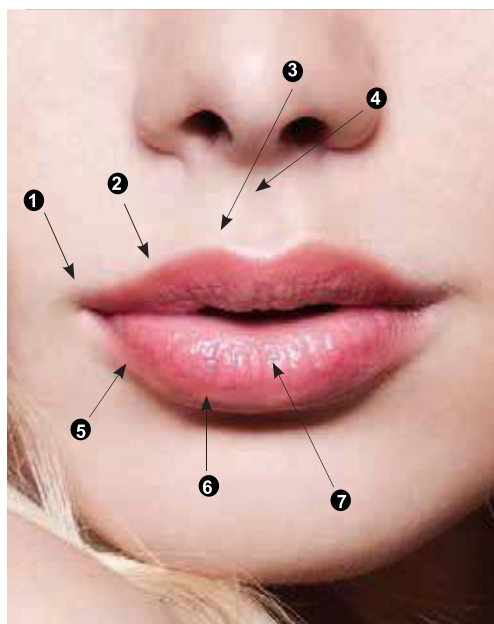
As a result of limitations associated with existing lip enhancement techniques, extensive research has led to the creation and development of the Perma Facial Implant™, a revolutionary new implant used for lip enhancement.

For lips, Perma Facial Implant™ is unlike anything we've ever seen. The variety of patient needs that can be addressed with a Perma procedure is immense.

Perma Facial Implant™

The excitement surrounding this cosmetic enhancement breakthrough has been immediate and overwhelming both in the U.S. and in Europe. The implant is made here in the U.S. and consists of soft solid silicone. It's an implant that cannot rupture, deflate or degrade over time. The implants correspond to the dimension of the lip. It is an implant and NOT an injection of silicone. The implant is available in a variety of diameters and lengths to accommodate the uniqueness of each person's lip characteristics, tapering at both ends to conform naturally to the normal lip. Although it's permanent, the Perma Facial Implant™ is also designed to be easily removable should a person wish to achieve a larger or smaller enhancement or even return to their original appearance.

PERMA™
FACIAL IMPLANT



Perfect Lips

- 1 Outside Corners of Lips
- 2 Vermillion Border
- 3 Cupid's Bow
- 4 Philtral Columns
- 5 Smooth Textures
- 6 Symmetrical & Full Lower Lip
- 7 Ptosis



- Natural appearance
- Soft silicone/but cannot rupture, deflate or degrade over time
- Routine procedure performed under local anesthetic
- Resistant to tissue "in growth"
- Permanent but easily replaceable or removable
- Does not restrict lip movement
- FDA approval

Full, Pouty Lips

For more info www.BBLMSpa.com

Full, pouty, romantic lips are a hallmark of young Hollywood. When you think of soft, full lips, who do you see: Angelina Jolie, Julia Roberts, Scarlett Johansson? Next time you look in the mirror, permanently soft, sultry lips could be looking back at you.





Help Wanted Call
724-816-5957

Be your own boss.
Call and ask me how today!



Cristine Kiefer

724-816-5957

Drop me a line with any questions.
damseldame@yahoo.com

We offer an effective line of
protection for women against
attackers.

- Pepper Spray
- Stun Guns
- Kubatons
- Key Chain Alarms
- Toddler Monitors
- Door Alarms
- Road Trip Tools



On Your Knees

3.5 Million Volt Rechargeable Stun Gun

Makes a perfect gift. Shop on-line
for this and other products at
www.mydamselpro.net/christinek

Forget traditional Surgery

For years, women have asked cosmetic surgeons, "Can you take some fat from down there and put it up here?" Advanced Liposuction Center has a revolutionary system using state-of-the-art fat harvesting technology to produce a pure and concentrated fat graft for use in autologous fat transfers to create bigger breasts without implants. There is no need for a hospital stay and the treatment is carried out under local anesthetic as opposed to the general anesthetic required with traditional breast implant surgery.

