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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.

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A Message From The Editor ...

Our sister companies all have one common mission statement: use the latest technological advances to bring you -our patients- the safest, most comfortable, most effective treatments available. From our Picosure tattoo removal laser, growth factor infused dressing for diabetic wounds, to Radiofrequency vein ablation, we have your safety and the highest degree of effectiveness in mind, sparing no expense. Whether

it's Elos technology combining energies to reduce wrinkles, top of the line spa parties, or lasers to care for toenail fungus, you can count on Pittsburgh Medical Mall to find the physician that has your comfort and satisfaction utmost in their minds.

With two-thirds of our business coming from satisfied patients referring friends and family members, I also wanted to take a moment and say "thank you" to every delighted patient who has shared our services. To you we offer our VIP perks for passing on the good news! So sit back, relax and enjoy this edition of Living Body Beautiful.

— Richard Fleis

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Living Body BEAUTIFUL

Your Tri County Resource Guide to Health and Beauty

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The New PICOSURE Laser Tattoo Removal Cuts Time in Half

By Mark R. Fleis M.Ed

Twenty-two year old Matthew had no regrets in college until he got a tattoo on his shoulder and on part of his neck. But now that he is in his 30's, the career oriented Dad believed his youthful designs have already outlived their welcome.

As we all know life changes after school and changes again when you start a family. Matt said, it makes me feel out of place at the workplace or when with family on a vacation. To wear clothing that he can feel comfortable again with himself would not only be relaxing but more in line with the example I would like to set for our future generation and my own children.

Matt finally considered tattoo removal. He knew that the industry standard could take him 12-20 sessions and well over a year to complete. So he settled with covering up with jackets, long sleeve shirts and sweatshirts. Just imagine his surprise to hear about a new tattoo laser that enables the removal of tattoos in a fraction of the time. Now usually only up to 8 sessions. So he quickly scheduled an appointment with a certified laser technician at Body Beautiful Laser Medical Spa. Their experienced medical professionals use a laser called "Cynosure Picosure". The results from this procedure can start to be seen as soon as the first treatment.

Tattoos that normally would take as many as four treatments

to show a result, are done in half the time. So tattoos that needed up to eighteen sessions, now only require 6-7, and so forth.

What really discourages patients from getting a tattoo removed is that they are told that it sometimes can take 1-2 years to complete. It's our news to share it can now be done just several months! What usually takes up to 16 months, can be done in half a year. Clients that are getting much faster results are sharing these gains with others. Because when it is faster and takes less sessions, it's just easier.

During the first laser pass of the session, the entire tattoo is traced. Nitrogen gas bubbles form and then dissipate within a twenty minute time frame. The ink in that area of the body is then absorbed or exfoliated over the next four weeks. Resulting in a lighter appearance on the surface. Based on the type, color of ink or density of shading - the tattoo will produce different results.

Consider calling the professional ink removers at Body Beautiful Laser Medi Spa. You can schedule a consultation for laser tattoo removal at your earliest convenience. We have a certified laser technologist speak with you directly. They can also answer any questions about cosmetic and aesthetic procedures from our extensive menu of services. You can visit our site at BBLMSpa.com. ❖

Meet the 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.



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.



Pamela Mastowski, RN

With 20 years of experience, Pamela excels in providing cosmetic injections. Since 1992, she has developed precise skills and techniques at AGH, Pocket Nurse Enterprises and the Skin Center. A University of Pittsburgh and Shadyside Hospital School of Nursing graduate, she holds Critical Care Nurse & ACLS Certification. Pamela said, "I enjoy working with people, building a friendship and making them feel calm and safe in their decision making."



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.thefineartsofbodybeautiful.com or call 724.680.0048.



Tina M. Welch-Clutter

Tina is a 2007 graduate of Casal Aveda Institute. Tina is a Laser Safety Graduate and has served as Lead Laser Technician for the past 8 years. An aesthetician for 9 years, she has excellent skills, safety record, attention to details, and concern for her patients. For five years in Ohio, she was the Managing Aesthetician.

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Getting in on the “ground floor” of a venture is often thought to be advantageous, as the only way to go is up. This is definitely true for Dr. Christina Teimouri, DPM, who, while specializing in podiatry, continues to find new ways to keep people healthy – from toe to head!

DR. TINA WANTS TO SEE YOU STANDING ON YOUR OWN TWO FEET!

by Kathy Moran



MEET DR. CHRISTINA TEIMOURI, DPM

The proof is in her patients, who all agree that she's compassionate, dedicated to relieving their pain, and relentless in her determination to do so. Truly, those sentiments echo throughout their testimonials (on Page 13) about Dr. Tina, as she's familiarly known. To be sure, the moniker is an affectionate one; but it's also an easy way out for those who are unsure of the correct pronunciation of her last name.

Undoubtedly, it's her refusal to give up on even the most challenging cases, her tenacity in searching for solutions, and her devotion to on-going education, that keep her on the leading edge of the most advanced methods, technologies, and trends, and make her so adept at working from the ground, up, to improve people's overall health.

Indeed, her love of the medical profession began early. "I knew from the age of five that I was going to be a doctor," she says. "But I hadn't selected a specialty until one day when, as a college student volunteering at a local hospital, I was invited by some podiatric surgeons to observe their operations. When I saw what they were doing, I immediately wanted to be a part of it."

Dr. Teimouri completed her undergraduate studies at the University of Pittsburgh, attended the Ohio College of



ESWT EXTRACORPOREAL SHOCKWAVE THERAPY

Podiatric Medicine, and finished her Podiatric Surgical Residency at Beaver Medical Center, always knowing where she would set up her practice. "I've always loved this area," she says, "so I established the Beaver Valley Foot Clinic in Hopewell in 1994, before opening more offices in Butler, Beaver, and Allegheny counties."

In 2006, she attended a seminar on aesthetic podiatry. "After learning about using lasers to clear up nail fungus and remove hair on the legs and feet, I added a foot spa to my clinic," says Dr. Teimouri. "Soon afterward, I saw a demand for these services all over the body, and realized I already had the equipment needed to provide them."

That's when she founded the Body Beautiful Laser Medi-Spa. Offering an ever-expanding menu of cosmetic and medical services, its success stems from Dr. Teimouri's ability to identify patients' needs, and find and recruit top medical professionals, technicians, and aestheticians, who are qualified to oversee her various endeavors.

For example, over the years, Dr. Teimouri has often noticed varicose veins

developing in some of her patients. "Healthy leg veins are critical to overall health," she says, "because proper blood circulation promotes



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The Newest No-Visible Scar Facelifts!

"I look like me again!"

The Latest Treatment Available to Correct Sagging Jowls

Facelifts have come quite a long way over the past two decades. Thankfully to our favorite celebrities going under the knife, and shows like Nip Tuck, Extreme Makeover, Botched and The Swan, we see thousands of people safely undergo these procedures, prompting us to question whether it's right for us.

Skin specialists and anti-aging experts say their clientele have been drastically changing, and they are seeing ordinary people interested in cosmetic surgery. With pop culture accepting such treatments, the rest of America is following suit, and one of the most popular cosmetic procedures is the facelift.

As we age, both women and men experience sagging skin and loss of elasticity, which is not welcomed by those who want to maintain a glowing, youthful appearance. We also tend to develop fine lines and wrinkles around the mouth (smile lines), cheeks, face and neck.

While the traditional facelift removes fine lines and wrinkles and restores facial symmetry, it also leaves scars, and patients face general risks of surgery. The Silhouette Facelift uses a silhouette thread, which is a skin suspension thread used to perform a less-invasive and safer lift. The Silhouette procedure is also known as the "one stitch" facelift—only two small incisions are made in the hairline. This procedure is minimally invasive and corrects sagging skin around

the mid-face, jowls and neck, so there are minimal scars and bruising. Only local anesthetic and an office procedure is needed for treatment.

Regardless of a patient's motivation for choosing the Silhouette Face Lift, whether you want to boost confidence or correct aging skin, this procedure will help you restore youthful appearances and heighten self-esteem. Patients will notice results within 6 weeks following the procedure, allowing for a subtle change so people won't know you've had "work done."

Post-procedure, patients can resume normal activities within two days. Step out into the world with newly gained confidence, while facial tiredness and sagging skin have been erased, and a natural, proud individual will be glowing! Leave sagging cheeks and "tired" looking skin behind. Embrace a younger looking you, with a new glow and new confidence.



Another Option for a Gently Aging Face - 3D Facelift

Introducing the 3D Facelift, an innovative cosmetic procedure reversing facial fat (the third dimension of aging), preventing the had "work done" look that is common with traditional facelift surgery.

The 3D Facelift is the newest fountain of youth, providing revolutionary and beautiful results! In only one hour, patients have taken up to 20 years off of their face and leave with newfound confidence.

Gravity and Mother Nature have been typically blamed for the main cause of sagging skin, but often times fat and collagen loss can contribute as well. The traditional facelift pulls the face in two angles (2D), while the 3D Facelift adds the patient's fat to hollow areas of the face, adding another dimension to the surgery.

The procedure is conducted under local anesthesia and in-office. The doctor removes unwanted fat from another body area (thighs, abdomen, arms) and re-injects it to areas of the face that are thinning, such as the cheeks and under the eyes.

The fat actually harbors stem cells, which when re-injected can repair skin by producing natural growth factors and improving the appearance of aging skin and sun damage. Surgeons have been using this method of stem cell fat, which naturally reconstructs aging skin and volume, instead of the traditional facelift. The 3D Facelift provides the most natural aesthetic shape while restoring a youthful appearance.

We also offer Kybella, the first FDA approved injectable to treat under-the-chin fat. Kybella is comprised of deoxycholic acid (fat-absorbing substance found naturally in our bodies). The treatment destroys fat cells below the chin, resulting in a tighter and more contoured jawline. Over 20 studies have showed about 70% emotional and physical improvements in patients. If injectables aren't for you, we also offer gentle liposuction of the chin area. In one short office session, you can have you chin contoured to a slimmer, more youthful silhouette.

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Problem with a piercing?

Tearing, infections, scarring ... if you're unhappy about the appearance of your belly button, we can help! Don't feel self-conscious about wearing your swimsuit, crop tops or hip huggers anymore. We offer a belly button reshaping procedure that will improve the appearance of the belly button and surrounding skin.

Umbilicoplasty, or belly button repair, is used to repair mild to extreme conditions, including to a torn belly button ring or an unwanted "hood" due to pregnancy or weight loss/gain. This procedure will also improve the appearance of the abdomen and torso. The surgery is performed in less than one hour with local anesthesia. Patients will experience minimal to no downtime and can resume normal activities in 48 hours.

