

Your Tri-County Resource Guide to Health and Beauty

Take One



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Hurtin' Feet

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FAQs

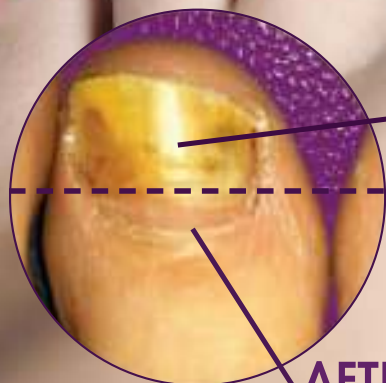
just for men
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12 LOCATIONS
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What is the V.I.P program? Body Beautiful has introduced a V.I.P. Program as a way to say *Thank You* to our clients. The V.I.P. Program is a 3-tiered process that lets you earn your way to better V.I.P. rewards. What are the 3-tiers of membership and how do I become a V.I.P. member?



Gold Member GOLD members get exclusive deals of the month. Members also receive **50% off** any new laser service and access to the V.I.P deals page. To become a GOLD member, all you have to do is fill out the V.I.P membership form and like two of our social media web sites.



Platinum Member Members of the Platinum status receive **60% off** all laser services. Members also get exclusive V.I.P. deals of the month. To become a Platinum member, you must be an existing Gold member, have completed two services and refer a friend that has a service done.



Diamond Member Members of the Diamond status are at the highest level and receive **70% off** all laser services. Diamond members get a member card, access to the V.I.P deals page, and more exciting rewards. To become a Diamond member, you need to be an existing Platinum V.I.P member, host a Spa party, or refer 4 friends that each have a service done.

How much does it cost? The program is **FREE**. It just takes a little effort on your part to move up in status. There are annual qualifications if you wish to retain status. There are two ways of retaining your membership status. The number one way is to LIKE three (3) of our sister companies' facebook pages and refer a friend.

Visit us at
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Everyone's lips are very unique. If you have thin lips, you may feel that you are not as attractive as someone that has full lips. It could be that over time your lips are getting thinner or perhaps you were born with naturally thin lips.



Lip Augmentation

by Tyler Newpol

At Body Beautiful and the Advanced Liposuction Center, you can get fuller lips through Lip Augmentation. There are two types of lip augmentation available: temporary and permanent.

Temporary – An injectable filler that is made from hyaluronic acid (which is nothing more than complex sugars that are naturally found in the body). The filler absorbs water, therefore plumping skin. Common hyaluronic acid fillers include: Juvéderm, Restylane, Prevelle, Perlane, Hydrelle, Radiesse, and Collagen. They are considered temporary because the procedure must be repeated every 6-9 months to maintain the lips' appearance.

Permanent – A lip implant called Perma Facial Implant. It is a revolutionary implant for your lips. The excitement surrounding this cosmetic enhancement has been overwhelming both in the U.S. and Europe. The implant is made here in the U.S. and consists of soft, solid silicone. The implant will not rupture, deflate or degrade over time. The implant is available in a variety of diameters and lengths to accommodate the uniqueness of your lip characteristics, tapering at both ends to conform naturally to the normal lip. One of the revolutionary things about this implant is, it's removable! Yes, even though it's classified as a



permanent lip implant, it can be removed at any time. The benefits of this type of lip augmentation are that it is natural in appearance, can be replaced for another size, or removed altogether.

Contact Body Beautiful for more information on temporary injectable fillers. Or, if you are interested in the permanent lip implant that is less maintenance than fillers, contact the Advanced Liposuction Center for a lip consultation. ☺

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Ear Lobe Repair, Belly Button Rejuvenation and More!

by Jill Cueni Cohen

"I had my belly button pierced and it got ripped out by a friend. Now have I an ugly scar where the hole was."



Are piercings a problem?

Infections, scarring, tearing of the skin... as body piercings become increasingly popular, so do the complications.

Cosmetic belly button surgery, or umbilicoplasty, is a procedure designed to improve the appearance of the belly button.

Extreme issues like the one illustrated above can be fixed with this procedure, as well as those piercings that have developed an unsightly skin 'hood' along the top of the belly button due to weight changes and pregnancies.

Once the belly button is repaired, the appearance of the entire abdomen and torso will improve.

Performed in less than an hour (using only local anesthesia) in the comfort of our office, there should be little to no discomfort after the surgery. You will be able to resume your regular activities in 24 to 48 hours. An umbilicoplasty can also be performed at the same time as a tummy tuck.



Are you EARRING impaired?

"I had a scarf around my neck, and when I pulled it off, my earring caught on it. Now my ear lobe is ripped, but not all the way through. What should I do?"

"I've been wearing heavy earrings for years, and now I'm paying the price. My earring holes have stretched so much that my earrings won't stay in."

There are actually a variety of procedures that can repair a stretched or torn earlobe. Oftentimes, this involves removing the split tract of skin, and then precisely repairing the edges by sewing them back together to achieve the best shape and contour. This can usually be performed by our doctor in under 30 minutes. There is minimal discomfort, and healing takes approximately one week.

Ear lobe stretching, also known as 'gauging,' has become a trendy form of body modification for both men and women. Popular with young people, the earlobe holes gradually increase in size until they become as large as a half-an-inch in diameter or more. But like most fashion trends, ear lobe stretching will go out of style, especially when the person begins looking for employment.

Call today, and we will schedule your appointment! 💕

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Labiaplasty

Finally, relief for a highly-sensitive problem

We shouldn't really be hesitant to discuss vaginal rejuvenation—after all, we're experts in revitalizing the body, head to toe. Like all other parts of the body, the vagina and the labia undergo changes during childbirth and aging, which can vary from slight to drastic, depending upon each woman's circumstances. Some women are just born with elongated, uneven or irregularly shaped labium. In certain instances, it can interfere with physical activities such as exercise or intercourse.

How it works

We're happy that we can offer relief, improve quality of life and restore self-confidence with our body rejuvenation program, which includes labiaplasty, vaginoplasty, ear lobe rejuvenation and belly button rejuvenation.

We begin with a confidential consultation, in which we determine the optimum corrective steps to take. All procedures are performed in our comfortable, state-of-the-art facilities by board-certified surgeons.

**Call for a free consultation
at 724-987-3220**

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AdLipoCenter.com

20555 Perry Hwy., CranMar Plaza
Cranberry Twp., PA 16066



Before-and-After pictures are everywhere; and when you see them, like most people, you're probably at least a little bit skeptical. After all, it's natural to wonder whether it's possible to actually get such great results.

OUR PATIENTS ARE LIVING HAPPILY EVER "AFTER"

Well, our patients know that it's possible - and great - to get such natural results! Whether they come to us for any of our numerous anti-aging, weight loss, or

laser treatments, varicose vein procedures, or cosmetic services, they're thrilled with the outcomes. What's more, in this issue of Living Body Beautiful magazine, we'll feature many photographs of these amazing transformations.

Of course, even though a picture may be worth a thousand words, we also have thousands of real-life "afters" walking around as testimonials; and that's something no words can equal!

Richard Fleis
Executive Editor



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



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.

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



Get Your Glow Back!

By Mark Fleis, M.Ed.

The science behind two of the most successful skin resurfacing devices.

We haven't found a fountain of youth, yet, but we're getting closer. We've come to a point where we don't even age the same, due in large part to the rapid advancement of technology in the health and beauty industry.

Technology has a way of making the impossible possible - and it's getting faster and easier. What's the best, fastest and easiest way to look seven years younger? To reduce deep wrinkles, remove fine lines altogether, tighten and plump the skin (almost) instantly? Thankfully, it's not an over-promising cream or supplement and thankfully not a complicated, risky or expensive surgery. With modern 3rd generation skin resurfacing devices, excellent results are achievable on any skin type in as little as one or two treatments.

Specifically, patients are getting superior results with Intense Pulsed Light (IPL), Fractional or Sublative skin resurfacing. While Intense Pulsed Light sounds similar to laser technology, the newer models are actually more advanced and IPL typically gets better results with less skin trauma. As the technology stands today, it's fair to say that fractional was the next logical step in using highly focused light to improve overall skin appearance, i.e. fractional laser treatments. Based on the number of units found in dermatologists' offices and medical spas, Palomar Icon is the highest-end system in use today, followed by the Syneron E-Matrix Sublative skin devices.

Here is how the healing power of light can help your body learn to heal or repair itself with additional benefits. Fractional and IPL can work together by creating micro traumas in the skin, at a cellular level. The differences lie in delivery of the focused light. All skin, and all skin conditions, are different at the cellular level, either they have different levels of pigmentation or a varying degree of fine lines or deep wrinkles. As such, specific wavelengths of light work much better than others on different conditions. While traditional surgeries and lasers typically take a "cut or burn it away" approach, IPL is able to change wavelengths on demand. Since the ideal wavelength for blemishes such as sun and age spots is much different than the wavelength specific to skin resurfacing (wrinkles, stretch marks, surface scarring, including acne scars) this adjustment feature translates directly into better results. IPL also gets excellent results on many types of "Red or Brown" pigmentations such as rosacea, spider veins, sun or age spots - in terms of versatility, adjustable wavelength is key!

Since IPL isn't laser light, it doesn't share one of the main drawbacks of lasers: small treatment area. The filter lenses of IPL devices allow for a much greater treatment area. By definition, lasers are very narrow. Clinically, this means that IPL treats larger areas more quickly, which limits skin trauma (mainly redness and swelling resulting in increased downtime). Remember that all photofacial devices work by creating microscopic skin trauma, so in general quicker treatment times equal better results. IPL also isn't a "hot" device, like most lasers: IPL uses a constantly moving beam which results in very little heat build-up. Again, this directly translates into improved results. ♡♡

Explore your options today — you've truly got nothing to lose but your wrinkles. Call us at **(724) 987-3221** for a no-risk consultation with a certified aesthetician.

Visit BBLMSpa.com for more information.

Meet Our Medical Staff



Dr. Mauricio Giraldo, M.D., F.A.A.C.S.

Specializes in minimally invasive procedures. He has a record of utilizing the latest technological advances to provide the best cosmetic results. These techniques are carried out through tiny incisions, or sometimes through no incisions at all. There are many benefits of this approach: to minimize scarring, shorten downtime, reduce costs, decrease pain and tissue damage, and to achieve better and more natural results.

Dr. Giraldo, M.D. did a General Surgery Residency at Allegheny General Hospital, Pittsburgh, PA. This was followed by UPMC, Pittsburgh, PA, Transplantation Fellowship, and BIDMC, Harvard Medical School, Boston, MA, Clinical Instructor in Surgery and Clinical Fellow in Transplantation.

BOARD CERTIFICATION and AFFILIATIONS:

Fellow of the American Academy of Cosmetic Surgery
American Board of Surgery
American Academy of Cosmetic Surgery
American Society of Cosmetic Laser Surgery
American Society of Liposuction Surgery
American Society of Laser Medicine and Surgery
American College of Phlebology
American Society of Transplant Surgeons
Society of Laparoendoscopic Surgeons
Harvard Medical School Postgraduate Association
American Medical Association



Dr. Timothy Kavic, M.D.

The Advanced Vein Center and Body Beautiful Laser Medi-Spa welcomes our returning vein surgeon and new Medical Director, Dr. Timothy Kavic, MD. He is a graduate of Meharry Medical College and did his internship and residency at Western Pennsylvania Hospital.

He is board certified in General Surgery and specializes in the treatment of:

Peripheral Vascular Disease (PAD, PVD)

Phlebitis and Thrombophlebitis

Varicose Veins Excision

Shaving, or Destruction of Skin

Debridement of Wounds, Infection, and Burns



Mark Fleis, M.Ed.

The manager at Body Beautiful Laser Medical Spa and an Internationally Certified Laser Technician. He is also a dedicated advocate for Pittsburgh Medical Mall, oversees all marketing, advertising, web content, patient consults, social media and staff training. He plans and organizes many events in and out of the community, including the famous spa parties.

Marcia Fleis Hale

She is a Permanent Makeup Specialist and Intradermalist at Body Beautiful. Marcia graduated with a Bachelors of Fine Arts and Humanities from SRU and Carlow College, and is an Art Teacher and Muralist for businesses and homes. View her portfolio www.thefineartsofbeauty.com or call 724.680.0048.



Aryelle Teimouri

She is the newest member of our team and Dr Teimouri's daughter; she is an alumni of Sewickley Academy and Quigley Catholic HS, and a graduate of Duquesne University with a dual major in International Business and Marketing. She started in high school and is learning all facets of caring for our patients' needs.