Here are just some of the advantages of Tickle Lipo and Fat Transfer over traditional surgery:

- A minimally invasive procedure that is performed under local anaesthetic as opposed to general anaesthetic
- It's a walk-in walk-out procedure
- Results are natural looking
- Less pain and minimal risk of scarring
- No time off work or other activities

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. We use 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 breasts that I had when I was 20."

The fat is taken from stubborn pockets of fat on, for example, the abdomen or thighs, so you can also reshape 'problem' areas of your body that may not have responded to diet or exercise. Downtime is minimal. However because there may be some bruising and swelling, it's best to wait one to two weeks before you hit the gym or do any other rigorous physical activity.

We are the Pittsburgh area's leading authority in minimally invasive fat removal, and have some of the most experienced doctors in the industry working with us.

Brazilian Butt Lift

Having a shapely bottom can make a huge difference to the overall shape of your body. Round, high buttocks can make the waist and thighs look smaller and make the rest of the torso look more proportioned.



The problem for most people is that the buttocks are a difficult part of the body to shape through exercise alone, particularly if yours are naturally flat.

The treatment: If you have always wanted more defined buttocks but don't want to risk painful surgery, then you've come to the right place. At The Advanced Liposuction Center we can help you get the body you want without major surgery or implants.

Advanced
LIPOSUCTION CENTER

www•AdLipoCenter•com

No more butts!

Laser Smoking Cessation

Rid your body of nicotine as quick as 48 hours after your last cigarette!



12 Locations
724-987-3221



wwwBBLMSpa.com

MEN, LET US DO THE WORK



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.



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 Tylenol®. Our doctors have seen the remarkable transformation of many happy patients.

www•BBLMSpa•com



Featuring 10 Bridal Shows a Year!



AT PITTSBURGH'S BEST VENUES INCLUDING:



Wedding Clickers

Celebrity Appearances By:



Monte Durham



David Tutera



Randy Fenoli

WeddingClickers.com 412.655.8697



Pittsburgh's Leader In Bridal Events

There is Only One Place to Find...

- Fashions
- Exhibits
- Prizes
- Tastings
- New Ideas
- Expert Advice

FOR A FULL LIST OF DATES, LOCATIONS, AND TO REGISTER VISIT WEDDINGCLICKERS.COM



Advanced Wound Care

by Christina Teimouri, 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 (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*, 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 they have been lying in bed all day with their feet in the same position.

• **Venous ulcers** are usually the most common type of wound seen in our office. It usually occurs in a patient who has 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. 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 to www.BVFootClinic.com and let our Doctors start getting you better today.

WWW•BVFootClinic•COM

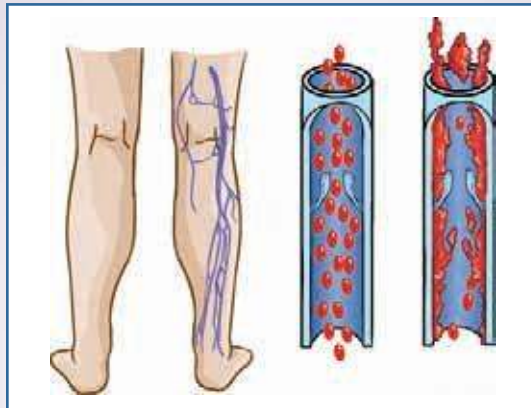
Advanced Vein Center Services

Office consultations allow you to meet with our doctors, so that they can answer your questions and evaluate your situation.

Management of Venous Reflux Disease (Varicose and Spider Veins) can be accomplished by minimally-invasive procedures, for which we accept most types of insurance. These methods can successfully treat symptoms, such as aching, throbbing, fatigue, pain, and swelling in the legs.

Varicose Veins happen when malfunctioning valves prevent proper circulation of blood, it can pool in the veins, and cause them to become varicose. This venous reflux results in bulging, throbbing, aching veins, as well as leg cramping, swelling, and itching; and, if neglected, may lead to more serious problems. Call us for a consultation to determine which of our many effective treatments is right for you.