If you've also been thinking about another cosmetic procedure such as a tummy tuck or liposuction, umbilicoplasty can be performed at the same time.

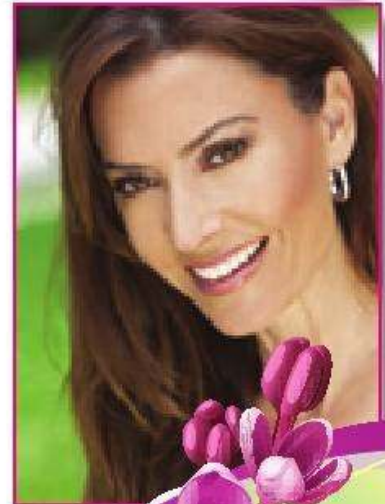


Earlobe Repair

Tired of going on interviews and not landing the job, even with your impressive resume? Or perhaps you're outgrowing those gauges? Maybe your earring got stuck on your jacket and pulled right through your earlobe. These scenarios occur more than you may think.

Thankfully, we offer a procedure that repairs torn or stretched ear lobe(s). Earlobe repair surgery is performed on partial or complete tears. The procedure restores the natural shape of the ear lobe by freshening the tear and removing a fine piece of skin. Using small sutures, the split is restored to its natural shape.

Patients can return to normal activities immediately and only need to return to the office to remove the sutures. It's performed under local anesthesia and requires minimal downtime. Patients can get their ears re-pierced 6-8 weeks after surgery. For more information about our cosmetic procedures, visit www.pricingliposuction.com or call 724-683-7581.



Arm Lift Surgery: Solution to Flabby Arms



Sagging skin along the under-arm and elbow is a constant concern for some women and men. This loose skin is usually a problem caused by weight loss or genetics. Trying to fix this

problem at the gym or covering up with clothing becomes bothersome and compromises self-confidence.

Our solution to excess arm fat is an arm lift, or brachioplasty. The arm lift is a cosmetic procedure that removes unwanted

sagging skin from the upper arms. This problem can be embarrassing, but can also cause rashes and irritation.

Both women and men who are uncomfortable with their arms and want a more defined, toned look should consider brachioplasty. Many people who undergo the surgery have recently lost weight. While weight loss is exciting, you should not be rewarded with sagging skin.

The mini-brachioplasty liposuction is conducted with a small incision in the armpit, pulling the skin tight under the arm. This procedure requires minimal downtime and recovery period. Patients can raise their arms after one week, and can expect a full recovery within 5-6 weeks.

If you want to end your arm fat/batwing worry, please call to schedule a complimentary consultation at 724-683-7581

DIABETIC ULCERS and WOUND CARE

by Dr. Christina Teimouri, DPM

fact: Leg and foot ulcers affect 2.5 million Americans each year.

fact: Left untreated, diabetic or pressure wounds can go from bad to worse, very quickly, often leading to amputations.

fact: Wound care centers can often be very expensive. Often similar care can be coordinated in the office for a fraction of the cost.

fact: Doctors of Podiatry are often the best trained physicians for foot and lower leg ulcers.

Diabetic foot ulcers are open areas in the skin of diabetic patients. Both poor circulation and neuropathy (loss of feeling) leads to an ulcer becoming very advanced often before the patient is even aware of it. This can be caused from a shoe rubbing, or as in the picture (Top right) his foot was too close to a fire inside his shoes and he never felt his skin blistering off.

Pressure ulcers are seen in an inactive patient in a hospital beds or one left sitting for long periods of time with no relief of pressure to bony prominences like heels or ankles. A patient with a bony area on the bottom of his foot or toe can get a pressure ulcer from too much walking causing the skin to die from the pressure and friction.

Venous ulcers are seen in patients with swollen legs or varicose veins. Often early clues to skin breakdown are brownish skin discoloration on the insides of ankles or water blisters on the legs.



"I'm diabetic, and about four years ago, to improve my health, I started going to Zumba classes every other day. I was easily doing all the moves, including a lot of jumping, and feeling no pain; but, because I had neuropathy, I didn't realize that I was also doing a lot of damage that I couldn't even feel. In fact, the impact of those workouts was causing bones in my feet to break, and they were collecting in my arch areas. I didn't even know there was a problem until I discovered lumps on the bottoms of my feet one day.

Soon, my legs and feet were swollen, so I went to my primary doctor, who, thinking I had blood clots, sent me to the ER. When no clots were detected, my primary doctor put me on water pills for the swelling, without any regard to the lumps on my feet! Worse yet, I was just getting ready to go on vacation, and ended up spending most of it lying in bed, as I was in excruciating pain.

Eventually, my left foot started bleeding; but it wasn't until I went to see Dr. Tina that my condition was recognized as Charcot Foot. By then, my bones had formed a hard mass on the bottoms of my feet, which meant that I had been walking on bone, and, of course, the complications were only getting worse. In fact, as I discovered, the correct diagnosis came just in time, because, without the proper treatment, I could have lost my foot. It really scares me to think that, for four years, I was putting my trust in a doctor who repeatedly told me that my symptoms were being caused by veins in my legs that had been weakened by my diabetes, and had never even heard of Charcot Foot!

I know I have a long way to go, and some surgery will be required, but now that I'm receiving the proper treatment from a doctor who actually knows what to do, I'm already feeling better. Dr. Tina – and her whole staff – is so awesome and very compassionate. She's also extremely accommodating, assuring me that I can call anytime I have a problem, and she'll see me right away. I'm so glad that I found her!" – Catherine Wright Hunt

"She...
improved
the quality
of my life
enormously"

"I had an ulcer on each foot, and for a year-and-a-half, I was being treated at the Wound Care Center at Ohio Valley Hospital, where I went every week for debridement of the wounds. Because it was considered outpatient surgery, they would bill my insurance thousands of dollars; and I ended up being billed for \$200-\$300 every week, though I wasn't getting any better. Then one day, while visiting a client whom Dr. Teimouri had operated on to straighten out some toes, I was surprised to see her up and around so soon after the procedure, as I'd been told that if I had foot surgery, I'd be laid up for months.

So, I made an appointment with Dr. Tina, and she's been doing a great job! So far, she's cured the ulcer on my left foot, and is making progress on the other one; but I also have a bunion on my right foot, which has to be removed before that foot can completely heal, so I'm going to have bunion surgery soon.

I'm very happy with Dr. Tina, for many reasons. For one thing, when she was treating my ulcers, if something she tried didn't get the best results, she went on to something else, instead of continuing a treatment that wasn't working, like the Wound Care Center did. It's obvious that she keeps up on all of the new trends, medications, and treatment options, always learning something new, rather than sticking with the same old, same old. I think that contributed a lot to my being able to get around as well as I can now. She got the treatment right, it worked, and improved the quality of my life enormously. On top of everything else, when I make an appointment, I never have to sit and wait. At other doctors' offices, I've sometimes had to wait for hours, which is terribly inconvenient; but she's right on time, and I really appreciate that. I would recommend her to anyone – and I have. She's been excellent!" – Joe Ravas

Testing and Treatments

There are many treatments we can discuss to prevent ulcers from getting this far, so early identification of risk factors and preventive treatment is key. Something as simple as putting a pillow under your leg to relieve pressure from the heel is one of the easiest but most effective home treatments. Arterial and venous doppler testing can be done conveniently in our office to assess your healing potential and identify your risk factors.

Wound care products are always changing and improving. It is vital to your successful healing that your podiatrist continually trains in the most up-to-date products and techniques available. Here is just a small list of new available products and devices; the success or failure of your wound healing hinges on using the appropriate one at just the right time in the healing process: Apligraf, calcium alginates, collagens, composites, compression dressings, Dermafoam, Dermagraft, films, honey, hydrocolloids, hydrogels, hydro polymers, Lymphedema pumps, Promogran, silicone dressings, silver antimicrobial dressings, unna's boots, wound fillers and wound vacs.

"My problem began as a blister on the ball of my right foot; and I really didn't think much about it until it started bleeding. Eventually, it got infected and began leaking fluid, so I went to my primary doctor, who put me on antibiotics, which didn't help. In the meantime, as the owner of a pizza shop, I still had to work 14 to 15 hours a day, spending most of that time on my feet. So, at one point, I decided to try drying my feet by putting them up by an electric heater; but, because my diabetes has affected the nerves in my feet, I couldn't feel how hot it was, and I ended up with burns and blisters on my toes.

So, I went to Dr. Tina, and she's working miracles with a treatment that started healing very rapidly. In fact, I was surprised at how fast the skin on my toes started growing back; and she's also successfully treating the original wound on my foot with a very effective antibiotic. Dr. Tina is really doing a fabulous job, and I have a lot of respect for her!" — **Dennis Vish**

*"She's
working
miracles"*

Product choice is based on so many factors you are not even aware your doctor is assessing, that is why you need a professional like your local podiatrist, trained to judge each component: vital sign changes that might indicate wound-related problems, any associated symptoms (fever, pain), temperature of the skin, mechanism of injury, ankle-brachial index measurement, chronic conditions that affect the wound or prevent healing, any drainage and its description (color, consistency, amount, odor), surrounding skin's quality and texture, presence of tunneling bleeding, granulation or edema, wound's location, size of the wound, presence of slough or eschar, wound color and odor, patient's tolerance of the wound care procedure and many more! I know each of my patients and know who wants to shower every day and is capable of changing a daily dressing, and who has a hard time dressing his own wound, leading me to choose a dressing able to be left on a week at a time like some of our time-release products. At certain times, oral antibiotics are necessary for uncomplicated infections but in serious infections IV antibiotics may be needed. This is why it is very important to seek medical treatment early when a wound develops.

Why choose Beaver Valley Foot Clinic for Wound Care?

Dr. Christina Teimouri, DPM has 22 years of experience caring for patients with foot and lower leg wounds. She prides herself on maintaining up-to-date training on new products and am constantly learning. If you ask almost any of her patients, she doesn't give up on them. She will keep trying until she finds the product that works best on each wound!

*If a painful or
infected wound is
worrying you, come
to Beaver Valley
Foot Clinic where
each toe is
important!*

"I have a condition called Venous Insufficiency, which prevents blood from getting to the veins, causing tissue to break down, and leading to ulcers and sores, which, because of the poor circulation, heal so slowly that, at times, I've had them last for six months. Dr. Tina has been treating me for these ulcers for awhile; but, many times, while the wounds appeared to be healing on the surface, they didn't go away completely. But, because she never gives up on searching for newer, better treatments, she's now using a medication that, besides greatly accelerating the healing process for my wound, has healed it thoroughly.