Jeff Houk, PA

He has 26 years of extensive experience in general ENT, Head and Neck Surgery, Facial Plastic and Reconstructive Surgery. He assisted in facelifts, blepharoplasties, brow lifts, nasoseptorhinoplasties, muscle plications, nerve grafts, head and neck cancer surgery with reconstruction. In addition to Botox® Cosmetic and Juvéderm® injections, other expertise includes 6 years of pain management experience evaluating and treating pain from a wide variety of causes.



Patty Jendrasik, RVT, RDMS

Patty had 16 years of experience as a Certified Ultrasound Technician for UPMC Magee and St Margarets in abdominal ob/gyn and Vascular before specializing in Venous Insufficiency 6 years ago with Vein Clinics of America. She was a Quality Control Committee member and PA Technical Director.

April Ritter, CLT

April is a Nationally Certified Aesthetic Laser Specialist with 13 years of experience. She graduated from Dubois Academy of Cosmetology then studied at PA Institute of Laser, getting certified in Laser Light Hair Removal and Skin Rejuvenation. She is also certified in Micropigmentation (permanent cosmetics) and Aesthetic Lasers and Light Based Procedures.





3 STEPS TO HEALTHY LEGS

by Dr. Christina Teimouri, DPM

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, 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.

Easy As
1-2-3

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



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 has 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.

Advanced Technology Keeps Her a Step Ahead

by Kathy Moran



* Meet Dr. Christina Teimouri, DPM

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 rated 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.

ESWT EXTRACORPOREAL SHOCKWAVE THERAPY



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. "Af-

LASER TOENAIL FUNGUS REMOVAL



ter 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."

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 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, eliminating 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,

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X-RAY



DIABETIC FOOT CARE



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! 🐾

WOUND CARE



**Beaver Valley
Foot Clinic**

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Brotox & Other Treatments for Men

by Angela Fleis Gatenby

LASER HAIR REMOVAL

Top 5 areas men should *not* have hair:

1. Hair coming out of a VNeck
2. Finger and hand hair
3. Hair in ears, nose or unibrow
4. Shoulder and back hair
5. Hair growing outside underwear lines

Increase your confidence! Our laser technicians can improve your appearance by removing unwanted hair. 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. Works great for ingrown neck hairs, and for those working in sweaty environments.



ACNE SCARS AND DEEP WRINKLE REDUCTION

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

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.



LIPOSUCTION

You've tried diet and exercise but can't seem to get rid of unwanted fatty areas on your body. Perhaps you have lived for years with a double chin, or love handles that appeared out of nowhere when you hit 40. With modern

liposuction, a procedure in which fat deposits are carefully suctioned out of the body, excessive fat deposits can be removed. This safe, cosmetic procedure can reshape those disproportionate or unsightly contours of the body. With an artistic eye and a careful attention to detail, our doctor will remove just the right amount of fat for natural looking results.



BROTOX & TEETH WHITENING

Yes men get Botox too! It's just not something we talk about. After all, up to 30% of those who get Botox are men. Facial Fillers like Juvederm for deep frown lines also take years off your face. Years of drinking beer and coffee can leave teeth looking yellow and dull. Here at Body Beautiful, we can reverse those years and get your teeth back to the way they were. Our ISO Certified Dental Laboratory developed in-office whitening system is safe, simple and effective. *Become a VIP and get half off teeth whitening.*

To thank you for your service, *our military receive 75% off laser hair services!*

Call Body Beautiful Laser Medi-Spa at 724-987-3221 or Advanced Liposuction Center at 724-987-3220 for an appointment today!



Looking Your Best All the Time!

Permanent Makeup
by Marcia Fleis Hale, Certified Intradermatist

Eyeliner

When we are in another's company, our eyes are the focus of conversation. We always want to "look" our best. At Body Beautiful, we can darken the lash line to produce a lush and full lash-line effect. This can be applied to either upper, lower, or both lash-line areas. Eyeliner, properly selected, takes the "tired and washed out" appearance out of our eyes, as well as the entire face. So sleep, swim, sweat, and shower away, and never worry about smeared eyeliner again!



Eyebrows

Is it hard to see in the mirror or draw a natural looking eyebrow line? Having a difficult time matching your hair color? An excellent alternative to applying pencil daily, permanent eyebrows are for individuals who have very light, thin, or no brow hair. Sparse hair is very common due to over-tweezing, medications, or aging. Eyebrows are a key feature of the face, so without them our ability to communicate is lost because our face appears expressionless.

Lip Liner

Did you know that in her lifetime a woman will have inadvertently eaten at least 7 tubes of lipstick? Permanent lip color won't fade, wash away, smear off, or stain your mans' favorite shirt. It can give the appearance of a more defined lip or even-out an asymmetrical lip border. Most women eventually want to have their whole lip colored in permanently, because it looks the most natural.

Lip Color & Lip Liner

This procedure is both lip color and lip fill. As time marches on, our lips begin to appear thin, irregular, and faded. Sun damage, medical conditions, hormonal changes, and tissue trauma all add up over time to contribute to loss of definition and natural color. Permanent Makeup application is an easy way to a more youthful appearance. The vermilion border (also known as the lip line) can be tattooed slightly outside the border to give the appearance of larger, poutier lips.

Eyelash Enhancement

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

Areolar Restoration

If you know someone who had a mastectomy, and you or your business would like to sponsor her areolar restoration, just visit and LIKE the Body Beautiful Facebook® page. Send us a message with your contact information (name and phone number). These women and their families have gone through so much to survive their battle with breast cancer. We can show our support by aiding to restore an integral part of a woman's body.



For more information or an appointment call 724-680-0048
www.TheFineArtsofBeauty.com

Help for Tired Achy Legs & Varicose Veins

By Dr. Christina Teimouri, DPM



Look Good
Feel Good



At the Advanced Vein Center we have well trained physicians and the latest technology to help treat:

- Varicose Veins of the Leg
- Spider Veins of the Leg or Face
- Breast Veins
- Facial veins of the Nose
- Bulging Veins of the Hand

Vein disease affects one in three people in this country over the age of 40 according to the American Venous Forum. Although men are also affected, because of hormones and pregnancy women are particularly prone to the aggravating symptoms of vein disease such as:

- Restless Legs and Night Cramps
- Itchy, Burning Legs
- Achy, Painful, or Weak Legs
- Swollen Ankles and Bulging Veins
- Tired, Heavy Legs or Charley Horses
- Blue Veins Under the Skin
- Bleeding Veins when Shaving
- Life-Threatening Blood Clots

Varicose and Spider veins are abnormal veins that are caused by a blood to leak backward on its way to the heart and pool in the lower under the skin. This swelling in the leg veins causes further damage, discolored and the skin can break down and ulcerate.

But there is help! You don't have to stand by (literally) and watch your legs deteriorate over many years. There are many simple office

procedures covered by insurance that can help to alleviate your pain and symptoms. With our early detection program, you can nip the problem early and save yourself years of suffering and embarrassment. Veins do not have to be visible or large to reflux and cause risk and symptoms.

Fours years in a row!



Without treatment, the bulging veins weaken and the symptoms will progress. You may see:

- **Ulcers** – especially around the ankle, which can lead to recurring infection
- **Venous Stasis Dermatitis** – brownish or reddish skin of the lower legs
- **Bleeding** – When bumping or shaving the leg
- **Phlebitis** – painful, red, inflamed, or blocked veins in the calves
- **Blood Clots** – may break off and go to the lungs (Pulmonary Embolus); this is a life threatening emergency

What our Board Certified Mds at the Advanced Vein Center can do to provide help and comfort:

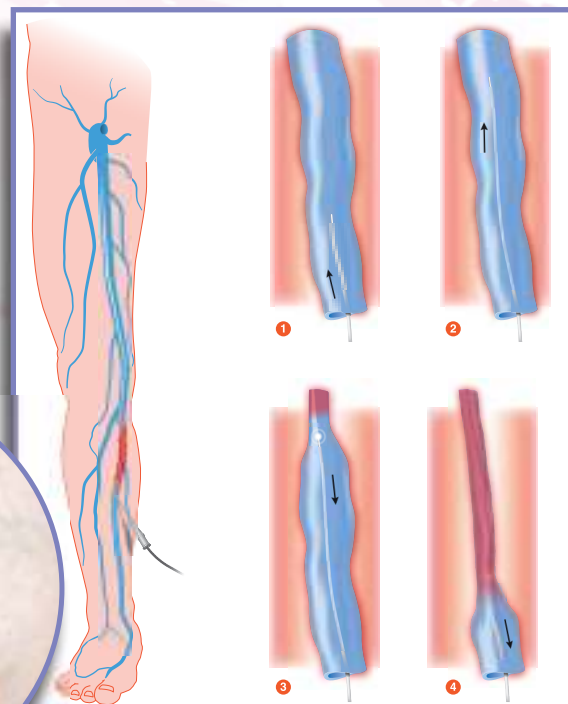
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With over 20 years of experience each, you are in caring, competent, and experienced hands. A very thorough and careful hour-long mapping and exam is performed on each leg, and your results are evaluated and discussed with you by a physician, (not a nurse or tech) who then creates a personal plan of treatment based on your specific goals and problems.

VENEFIT™ (formerly called Vnus Closure Procedure) – Using very safe and gentle Radiofrequency energy, it is the safest and most advanced vein ablation procedure that permanently closes problem veins. 98% effective, with walking and normal activity encouraged immediately after this simple 45 minute office procedure. One FAQ I often hear is, “What if I need that vein for my heart later on?” Cardiac surgeons can only use healthy veins, so abnormal leg veins could not be used anyway. Out of miles of veins in the body, we are only rerouting a few feet of damaged leaking vessels, and the healthy ones are spared. This is very similar to Endovenous Laser Treatment (EVLT) or laser vein therapy.

MICROPHLEBECTOMY – used for medium sized veins, large, painful, ugly, bulging veins on your legs can be easily and permanently removed in a simple office procedure. Covered by insurance as medically necessary, this procedure will help eliminate cramping, painful leg veins.



ULTRASOUND GUIDED SCLEROTHERAPY – tiny little injections of an irritating liquid or foam add the finishing touches to beautiful youthful legs. All those annoying itchy spider veins disappear in seconds right in front of your eyes. Guided by computerized color flow duplex Doppler ultrasound, this is the safest, most advanced sclerotherapy available today.

COSMETIC LASER – troublesome veins on your face, nose, thighs, calves, and ankles can all be zapped in a flash! Immediately see them disappear! We can remove single, tiny veins or large areas of vein networks in one sitting.



For more information and to schedule your personal evaluation and Doppler exam, call the Advanced Vein Center at 724-987-3220 or go to AdVeinCenter.com

TO FILL OR NOT TO FILL.... THAT IS THE QUESTION!



Botox, Juvéderm, and Restylane have established themselves as the industry leaders in wrinkle reduction and anti-aging technology. 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 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 telltale 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. In the hands of our well trained medical professional, 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.



What Botox® can't do, Juvéderm (usually) can, and it's become wildly popular. 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.

However, there are different formulas of Juvéderm to help reverse aging effects:

- JUVÉDERM® XC smooths out moderate to severe wrinkles and folds around the nose and mouth, like parentheses.
- JUVÉDERM VOLUMA™ XC injectable gel is the first and only filler FDA-approved to instantly add volume to the cheek area for up to two years!
- JUVÉDERM® ULTRA has lidocaine in the gel to make the procedure much more comfortable.

Juvéderm is 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 filler 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 infamous 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.

Ask our Physicians at Body Beautiful to pick the Anti-aging product that's right for you and your unique face! Call 724-987-3221 or go to www.bblmspa.com and become a VIP for extra saving. We are your only local Platinum Plus provider for Allergan products, the only Manufacturer of Botox®, Juvéderm (XC, Ultra, Plus, Voluma), Latisse and Physicians grade SkinMedica skincare products. ♥



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We all need a good dentist, whether we like going there or not. There are quite a few things that only a dentist should handle, like root canals, caps, crowns, scaling, and basic (and essential) cleaning performed by a trained hygienist.

Professional teeth whitening has reached a point where it's routinely done safely and effectively in the medical spa environment. Without an added cleaning, dental X-rays, and a \$500 price tag – and that's above and beyond the cost of the office visit itself. It's also worth noting that, no matter how good a dental insurance plan is, it likely won't cover teeth whitening or other cosmetic procedures.

Many dentist's offices use the Zoom® teeth whitening system. It achieves great results by using a 25% hydrogen peroxide gel which is applied to the teeth via a clear or translucent mouthpiece. A specialized high-intensity lamp is used to activate the gel, releasing oxygen, a highly effective bleaching agent. This free oxygen enters the enamel and dentin of the tooth surface, leaving the teeth uniformly whitened in a way that simply isn't achievable with home bleaching (and certainly not with whitening toothpastes!).