Spider Veins are smaller than varicose veins, appearing as red or purple threads, close to the skin's surface. Affecting more women than men, they can be brought on by many factors, including heredity, pregnancy, or hormonal fluctuations, and can also lead to aches and other minor discomforts.



• **Varicose Vein “Laser” Surgery: VNUS Closure** –Treating varicose veins once required painful surgery in a hospital; but now, we can correct them with a simple procedure, right in our office. Much safer than EVLT, the procedure uses laser-like radiofrequency catheters to seal the damaged veins, re-directing blood through healthy ones. It takes only about an hour, provides immediate relief, requires little downtime, and is covered by most insurance carriers.

• **Microphlebectomy** is a great alternative for medium-sized veins. Through tiny punctures in the skin, the small vessels are removed permanently.

Sclerotherapy Spider Vein Treatment is a procedure in which we administer a series of micro-injections into spider veins, to seal them from the inside, re-routing blood into healthy veins. Besides spider veins, this treatment can be used for varicose veins that are close to the surface of the skin.

Facial Veins can appear on the cheeks, nose, chin, forehead, eyelids, or neck. Caused by dilated blood vessels, their red and purple hues make them difficult to conceal. We offer effective, non-invasive treatments that will rid you of your bothersome facial veins.

• **Facial Vein Treatment** – Facial veins can be successfully treated with our advanced Intense Pulsed Light (IPL) Therapy. This non-invasive procedure targets the veins beneath the surface, without affecting the outer layer of skin. Also effective for age spots, sun damage, rosacea, and birthmarks, this technique is painless, and requires no downtime.

Advanced
VEIN CENTER

724.987.3220

WWW•AdVeinCenter•com

Hand Rejuvenation

You don't have to hide your hands anymore. Let us turn back the hands of time by reducing the appearance of protruding veins. We now offer an innovative in-office procedure to eliminate unwanted hand veins. Many people develop large bulging veins on the backs of their hands as they get older. Generally, this is due to their skin relaxing and thinning with age. This causes the veins to become more noticeable and appear enlarged. Traditional treatments offered are sclerotherapy and miniphebectomy.

Other treatments:

- **Retin-A and Glycolic Acid Derivatives** - Topical applications can repair sun-damaged skin and cause age spots to fade. Moreover, they stimulate the production of collagen.

- **Microdermabrasion** - Microdermabrasion is a superficial skin-polishing that improves the appearance of aging skin. The results are immediate. Maintenance treatments are required.
- **Chemical Peel** - Depending on your skin type and the desired results, your physician may recommend a superficial, medium or deep chemical peel. Your surgeon will select the proper chemical or mix of chemicals (glycolic acid, Jessner, TCA or trichloroacetic acid or carbolic acid) and apply the solution to various areas of skin.
- **IPL Treatment** - This treatment is very useful for clearing away sun damage, such as age spots, sun spots, liver spots, etc. Unsightly veins and dark age spots are gently removed through short bursts of laser light.
- **Dermal Fillers Juvéderm, Radiesse, and Sculptra Aesthetic** - You may opt for the instant results of Radiesse, or choose the collagen stimulator Sculptra, which, over time, promotes your own collagen

as the “filler.” While all of the hyaluron-based injectable fillers (e.g., Restylane, Juvéderm) are extremely well tolerated, their effects are too short-term on hands. Radiesse, and Sculptra Aesthetic, on the other hand, wear well in the hands, and provide a cushion replacement, maintaining a soft, natural feel. Results typically last 1 - 3 years. Touch-up treatments may be necessary to maintain desired correction.



WWW•AdVeinCenter•com

Beaver Valley Foot Clinic's Foot Care Guide



Dr. Christina Teimouri, DPM

3. Plantar Fasciitis and Heel Spurs

can now be treated through Extracorporeal Shock Wave Therapy (ESWT), a gentle, 18-minute, office procedure that greatly relieves pain.