This has made such a big difference in my life, because I used to have to have my leg – or legs – bandaged all of the time, sometimes for days, so just taking a shower was a big hassle. Even worse, the ulcers would sometimes seep right through my Unna boot (a light, medicated bandage that forms a soft cast) to my clothes, which was very unpleasant, especially when I was out in public.

So, this has improved my life tremendously; but, more than just the process and the medication, it's Dr. Teimouri herself. A lot of doctors come into the room, get some information, treat you, and that's it; but with her, it's like talking to a friend. In fact, it's almost like your next door neighbor is dropping by to see how you are, but then she treats you, too! She's immensely caring and compassionate." — **Paul Strano**

*"She never
gives up on
searching for
newer, better
treatments"*



Call Beaver Valley Foot Clinic today
at 724-375-1577 or visit us online
at BVFootClinic.com to see
our 5 convenient locations.

Artist Spotlight

Marcia Hale on Permanent Cosmetics



"Permanent makeup is permanent — it's something that should be done by a professional artist. Someone who can see what your face really needs." Trained in fine arts at Slippery Rock University, Marcia has been producing commissioned paintings and murals for over 20 years. Her work can be found in private homes and medical offices throughout the Pittsburgh Area. She's been our laser technician, Master Intradermal Cosmetic Specialist, staff writer, web content creator, and office renovator/designer at Body Beautiful for over ten years.

After receiving a teaching certificate from Carlow University, Marcia taught art in Pittsburgh schools. "Instilling a love of art in our youth helps them lead better lives. It encourages creative ways to solving problems." Marcia continued, "Work is a big part of my life, but I have always looked forward to being a full time mother to my 2 children first. So the need for creating a career that utilized my talents and desire to help people, while providing the care I wanted to give my children was an interesting dilemma." In Pittsburgh, permanent makeup was still mostly unheard of. "I

didn't grow up knowing that I wanted to tattoo makeup on faces. It is the kind of thing that finds you." She remembers that fortuitous moment when her friend, who had recovered from skin cancer, asked her to tattoo her brows back on. Her response was, "yes, that is a great idea!", and she hasn't stopped since. Marcia has also transformed her teaching career. You can find her instructing these very procedures to new graduates going into beauty school, nurses who want to learn how to tattoo areolas in a 3 dimensional manner to women who have had mastectomies, or tattoo artists who want to provide scar camouflaging treatments for their clients, and hairstylists who want to add more treatments to their menu.

"Permanent makeup, especially eyebrows and eyeliner are like a facelift without surgery. I like to concentrate on symmetry, and definitely go subtle at first. We can always add more, enhancing your features little by little." Years of experience have taught Marcia the value of patience in applying permanent makeup. "I pride myself on spending the time to get it exactly right. And in helping people. I help women look their best, everyday."

Referrals from satisfied clients are perhaps Marcia's favorite part of the job. "It's the ultimate compliment, when people send in their friends and sisters and nieces. Then you really know you've done a good job." Recently, Marcia finished Masters level classes in permanent makeup and is now a certified permanent makeup instructor, helping to shape and train the next

generation of permanent makeup artists. Before and after pictures of Marcia's work are available at www.bodybeautifulasermedi-spa.com under the "permanent cosmetics" section. Her online painting and mural gallery can be found at www.TheFineArtsOfBeauty.com follow Marcia on Facebook (you can look up her name as_ Body Beautiful's Permanent Makeup Specialist, Marcia Fleis Hale.) to see the most CURRENT before/after and promotional specials! ♦

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Five Things You Should Know About Permanent Makeup



before



after



before



after



before



after

Most people don't know much about permanent makeup — what it is and isn't, how it's done, and what it can do for you. If you spend any amount of time and money on daily wear makeup, read-on. You probably know that permanent cosmetics is a tattooing technique — but here are five things you might not have thought of.

1) It Isn't Just For Eyes.

Permanent makeup is ideal for applications like eyeliner and eyebrow enhancement — but it also works wonders on asymmetrical lips. A woman's lips may thin out with age, but uneven features won't fix themselves. Symmetry is a key element of beautiful lips, and permanent cosmetics can even out small (or large) imperfections almost anywhere on the face.

What else can permanent cosmetics accomplish? It's very good at camouflaging scars, including areolar imperfections resulting from breast cancer surgery. Since nearly 300,000 women received this diagnosis 2014, this is an option every woman should know about.

2) Less is More.

Most women don't want the Saturday night look on a daily basis. This procedure is perfect for daily-wear applications—you'll never have to paint on eyebrows or use eyeliner again.

Think of permanent makeup as an anchor for your daily look. It's ideal for professional women, and anyone else who wears basic makeup daily. You're doing it every day, so your basic look might as well be perfect. Bonus: you also won't sweat it off at the gym or wash it off in the pool.

3) Permanent Doesn't Mean 100% Unchangeable.

Nothing says you can't apply more makeup to achieve the exact look you want. This is another reason why the subtle approach is best.

Touch-ups are also possible (and popular)—yet another reason to keep it simple, especially at first. It also bears mentioning that laser tattoo removal is better, easier, and more affordable than ever. While this certainly isn't the best approach, it is an option if you've had less-than-excellent work before.

4) Experience is Essential.

This point sells itself. You don't want someone doing this that hasn't done it before, many times. Get a pro, preferably one with formal training as an artist and Master Level Permanent Makeup Specialist.

We're comfortable using Marcia Hale, who is just such a professional with years of experience as a studio artist and Master Intradermal Cosmetic Specialist. For this procedure (or any permanent procedure), it's essential to have a practitioner with a trained eye for shape, form, and balance — put simply, always stick with a trained and certified artist.

5) Permanent Makeup Will Save You Time and Money.

High quality cosmetics aren't cheap. Permanent makeup is obviously going to have a larger up-front cost, but it's often surprisingly affordable. Over the long term, you'll almost certainly save money. Also, think of the time you'll save with permanent makeup — you might even have time for breakfast in the morning!

Deciding on the look you want is the most important part of the permanent makeup process. Call us at (724) 680-0048 for a consultation with Marcia. Take your time, make your decision, and lock in the look you want — permanently. ♦



TOENAIL FUNGUS REMOVAL

by Dr. Teimouri, DPM

If you have toenail fungus, there is no good time to wear sandals. Not even at the beach! Stop spending years and hundreds of dollars trying to clear the infection with home remedies and over-the-counter treatments. We have a variety of treatment options that effectively and safely remove toenail fungus.

Toenail fungus is an infection that damages the nail or skin of the surrounding toes. It may cause the nail to become thicker, discolored (yellow-white), and painful. Because toes are often enclosed in tight shoes, they can become damp and warm, which is what fungus needs to grow.

Patients who experience athlete's foot, injury to the nail or excessive perspiration on the feet will likely suffer from toenail fungus at some point. Once the toenail is injured, the nail begins to lift off and can even come completely off. Fungus finds a way to get under the toenail and remains in that area until treated. It can remain dormant for a long period of time.

People can ignore toenail fungus, or Onychomycosis, because there is generally no pain in its early stages. The nail will begin to change colors and become unattractive and embarrassing. As the fungus advances, the nail can become very difficult to maintain and cause pain while wearing shoes. Diabetics are especially at risk.

There is hope! Podiatrists at Beaver Valley Foot Clinic are using very safe, effective lasers to fight the fungal infection. The podiatrist aims the light beam at the patient's infected nail, killing the fungal organisms that cause the discoloration. Although it only takes one treatment to kill the fungus, we offer packages with two free follow-up laser treatments because we want to help assure eradication over time. The laser treatment is fast and painless. Patients must wait until the new nail grows fungus-free, which can take 6-12 months. Fungus will always try to get back in so we will educate you on easy-to-maintain treatment plans for a lifetime of clear nails.

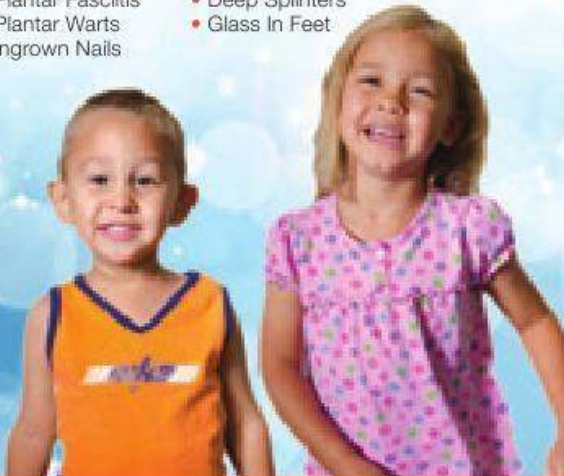
Over-the-counter creams from the drugstore often do not work, and the patient will most likely need to see a podiatrist as the fungus spreads. At Beaver Valley Foot Clinic and Body Beautiful we carry a line of antifungal nail polish for the summertime and those special occasions. Regular nail polish suffocates the nail, trapping moisture and enhancing the conditions the fungus loves. Antifungal nail polish can be applied for one week and then removed and reapplied. We also carry physician-quality topicals that have the correct vehicle to deliver the medication through the thick nail plate to the nail bed underneath, where the fungus lives.

Patients can also opt for oral medication called Lamisil. This must be prescribed by your podiatrist. Lamisil targets the nail root by way of the bloodstream.

Podiatrists can also prescribe topical medications including Jublia and Kerydin. Both topicals are FDA approved to combat nail fungus under the toenails and fingernails. They both work by killing the fungus and preventing new growth, while healing the existing infection. ❖

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

- Sports Injuries
- Orthotics
- Plantar Fasciitis
- Plantar Warts
- Ingrown Nails
- Ankle Sprains
- Flat Feet
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**Beaver Valley
Foot Clinic**

Fuller, Thicker, Lips - Easier Than Ever

by Allie Addoms

State-of-the-Art Lip Augmentation Procedures

You know what kind of lips you wish you were born with. Several online sources rank "Celebrities with the Most Kissable Lips," and Jessica Alba and Eva Mendez led or placed in almost all of them. Look at a picture of either actress, and the reason is obvious — their lips are full, pouty, and completely symmetrical.

Even if you aren't a Hollywood starlet, it's getting easier to look the part. The technology driving the health and beauty industry is growing at a record pace, and today women have real, workable options to improve their lips. Many highly effective treatments are available, but two basic types of treatments work best for most women in most cases: long lasting injectables and permanent silicone lip implants.