The good news? An equivalent service is available today, at Body Beautiful Laser Medi-Spa, for about \$50-\$150. It's really that simple. For a fraction of the cost and about 1/3 of the time commitment, results every bit as good as dental office whitening are easily achievable.

We invite you to call us and explore an alternative that's just as effective and much less expensive. Call today at (724) 987-3221. Get the white, skip the high prices!

Body Beautiful Laser and Medical Skin Center Pittsburgh, PA



Trusting Your Heart to the Best

By Dr. Steve Crotzer, DC

Choosing a cardiologist is a major life decision. It certainly meets these criteria: far reaching, not to be taken lightly, and your life may very well depend on it. While experience matters when choosing any doctor, literally this is the person you're trusting to care for your heart. In practice as a clinical and interventional cardiologist for 28 years, Dr. Santosh Pandit knows exactly what's involved in taking care of hearts (and the people they're housed in). "My method focuses on answering questions. Patients need to understand what's happening, and they need to hear this from me. New training causes young cardiologists to methodically complete protocols and procedures, forgetting there's a patient involved. You must sit down with them and answer their concerns and questions."

Dr. Pandit began his training at the Medical College of Nagpur University, India, finished his residency at University of Pittsburgh Medical Center, and completed a fellowship in cardiovascular disease in the prestigious Albert Einstein Healthcare Network in New Jersey. Board Certified by the American College of Cardiology, he holds the title of distinction - Fellow of the American College of Cardiology (FACC). He is additionally Board certified in Echocardiography and Nuclear Cardiology. At present, Dr. Pandit focuses on his private practice in North Hills of Pittsburgh, serves at the medical director of the Heart Lab at Genesis Medical, and is associated with both UPMC Passavant and Allegheny General Hospital.

"It is an important point to make that I focus on my private practice," says Pandit. "I treat patients at UPMC and Highmark, but I'm not their employee. Since very few people pay out of pocket for cardiac care, I do what it takes to work with as many insurance plans as possible (Highmark, UPMC, Aetna, Blue Cross/Blue Shield, and Medicare, to name the majors). Insurance will always play its part, but the

current climate concerns me. I hope that my cardiac patients do not stress and worry about whether or not their policy covers their medical care."

What exactly does an experienced Cardiologist do? According to Dr. Pandit, he practices the 'art and a science' of arriving at the right diagnosis, before moving ahead with treatment. "In addition to conducting a thorough patient evaluation, I incorporate the correct tests such as: EKG, Echocardiogram, Stress test, T.E.E., and or Angiogram - whatever is appropriate. There's no cookie cutter approach, and I do not like guesswork."

So what do cardiologists do when and if they have spare time? According to Sunita Pandit (his Practice Manager and wife of 34 years), "Lots of golf, cricket, and badminton—the club-to-ball sports. Also American football! I joined the Steeler widows club during his very first winter here. During his residency, he had come off a 24 hour ER shift, ate lunch while watching the game, and then at ½ time asked 'where is lunch?' – I kid you not!" Dr. Pandit is also a devoted family man in the truest sense of the term. "My mother has lived with us for 20 years — Wow has it worked out well for him, he gets the best Indian home cooked vegetarian food at home and delivered to him for lunch almost every day!" 🐾

Santosh M. Pandit, MD, FACC

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DIETARY HABITS	<ul style="list-style-type: none">• Low consumption of fruits and vegetables	<ul style="list-style-type: none">• Moderate consumption of fruits and vegetables	<ul style="list-style-type: none">• High consumption of fruits and vegetables
SUPPLEMENTATION	<ul style="list-style-type: none">• Irregular or no supplementation	<ul style="list-style-type: none">• Regular supplementation	<ul style="list-style-type: none">• Optimal supplementation
LIFESTYLE CHOICES	<ul style="list-style-type: none">• High Stress• High sun and pollution exposure• Smoker (including second hand smoker)	<ul style="list-style-type: none">• Moderate Stress• Moderate sun and pollution exposure	<ul style="list-style-type: none">• Low Stress• Low sun and pollution exposure

Renewing the Skin That You're In!

By April Ritter, CLT

Syneron Facial Therapy for Deep Wrinkles, Scar Tissue, Sunspots, Age Spots, and Acne Pitting.

How happy are you, honestly, with the face that you see in the mirror every day? The truth is that most American women aren't entirely pleased, especially when dealing with visible scars, acne pitting, sunspots, and the most severe cases of deep wrinkles. They would gladly take action to improve problem areas, and today there are more choices than ever before. As the health and beauty industry grows, the sheer variety of choices is often overwhelming: for many women (and men), the real issue has become choosing the right treatment for their specific skin issue.

This can be challenging even with the most common of skin complaints—think classic problem-area lines like crows feet, stubborn forehead wrinkles, acne pitting, and frown lines between the eyes. Botox? Juvederm? A series of microderm treatments, or complete laser resurfacing? (Hint: ask your technician—they do this professionally and have experience with

According to leaders in the field, Sublative therapy really works. Regarding severe acne pitting, Las Vegas dermatologist F. Victor Reuckl says this. "At least partial ablation will be necessary. I would recommend the eMatrix by Syneron. I've used this treatment for acne scarring with great results. Non-ablative lasers are too surface and won't be able to penetrate and treat the acne scars correctly, that's why you need something with a bit of ablation. However, ablative lasers have come a long way and eMatrix treatments only have 2-3 days of social downtime." Dr. Reuckl would know—he treats Vegas celebs and entertainers daily.

Here's the science behind how it works; and why Syneron is better than traditional lasers. Conventional laser treatments use highly focused light to heat the deep layers of the skin. This causes the deepest layers of collagen to contract, the sub-dermal layers that connect directly to the facial muscles. When you think of this deep collagen layer, picture how full and smooth a twenty year old's skin looks. This sub-layer collagen thins out and loses elasticity over time, resulting in the visible signs of aging.

With both laser and Sublative treatment, collagen production increases and existing collagen structures plump up and gain fullness, which results in a "lift."

When developing systems like Syneron, doctors recognized that radio-frequency energy could deliver the same lift-type results while completely bypassing the more sensitive (and visible) top layers of the skin. This accomplishes two impressive results: virtually no downtime as the skin heals, and the ability to treat all skin types with very little risk. Syneron sublative also has the ability to target much more accurately than laser heating. Using a real-time display, your tech can follow the contours of your deepest layers of skin, at the precise depth where this tissue

meets the facial muscles. As of right now, traditional lasers simply can't do this.

And the results? Simply fantastic across all skin types, especially with more complicated issues that come with lots of



surface damage—acne pitting, sun spots, and age spots. Even with deeper, more creased wrinkles, Sublative treatments deliver superior results by targeting the problem at its source. With as little as two days of downtime, Syneron Sublation is the clear winner with our clients.

This fall, give yourself the gift of younger looking skin, and confidence that comes with it. With Syneron sublative technology, it's never been safer, simpler, or easier. Since no single treatment is always the right for everyone, tell your technician exactly what results you're looking for. They'll guide you through your options and help you make the best choice for your individual situation. With Syneron Sublative therapy, be happy with the skin you're in. ♡



your specific skin type and individual issue).

The fact is that most treatments are effective on some women, some of the time, when performed as directed. However, more dermatologists and plastic surgeons today are turning to semi-ablative (Sublative) treatment options for stubborn problems that may have required surgery even five years ago. This is a quick look at what Sublative treatments like Syneron's eMatrix can do for you.



Call today for a
no-risk consultation.

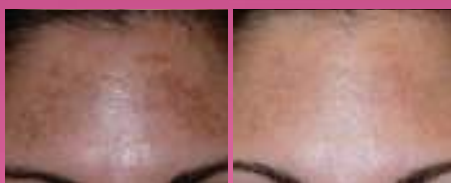
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Treatment Options	Treatment Benefits		Maintenance	Results
Ultrasound Facial	<ul style="list-style-type: none"> •Active Acne •Inflammation •Skin Tone •Moisture Retention 	<ul style="list-style-type: none"> •Circulation •Cell Regeneration •Decreases Unwanted Pigment & Rosacea 	Monthly	Immediately makes skin texture feel smoother and tighter for glowing skin tone.
Microdermabrasion	<ul style="list-style-type: none"> •Fine Lines •Age & Liver Spots •Scars 	<ul style="list-style-type: none"> •Rough/Dry Skin •Pigmentation •Sun Damage 	Bi-Monthly	Immediate skin texture improvement. Increases Collagen & Elastic Fibers Fibroblasts Cells.
IPL Photofacial	<ul style="list-style-type: none"> •Rosacea •Pigmentation 	<ul style="list-style-type: none"> •Spider Veins •Skin Tightening 	1-3 times, 4 to 6 weeks between treatments	Results start to show in a week. Reduction of visibility in blemishes and a boost in collagen production.
	<ul style="list-style-type: none"> •Stretch Marks •Scar Removal •Skin Tightening •Deeper Wrinkles 	<ul style="list-style-type: none"> •Under-eye Circles •Age Spots •Deep Pigmentary Abnormalities 		
Lamprobe Irregularities	<ul style="list-style-type: none"> •Skin Tag Moles •Angiomas •Acne pimples •Whiteheads 	<ul style="list-style-type: none"> •Brown Spots •Cholesterol Deposits •Broken Capillaries 	As needed	Immediate removal of Damaged skin cells.
	<ul style="list-style-type: none"> •Cuts, Bruises, Aches, Pain & Sprains •Diabetic & Post Surgical Wound Care •Tendons 	<ul style="list-style-type: none"> •Knots •Overextended Ligaments •Sciatica, Bulged or Degenerative Discs 	As needed	Can immediately feel help with surface level tissue, broken skin and acute injuries.
More Lasers	<ul style="list-style-type: none"> •Body Contouring •Birthmark Removal •Nail Fungus Laser 	<ul style="list-style-type: none"> •Laser Hair Removal •Active Acne •Reduction 	3 times or more	Treatment outcomes will vary per patient.
Medical Peel	<ul style="list-style-type: none"> •Hyper Pigmentation •Active Acne 	<ul style="list-style-type: none"> •Overall Rejuvenation •Scars 	4 to 6 weeks	Strength of treatment will further Individual results.
	Medical grade product to protect and improve skin tone, texture and appearance.		Daily	Protect Your Treatments Investment.

* Additional benefits may be achieved by combining treatments. A consultation will provide further detailed information.



Pre-treatment Post-treatment



Pre-treatment Post-treatment



Pre-treatment 8 weeks Post-treatment



Pre-treatment Post-treatment



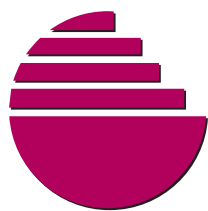
Pre-treatment Post-treatment



Pre-treatment Post-treatment

The remodeled collagen fills in wrinkles and sagging, for overall skin tightening. You may experience lingering warmth, tightness, or redness in the treated area, which fades within a few hours of treatment. Because so much of the skin is unaffected by the light pulses, there is a quick healing process. Generally, you can receive a treatment and go back to work or to other activities without any recovery time. A series of treatments at 4-6 week intervals may be required to achieve the desired result of smoother, tighter skin in the face, arms, abdomen & other areas.

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Stress Fractures

Two different patient types:

Profile 1: The “Female Athlete Triad”: low body fat, irregular menses, osteoporosis

Profile 2: Over 40 years, sitting or standing job, start walking to lose a few pounds

Symptoms of Stress Fracture

Most common stress fracture accounting for less than 25 percent of all stress fractures in the body are metatarsal stress fractures. These causes pain and swelling in the top of the foot below the toes. After increasing the intensity or amount of exercise you may feel pain or tenderness while standing or walking. Runners may feel severe pain when starting their run that may ease, but experience severe pain toward the end or after running. Pinpoint tenderness and bruising are common.

Cause:

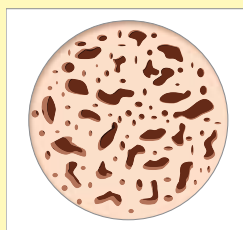
Stress fractures often are the result of increasing exercising too rapidly. Muscles become fatigued and can't absorb the shock. They then transfer excess stress to the bone creating a tiny crack. People with rheumatoid arthritis, osteoporosis, or diabetic neuropathy are at particular risk

On X-ray Stress fractures may show:

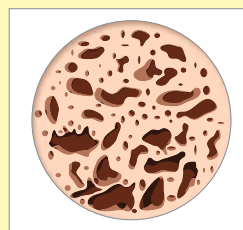
Signs of stress fracture on radiograph can vary anywhere from cloud-like mineralized bone, to periosteal callus formation with or without a fracture line, to a through-and-through fracture. Often signs don't appear on x-ray for 2-3 weeks and

STAGES OF OSTEOPOROSIS

NORMAL BONE



OSTEOPOROSIS



SEVERE OSTEOPOROSIS



may show flaky patches of new bone to ‘splint’ the cracked bone and try to protect it. It may appear as only a white sclerotic line, or never show at all.