4. Wound Care is provided for acute and chronic wounds, including arterial, venous diabetic, pressure, lacerations, abrasions, punctures, incisions, gunshots, and burns. We keep wounds free of dead skin and infection, and optimize the environment to expedite healing.

5. Ankle Sprains and Sports Injuries happen suddenly, and often remain painful throughout the healing process. We give them the care they need to heal correctly, which can reduce the risk of re-injury.

6. Burning, Tingling, and Numbness of the Feet and Legs are painful symptoms of Diabetic Neuropathy. If this unpleasant condition is affecting your life, we have a new procedure that may help.

9. Ingrown and Infected Toenails may be caused by improper trimming, inherited nail deformities, injuries, fungal infections, or pressure. A simple, 5-minute office procedure will permanently fix this problem.

10. Laser Toenail Fungus Removal easily zaps away ugly brown or yellow spots, or thick nails. This safe, effective anti-fungal laser successfully eliminates unsightly warts as well.

11. Extracorporeal Shockwave Therapy (ESWT) treats chronic plantar fasciitis, Achilles tendinitis, and tennis elbow. The pressure waves from this non-surgical procedure effectively relieve pain, and stimulate the body's natural healing process.

12. Radiofrequency (RF) Treatments will remove small skin tags, tumors, and ingrown nails. Radiowave surgery minimizes burning of tissue and reduces trauma, which hastens recovery.



1. Cryotherapy treats conditions such as heel pain, neuromas, tarsal tunnel, tendinitis, arthritis, and neuropathy, decreasing inflammation, and effectively relieving pain.

2. Orthotics and Arch Supports can be custom-fitted for you, after a thorough bio-mechanical exam to evaluate your specific gait pattern, and the joint motion in your lower extremities. These may be covered by insurance, but only when prescribed by a podiatrist.



7. The Rebuilder for Neuropathy

is an electronic, bio-medical device that eliminates the pain, burning, numbness, and tingling of neuropathy, without surgery or medication.

8. Thick, Painful, or Crumbling Nails

may be caused by injuries, pressure from shoes, fungal infections, or conditions such as diabetes, psoriasis, or vascular disease. With regular care (covered by insurance) in our office, we can clear up your nails, and help prevent many of the other problems that can potentially arise from these conditions.



13. Platelet Rich Plasma (PRP) Therapy for Heel Pain successfully treats tendon and ligament injuries. The blood plasma used has concentrated platelets containing huge reservoirs of growth factors to promote and accelerate the healing process.

14. Diabetic Nail Care and Foot Exams help prevent complications from foot injuries in diabetics, which can lead to serious consequences, including amputation. We will give you an individualized, easy-to-follow plan to help keep your feet healthy.

15. Bunion and Hammertoe Surgery may be necessary, if wider shoes aren't giving you relief. Our simple, outpatient procedure can have you back into your shoes in 2-6 weeks.

16. Broken Bones and Stress Fractures can happen whether you're a 40-year-old woman who has just started a walking program, or a seasoned distance runner. Our treatment will help you return to the activities that you enjoy.

17. Foot Tumors and Ganglion Cysts can be excised, or removed through cryo, in which ice forms around the nerve or tumor itself, degenerating the tumor, and decreasing the nerve's ability to transmit pain signals.



18. Foreign Bodies, including broken glass, wood splinters, and more, can be comfortably removed with the aid of advanced imaging techniques.