The most popular lip enhancement injectables for the past several years remain Juvederm Ultra and Restylane Silk, largely because they're so effective. These products are fillers containing hyaluronic acid, a natural substance

found in skin and cartilage. Since hyaluronic acid can absorb and hold up to 1000 times its weight in water, it's an ideal plumping agent. In literally a few minutes, a single treatment can leave lips fuller and thicker — with results lasting six to seven months.

Juvederm and Restylane are hugely popular for another reason — when applied by a skilled professional, they leave lips with a fully symmetrical look. Regarding symmetry, facial plastic surgeon Dr. Michael Menachof says "There are two different types of candidates that benefit from lip injections. One needs volume; the other needs to balance their features." As a facial specialist, Dr. Menachof performs thousands of lip injections each year in his Greenwood Village, CO, practice, and almost exclusively uses Juvederm and Restylane to correct lip asymmetry.

The only disadvantage to these fillers is that they aren't permanent. Modern silicone implants have solved this

problem, and Perma™ facial implants own the market. Perma™ implants are the gold standard in lip

implants for one simple reason — they uniformly achieve excellent results. As an office based procedure, done under local anesthesia, these implants perform as well or better than injectable fillers — permanently. As far as materials go, silicone is perfect for a natural look that won't bind to the inner lip tissue after the procedure. Typical results move, look, and feel just like the real thing — thousands of satisfied Perma™ patients in America and Europe can tell you that they're just that good.

So what's the downside? There really isn't one. Practice and repetition make perfect, and these products have been used so extensively for so long that results are excellent in virtually all patients. This is a case where supermodels in Los Angeles and soccer moms in Pittsburgh have access to the same treatment, with the same results. ❖

Take the first step and call us at 724-683-7581 for a complimentary consultation with a trained medical professional.

It's easier
than ever to claim
the lips you've
always wanted!

Which Injectable is Right for Me?

■ By Allie Addoms

Maintaining a youthful appearance is becoming increasingly important not only for our favorite celebrities in Hollywood, but it's becoming more mainstream. In the early 1990s, Botox took the entertainment industry by storm, making stars look younger, even as they age like the rest of us. What was once considered an extremely expensive, untouchable product is now available for everyone.

By now, we all know what Botox is an injectable that reduces wrinkles around the forehead, eyes and lips by temporarily relaxing the muscle. Botox manufacturer, Allergan, has been producing this safe and effective product for over 20 years.

In April 2009, Botox discovered its first competitor approved by the FDA, Dysport, formerly known as Reloxin, first dominated Europe but is now targeting and rapidly growing the U.S. market. Galderma (manufacturer) also produces a skin care line and Restylane, Lyft and Silk are popular fillers for lips, laugh lines and cheeks.

Generally speaking, Dysport and Botox are very similar. They both contain botu-

linum toxin type A, which is used to relax muscles that cause wrinkles, fine lines and crow's feet. Comparing Botox to Dysport is like comparing Coca-Cola to Pepsi. The product is so similar, that most love both the same, but some may have a preference.

Both injectables have been used for years and are FDA approved. Both are usually injected every 3 months and show very similar effects. In double-blind clinical studies, both doctors and patients were unable to determine any differences between the two.

So what are the actual differences between Botox and Dysport?

Both have been safely and effectively used in the US; Botox for 20 years, Dysport came to the U.S. in 2009.

Dysport is said to set in sooner (2-5 days versus 4-7 days for Botox) and lasts about the same.

Botox was first used to treat uncontrollable blinking and spasms. It is now proven to treat chronic migraines, overactive bladder, excessive sweating, vocal cord,

neck and facial spasms, muscle rigidity, some genetic skin diseases, cerebral palsy symptoms and other central nervous system disorders.

Our observations have shown slight patient preference that Dysport may be more effective for reducing appearance of crow's feet (fine lines around eyes), while Botox seems to be more effective for treating the glabella (wrinkles between eyebrows). Dysport can diffuse to wider areas if needed, so it can treat a larger target area.

Dysport has one smaller molecule than Botox, which brings advantages to administering these products.

Both offer rewards programs for use Brilliant Distinctions (Botox) and Aspire Rewards (Dysport).

"Both products are safe and effective and will achieve desired results when used appropriately," said Jeff Houk, Physician Assistant at Body Beautiful Laser Medi-Spa.




ASPIRE
GALDERMA REWARDS

With ASPIRE Galderma Rewards, you can earn exclusive bonuses, discounts and rewards! Look and feel your best with Galderma! Earn rewards with products including Dysport, Restylane, Silk, Lyft, Sculptra and our skin care line. Join today and instantly earn \$20 towards your next treatment or our retail boutique! You can also raise your status level for even more savings. To learn more about Aspire Galderma Rewards, call Body Beautiful 724-987-3221

Injectables also have outstanding anti-aging benefits. Dr. William Binder's "Botox twins" (who happen to be models) study showed long-term effects of Botox and proves that the product can be used to prevent signs of aging. One twin began receiving Botox injections at the age of 25 while the other did not. They both maintained the same diet, exercise, sleep, sun exposure and even skin care regimens for 7 months, the results began to immediately show.

Thirteen years later, at the ages of 38, the twin without injections had left the modeling world while her sister remained working in the business. The treated twin had absolutely no lines or wrinkles, only crow's feet when extremely exaggerated. The untreated twin had moderate forehead lines, frown lines, severe crow's feet and smile lines. Dr. Binder's study was the first to show the anti-aging benefits of Botox. Although no research has been conducted, Dysport may also be used for anti-aging purposes.

There are many additional studies yielding similar results for other injectables products like fillers (Juve-

derm Voluma, Restylane). Doctors across the globe agree that injectables and fillers provide immense anti-aging results.

Overall, the competition between similar products is a good thing. The key issue is safety; both products have proven to be safe and remain approved by the FDA. Ultimately, it is more important who is administering the injections rather than which type. Talk with our expert injectors prior to choosing an injectable and discuss which is best for you. ❖

Call Body Beautiful at 724-987-3221 for more information or to schedule your injectable/filler treatment! Become a VIP for our special pricing at our website www.BblmSpa.com.

(The Archives of Plastic Surgery, Nov/Dec 2006, Prime Journal: Mauricio de Maio: Plastic Surgeon)

There's many ways to earn points with Brilliant Distinctions. Buy any Allergan products such as Botox, Latisse, Juvederm, Kybella to earn points you can even earn them by shopping at home. Yes you heard right, the BD mall allows you to shop at your favorite stores and online sites to earn points for your next FREE treatment or product!! Learn more about Brilliant Distinctions call 724 987 3221



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Miss Pennsylvania USA 2015 Talks Pageants, Pittsburgh & Pulchritude

By: Allie Addoms

Elizabeth Cardillo's pageant journey didn't begin until her freshman year at the Fashion Institute of Design and Merchandising/Bridal Designs, Los Angeles, struggling to find friends in a new city. "Some of the girls weren't so nice and I was trying to find a way to meet new friends," Liz said. "I was in my dorm one day and the Miss USA pageant was on, and I thought 'Wow, those women are beautiful, poised and intelligent; I want to be like them'."

She reached out to a friend who formerly competed in pageants for guidance. "My friend helped me with me every step of the way. She competed in pageants when she was young and knew the ropes." Liz competed in six pageants including Miss Malibu and Miss California before she was inspired to move back to Pennsylvania in 2014 and represent her home state.

"I missed my family and wanted to represent PA in what would be my last pageant. I'm from here, I connect with the people here and all of my family is here. I love where I grew up and it felt special." Liz was crowned Miss Pennsylvania USA 2015, December 7, 2014 at the Pittsburgh Airport Hyatt.

After her crowning, Liz began a media tour and has been modeling around the world. She's also an ambassador for her charity, Genesis of Pittsburgh, which is a nonprofit organization that provides assistance for pregnant women in need of shelter and support (see ads pgs 21 & 44).

Liz, now 26, was adopted by Vince and Sally Cardillo when she was three days old and grew up in Allison Park. She said she had a "perfect childhood" and felt blessed to be adopted at such a young age by a wonderful family. Because of her situation, Liz said she wants to create awareness for children waiting to be adopted and pregnant women who need resources and support.

She went on to say that she loves representing her home state, working for charities, traveling and meeting new people. She also had the opportunity to compete in the Miss USA pageant in Baton Rouge, LA.

Liz said most people do not realize how much work goes into competing in pageants. She said the beauty aspect is important, but the women also have to be on a strict regimen of workouts, healthy

eating, tanning, learning how to apply makeup and hair while discovering their inner confidence.

"Preparing my body for the Miss USA stage took a lot of time and dedication," Liz said. "I absolutely credit the body wrap treatments I received at Body Beautiful Laser Medi-Spa for how amazing I looked and felt on stage! After doing a series of five wraps along with healthy eating and exercise, I was so pleased with the way I looked and felt."

Body Beautiful offers a non-invasive Infrared body wrap that allows patients to lose one to three inches, burn 1,400 calories and flush toxins with one 50-minute session. The wrap also helps firm cellulite, increase energy, boost metabolism, reduce stress, relieve muscle pain and promote a healthy immune system. The company recommends combining IR body wraps with body contouring for ultimate results. Body contouring tightens collagen while melting fat cells with no harmful side effects.

Liz said, "I highly recommend the body wrap for anyone who is looking to prepare for a special event or just wants to fast track his or her fitness journey. Body Beautiful impressed me with their highly knowledgeable staff and clean office. I look forward to going back for more treatments in the future!"

Like Liz mentioned, it's best to commit to a healthy lifestyle while using the body wraps to achieve the best results. She said she tries to take the pressure off being "too skinny" or having the "perfect body" by doing something active every day, whether it be yoga, pilates, spinning or classes with her trainer. Being Italian, she loves carbohydrates and hearty food, but she's learned that balancing her diet is the key to staying healthy.

"I lose weight as soon as I cut bread out of my diet, but everyone is different and you just have to learn what works for you." Liz stays motivated by starting each day out with a good breakfast and a workout, and the mindset of wanting to live a long, healthy life.

Liz also came to Body Beautiful for teeth whitening and Botox. She said both services help her look her ultimate best for photo shoots and public speaking jobs. "It's crucial to have a white smile on stage and for modeling gigs. Body Beautiful's teeth whitening treatment brightens my teeth about two to three shades each session, so I only need to get one before a photoshoot."

Most people know Dysport and Botox as injectables used to relax wrinkles, but many people do not know about their preventative benefits. Practitioners

recommend that Botox, Dysport and Xeomin are best used as a precautionary measure to avoid wrinkles. "Some of my pageant friends started getting Botox and Dysport as early as 18. I was shocked! They told me about the preventative benefits, and also how it smooths the forehead; this allows my makeup to be applied more evenly and stay on longer."