Treatment of stress fractures:

DO: See a Podiatrist and get protective footwear

DO: rest sufficiently between activities or cross train (swimming or cycling)

DO: eat properly including Vitamin D and Calcium supplements if you are at risk

DO: wear a supportive hard soled shoe (no ballet flats or flip flops!)

DO NOT: continue exercising despite foot pain

DO NOT: discontinue your cast too early; the #1 risk of a stress fracture is a previous stress fracture! Healing often takes 4-8 weeks, but may take as long as 4 months to completely resolve.

Our main objective is to help you return to all the activities you enjoy. Following your doctor's treatment plan will restore your abilities faster and help you prevent further problems in the future. ♥♥

www.bvfootclinic.com

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Laser Hair Removal

State of the art lasers equal superior results

By April Ritter, CLT

In modern society, looking good has become a big deal for both men and women. This is obvious for actors, actresses, and models, but almost anyone will benefit from a smoother, younger look—whether it's getting a promotion, looking perfect for a wedding or reunion, or even getting a date this weekend.

It's also safe to say that people have always had a conflicted relationship with their hair. On the scalp, body, or anywhere else, hair care is a huge part of the health and beauty industry—in 2009, over 1.3 million laser hair removal treatments were performed in the US, and this number has almost certainly grown. Today,

the equipment and technology behind laser hair removal has advanced so far that treatment is quicker, safer, and more comfortable than ever. With state of the art lasers, it's become nearly perfect.

Lasers began being used extensively for hair removal treatments in the mid 1990s. Since then, two major advancements have driven their explosive growth—adjustable wavelength lasers, and skin cooling systems. Ultimately, this means fewer treatments, little discomfort, and outstanding results.

Almost all laser hair removal systems work on the same principle. A high-intensity beam of light, whether continuous or rapidly pulsed, penetrates the skin and heats hair follicles. This destroys the follicle—and no more follicle means no more hair growth. As the equipment improved, it became much easier to deal with the central problem behind laser hair removal:

destroying the hair follicle without damaging the surrounding skin.

Early, first-generation lasers didn't do this very well. These single-wavelength devices could achieve excellent, permanent results, if your skin was the perfect match for the laser in question. Not all laser light frequencies heat and destroy different sizes of hair follicles equally well. They also don't distinguish between pigments, whether they're in the follicle or the surrounding skin. A first gen, single-wavelength device could overheat and destroy pigment in the skin, resulting in skin damage and less than perfect results.

With modern laser technology, it's possible to remove unwanted hair almost anywhere on the body, safely, effectively, and permanently. If this is a treatment you've been considering, you're running out of excuses! Now is the perfect time—call us today at **(724) 987-3221** for a free, no-risk consultation. Look and feel your best, at any age. ❖

New Sublime Laser to Reduce Wrinkles!

By Christine Smith, CLT

At Body Beautiful Laser Medi-Spa, it is our pleasure to give you a 5 STAR experience. We are regarded as leaders in our field, we're never satisfied with the status quo. Having the latest, state-of-the-art equipment, upgrading our techniques, and having specialists with unparalleled expertise is why you should choose Body Beautiful.

How it works

Elos Technology -Bi-polar radiofrequency and light energy combine to heat the skin, stimulating new collagen growth, reducing fine lines and wrinkles, making the skin appear tighter and smoother. It uses infrared (700-2000 nm) and bipolar radiofrequency heating the skin approximately 4 mm deep.

Benefits are accumulated by layering treatments 4 weeks apart. By heating the layers of skin gradually with a few passes, the skin will tighten and smooth out with each treatment, usually 4-5 total but varies patient to patient.

The Sublime treatment is great for people who would like a non ablative procedure with no down time. Deeper wrinkles would be better treated with the subablative Ematrixhandpiece.

Q. What results can I expect from the Sublime treatment?

A. *You will see improvement on sagginess in the face and neck. The skin texture can also be smoothed out by the firming effect of the treatment.*

Q. Is Sublime safe on all skin types?

A. *Yes Sublime is safe on all skin types for sagginess and loss of elasticity.*

Q. Is Sublime FDA cleared?

A. *Yes Sublime is FDA cleared.*

Q. Will this treatment be painful?

A. *Sublime treatment is a virtually painless and quick treatment for skin contouring, tightening and wrinkles. It is gentle with no downtime. You can resume daily activities immediately after. The tip of the laser is chilled to provide maximum comfort and safety.*



Q. Are there any side effects?

A. *Typically you will have some redness, which usually dissipates quickly. A little swelling may occur and could last up to a few days to a week. All Side effects should be discussed prior to treatment.*

Q. How much does it cost?

A. *Treatments are customized to each individual's needs. Call to schedule a consultation. ❖*

www.BBLMSpa.com
724.987.3221

Turkey Neck? Silhouette-thread lift is the answer

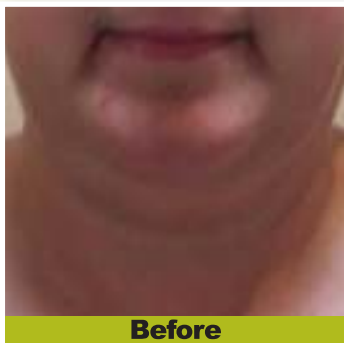
Some ladies (and men) might be OK with a few grey hairs and a slightly fuller figure. There's not much that a good suit won't can't minimize, and a bit of grey just means you're accomplished and experienced, right? Unfortunately, there's no such silver lining to a saggy neck, hanging cheeks, and an angry looking, turned down mouth. This is commonly known as "Turkey Neck," and it doesn't flatter anyone.

Fortunately, cosmetic surgery today is barely recognizable from the rather crude procedures of yesteryear. Now there's a minimally invasive permanent solution for your unsightly turkey neck, and it's surprisingly affordable.

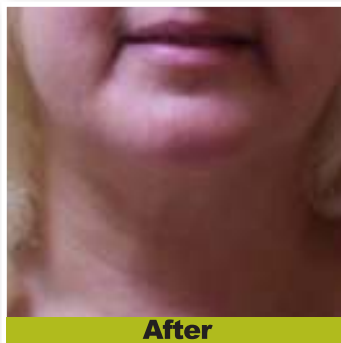
The Silhouette thread-lift procedure is so refined it's nearly perfect. It's also the ultimate "stealth" procedure. If you want your friends and family to think the new you is down to yoga and lots of water, this is for you. While the thread-lift does offer immediate improvements in appearance, it truly comes into its own in the following weeks as increased collagen production "sets" the face into its new normal.

Thread lift? The concept is so new that it

definitely requires some explaining. Developed for use in patients with facial paralysis, surgeons immediately recognized its cosmetic value. Basically, a specialized "thread" is used to quite literally lift sagging cheeks and neck skin. It looks like a ten inch piece of clear fishing line with ten small "micro cones" set along its length.



Before



After

It's made of the plastic polypropylene (again, just like modern high tech fishing line), which is ideal because it's completely neutral and can't be rejected by the body in any way.

Want more? The entire procedure is routinely done in under 45 minutes, in office. Complications are very, very rare.

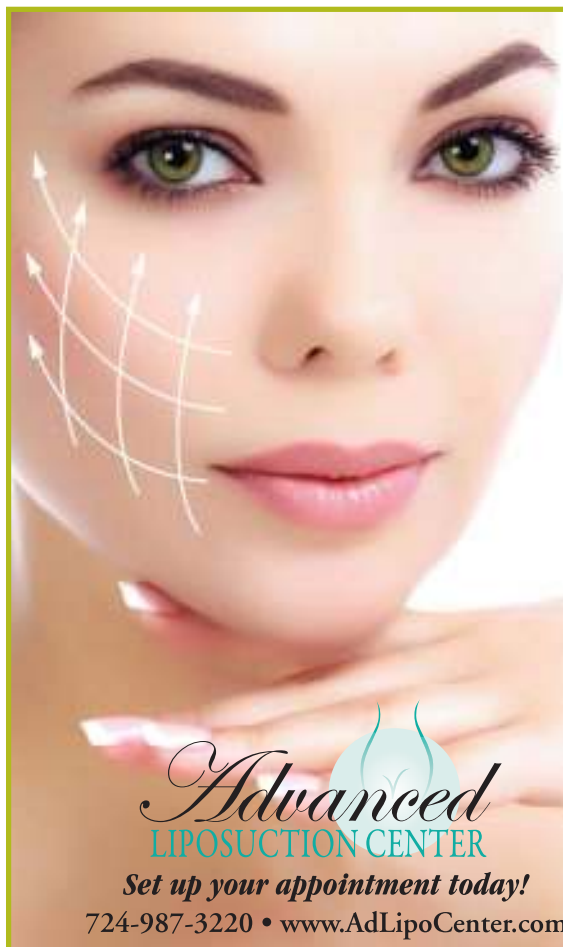
There's also the stealth bit, which is perhaps the most unique benefit and can't be overemphasized: as the skin and muscles of the face become accustomed to their new position, lots of new collagen is produced. This translates into gradual yet dramatic results over the next six weeks—people will notice, but won't know exactly why you're looking so good. After all, you're probably not walking around showing everyone side-profile before and after pictures.

Please don't take our word for it. If this seems too good to be true, check it out yourself online (search Silhouette, thread lift, turkey neck before and after). Why wait, especially when a procedure as stunningly effective and elegantly simple as the Silhouette thread-lift is widely available. Call us today at 724-987-3221 and explore your options. Ditch that turkey neck for good, you're worth it! ♥♥

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What is Nutational Infrasonic Liposuction?

The Permanent Answer to Stubborn Belly Fat & Love Handles!

By Dr. Steve Crotzer, DC

Tired of your excess belly fat, or that pair of love handles? If you are, the data indicates you aren't alone: in 2006 precisely 403,684 people underwent liposuction in the United States. Of these procedures, the vast majority were done to remove abdominal and flank fat. If over 400K people underwent liposuction to correct this problem, just imagine how many tens of millions are affected, but haven't acted yet!

The reasons for considering liposuction to remove large amounts of fat are many and varied — achieving a younger look, boosting self-esteem, or the fact that diet and exercise sometimes aren't enough, just to name a few. Fortunately, the sheer number of procedures performed in recent decades has brought the technology to a point where it barely resembles the crude, invasive procedures of the 1990s and early 2000s.

This article offers an in-depth look at the current state of the art in high-volume fat removal, Nutational Infrasonic Liposuction® (NIF). It is also known as hi-definition liposuction, or informally as "tickle lipo" based on how the procedure feels, as only local anesthesia is needed. Our own Board Certified Cosmetic Surgeon uses NIF as his first-line technique, and encourages anyone thinking about liposuction to seriously consider this option. Our doctor trained under Dr. Jean Malak, inventor of the NIF procedure, says "the better outcomes my patients receive are because of the techniques made possible by my understanding and use of the Nutational Infrasonic Liposuction® System, which is already a popular form of liposuction in Europe."

Here's how it works, how it achieves superior results, and why it's simply a better technology. While no procedure that breaks the skin and removes fat can be described as "pretty," early generation techniques were particularly crude. Several things were commonly done in obsolete procedures, all of which added risk and couldn't ensure the best results.

Early liposuction was very true to its name — lipo (fat) suction (pulling away with a vacuum action). Large amounts of a saline/anesthetic fluid were injected into the abdomen, to plump the area as well as deaden sensation. Then several incisions were made so that a cannula (blunt surgical tube), often of surprisingly large diameter, could be inserted through the skin. Then, the fat was literally ripped away from the inside of the abdomen, often resulting in a "lumpy" finished look. The chance for complications was much greater, as the suction cannula removed not only fat but blood vessels, nerve fibers, lymph channels, and connective tissue — all things that have an important job to do, and belong inside the abdomen.

NIF operates on an entirely different principle, one that has proven superior to traditional lipo in virtually all respects — results, safety, the ability to remove large amounts of fat in a very targeted manner, a very low risk of complications, and minimal recovery time (sometimes as short as 18 hours). The primary breakthrough technology responsible for these properties is the "I" in NIF, which stands for infrasonic. In this case, infrasonic refers to the specific frequency at which the improved, more slender suction tool vibrates during the procedure. Also note that the cannula used in NIF is much slimmer and smaller than the ones used in older liposuction systems, meaning that much smaller incisions are used.

The real magic behind NIF lies in this vibrational frequency. This allows the treatment instrument to actually emulsify the fat. This is what makes NIF a revolutionary advancement — the fat is literally liquefied before being gently removed, WITHOUT damaging blood vessels, nerves, or any of the important structures listed above. Beyond the obvious, this directly translates in to better results by making a few key improvements possible.