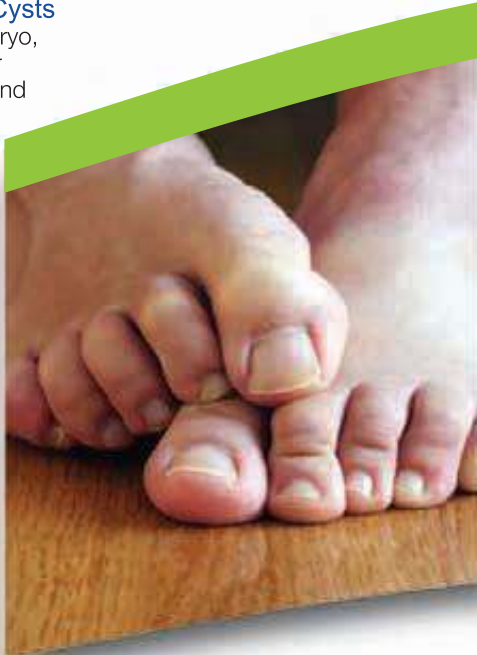
19. Tendinitis can occur, even if you are not active, especially if the bump on the back of your heel is being irritated by your shoes. We can help to heal your Achilles, and other tendons, quickly.

20. Morton's Neuroma may mimic the feeling of a wrinkle in your sock, or a ball under your toes. Our many, cutting-edge options can eliminate this condition without surgery.

21. Tarsal Tunnel can cause pain and tingling in the feet, just as carpal tunnel does in the hands. Our advanced treatments will greatly reduce these symptoms.

22. Skin Grafts help wounds heal much faster. We use Dermagraft to treat full-thickness diabetic foot ulcers that last longer than 6 weeks.

23. Vascular Lab Certified by the American College of Radiology (ACR) an in-house radiologist and trained staff, we can scan your legs to instantly identify blood clots and other problems. This early detection is imperative, as immediate treatment can prevent a blood clot from travelling to the lungs.



24. Corns and Calluses form when a toe consistently rubs against the inside of a shoe, and the skin thickens, to lessen the pressure. These can be painful, and, in extreme cases, may even become infected; but we can permanently remove them with a simple procedure.

25. Arthritis has a number of causes; and we have just as many treatments to alleviate its pain. After assessing your individual circumstances, we'll customize a treatment plan just for you.

26. Warts invade your skin through small cuts or breaks, usually on the bottom of the foot; and they're more likely to affect children, teens, and pregnant women. We have many simple office procedures that will remove them quickly and painlessly.

27. Flat Feet are caused by the weakening of the posterior tibial tendon (near the ankle), which can be worn out with continued, excess stress. Detected early, the problem can be treated with arch supports, or braces, to shore up the tendon and prevent further complications.

28. Diabetic Shoes can be of immeasurable help to diabetics, who must take meticulous care of their feet. Not only is this one of the smartest, most helpful, purchases they can make, but it is often covered by insurance.

29. In-office Diagnostic Ultrasound saves time, money, and the need for an MRI. We can detect broken glass, deep splinters, torn or damaged tendons, and other foreign objects or injuries inside of your feet.



30. In-office X-rays allow us to accurately assess your injuries within five minutes, saving you hours in the ER.

31. Doctors are Board Certified by ABPS, and have nearly 20 years of highly-specialized experience in treating injuries and diseases of the foot and ankle.



"The gentle foot doctors!"
5 Convenient Locations:
Chippewa • Ambridge • Hopewell
Cranberry Twp • Moon Twp
724-772-FOOT (3668)

Face & Body

Skin Care Treatments

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

MICRODERMABRASION

Get your glow on! Monthly exfoliation of dead skin cells reduces fine lines and wrinkles, superficial scars, and decreases blackheads & acne formation.

FACIALS, PEELS & SCRUBS

Relaxing skin rejuvenating treatments to clear pores and dead skin buildup to leave your skin smooth and glowing.