Liz said her experience as Miss Pennsylvania, USA 2015 and competing at the Miss USA pageant were the the best experiences of her life thus far. She encourages young girls and women to participate in pageants because it helps boost confidence and is a great way to make friends. "I never imagined walking into a room full of people and not being scared. But pageants have given me confidence to be proud of my voice and myself."

After her reign as Miss Pennsylvania USA 2015, Liz plans to work in the fashion industry, concentrating on bridal designs, hopefully opening her own bridal boutique one day.

At Body Beautiful, our mission is to help our patients feel beautiful on the inside and out. Our cosmetic medical spa helps women and men look and feel their best at any age. Consultations are available at any of our 10 locations. For more information, please call **724-987-3221**. ❖

Liz's Top 5 Beauty Must-Haves

1. Dr. Jart Mask
2. Aveeno Clear Complexion BB Cream Broad Spectrum SPF 30
3. Buxom Lipstick
4. Natural coconut oil hair mask to protect heat damage on hair (use once/week)
5. BOLD Sunless (for a natural, self tan)

"Having amazing skin is also a huge part of a healthy lifestyle. Good skin is the best accessory. I've always struggled with acne and I try to keep my skin clear and hydrated with Retinol complex and a strong moisturizer."

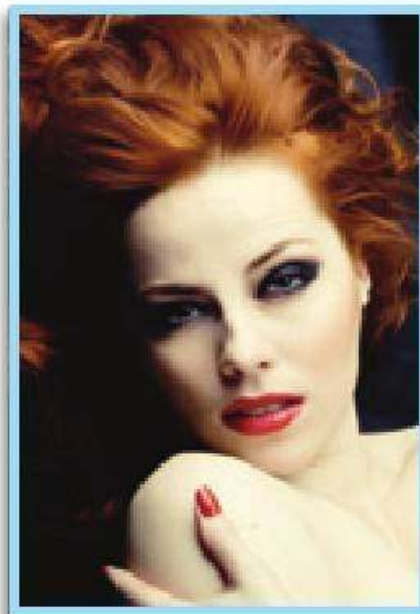


Considering adoption? Thinking about adopting?

Genesis' licensed, nonprofit adoption agency strives to build close, trusting relationships with birth families and adoptive families. Women considering placing their child in a loving adoptive home can explore options while receiving support for their physical and emotional needs.

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www.BblmSpa.com

Discover the Best Cosmetic Treatments to Achieve Long Lasting Results! By Allie Addoms

Want the hottest trends this season? A glowing, healthy complexion with smooth, tight skin is always in style. Advances in technology have made it safer, faster and all-around easier to transform trouble areas. Our facility has customized treatment plans and skin care regimens to suit your needs!

Rather than going under the knife or embracing a fear of needles, many clients are choosing lasers as "go-to" devices for overall preventative skin rejuvenation or correcting skin conditions. Best of all, most laser treatments are quick, inexpensive and require little or no downtime.

Whether you want to tighten loose skin, shrink pores, remove active acne, stretch marks, scars, correct pigmentation or tackle sun and age spots, we have the industry's most prominent lasers that can help.

Fractional (Palomar) - Used to reduce minor wrinkles, stretch marks and scars. It can be used on all skin types and requires minimal downtime (mild redness). It works by precisely delivering micro-beams to create columns of coagulation into the skin's deep layers, allowing for new skin to grow smoother and tighter. This process triggers the body's natural healing process, creating new skin, boosting collagen production. Patients may need 3+ treatments to see optimal results.

Sublime eTwo (Syneron, Candela) - Gently smooths wrinkles, firms skin and lightens appearance of cellulite. With electro-optical synergy (elos) and optical pulsed light, this treatment tightens skin with no discomfort or downtime.

New Services

Sublative Skin Rejuvenation (eMatrix) -

Tackles deeper wrinkles, scars, stretchmarks and melasma, while resurfacing the skin. It delivers radiofrequency energy into the skin, using heat to create a controlled injury. This triggers the body to heal targeted areas, created new, fresh skin. With minimal downtime, patients will start to see results after only one treatment.

Focus Lens Array (Cynosure, PicoSure)

- Uses a gentle Pressure Wave impact that quickly treats deep irregularities such as wrinkles, uneven skin tone, melasma, scars, acne scars and stretch marks. These immediate, long-lasting results of stimulated collagen and elastin growth will re-boost your confidence by delivering younger looking skin with each treatment! It requires no downtime and most patients only need 3-5 sessions.

MicroNeedling (Derma Pen, SkinPen) - By using micro needles to stimulate the skin's natural healing process, it delivers the ultimate rejuvenation by boosting collagen promotion, removing wrinkles, scarring, brightening overall skin tone and complexion. With a little numbing cream and our technician's gentle touch, you will love your youthful, refreshed look.

Let this be your season of renewal. Non surgical cosmetic treatments will help you look and feel your absolute best! To discuss which treatment option is best for you schedule a free consultation. ♦

Skin Renewal Treatments

Chemical Peel - Medical grade chemical solutions that smooth texture and eliminate damage. Used to improve complexion, treat acne, wrinkles, scars, freckles, sun spots, clogged pores and uneven skin tone. Maintenance - every 4-6 weeks

Fractional - Best used for skin resurfacing including wrinkles, acne scars, skin tightening, stretch marks and minor scars. Maintenance 3-7 treatments every 6-8 weeks.

Ellman Hyfrecator - Rapidly destroys skin tags, moles and milia with total exfoliation.

Lamprobe - Removes skin irregularities including moles, milia, skin tags, brown spots, active acne, cholesterol deposits, clogged pores and broken capillaries.

IPL Photofacial - No total skin rejuvenation would be complete without it! FDA cleared

to brighten skin tone, treats a wide range of color pigmentations, including age spots, liver spots, birthmarks, sunspots, active acne, broken capillaries, rosacea and spider veins. Maintenance 1-3 treatments every 4-6 weeks.

Microdermabrasion - Crystal or diamond tips exfoliate skin, reducing appearance of dullness, age spots, hyperpigmentation, removing dead skin cells fine lines and wrinkles. Maintenance bi-monthly.

Palomar 1064 - Used for wide range of vascular issues such as cherry angiomas, spider veins and leaves skin younger-looking. Yag may also be best choice hair removal on darker skin tones.

Q-Switch - Effectively and quickly treats mild-severe toenail fungus. Maintenance 2-4 sessions.


Ultrasound Facial - Uses vibrating sound waves to remove dead skin cells and exfoliate the top layer of skin. Maintenance bi-monthly.

PicoSure, Medlite - Proven effective for the treatment of tattoo or birthmark removal.

Vectus, Lumenis - Safe, effective and quick treatment for hair removal. Become maintenance free from waxing or plucking in as little as 5 treatments.

Maintenance may vary depending on the patient's individual condition. During the initial consultation, our experts will determine the best laser and maintenance. We also recommend using medical grade skin care products to improve and protect skin tone, appearance and texture.

Many Convenient
Locations in Western PA
Call Today
724-987-3221

<i>Problem</i>	<i>Treatments</i>	
Active Acne (Pimples, Whiteheads)	IPL Photofacial, Sublative, Chemical Peel, Fractional, Acleara	
Age Spots Sun Damage Deep Pigmentations Birthmark Removal	Microderm, Fractional, Sublative Skin Rejuvenation, IPL Photofacial, PicoSure, Focus Lens Array, Microneedling, PicoSure, Focus Lens Array, Fotofacial	
Rosacea Broken Capillaries Spider Veins	IPL Photofacial, Lamprobe, Palomar 1064, Microneedling	
Cherry Angiomas Skin Tags, Moles Cholesterol Deposits	Lamprobe, Palomar 1064, IPL Photofacial, Hyfrecator	
Deep Wrinkles Fine Lines Skin Tightening	Fractional, Sublative Skin Rejuvenation, IPL Photofacial, Focus Lens Array, Microneedling	
Scar Removal Stretch Marks	Micro needling, PicoSure, Chemical Peel, Sublative Skin Rejuvenation, Fractional	
Skin Rejuvenation Eye Circles Uneven Skin	Microdermabrasion, Chemical Peel, Ultrasound Facial, Fractional, Sublative Skin Rejuvenation, Microneedling	
Skin Tone Inflammation Rough, Dry Skin	Ultrasound Facial, Microdermabrasion	
Nail Fungus	Q-switch, Medlite, K-laser, Palomar 1064	

Stay Safe *and still have* FUN in the SUN

By Allie Addoms

Isn't it strange that even though we're taught at a young age that the sun can damage our health and skin, there seems to be a standard within our society that you're not beautiful unless you have a suntan? Maybe this standard comes from associations with summer; the beach, fruity cocktails, walks outside and adventurous vacations. Pale skin seems to represent a malnourished, low energy couch potato, who wastes their summer inside watching television instead of being active!

Even if you enjoy traveling, walking or running outside and going to the beach, you definitely haven't missed out because you skipped out on a tan (or burn for that matter)! Here is a list of our top 5 ways to have fun in the sun without compromising your health.

1. Apply Sunscreen

Choosing the right sunblock or sunscreen can be confusing. Don't forget to apply to every exposed area, including under your eyes, the top of the scalp, lips, feet, all over the back and on the ears. Apply every 2-3 hours, especially between 10 a.m. and 4 p.m., when the sun is the strongest, and if you are swimming or sweating. Be sure to purchase water resistant sunscreen.

Sunblock lotions contain minerals like titanium or zinc oxides and physically create a barrier against sun's UVA and UVB rays. It is usually a thick white lotion, sometimes scented, and remains visible for a short time after application. Sunblock is best used when spending hours in the sun at a time.

We offer multiple medical grade sunscreens from SkinMedica and Melaleuca the Wellness Company. Depending on each individual's skin type, different SPF's are needed. Review this chart to find out your schedule:



Skin type I	This skin always burns; doesn't form a pigment tan; and is extremely sun-sensitive	SPF 40+
Skin type II	Usually burns easily; tans rarely; very sun-sensitive	SPF 35
Skin type III	Sometimes burns; tans slowly to a light shade of brown; quite sun-sensitive	SPF 30
Skin type IV	Burns minimally; always tans to moderate brown; minimally sun-sensitive skin	SPF 20
Skin type V	Rarely burns; tans well; sun-insensitive skin	SPF 15*
Skin type VI	Never burns; deeply pigmented; sun-insensitive skin	SPF 10

Most people do not know how much sunscreen to apply. You should actually apply about 2 tablespoons of sunscreen to the face alone. Make sure you purchase a sunscreen with UVA and UVB protection with high broad-spectrums.