The first is the added ability of our surgeon to truly sculpt the abdomen. With virtually no tissue damage, fat can safely be removed precisely where desired. This also allows the procedure to reach the deepest layers of abdominal or love handle fat, right down to where the fat joins the underlying muscle tissue.

The second breakthrough is also a function of the vibrating instrument. The same vibrations which liquefy fat also stimulate collagen formation in overlying skin. Collagen is the protein which gives youthful skin its fullness and elasticity. In terms of results, this can cause significant skin tightening, further toning the abdomen. ♡

It isn't an exaggeration to say that NIF has changed the liposuction procedure for good. If you are seriously considering lipo to manage your belly or love handles, you owe it to yourself to see what Nutational Infrasonic Liposuction® can do for you. Call us today at (724) 987-3221 for a complimentary, no-risk consultation. Your new, slimmer, toned abdomen awaits!
www.AdLipoCenter.com

Natural Breast Augmentation - is it for me?

If you have been considering implants for a one to two cup size increase, natural breast augmentation is a more natural alternative. Women normally lose volume after breast feeding and aging. This is a way to take your own body's fat stores and safely and permanently transfer them to your breasts. No need for silicon or saline which often need to be replaced every ten years.

Fat from areas of the body resistant to dieting and exercise such as abdomen, thighs and love handles are gently removed. The cells are collected and concentrated, and only the fat richest in stem cells is reintroduced into places nature left you lacking - be it the breast or butt. This no-scar approach allows for the highest survivability of the transferred cells, giving you a natural looking permanent breast increase that doesn't interfere with mammograms. ♡



Brazilian Butt Lift

**"My butt is too flat."
"I want a round and prominent butt."**

The Brazilian butt lift is a type of butt augmentation procedure which results in youthful, prominent, perky buttocks and a more sensual body profile. People of all ages are having the butt lift procedure.

The buttocks are first contoured by performing liposuction in the areas around them, to make them stand out more.

Common areas liposuctioned include the back — directly above the butt — the stomach and the thighs. Note that even the liposuction alone will give your lower body a more attractive look.

After removing fat from selected areas of your body and purifying the fat, the doctor re-injects selected donor fat cells into your buttocks. The procedure is designed to fill the upper quadrant of your buttocks so that the butt appears lifted and perky. The resulting effect is that the woman appears more attractive and sensual. ♡



"I just wanted to let you know about my fantastic experience with my Lipo procedure! I can tell you it was the **BEST THING I HAVE EVER DONE!** I had my procedure done and it was so easy! I decided to watch my diet because I never wanted to have that saggy tummy again. After 2 months, I started doing 30 minutes of light exercising and I bought new clothes! I went from a size 10 to a size 0 in 4 months! I now have the body that I had as a teenager and I'm 34 years old! This has affected me in more ways than I can say. I am confident about my body again and it has made me feel good about myself. My husband, family, and friends have all noticed the positive difference in me not only physically, but emotionally. Thank you for everything!" ~ Tracy L

"I had Lipo done on my lower/upper abdomen as well as my love handles. **I COULD NOT BE HAPPIER** with my results, but the entire experience was so overwhelmingly positive I just had to share... I am one month out from my surgery and after the swelling diminished, I have lost 5 pounds and 1 dress size. I'd say I lost about 2 inches from all the areas I had done. My workouts are so much more rewarding to me now..." ~ Dina M.

"My chest and the abdomen have always had excess fat and I was embarrassed about it when I had my shirt off. I had dieted and exercised, but it never made a real difference in the specific areas where I had the extra fat. I am a Marketing Executive. I wanted my liposuction done in a place that was reputable. Where the people had experience, and where I could have liposuction by the safest method. I think custom acoustic liposuction is the safest way to go, and that I would be able to return to work in a reasonable time frame. Dr. Giraldo and his staff were excellent. They were very friendly and supportive. They were very professional and gave me all the information I needed to make an informed decision. I would recommend them highly. Now I feel much better, **MUCH MORE COMFORTABLE ABOUT THE WAY I LOOK.** And it also has inspired me to lose weight, and to work out and exercise more than before. People tell me that I look really good; that I look younger, and that I appear to be in much better shape than before. Thank you Advanced Liposuction Center staff." ~Tim V., age 38

A Smoother, Fuller Face with Natural Fat Grafting

As we approach 40 (or 50 or 60), who doesn't want a more youthful face? Natural aging happens to everyone, and a regimen of sunscreen, high-quality hydrating lotion, and good nutrition only goes so far. In the last 30 years, the traditional, surgical facelift is still seen as the most complete solution. It's also the most invasive, with the largest chance of undesirable results and outright surgical complications — it's certainly the most drastic solution, and the most expensive, not to mention the downtime.

There's another solution that has been proving itself effective for many women (and men). As liposuction techniques improve and more patients are getting this improved lipo, surgeons have literally been transplanting the removed fat tissue to other areas. When the transplant area is the face, this is known as autologous facial fat grafting, and it's rapidly becoming a go-to procedure among newer plastic surgeons.

Also known as facial fat rejuvenation, free-fat transfer, micro-lipoinjection, and fat-injection, it's often simply called "grafting." All of these terms refer to the same procedure — the only variation is the location from which the fat is harvested. Patients often bundle grafting with minimally invasive vibro or "tickle" liposuction. Other patients simply have a small amount of fat removed from the abdomen, since it's the easiest source area (Note: autologous grafting is also getting great results when fat is transferred to the breasts and buttocks).

The term "autologous" means that the tissue used comes from the patient's own body. As a plumping, injectable filler, your own fat is almost perfect. There's virtually no chance of rejection-type reactions, and the look is very natural. With the most current harvesting methods, additional benefits are achieved.

Today's grafts use super-purified fat that contains many naturally occurring stem cells. Live fat tissue is used, and is put through a system to remove excess liquid and dead cells. When this purified fat and stem cell mixture is injected, it is naturally accepted back into the face. It quickly establishes its own blood supply thanks to the stem cells, and achieves the most natural look possible. This simply isn't possible with the traditional facelift surgery.

It's also worth noting that downtime is minimal. This is a same-day, outpatient procedure — if done on a Friday, patients are typically back to their normal routine by Monday. The after-care can be as simple as applying an ice-pack to control the usually minimal swelling. Again, this isn't achievable with a typical surgical facelift.

Talk to our professionals when looking at your options. The ideal grafting candidate is healthy, has no pre-existing medical conditions, and has realistic expectations — remember that this procedure isn't a nose-job, and won't fix baggy skin under the chin. It's a good idea to do your own research, and bring a list of questions to your appointment. As always, it's important to choose the right surgeon. During his fellowship at UPMC, our doctor trained extensively in tissue transplantation — experience matters, and he's performed many procedures on many satisfied patients. If you're considering a facelift, you owe it to yourself to check out this alternative. Call us today at (724) 987-3221 for a no-risk consultation. 💕



Say Goodbye to Batwings

Arm Lipo and Skin Lift Combo Treatment

If you've looked at your flabby, sagging arms and thought twice about wearing a sleeveless shirt, you can probably relate to the term "batwings." These baggy, fatty pouches are an extremely common part of the natural aging process. They're also incredibly resistant to diet and exercise. Significant weight loss can make them even worse, because when arm fat is lost, jiggly skin flaps remain. Fortunately, modern plastic surgery has caught up with the problem, and batwings can now be a thing of the past.

A Brief History of Liposuction

1999 was the year that liposuction went mainstream. In the mid 1960s, surgeons and dermatologists began to seriously consider surgical fat removal as the "holy grail" of plastic surgery. In theory, the idea is perfect: simply go in and remove unwanted fat, as if it were a bad gallbladder or an inflamed appendix. The reality wasn't so simple. Fat contains many small blood vessels and nerves, and existing technology couldn't avoid



damaging them as the fat was removed. Even as "modern" high-suction techniques came along that literally vacuumed out excess fat, these procedures offered questionable results and safety.

Fast forward to the mid 90s, and ultrasound-assisted liposuction. Also known as acoustic or "tickle" liposuction, this technique uses a specialized probe which vibrates at a high frequency. This effectively emulsifies, or liquefies, fat cells with minimal damage to surrounding tissues. The trick lies in the frequency of the vibration—fat liquefies at a specific threshold, and can then be safely suctioned away. This is true modern liposuction, with far fewer complications, 48 hour recovery times, a great safety record, and fantastic results. 💕


Acoustic Lipo-Tuck for Batwings

Acoustic liposuction has been the gold standard for abdominal, buttock, and thigh lipo procedures for years. It's simply a superior all-around technique. When used in combination with "tuck" type procedures, there's virtually no limit to the problem areas it can improve. In the classic "tuck" technique, sometimes referred to as skinplasty, portions of baggy skin are removed and sutured back together for a better, tighter look. As modern plastic surgeons say "If you can pinch it, we can fix it." In terms of batwings, think of this approach as tummy-tuck for the arms, with added liposuction to complete the effect. The technical term for this procedure is brachioplasty with liposuction.

It does bear mentioning that these complications are very rare, and scarring is typically minimal. As with any cosmetic surgery, it's important to have realistic expectations. For example, this approach will almost certainly get rid of your batwings, but it won't add muscular definition—this can come after the procedure, with a basic exercise routine for the arms, chest, upper back and shoulders.

Choosing a Surgeon

Overall, 15 years of improvement in liposuction techniques mean that more fat cells can be removed, with less blood loss and tissue damage, less discomfort and much less risk. Recovery periods have also been reduced drastically (as short as 48 hours before a patient can return to light activity). Even so, surgical expertise is essential, as this isn't just a simple lipo procedure. Regarding the combined approach, Newport Beach plastic surgeon Dr. Amy Bandy says "the expertise of the surgeon is primary."

All of our staff surgeons are certified by the American Academy of Cosmetic Surgery, American Society of Liposuction Surgery, and The American Medical Association. More importantly, they've performed this particular procedure many times and achieved uniformly excellent results. Call The Advanced Liposuction Center today at (724) 987-3221 for a free, no-risk consultation. Say goodbye to your batwings for good! 



What You Can Expect

As with any surgery, careful consideration prior to the procedure is essential. The following are common reasons why you might want to consider the upper-arm tuck and liposuction combo:

- You've lost a lot of weight, but are left with redundant upper arm skin in the triceps area.
- You're an adult with significant upper-arm skin laxity due to aging.
- You are in good overall health and don't have any medical condition which results in excessive bleeding or impaired healing.
- You're a non-smoker.
- You are committed to a healthy lifestyle including diet and exercise.

Fortunately, this procedure has a longstanding track record of great results. It's also an extremely safe procedure, but still carries a low probability of complications, just like any operative procedure. You'll go over these during your consultation:

- Bleeding and infection
- Hematoma or seroma formation (a collection of fluid under the skin which may require drainage or other removal)
- Scarring of the skin
- Damage to underlying structures
- Unsatisfactory results which may require additional treatment



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Inverted Nipples: The Surprising Facts & What You Can Do About Them

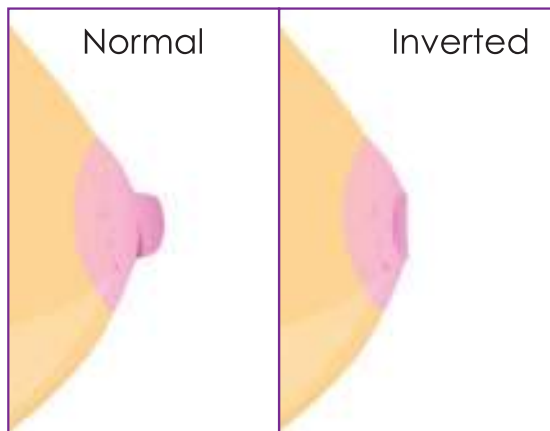
If five women read this article, there's a good chance that one of them has inverted nipples. While the other four may have never heard of this (it's not a common topic of discussion after all) it's a fact that this condition affects about 20% of women to some degree. That's 800 million women, and this would be a purely cosmetic issue if it didn't have legitimate medical consequences.

Unless you're in that 20%, spend a lot of time around pregnant and nursing women, or grew up with lots of sisters, you've probably never even thought about inverted nipples. After all, many women are understandably self-conscious about this surprisingly common condition. Basically, it's exactly what it sounds like: the nipples are, to a greater or lesser extent, retracted into the surrounding areolar tissue. In severe cases, they're entirely hidden.

This condition has many causes, which isn't surprising given its prevalence; include heredity, pregnancy, a complication of breast feeding, a natural consequence of aging, breast cancer (carcinoma), trauma, massive weight loss, and infection. Difficulty or impossibility of breast feeding is by far the biggest medical consequence of inverted nipples. Also, realistically,

they're hardly flattering, whether you're in a sheer bathing suit, or less. Now there's a better solution. Modern techniques are able to release the connective tissue fibers which "hold the nipple back." Once these fibers are severed, special dissolving sutures are used to hold the nipple in a more forward position while healing takes place. Since only one small incision is used, scarring is very minimal—even better, the natural texture and color variations of the areola further hide scarring. Overall it's a win-win, and it can't be overemphasized a woman's ability to breastfeed is preserved in nearly all cases.