LASER SKIN REJUVENATION

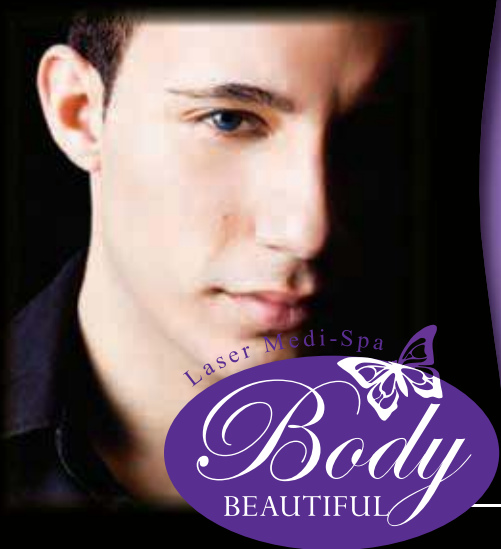
Erase pigment & sun damage. Reduce redness, wrinkles, and pores with gentle light energy that stimulates the production of natural collagen.

ROSACEA, ACNE, SUN & AGE SPOTS

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

SKIN TIGHTENING, SCARS, STRETCH MARKS & WRINKLE REDUCTION

Anti-aging laser treatments restructure wrinkles, and adds firmness to the skin.



www.BBLMSpa.com



Laser Hair Removal

Never wax, pluck, bleach or shave again!

Save valuable minutes in your morning routine and be always ready to bare those body parts (without worrying if you remembered to shave). No Razor bumps! No nicks! No cuts! And no more embarrassing prickly stubble!

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

Call Now

724-987-3221
12 Locations

NEW Advanced Treatments

ULTRASOUND FACIAL THERAPY (45 MINUTES)

Ultrasonic frequency treatments effectively plump up the skin, filling in, and smoothing out, lines and wrinkles. They also reduce puffiness and dark circles around the eyes, tighten skin, diminish the appearance of cellulite, fade age spots and freckles, shrink pores, stimulate collagen production, and reverse scar damage. These procedures are safe, gentle, and painless, even on individuals with very sensitive skin, including those with rosacea.

INFRARED BODY WRAP SYSTEM (50 MINUTES)

Infrared heat that penetrates twice as deeply as other heat sources to target toxins and cellulite trapped in pockets below the surface of the skin. Formostar's deep heat therapy activates the function of natural enzymes and metabolism in the tissues, so you can relax, lie back, and enjoy your 50 minutes of burning calories and detoxifying your body.





Specialty Treatments

Something that you've always wanted.

TEETH WHITENING

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

PERMANENT COSMETICS

Wake up looking Great. No more smudged eyeliner. Offering eyebrows, eyeliner, full lips & liner.

SCAR CAMOUFLAGE

Recolors the area of damaged skin to match surrounding area's natural color.

TATTOO REMOVAL

Safe and effective, we have the fastest, most comfortable laser available to erase a mistake and make room for a new love!

FACIAL & LEG SPIDER VEINS

Lasers or sclero to eliminate small reddish-purple spider veins on the face, hands and legs.

LASER SMOKING CESSATION

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

Cosmetic Facial Treatments

Only the best for beauty and anti-aging.

BOTOX®

Look fresh and relaxed. Your friends won't know what you did, only that you look great!

JUVÉDERM®

Popular for its long-lasting results; fills in nasolabial folds and builds up cheekbones.

LIP IMPLANT

Makes thin lips normal, makes normal lips...WOW!

SILHOUETTE FACELIFT

Lunchtime lift for sagging jowls, lose 10 years in an hour.

FACIAL FAT TRANSFER

We can take your extra abdominal fat and transplant it to your face! Look 15 to 20 years younger in a few hours with a completely natural look that lasts for years.



Total Body Treatments

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 with fewer risks and side effects than traditional liposuction.

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.

MINI TUMMY TUCK

Remove that extra "baby" skin hanging below the belly button. Tightens up your stomach skin after losing 20-30 pounds



[www•AdLipoCenter•com](http://www.AdLipoCenter.com)

724-683-7581

Advanced Vein Center

**Pittsburgh Area's
Premier Vascular Lab
for Lower Extremities**

- Board Certified Physicians
- Covered by Insurance
- Walk out immediately



Advanced
VEIN CENTER
724-987-3220

Cranberry Township, Hopewell,
Moon Township, Chippewa, New Castle

AdVeinCenter.com