2. Know Your Skin

It's very important to know your skin and how it reacts to sun exposure. Some people are just not meant to spend time in the sun. Fair people with red hair, freckles, white skin, blue eyes, etc. have a higher risk of burns and developing melanoma (that doesn't let darker skin tones off the hook).

3. Ignore Peer Pressure

This is very important and may be our best advice! Just because your friends may have a darker skin type and think they don't need sunscreen, or they might love getting "bronzed," doesn't mean you should do the same. Do not give into pressure to go into tanning beds, which are blamed for the elevated rates of skin cancer over the past 10 years. One in 5 Americans has been diagnosed with skin cancer. Do not visit tanning beds to get a "base tan" before vacation. Tanning beds contain UVA rays which increase the risk for developing melanoma, which is the most aggressive form of cancer.

4. Umbrellas are your BFF

Doctors recommend to avoid sun exposure between 10:00 a.m. - 4:00 p.m. when the sun's rays are strongest and most harmful. If you are in the sun during these times, shade is your best option.

5. Add Stylish Accessories to Protect Yourself

Hats with wide brims – These are life savers because they cover your face, back of neck and forehead – protecting you from burning your skin and creating brown and red spots.

Sunglasses – Make sure to grab sunglasses with the proper UV protection, not just for style. When looking at sunglasses, make sure they are labeled 100% UV to keep your eyes protected.

Shawl or Cover Up – These are great to cover your back and shoulders without making you sweat. ❖

Body Beautiful can help, because it's never too late for skin rejuvenation or repairing sun damage.

For more information
call 724-987-3221 or
visit www.BBLMSpa.com





Acne

by Allie Addoms

Typically, acne is only associated with teenagers, but today, a startling number of American adults show symptoms. Clinical studies show 55% of adults suffer from acne. While some teenagers are fortunate enough to outgrow acne, others are affected throughout their adult years. Some adults even experience symptoms into their 50s! The Journal of American Academy of Dermatology reports that 25% of men and 54% of women suffer from this aggravating skin condition.

Skin care specialists say acne, or acne vulgaris, may appear differently on adults compared to teenagers. On teens, acne appears as whiteheads, blackheads or small red

bumps on the face, specifically the forehead. They may also experience cysts on the back or chest. Adults will notice red papules and deep nodules on the lower part of the face, such as the jawline. The small bumps that teenagers experience can appear in his/her adult life, but it's less common. Acne can also appear as oily skin.

So, how do you finally get rid of those irritating zits? You may have tried a variety of home remedies, over the counter and even prescription products. You may not have realized that advances in laser and light technologies are also available for teens and adults, and it's more affordable than you may realize.

There are a variety of laser treatments for acne. Light and laser treatments work best because they reach the deep layers of skin (where the acne originates) without harming the skin's surface. Some lasers work by stimulating the porphyrins inside of the acne. When these porphyrins are stimulated, the bacteria's wall breaks down, causing acne to die.

Other lasers (Diode) treat acne by destroying oil glands inside the dermis (inner layer of skin). Since acne may be caused by excess oil within the skin, this treatment works by targeting the oil glands, ultimately reducing the production of oil, which will prevent future breakouts.

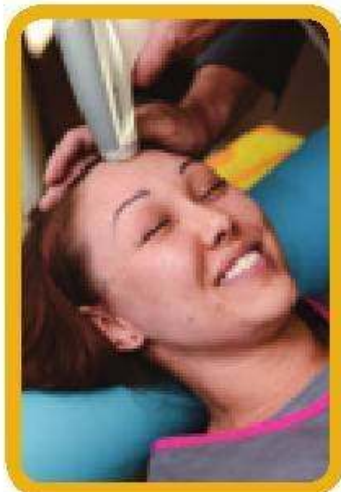
Light therapy or Intense Pulsed Light treatments (IPL) with the Lux V, Acleara or Max G (with or without levulinic acid) are our recommendation for acne. IPL has additional benefits aside from clearing active and cystic acne. It

also boosts collagen production, removes sunspots, freckles, age spots, uneven skin tone and fine lines.

Acne laser treatments can also be effective for improving acne scars and overall skin texture. This is done by stimulating collagen and elastin fibers, which provide a younger, smoother appearance. These laser treatments can also treat discoloration and remove spider veins!

Patients typically need 2-5 sessions, depending on the his/her individual condition, and then yearly treatments are recommended for upkeep.

With our advanced skin resurfacing lasers, you no longer have to live with acne. Combine laser treatments with medical grade skincare to protect your investments and prevent future breakouts! Call our skincare specialists at 724-987-3221 to schedule a complimentary consultation for your acne. ❖





WATER JET LIPO – A LEADER IN LIPOSUCTION

by Allie Addoms

Thinking about liposuction? Ask yourself what the perfect liposuction technique looks like. It would be effective and achieve excellent results on nearly all patient types. It would be safe, minimally invasive and require minimal downtime. This procedure would be gentle enough that fat cells removed could be harvested and implanted into other areas such as the breasts, buttocks and face for a fuller, rounder look. It would cost less than other techniques. Patients would be thrilled!

Today, Water-jet Assisted Liposuction (WAL) has all the characteristics of the perfect technique described above. Liposuction techniques have been steadily improving since the early 1980s. General anesthesia is no longer required. Liposuction surgery can be performed with a mixed solution of local anesthesia and using mild sedation. The anesthesia is injected under the skin through tiny slits and the body is then sculpted by removing unwanted fat. Water-jet liposuction allows fat to be loosened as a small fan shaped jet and a focused vacuum at the same time, which further enhances the sculpting effect. This technique is gentler and offers improved patient safety and much better results.

Water-jet Lipo is perfect for patients with stubborn trouble areas that won't go away, even with diet and exercise. Patients should be in overall good health but may have trouble areas or excess fat under the chin, arms, male and female breasts, hips, abdomen, thighs, hips, buttocks or knees.

This breakthrough technique of gentle water-assisted liposuction provides remarkable body contour outcomes with long-lasting results. It is more precise than traditional liposuction because it does not use the traditional cannula. During the surgery, the targeted fat is gently flushed from the body using the water assisted system. This avoids traumatic situations of traditional liposuction, resulting in significantly less swelling and bruising and almost no downtime. ❖

AM I A CANDIDATE?

- Young women sometimes accumulate unwanted fat in their hips, love handles and lower abdomen (muffin tops). She is not even close to being obese, but feels as though she has to hide herself due to small rolls that overflow pants. Water-jet Lipo is proven to be one of the best methods to eliminate this area of fat.
- Women who have excessive fat in and around their inner and outer thighs (saddle bags) may make them appear overweight, even though they are not. Water-jet Lipo provides a smooth, natural contour to restore the feminine hourglass shape.
- Middle-aged women typically store fat in their abdomen, back and flanks, making it hard to maintain a youthful hourglass shape, even with diet and exercise. Water-jet Lipo can reach these areas and remove excess fat, and also tighten the remaining skin, restoring a youthful shape.
- Men who have ample fat in their breasts often pose an unwanted feminine appearance (medical condition known as gynecomastia). Liposuction corrects this, providing a masculine, slim look. Many men also choose to contour their neck and jawline for a chiseled, youthful appearance.



- Men who have tried strict diet and exercise but maintain excess fat around the flanks and abdomen are great candidates. Water-jet Lipo can greatly improve their results. Since men have such thick skin, they typically achieve outstanding liposuction results.
- Women and men who have excess fat around their neck or chin (double chin) can achieve optimal contour results around the neck and jaw, giving them a slim, youthful look.
- Men and women who have undergone liposuction or tummy tuck procedures in other offices and received sub-par results benefit from our advanced Water-jet Lipo techniques. We perform post traditional liposuction and mini tummy tuck correction (below the bellybutton) procedures to achieve dramatic contour results.

Advanced
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Call us at the Advanced Liposuction Center and schedule your complimentary consultation today.

Claim the body you've always wanted with Water-jet Assisted Liposuction.

724-683-7581

Laser Tattoo Removal

-Better, Faster & Safer with PicoSure®

by Body Beautiful

What's the best (and worst) thing about tattoos? They're permanent. Do you have a tattoo that you regret? You're not alone – one in five people have a tattoo they would like removed. The two most common reasons are *"I'm marked for life."* and followed by *"I just don't like it."* When you hear laser tattoo removal mentioned today, what you're hearing about are Q-switched lasers. With this type of laser it's all about wavelength and pulse speed.

At Body Beautiful we can help you change or remove unwanted tattoos in less sessions, safer and more efficiently than with traditional Q-switched lasers. These lasers used wavelengths of 532 nm, 655 nm, 1064 nm. In the past tattoo removal could take anywhere from 10-20 sessions or more! Q-switched techniques do not even guarantee that it will be completely gone. Certain wavelengths work best on certain colors, and the faster they pulse, the better.

We are introducing the Picosure by Cynosure. This uses a 755 wavelength which can treat black and color inks! It also has a 532nm wavelength which can remove reds or even pink! Red was impossible to remove in the past. The picosure fires at a faster rate (picosecond) and breaks the ink into smaller fragments which allows for more effective tattoo removal – as well as for other difficult colors like green and light-blue. Most tattoos can be eliminated in 4-8 treatments, and to lighten the canvas for a cover-up, even less are needed! Other lasers just can't do this. That's half the number of sessions it would traditionally take if you've had tattoo removal in the past. ❖

Tattoo regret? We can help.

Call Body Beautiful today at 724-987-3221 or visit us online for more information at www.BBLMSpa.com.

You've got nothing to lose, but some bad ink memories!

PicoSure® works magic on birthmarks, too.

After all, birthmarks are a lot like bad tats, both are unwanted pigment trapped in the skin. With birthmarks, the same rules apply—about 4-8 treatments are needed, then it's gone. Our laser technicians have years of experience and in their opinion "There's not even a close second to Pico."

So for tattoos and birthmarks, don't just put up with it – get rid of them for good.

Call us today.



Men's Treatments

More Men Opting for Cosmetic Procedures and Cosmetic Surgery

by Allie Addoms

Typically, women account for most cosmetic treatments and procedures. However, studies show that over the past seven years, more men are opting for treatments! Among the most common trends researchers have seen, an abundance of men are undergoing face lifts, receiving injectables for wrinkles, getting laser hair removal for hairy backs, and brightening their teeth from years of coffee stains.

Men are finally discovering what women have always known - appearance matters. Younger men are beginning to view cosmetic enhancements as acceptable and desired to correct "unmanly" features or embarrassing conditions. With today's technologies, cosmetic treatments and surgeries that once required inpatient stays and extensive downtime are now outpatient and require very minimal downtime.