It bears mentioning that this procedure has proven itself safe and effective over thousands of patients. If this has you thinking about your own nipples, don't wait. Call (724) 987-3221 for a no risk consultation. ♡



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From Adolescence to Menopause and Beyond: Comprehensive Gynecology Care

By Dr. Steve Crotzer, DC

After 15 years of practice, Dr. Preeti Divekar knows that the highest quality gynecological care is highly individualized, specifically tailored to each patient. "It's certainly true that every woman is unique. It begins by talking with the patient, listening, and building that long-term relationship. The relationship is essential to understanding a patient at every stage of her life." Indeed, Dr. Divekar has built a practice around the woman-to-woman approach—as she puts it, "A woman is much more comfortable talking to another woman about her personal issues."

Having studied at Seth G. S. Medical College, one of the premier medical institutes in India, and West Virginia University, in Morgantown, Dr. Divekar now practices at her independent office location in Pittsburgh. Affiliated with both UPMC Passavant and Magee Women's Hospital, Dr. Divekar puts much of her passion and energy into her private practice. She is board certified in Obstetrics and Gynecology by the American Board of Obstetrics and Gynecology.

Dr. Divekar offers all of the standard Gynecology treatments and screenings that women everywhere have come to expect (and more), ranging from routine gynecology care for teenage girls to menopausal ladies. She has special interests in PCOS, hormonal imbalances, menopause, uterine prolapse, ovarian cysts, fibroids treatment, infertility, hysteroscopy and laparoscopy surgeries, office procedures and minimally invasive vaginal or laparoscopic hysterectomies. She also takes ultimate care in helping women through

the delicate problems of sexual dysfunction in young as well as menopausal patients.

"There's a solution to most of the problems. I take a special interest in giving individualized care to my each patient." Preferring the least invasive procedures is only part of what makes Dr. Divekar one of Pittsburgh's elite. What truly sets her apart is an integrative and holistic approach—the vast majority of Ob/Gyns simply are not trained for this. The emphasis here is on the word integrative—supplementing traditional, scientifically proven medical techniques with a whole-mind-body-spirit approach whenever needed. For example, understanding food allergies such as gluten

sensitivity and stress reduction play a large part in women's health, and it's widely known (if not widely put into practice) that diet has an effect on a woman's hormonal balance. Dr. Divekar is Diplomate of American Board of Integrative and Holistic Medicine.

At Dr. Divekar's private practice, the process begins with the cornerstone of modern gynecology, the comprehensive women's visit and she provides aesthetic medical care. She offers specialized skin care treatments for Acne, Hyperpigmentation, Anti-aging and wrinkles with PCA Skin Peels and Masks and other skin treatments. 🦋

"What truly sets her apart is an integrative and holistic approach..."

Divekar & Associates

Preeti Divekar, MD, FACOG, ABIHM

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TOP 5

Reasons to remove a tattoo

Tired of hiding your tattoos? We are here to help! In hindsight, regrets are easy to come by, but we all have them – Ex boyfriends/girlfriends and poor decisions. Thanks to cutting edge laser treatments it's inexpensive and fast to remove a bad tattoo or an ex's name from your skin. The specialists at Body Beautiful Laser Medical Spa stay on top of new methods and have multiple techniques for tattoo removal. The old way of removing a tattoo, including surgery, skin grafting, and cryosurgery, where they actually freeze the skin first, still exist - but that all seems extreme. Lasers are becoming more popular in the area, with spas readily available and procedures done in-office.

Want to cover up with more pristine art? Tattoo artists agree, fading your

old tattoo makes it easier for the new piece. So if you decided the elaborate dragon tattoo or simply "MOM" isn't as great of an idea as it once was today, lasers may be worth looking into.

If more tattoos are on your mind (most people can't stop at just one), do your next one right, and get Permanent Hair Removal first (e.g., on the back, for guys, or the lower leg, for women), so the hair follicles do not distract from the artwork. ♀

Got it because of peer pressure

5

Memory of ex-girlfriend/boyfriend

1

Unhappy with quality or fading

4

Covering up with another tattoo

3

Employment & Military opportunities

2



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Birthmark Removal

by Dr. Steve Crotzer, DC

Why cover up that birthmark when you can safely and easily have it removed? Using Q-Switch technology, it's possible to get rid of pigmented birthmarks for good.

As skin resurfacing lasers have improved, permanent removal of unsightly birthmarks (including port wine stains) is now possible. Q-Switch is a very short wavelength laser, delivering extremely focused energy. In an in-depth article, dermatologist Noah Scheinfeld, M.D. mentions Q-switch specifically: "Q-switched lasers are considered by some authorities

to be the lasers of choice for pigmented melanocytic processes (birthmarks).

Q-switch works by breaking birthmarks down into smaller particles that are absorbed or exfoliated away. According to Dr. Scheinfeld's article, Q-Switch is superior because of its extremely short wave-length. This targets pigments specifically, making it much gentler on surrounding skin.

For Pigmented birthmarks, Q-Switched lasers are a more intelligent solution. Call today at (724) 987-3221 for a free consultation—put Q-Switch technology to work for you. ♀



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

Is There a Cure for Toenail Fungus?

By Dr. Christina Teimouri, DPM



"I'm very clean...how did I get these disgusting nails?" is a question that I hear every day. Fungal infections of the nails are not related to personal hygiene. Every person in the world has fungus living happily on their skin, which usually doesn't cause a problem. So, no, ladies, sorry—this time you can't blame your husband for contaminating the bed or the shower and giving you those thick, ugly nails.

An injury to the nail bed is the most common factor in causing fungal infections. Younger patients ages 15 to 45 who are athletic, such as runners and tennis players, may have chronic repetitive injuries from their nails jamming in their shoes. Other patients may have experienced one big injury that badly damaged the nail all at once, such as opening a door onto the nail, someone stepping on it or dropping something heavy on it. When this happens, the nail gets lifted, and fungus gets underneath it into an area of the body that is normally protected. It may lie dormant for years or the nail may start to discolor very quickly.

Fungus is opportunistic. As the body's natural immunity diminishes after age 65, fungus slowly starts to take over nails—this is in addition to increased incidences of poor circulation either from smoking, diabetes, high blood pressure, cancer or many other chronic diseases.

Whatever the reason, we now have many treatments to cure nail fungus that really work! 🦋

What treatment is right for you?

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

2. Topical Treatments: Antifungal creams work for athlete's foot, but not on a fungal infection in the toenail. Over-the-counter creams are not able to penetrate the nail plate. Your podiatrist's office offers topical treatments that contain ingredients that are able to carry the medication through the nail in order to reach the fungus. It may take four to six months to notice a difference.

3. Antifungal Nail Polish: Covering a nail with polish traps moisture under the nail, and fungus thrives in warm, moist environments. A dozen colors of antifungal nail polish are available in our Beaver Valley Foot Clinic and Body Beautiful offices.

4. Oral Medications: The most commonly prescribed oral medication, Terbinafine (Lamisil), is for thicker nails not responding to other treatments. This medication

gets to the root of the nail through the bloodstream and allows the nail to grow out healthy and clear of fungus. One tablet is taken daily for at least three months, and liver enzymes are monitored throughout treatment.

5. Surgical Removal of the Nail: For a recurring or severe-stage fungal toenail, surgical removal of the nail might be an option. The thickened fungal nail can be removed and a medication applied below the cuticle to permanently kill the root. This simple effective treatment is the only permanent solution to resolve this problem—no nail, no fungus.

6. Home Remedies: There is no scientific evidence that Clorox, vinegar or Vicks VapoRub effectively cure fungus. There have even been chemical burns caused by soaking feet in bleach.

7. Periodic Debridement by Your Podiatrist: Regular nail trimming by your foot doctor is the most common treatment for nail fungus and is recommended for diabetics, those taking blood thinners and elderly patients with poor circulation. When the nails become so thick and deformed that it hurts to wear shoes, this service (which is covered by most insurance companies) is recommended, especially for those who may not be able to heal properly if they injure themselves with home treatment.



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Heel Pain and Plantar Fasciitis

By Dr. Steve Crotzer, DC

It shouldn't hurt to get out of bed in the morning. When you put weight on your feet and it causes severe heel and foot pain (and this pain is present to some extent throughout the day), you're probably dealing with plantar fasciitis. Fortunately it's a very easy diagnosis to make. Even more fortunately, it's a condition that's matched with an almost perfect, permanently effective treatment – Extracorporeal Shockwave Therapy, or ESWT.

Plantar Fasciitis. Plantar, meaning the bottom of the foot. Fascia, meaning rope-like or band-like connective tissue found throughout the body. "Itis," which is the medical suffix which refers to painful irritation. The plantar fascia is found directly on the bottom of each of your feet, and provides a soft tissue connection between the heel bone (calcaneus) and your individual toes.

The main problem in treating plantar fasciitis is the fact that we walk a lot almost every day. This means that the tissue is constantly being irritated and re-injured. To further complicate this, patients tend to have days where the pain isn't bad, resulting in a false belief that the condition is improving. This leads to overuse, which leads to worsening symptoms. It's the textbook example of the vicious cycle commonly found in so many musculoskeletal injuries.

It's really an ideal solution. During treatment, a little ultrasound gel is applied to the heel, and a specialized treatment device is held under the heel. You'll hear a clicking sound, and in about 18 minutes per foot, you're done. Most patients develop minimal post-treatment swelling and possibly pain for a few days after the procedure. Since the procedure is done under ultrasound guidance, your podiatrist can literally see which parts of the plantar fascia need treatment. Patients don't even have to stay off of their feet, and the vast majority of patients experience complete, permanent relief after a short healing period. There's no catch, and no "ifs" or "buts" – with very simple after-care, ESWT cures plantar fasciitis. Also note that ESWT gets great results on other fascia and tendon injuries, such as tennis elbow. Ask your podiatrist.

There's simply no reason to put up with this painful condition when action is so easy to take. ESWT is the best kind of treatment – a simple solution to a complicated problem. Call us today at (724) 375-1577 for an appointment. We'll discuss your options and guide you to the most effective treatment, but if you've got the heel pain associated with plantar fasciitis, chances are ESWT is right for you. 🦋

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Bever Valley Foot Clinic 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 ESWT 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 a while, 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

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



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Got Warts? New improved Treatments

By Dr. Steve Crotzer, DC

Ironically, there's never been a better time to have warts. Thanks to newer treatments and medications, removal is now easier, safer, and less painful than ever before. If you're tired of your warts—whether they're painful, have started to spread, or are just ugly—here are some of the newest, most effective options. These simple, same-day outpatient treatments feature virtually no down time, and leave little to no scarring.

Sometimes confused with corns or calluses, warts are actually a viral infection of the skin (HPV, or Human Papilloma Virus). They generally have a hard, flat surface which can have several pinpoint spots of black at the center. When occurring on the bottom of the feet they are known as plantar warts, but can be found on all parts of the foot. Since the virus needs to get under the skin through a small crack or tear, warts are very common among runners and active teenagers and children.

Surgery (Curettage)

This minor surgical procedure is still a popular and effective option. Using a small, edged spoon-shaped instrument called a curette, a podiatrist literally scoops the wart tissue away. This is done under local anesthetic.

Laser Treatment (Q Switch or 1064 Laser)

As with many undesirable skin issues, modern skin resurfacing lasers can help remove warts relatively quickly and without surgery. Q Switch and 1064 lasers offer the best results. Like all lasers, short pulses of highly focused light burn away the target tissue on the surface of the skin—whether it's a wart, a sun-spot, or even a hair follicle when used for permanent hair removal. Lasers work by cutting off the blood supply to the viral tumor (wart) and causing it to die; however, multiple treatments are required for complete eradication.

Topical Medication (Cantharidin)

For the most stubborn, treatment resistant warts, the liquid medication cantharidin is highly effective. Known by the brand-names Cantharone® and Cantharone Plus®, this is literally purified bug-juice—the chemical cantharidin is naturally produced by species of blister beetles. As a defense mechanism, these desert insects can spray attackers with a stream of blister causing fluid. When used by podiatrists, purified, concentrated cantharidin is “painted” onto the wart surface. This causes the skin under the wart to blister, lifting it off the skin. When the blisters dry, the wart comes off with the blistered skin. This can be accomplished in a single treatment, although sometimes several are needed to achieve results on larger or older verucca.

Important Don'ts!