April Ritter, Certified Laser Technician at Body Beautiful said, "These factors appeal to men who don't want to or can't take time off of work. Minimally invasive, innovative treatments like Botox and fillers take years off of men's faces in a quick, 20-minute office visit. Laser hair removal takes about 20-40 minutes. Teeth whitening only 20-minutes per treatment. Men don't like waiting around, so these options are great."

Men are naturally competitive and are becoming motivated to uphold a youthful appearance, especially in the youthful workplace or after a divorce. Plastic surgeons report about 30% of patients are male, compared to just 5%, 10 years ago, and the numbers are steadily increasing. Men are becoming less shy about having work done and devoting time with preventative treatments to maintain youthful looks.

"I'm not at all embarrassed about the work that I've had done," Mike, a recent Body Beautiful patient, said. "I started with laser hair removal for my chest and discovered all these other treatments for my wrinkles, teeth and even my tattoo. Plenty of my friends are beginning to visit medical spas as well. With women looking younger as they age, like Jennifer Aniston and even my wife and her friends, we have to keep up somehow! I wish I found out about this industry sooner." ♦

Treatment Options:

Laser Hair Removal - Laser hair removal is becoming the most effective method for hair reduction. We've treated thousands of men's backs, chests, necks, brows, arms, toes and other areas. Depending on the area and skin tone, after about 5-10 treatments, you will be hairless! Our laser hair removal systems are the gold standard in hair reduction and are FDA approved.

Acne Scars and Deep Wrinkle Reduction - Our innovative lasers and treatments (Fractional, IPL Photofacial, eMatrix Sublative, MicroNeedling) are proven to reduce active acne, acne scars, sun spots, fine lines and deep wrinkles. These treatments deliver energy to the skin's deep layers, which rejuvenates the skin. These treatments are typically 15-20 minutes, depending on the area (face, neck, hands) with minimal downtime and side effects.

Male Breast Reduction - Many men are embarrassed about their enlarged breasts, whether due to genetics, weight gain/loss or not enough time for the gym. You shouldn't have to cover up at the pool and dread summer. Modern advances in medicine have made it possible for men to get their breasts reduced naturally and safely by removing excess fat.

Liposuction - Modern liposuction involves fat being suctioned from the body. As the excess fat deposits are removed, the body is left slim and slender. Our doctor is Board Certified in General Surgery and a Fellow of the American Academy of Cosmetic Surgeons. He listens to patients, leaving them happy and restoring their confidence.

Botox and Fillers - More men are discovering that they don't have to live with wrinkles and fine lines. Botox, Dysport, Juvederm, Restylane and others smooth wrinkles and restore smooth skin, taking 10-15 years off. It's non-surgical, virtually painless and more affordable than you may realize.

Teeth Whitening - Laser teeth whitening is a safe and easy procedure. In 2-4 20-minute visits, years of coffee, wine and smoke stains will be eliminated and your natural white teeth will emerge. Our product is safe for the enamel and does not cause harm to the gums.

Tattoo Removal - Laser tattoo removal is the most effective option for removing unwanted tattoos. Depending on the size, color and area of the tattoo, it can be gone within just a few months. Tattoo removal is safe, quick and effective.

Call Body Beautiful today at
724-987-3221 or get more
information at BBLMSpa.com





Want to feel **FLAWLESS** in that teeny-bikini this summer? Body Contouring & Body Wraps will give you the **PERFECT BODY** you long for! *By Rachel Addoms*

It's every girl's dream to achieve a flat tummy and maybe a Kardashian booty, and you work hard to obtain these goals. Working out regularly is the best way to stay healthy and shed that stubborn fat, but if you are on the right track and still noticing a trouble spot, it may be time to try body contouring, body wrap or if you want more permanent, almost immediate results, water-jet liposuction!

Body contouring can help many troubled areas that seem to never disappear. It is a completely noninvasive and non-surgical treatment that helps tighten your existing collagen and stimulates new collagen growth. It can be used to treat body nuisances such as cellulite, tighten skin, firm loose skin/fat, post-liposuction smoothing or pre/post-liposuction skin tightening. The best part about our Alma Accent Body Contour technology is that it's immediate and can last over 6 months!

Body Wraps are known to be a quick alternative option to Body Contouring with similar results but doing them both at the same time! The Formstar Infrared Body Wrap System works by heating the body directly and getting underneath fat tissue while thinning blood flow to allow further access to areas where fat exists. There are many cosmetic and therapeutic benefits to our amazing body wraps. Cosmetic benefits include firming cellulite, burning up to 1,600 calories, increased energy and metabolism. Therapeutic benefits include stress reduction, pain relief, flushing toxins and promote a healthy immune system.

So if you are working out and eating healthy, but still not satisfied with that trouble-spot, now is your time to live body beautiful by coming in and receiving these incredible treatments today! Combine Body Wraps and Body Contouring for the best results. Attack unwanted cellulite, saggy skin and inches while reshaping your body with a dual-action, fat attack treatment. ❖

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SKIN IRREGULARITIES

by Christine Smith

Every woman dreams of her big wedding day when she's a little girl. We dream of the perfect dress, perfect hair, makeup and SKIN! As we get older, so does our skin, all at a time when self confidence should be at an all time high. You may develop unsightly spider veins, cholesterol deposits or some other type of irregularity making the texture of your skin bumpy and uneven. I've tried everything from heavier makeup to tanning to hide them. Heavy makeup looks cakey and rubs off, which is embarrassing. I decided to try a treatment with a medical device called the Lamprobe. I was so happy to fix the imperfections instead of hiding them! The skin you're born with doesn't have to be the skin you live with! It may be easier than you think! With just a couple treatments I had long lasting results that permanently worked for me! My confidence is at an all time high and I'm pleased my skin is smooth and beautiful for my big day!

HOW DOES IT WORK? By using a radio wave frequency medical device (Lamprobe or Hyfrecator), the irregularity is safely and effectively removed. The non-invasive procedure takes 2-8 seconds per irregularity, using rapid dehydration method to cauterize it so it cannot grow back. The area will heal back as normal beautiful skin! There is little to no downtime. You may need more than one treatment. Ask about our other laser aesthetic procedures. Stop throwing money away and get it done permanently. ❖

Call Body Beautiful today for a free consultation! 724-987-3221 • www.BBLMSpa.com



We successfully treat skin irregularities such as:

Acne Pimples
Broken Capillaries
Brown Raised Spots
Cherry Angiomas
Cholesterol Deposits
Fibromas, Moles
Milia, Skin tags, Warts
Whiteheads/Blackheads



With innovative treatments now available, wart removal is easier, safer and less painful than ever.

At the Beaver Valley Foot Clinic, we have the newest most effective treatment options available, so come in today to have us remove those ugly painful viral tumors before they spread further to you or your loved ones. Most treatments have little to no down time.

Often confused with calluses, you can often tell you have a wart by the tiny pinpoint black or red dots embedded within. These appear as the viral tumor grows and pulls up its own blood supply. Usually entering the skin through a small crack or puncture, warts are common among runners, teenagers and children. Below are the options to remove warts.

Topical Medication: For the most stubborn warts, Cantharidin, a topical liquid medication, is very effective. Also known as Cantharone and Cantharone Plus, the topical is purified and concentrated onto the wart surface, causing the skin under the wart to blister and lift off. This is only applied in the Podiatrist's office because of its strength.

Laser: Most skin resurfacing lasers can remove warts without surgery. We use the 1064 and Q switch lasers for the best results. These lasers emit short pulses of highly focused light to burn away the tissue on the surface of the skin. Lasers work by stopping the blood supply to the wart, causing it to die. Multiple treatments may be needed for complete removal.



Plantar Warts

Surgery: The Curettage surgical procedure is an effective and popular option. The podiatrist uses local anesthetic and a small edged instrument (curette) to scoop the wart away.

Many people try at-home remedies to remove warts. DO NOT use duct tape, emery boards or pumice stones to pick at the wart. These actually spread the wart to other areas and to other people. Once one person has a wart, it will likely spread to other family members.



For more information, diagnosis or treatment call 724-375-1577 or visit www.BVFootClinic.com.



Lip Augmentation

At Body Beautiful and the Advanced Liposuction Center, you can get fuller lips through Lip Augmentation. Ask us how. Call today or go to our website for more information.

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Beautiful fuller lips for you!

Kathy Moran

Freelance Writer & Editor for more than 16 years!

Kathy captures the essence of your ideas and conveys them precisely and effectively. Bringing a fresh perspective to every project, she is equally adept at writing with great humor, or in strictly technical fashion, and can create a voice or personality for a company or an individual, or adhere to an established, time-honored image.

For outstanding business letters, résumés, cover letters, websites, blogs, articles, newsletters, commercials, slogans, and more.

Contact Kathy, at 724-777-0628, or WordsmithA1@comcast.net.

Your Guide to Skin Care Therapies By Allie Addoms

With so many products available, how do you choose? Thousands of treatments, creams, toners and moisturizers are used to protect the skin from the environment and conditions such as rosacea, dry skin, acne, eczema, wrinkles, dullness and psoriasis. But skin care products should also be rejuvenating, making your skin glow and as healthy as possible! This is our simple guide to understanding skin care ingredients and which products we recommend for your skin type.

SO MANY PRODUCTS, HOW DO YOU CHOOSE?

First and foremost, you should schedule a consultation at our medical spa, especially if you are new to skin care. This gives you a chance to ask questions, discuss expectations and goals with a skin care specialist.

Home care is crucial to your overall skin health. Yes, facials, laser treatments, scrubs and peels work wonders on the skin, but it's important to protect your investment and consistently take care of your skin at home. After all, it is the largest organ of your body. ❖



Top 5 Ingredients That Benefit Your Skin

1. Vitamin C

It reduces scars and wrinkles, and is the only antioxidant proven to boost collagen production, rejuvenating the skin to appear years younger. This agent also reduces irritation and inflammation, improves skin's natural healing time (making breakouts less frequent) and increases the effectiveness of sunscreens to defend against UV. Vitamin C products will re-energize, smooth and brighten your complexion.

It's important to research when choosing a vitamin C product. In its most common form, it's fickle when exposed to oxygen, making it counterproductive. Make sure to choose a product in a sealed pump or tube.

Product Spotlight: Vitamin C+E Complex improves the appearance of skin texture and tone while tackling age spots.

2. Hydroquinone

These products are often called "brighteners" or "lightening agents." They lighten hyperpigmentation, dark spots, freckles, blemishes and sunspots due to melasma, pregnancy, birth control, medications or environmental factors. Limit sun exposure while using hydroquinone.