Never use duct tape, pumice stones, emery boards or pick at warts. These can all spread them, both to yourself and others in the family. Another very important note is once one child or adult in the family has warts, carefully check the feet of everyone else as they tend to spread very easily.

For more information, diagnosis or treatment call *Beaver Valley Foot Clinic* at 724-375-1577 or for warts on places other than the foot call *Body Beautiful* at 724-987-3221 ask for an appointment with Jeff. 🦋

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Is There a Pebble in Your Shoe?

by Dr. 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.

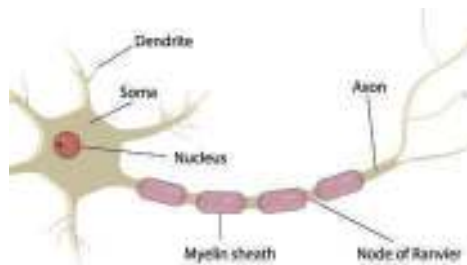
The doctors at Beaver Valley Foot Clinic are using a new technology to replace surgery called Cryotherapy. In as little as a six-minute office procedure that only requires a Band-Aid as a dressing, you can continue your regular activities the same day and shower the next morning.

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, Christina 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. 🦋



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Bunions

Bunions are among the most painful common foot problems that, left untreated, can develop blisters, corns and ulcerations.

What is a bunion?

Usually hereditary, a bunion is a large bone on the side of the big toe that is angled outward with the big toe turned toward the other toes. It may feel sore and stiff at the joint, or become swollen, red and callused, or even affect your walking.

How are bunions treated?

As a podiatrist at Beaver Valley Foot Clinic I can diagnose a bunion. We will X-ray your foot and examine the angle of your bones. If bunions are mild, they can often be treated by wearing wider shoes or by placing padding in your shoe. However, if the problem is severe, you can schedule a simple, one-hour outpatient procedure that can have you back into your shoes within two to six weeks. You'll be able to walk immediately, but will have to wear a special shoe for several weeks. ☞



Hammertoes

What Is A Hammertoe?

A hammertoe is a bent "buckled" toe. Once arthritis sets in, the hammertoe rubs against shoes and causes painful corns and calluses on the affected toes. Hammertoes are usually aggravated by ill-fitting footwear, such as high heels, or in older patients by a weakening of the toe muscles that keep toes straight, allowing them to curl up. Eventually, a hammertoe can cause your whole foot to suffer, including the ball of the foot. Men can develop them too.

How Are Hammertoes Treated?

Your podiatrist will evaluate your toes and let you know which treatment is best for your situation. Sometimes, hammertoes can be treated using home remedies, like using corn pads or wearing wider shoes that allow your toes extra room. However, if the damage becomes severe, hammertoes can be fixed with a simple, minimally invasive, 15-minute office procedure. The toe's contracted tendons are reduced, the deformed knuckle is removed, and the toe is straightened. ☞

.....

If you think that you're suffering from bunions or hammertoes, call Beaver Valley Foot Clinic today. Don't walk around in pain—painful bunions can be treated through simple surgery, and you'll be up and walking within days!



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Wound Care

Non-healing wounds, diabetic ulcers and circulation problems

Life is complicated enough without having to deal with non-healing wounds. For most of us, it is something we take for granted — blisters from poorly fitting footwear or a cut on the leg simply go away. For a surprising number of people however, they don't. If you have this surprisingly common problem, or perhaps know someone with diabetic leg sores that won't heal right, then this article is for you. It'll cover some basics about non-healing wounds, but more importantly we'll go into what can be done to solve the problem.

According to the CDC (Centers for Disease Control) about 11% of Americans over 20 and 27% of those over 65 have some type of diabetes. This means that about 30 million people over 65 have such a diagnosis. If only 10% of these people have the non-healing wounds that often complicate diabetes, that's about three million people. This is a conservative estimate, and that's just for people with diabetes.

As we've hinted at above, people with diabetes are perhaps the biggest population that deals with chronic foot wounds and leg ulcers. Wounds need a good blood supply to heal, and diabetics often have circulation problems. Either lots of the small arteries carrying blood to an area become clogged up, or the veins that drain blood away become enlarged and inefficient (varicose). Think of it like this—if lots of the pipes going into your house are clogged or leaky, then the rooms furthest away from the water main will have the worst flow.

Venous ulcers are probably the most common chronic wounds seen at Beaver Valley Foot Clinic. They occur in patients with a history of blood clots and vein problems, including varicose veins and venous insufficiency (slow, sluggish blood flow back up the legs as blood returns to the heart through veins).

On a similar note, diabetes can cause foot neuropathy (loss of sensation, or altered sensation), and peripheral vascular disease as we've talked about before (basically poor circulation). This causes diabetic foot wounds, which happen when a patient isn't feeling continuous trauma from badly fitting shoes, improper weight bearing, or even a pebble caught under the foot.


Bed sores are another common type of non-healing wound. Also known as pressure ulcers, these can happen whenever a part of the body stays in a single position for a long period of time. For example, people who spend lots of time in wheelchairs, or patients who are literally in bed for weeks following surgery. In both cases, long-term pressure on an area



reduces blood flow and can result in chronic wounds.

Venous Doppler ultrasound will display the blood flow in your veins using colors on a computer display — red for forward flow, blue for backward. This is often a good place to start. Color Doppler can also be used to look at blood flow in the arteries, all the way down to the toes. If varicose veins turn out to be the underlying problem, the solution can be simple and permanent. In our offices, we use the VNUS® closure procedure. This is an outpatient procedure that has helped millions — be sure to ask about it.

As for other treatments for chronic wounds, we've literally got you covered. Sometimes only simple topical dressings like gauze and ointments are enough, when used correctly. More complex systems include "silver" dressings that can remain in place for a week under compression. For even harder to heal wounds, Apligraf® is being used with much success — this is made from actual healthy human skin cells, and has proven particularly effective in long-standing diabetic wounds. A similar cell-based product is Dermagraft®, made from sterile connective tissue cells called fibroblasts. This can heal even full-thickness diabetic foot ulcers that have gone unimproved for six weeks.

So why should you choose Beaver Valley Foot Clinic over similar facilities? Chronic wounds need to be treated professionally, and Dr. Teimouri DPM has the expertise that can only come from (20) years of experience. Our specialized staff has seen an enormous number of patients, many with problems just like yours. Call Beaver Valley Foot Clinic today for a no-risk consultation. Chances are we've got a solution that will work for you. Stop worrying, take action, and get out there and enjoy the active life you deserve. 



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Help for Painful, Numb & Tingling Feet

by Dr. Christina Teimouri, DPM

Diabetic & Non-Diabetic Neuropathy

The most common complication of diabetes is neuropathy. Unfortunately, even with your blood sugar in good control, neuropathy may occur. In fact, over time, this will occur in up to 50% of diabetics. Once diabetic neuropathy occurs, it almost always gets worse. Neuropathy is the leading cause of the ulcerations and infections that occur in the feet, and with advanced cases, amputation.

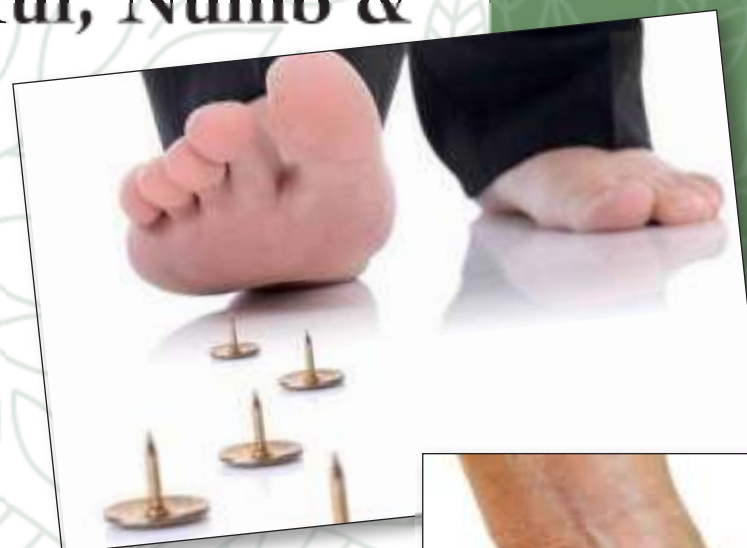
Patients suffer from nerve damage for many reasons — chemo, B-12 deficiency, diabetes, and even radiculopathy. Nonsurgical options can be performed to reduce pressure on the nerves to relieve the burning, tingling and pain and in many cases to restore sensation to the feet.

Of course, if one waits too long to save the nerve, recovery may not be possible. If you already have ulcerations on your feet, or have lost toes, then very little sensation may be recovered because the damage to the nerve has become irreversible. We have other ways to protect you at this point.

Who is a Candidate for this Type of Procedure?

The ideal candidate for surgery to restore sensation and strength is the diabetic who is beginning to experience numbness and tingling in the feet, who may have noticed changes in the shape 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 instruction is given to the patient in terms of daily inspection of the foot 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. There are some medications that can be given to relieve the discomfort of the neuropathy on a temporary basis. And of



neu·rop·a·thy

/n(y)ŏoräpəTHē/

noun: neuropathy

n. disease or dysfunction of one or more peripheral nerves, typically causing numbness or weakness.



course, you must be sure that your blood sugar level is the best that it can be.

If the sensory loss progresses to the point where you have numbness and tingling throughout the day or it even wakes you up at night, then you may be a candidate for surgical decompression of your nerve. The ideal candidate does not wait until there is no feeling left or until there is already an ulceration present. The ideal candidate seeks consultation while there is still time to reverse the damage to the nerves. ♡

To find the best treatment options for your individual neuropathy
Call Dr. Teimouri DPM at the
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Strains, Sprains, Bumps and Bruises: Sports Injuries in Young Athletes

By Dr. Steve Crotzer, DC

If you're the parent of an active boy or girl, you probably know the drill. Its 5:30, and the kids will be back from practice soon. You just got back from work yourself and are putting together a quick dinner when your son limps through the door. "Hey Mom, I just sprained my ankle, I don't think it's broken, though."

Unfortunately, injuries are an unavoidable part of youth sports. Even so, it's worth it. Athletics have a proven track record of getting kids in the habit of life-long physical fitness, and instill values like discipline and teamwork. Since sports have essentially become an important extension of school for many kids, the real question becomes this — what do I do when my kid gets injured? Here's some info on some of the most common sports injuries that you might already know a bit about, along with a few ideas you've probably never been exposed to.

The Basics:

Sprains, Strains, and Overuse Injuries: These are extremely common injuries, and many people think that they're the same thing—they're not. A sprain is a ligament injury. Ligaments are the tough, fibrous bands of connective tissue that join bones together at joints. The classic example is a sprained ankle—your little athlete takes a bad step, rolls her ankle, and experiences pain, swelling, redness, and (hopefully not) a weakened joint that will sprain more easily next time. It all depends on the severity of the sprain.

Strains are a muscle injury. Most people think of this as a "pulled muscle." In all cases of a true strain, some muscle fibers are torn, and not in the good, constructive way that happens during exercise.

Typical overuse injuries include tendonitis and stress fractures. These can be simple and self-limiting, but can be surprisingly complex as well. Here's some food for thought—Why did my son/daughter develop a stress-fractured heel, when his/her team-

mates didn't? The possible answers are many and varied, and it's best to let a professional handle this (Hint: for foot and ankle issues, talk to your podiatrist).

The Treatment:

For mild to moderate sprains and strains of the ankle, your podiatrist is probably the person to see. Acute treatments range from simple wrapping and taping to rigid boots that off-load weight from the ankle. Use a

common sense approach—if you think that there's more damage than a simple twisted ankle or a pulled calf muscle, then consult a professional. Here's more to think about: if symptoms persist after the initial healing phases, it might be a good idea to seek out a podiatrist.

These professionals deal with these issues daily, and have Web MD beat, every time. More severe sprains and strains will probably require imaging such as MRI to rule out worst-case scenarios. Again, it's better to be safe than sorry.

Here's a perspective on sports injuries that you probably haven't heard about—RICE v. MEAT for the acute care of sprains and strains. RICE stands for: Rest, Ice, Compression, and Elevation. MEAT stands for Movement, Exercise, Analgesics (non-NSAID pain medications like Tylenol that don't reduce swelling), and after-injury



Treatment.

While RICE has been the gold-standard of care since 1978, more and more front-line healthcare professionals are moving towards the MEAT option. It's a medical fact that injuries require proper blood flow to heal, and that ice, compression, and elevation reduce this flow.

This can lead to improper initial healing. It's also a little known fact that NSAIDs (non-steroidal anti-inflammatory medications) can reduce healing at the cellular level, especially when overused. Especially if your favorite go-to sports injury pro is more "new-school" in their thinking, you may have just saved your son or daughter from a frustrating sequence of re-injury. Check out RICE v. MEAT on the internet: there's a lively debate going.

Always remember, that unless you treat sports injuries professionally, it's best to consult someone who does. "It's better to be safe than sorry" is the rule when it comes to your young athlete's health. Stay safe, train hard, but above all, have fun! If you have questions about your child's foot or ankle injuries, ♥♥

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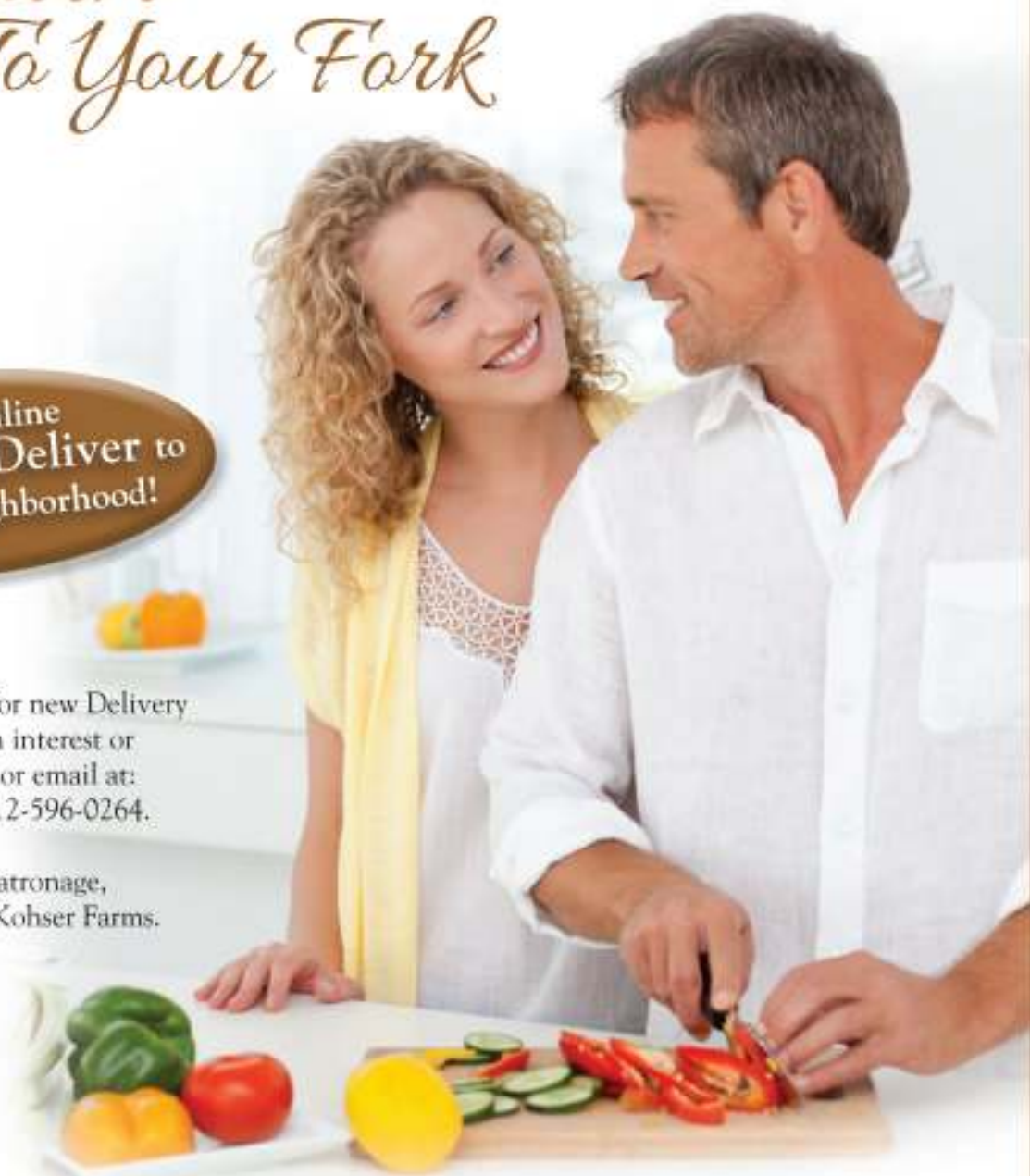


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TREATMENT FOR THE TROUBLED SOLE

— ORTHOTIC INSERTS FOR FOOT PAIN MANAGEMENT.

Foot pain isn't normal. If it isn't debilitating – and for a surprising number of people it is – you might be able to limp through the day with Advil™ or Aleve™, or by simply getting off of your feet for awhile. If your thinking is along the lines of "I'm just getting older" or "this is what I get for running cross-country in high school," remember: foot pain is not normal, and often conservative treatments work better than invasive options like surgery.

If you're sick and tired of putting up with foot pain, see a podiatrist. It's simple: if you've got a toothache you go to a dentist. For foot or ankle pain, you go to a podiatrist. Unless you've come to your podiatrist for something specific like diabetic foot care, wart removal, or a serious ankle sprain (or break), there's a good chance that your treatment plan will include orthotics.

Orthotics are semi-rigid shoe inserts that support the foot and correct for the specific mechanical issues of each foot, while making the weight-bearing characteristics the same for both feet and compensating for unequal leg length or over pronation.

A word about pre-made "drug-store" inserts – they're cheap, but usually don't resolve the problem. At best, they might offer partial relief, at worst they might make

your symptoms worse. Additionally, many pre-made inserts are "floppy," not semi-rigid. These gel-type inserts provide shock absorption, but so do good running shoes. In general, mass produced inserts completely ignore problems of foot and gait mechanics.



One notable exception is the PowerStep™ brand. They are pre-made, but have many of the characteristics of custom orthotics. They're semi-rigid, provide excellent arch support, and each pair is designed to fit one shoe size, as well as accounting for narrow or wide foot width. They aren't the type that require "trimming down," which usually don't end up fitting properly. As a daily wear option, PowerStep™ is a good solution for many patients.

Athletes and people who exercise at moderate to high levels almost certainly require custom-fit orthotics. The mechanics of running, jumping, and quickly stopping are drastically different from walking. When in doubt, go custom. Is reducing or eliminating your foot pain worth the time to visit your podiatrist and get doctor recommended orthotics? ☞

IF YOU HAVE FOOT PAIN REGULARLY, ASK YOURSELF THE FOLLOWING QUESTIONS TO GET A BETTER IDEA IF ORTHOTICS WILL HELP:

- *Does one of your shoes wear out quicker than the other?*
- *Do you have chronic knee or low back pain that isn't easily explained?*
- *Do your toes not point straight ahead, or perhaps point in slightly different directions?*
- *Do your feet feel "uneven" when you walk?*
- *Do the arches of your feet seem flatter than other people's, or are they absent altogether?*

If any (or most) of these apply to you, consider orthotics, because they're often the easiest and most efficient solution.

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K-Laser for Healing and Pain Relief

Cold laser for muscle and tendon pain by Mark Fleis M.Ed.

K-Laser is a Class III Cold Laser used to relieve inflammation and aid in the healing of soft tissues like ligament, tendon, and muscle. The "cold" in cold laser means that it doesn't generate the high levels of heat typical of the more powerful Class IV lasers used in surgery and hair removal. Cold lasers are unique in being among the very few treatments that help ligaments and tendons heal – these types of connective tissues have a very poor blood supply, and thus heal very slowly (or not at all).

Put simply, cold lasers like K-Laser speed the healing process (and reduce inflammation) by helping the cells in the injured tissue produce more energy. This happens at the sub-cellular level, in the mitochondria where ATP (a cellular energy chemical) is produced. With more energy available, tissues perform energy-intensive activities such as healing and getting rid of inflammation much better. A secondary effect of cold laser therapy is increased blood flow to the injured area. This helps reduce inflammation and "washes away" metabolic waste.

K-Laser protocols consist of about ten treatments, sometimes more or less as needed. Treatment is typically painless, with many patients reporting a warm, pleasant feeling. The actual laser light looks like a (very) large red laser-pointer. Sessions are typically six minutes long. K-Laser is extremely versatile, with many different settings designed to penetrate different tissue types like plantar fascia, necks, backs, shoulders, elbows, knees and more. ☞

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STRESS FRACTURES & BROKEN BONES

Whether you're a 40ish woman who has just started a walking program, or a seasoned runner we will help you return to the activities that you enjoy.

ANKLE SPRAINS

Can 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.

PLANTAR FASCIITIS AND HEEL SPURS

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

CORNS AND CALLUSES

When a toe rubs against a shoe and the skin thickens, it can be painful and may even become infected; we can permanently remove them with a simple procedure.

TENDINITIS

If the bump on the back of your heel is being irritated by your shoes, or your arch flattened, or you sprained your ankle, we can help to heal your Achilles, and other tendons, quickly.

MORTONS NEUROMA

Mimics 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.



SPECIALTY SERVICES

LASER

This safe, effective anti-fungal laser successfully eliminates unsightly nail fungus and warts as well.

ESWT

(Extracorporeal Shock Wave Therapy) a gentle, 18-minute, office procedure that greatly relieves heel pain.

CRYOTHERAPY

Effectively relieves pain and inflammation by "freezing" heel pain, neuromas, Achilles tendinitis, and fibrous foot tumors.

ORTHOTICS AND ARCH SUPPORTS

Often covered by insurance with a prescription. Off the shelf for \$30-40.

TOENAIL SERVICES

LASER TOENAIL FUNGUS REMOVAL

Removes ugly brown and yellow spots, and reduces thick nails safely and effectively.

THICK, PAINFUL, OR CRUMBLING NAILS

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 care for and clear up your nails.

INGROWN AND INFECTED TOENAILS

Caused by improper trimming, inherited nail deformities, injuries, fungal infections, or pressure, a simple, 5-minute office procedure will permanently fix this problem.



SURGICAL SERVICES

BUNION AND HAMMERTOE SURGERY

If wider shoes aren't giving you relief, a simple, outpatient procedure can have you back into your shoes in 2-6 weeks.

RADIO FREQUENCY (RF) TREATMENTS

Remove small skin tags, tumors, and ingrown nails. Radiowave surgery minimizes burning of tissue and reduces trauma, which hastens recovery.

FOOT TUMORS AND GANGLION CYSTS

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.

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.

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.

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KIDS' CARE

WARTS

The virus invades your skin through small cuts or breaks, usually on the bottom of the foot. We have many simple office procedures that will remove them quickly and painlessly.

FOREIGN BODIES

Broken glass, wood splinters, and more, can be comfortably removed with the aid of advanced imaging techniques.

SPORTS INJURIES

Football, Baseball, Soccer, Track, Basketball same day diagnosis and treatment.

FLAT FEET

Detected early, the problem can be treated with arch supports, or braces, to shore up the tendon and prevent further complications.



*Beaver Valley
Foot Clinic*



DIABETIC SERVICES

DIABETIC NAIL CARE AND FOOT EXAMS

Prevents complications 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.

DIABETIC SHOES

Often covered by insurance, help to prevent blisters and corns and keep feet free from infection.

WOUND CARE

For fresh and long term wounds caused by poor circulation, vein swelling, diabetes, blisters, calluses, punctures, cuts and burns. We keep wounds free of dead skin and infection to promote healing.

SKIN GRAFTS

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

BURNING, TINGLING AND NUMBNESS

Painful symptoms of Diabetic Neuropathy in the feet and legs; if this unpleasant condition is affecting your life, we have new treatments that may help.

PLATELET RICH PLASMA (PRP) THERAPY FOR HEEL PAIN OR WOUNDS

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.



DIAGNOSTIC SERVICES

IN-OFFICE X-RAYS

allow us to accurately assess your injuries within five minutes, saving you hours in the ER.

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.

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.



Dr. Christina F. Teimouri, DPM
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Board of Foot and Ankle
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LASER WART REMOVAL

Successfully eliminate unsightly warts with safe and effective treatment.

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

CRYOTHERAPY

Decrease inflammation and pain through cold therapy, effectively relieving symptoms from heel pain, neuromas, and neuropathy.

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DIABETIC FOOT CARE

IN-OFFICE X-RAYS

Assess your injuries within five minutes.

VEIN TREATMENTS

Vascular Lab Certified by the American College of Radiology

FACIAL VEINS

Remove small veins from around the eyes and nose.

HAND VEINS

Look years younger by removing ropey veins from your hands.

BREAST VEINS

Remove unsightly blue veins from your chest area.

SPIDER VEINS

Sclerotherapy or a cosmetic laser is used to eliminate or reduce the appearance of blue or red veins just under the skin's surface.

MICROPHLEBECTOMY

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

SCLEROTHERAPY

Safely inject medium size veins and watch them disappear.

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