NEW Product Spotlight:

Lytera Skin Brightening Complex reduces the appearance of dark spots, freckles and sun damage while brightening dull skin. Lytera is clinically proven to improve skin tone in only 4 weeks.

3. Hyaluronic Acid (HA)

It occurs abundantly and naturally in young people's skin. Age, diet and smoking reduce the body's HA levels. Don't let the word "acid" scare you. HA is not harsh or stripping; actually, it's a moisture-binding agent that keeps skin hydrated and glowing, while reducing wrinkles! Pair with vitamin C products for best results. HA is also used in dermal fillers such as Juvederm, Restylane and Lyft.

Product Spotlight:

SkinMedica Hydrating Complex hydrates, moisturizes skin and reduces the appearance of wrinkles.

4. Alpha-Hydroxy Acids (AHAs)

AHAs are natural acids found in milk and sugars. Products containing AHAs reduce and prevent wrinkles, age spots and irregular pigmentations. They also exfoliate the skin by removing "glue" from the skin's upper layer that holds onto dead skin cells, helping new skin cells grow. AHAs stimulate collagen and elastin, naturally creating younger-looking skin. They are strong and may cause sun sensitivity and mild irritation, so apply sunscreen every morning.

Product Spotlight:

SkinMedica AHA/BHA Cream exfoliates, brightens and defends against fine lines. Apply to face and neck twice/day after cleansing, toning and treatments, but before SPF.

5. Retinol

Retinol is a non-prescription product made from vitamin A. Retinol improves skin tone, texture, color, smooths pigmentations and reduces fine lines. Retinol is one of the most powerful anti-aging agents available to dramatically reduce wrinkles and smooth skin. Our cosmetic surgeon recommends Retinol to anyone who wants a more youthful appearance.

Product Spotlight:

SkinMedica Retinol Complex .25, .5, 1.0 all dramatically improve skin tone, texture and reduce wrinkles.

(Journal of the American Academy of Dermatology, The Journal of Clinical and Aesthetic Dermatology)

**SkinMedica Found at
Body Beautiful Laser
Medical Spa**

724-987-3221

www.BBLMSpa.com



REMOVE YOUR UNWANTED HAIR, ANYWHERE

By Hana Richani

Over the course of a lifetime, American women will spend approximately \$10,000 and nearly two entire months simply managing unwanted hair. Most American men, too, routinely remove facial hair, and increasing numbers modify hair elsewhere on their bodies. Why spend so much time and money on shaving, waxing and tweezing hair when you could save so much time and money with permanent laser hair reduction?

When it comes to laser hair removal, it's much safer than any other hair removal. Shaving can be very dangerous. Bacteria grows inside the blades and the risk of cutting yourself (which happens all the time) can cause irritation and skin infections. Waxing not only hurts, but it can cause breakouts and irritate skin. When pulling out the hair by the root, the skin gets damaged and leaves little wounds. Bacteria gets in the wounds and causes skin infections.

Hair removal creams are even worse because of the chemicals in the product. Creams can also cause irritation

and rashes. In my opinion, spending thousands of dollars on dangerous ways to temporarily remove hair is not worth a penny. I'd rather spend my money on something permanent opposed to temporary, and that's where laser hair removal comes to play. Not only will your skin be smooth and hair free, but it will stay like that forever.

No more cuts from shaving and no more pain from waxing. The value of the treatment is well worth the price and time for the best results. Not only will you be saving money from laser hair removal but you would be saving the risk of dangerous alternatives of hair removal.

So how does laser hair removal work? A beam of light hits the skin's surface targeting the hair follicle to prevent future growth. The laser will feel like a fast heat sensation. Depending on the area and thickness of hair, the certified laser technicians will determine how many

sessions are needed to obtain the full result. It can be used on almost any part of the body, but must be brown to dark hair. After a series of 5-10 sessions, most people leave hair free! Body Beautiful offers a great loyalty program and customers can opt to purchase a package with a two or five year guarantee, so if you get pop-ups of hair, you can get a complimentary touch up.

My experience at Body Beautiful was amazing! I love the clean facilities, friendly, knowledgeable staff and efficient lasers. I received laser hair removal on my fingers, legs and underarms. Being Lebanese, I have thick, dark hair and had to shave every day. I'm thrilled I no longer have to bother with shaving and waxing. My skin is so smooth! My brother is the same, and he received the treatment on his back. We love our results!

Call Body Beautiful today and begin your journey to hair-free legs, arms, fingers, chin, lips, bikini, brazilian, back and neck today! ❖



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Living Body BEAUTIFUL Magazine

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Calm Your Stress Fracture



A stress fracture is actually a fracture along the bone, which can be determined through X-ray, and may not heal properly without your podiatrist's help. If you or someone you know is experiencing swelling and pain around the top of the foot, it may be a stress fracture. It's not just something athletes and runners experience, it's actually the most common bone injury. Don't stress-it can be treated in-office!

You may know that stress fractures can occur anywhere, but the majority occur in ankle and foot bones (these bones hold most of the body's weight). Stress fractures are most common in those who work on their feet and athletes, but can occur in anyone.

Symptoms of stress fractures include swelling and pain (mild to severe), especially when placing weight on the injury. Stress fractures are the most common in:

- metatarsal bones of the foot, which connects rearfoot to toes
- fibula, outside bone of lower leg
- calcaneus, or heel bone (seen in runners)
- talus, main pivot-bone of the ankle
- tibia, or shin bone
- navicular or cuboid bones, located in the midfoot

Stress fractures occur in the bones that experience daily repetitive shock. They can result from one traumatic injury, but usually from repetitive, chronic impact. Most podiatry offices can conduct X-rays to diagnose the stress fracture.

Casts are usually not needed for stress fractures. Most people need a special boot called a cam-walker to provide support and change how weight is distributed around the ankle and foot. This is successful since most stress fractures occur from constant pressure.

After the strain is gone, healing will proceed as normal. A stress fracture heals within 4-16 weeks if the patient takes it easy and follows instructions with the cam-walker. Almost 100% of stress fractures completely heal with no complications if properly treated. In fact, most podiatrists treat stress fractures every day. So don't live with your ankle or foot pain, call your podiatrist. ❖

**Call Beaver Valley Foot Clinic for help today
724-375-1577 or visit BVFootClinic.com**

Is There a Pebble in Your Shoe?

by Christina Teimouri, DPM

Do you suffer from any of the following?

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

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

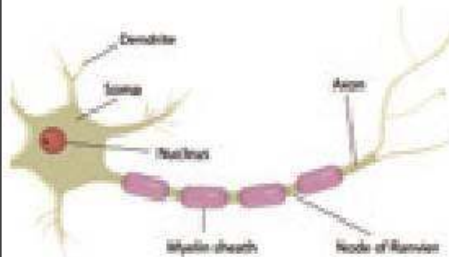
The doctors at Beaver Valley Foot Clinic are using a new technology to replace surgery called Cryotherapy. In as little as a six-minute office procedure that only requires a Band-Aid as a dressing, you can continue your regular activities the same day and shower the next morning.

Cryotherapy involves locating and freezing the nerve associated with the pain. It has been around since the 1960s and has been used for the treatment of prostate cancer, eye surgery and spinal nerves. Cryotherapy for foot problems has been shown effective for over ten years now and I believe it is the gold standard treatment of neuromas and

fibromas which are the most common foot tumors.

The good news is that Cryotherapy is covered by most insurances! Our success rate after Cryotherapy is about 92% percent.

Some describe feeling a wrinkled sock



or pebble in their shoe. A Morton's neuroma stems from a pinched nerve in the foot. It is benign but very painful, causing burning, tingling, or numbness shooting up the toes and ball of the foot. Aerobics, walking and many jobs can create or aggravate a neuroma. A Cryopac machine uses extremely cold temperatures to cause demyelination of the sheath around the nerve which decreases the nerve's ability to transmit the signal of pain. The epineurium and perineurium remain intact, preventing the formation of a stump neuroma, one of the worst and

most common complications of surgical removal.

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

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



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Advanced Vein Treatments for Complete Vein Health

by S. M. Crotzer DC RVT

Look at your legs. Better yet, picture your legs at the beach, in a pair of shorts.

If they've got visible, ropey veins or clusters of purple spider veins, you're probably not thrilled with how they look. Here's another point to consider – at the end of a long day, how do your legs feel? Tired, achy, heavy, and uncomfortably swollen? If you're sick and tired of your legs looking and feeling like this, then this article is for you.

Here's some basic information about your veins: First, you've got two main ones in each leg. One runs down the inside of the leg, from upper thigh to ankle. The other is found on the back of the calf, running from the back of your knee down to your ankle. These are the saphenous veins, and everybody's got them. The important thing to realize is these veins are the root cause of almost all leg vein problems, almost 100% of the time. It's like a tree – when the trunk is diseased, disease in the branches is sure to follow.

Secondly, let's consider what blood vessels actually do. You've got two types, arteries and veins. Arteries branch out from your heart, and carry oxygen to literally every cell in your body. The pressure generated by your heart pumping is what keeps this blood moving. Needless to say, arteries are vital. Veins are the other half of the circulatory system, bringing blood

back to the heart. The blood is then pumped out again and the cycle continues. Since the blood in veins is under much less pressure than arterial blood pumped directly from the heart, they depend on a series of valves to keep blood flowing efficiently. (Important note: even if you've got extensive vein disease in your legs, you're not in immediate danger – blood is still getting back to your heart).

Finally, when this system of valves stops working well, you've got vein disease. These valves become leaky and some of the blood starts flowing back down the leg. This excess blood stretches the veins out,



and that's how the varicose vein process starts. Imagine a long, thin water balloon. As more and more water trickles into the balloon, it stretches out and becomes wider and wider. It's a rough analogy, but it works. This is how varicose veins develop. Spider veins are just like varicose veins, only smaller. In this case, the smallest veins at the very surface of the skin become stretched out and visible.

The above problems are mainly cosmetic. They're unsightly, but don't usually affect how your legs actually feel. Remember, we're dealing with blood that's pooling – collecting in the legs. Think of the water balloon again. As it takes on more water it becomes heavier. Swollen with fluid, basically. If your legs are tired and painful, your ankles swell, and you've got to put your feet up for relief, this is more or less what's happening to the veins in your legs.

This is the basics of how vein problems work, which would be interesting but wouldn't mean much if there weren't a solution. At The Advanced Vein Center, we provide two basic treatment options. Vein ablation is used to shut down the flow in one or both of the saphenous veins in the affected leg, without damaging the surrounding tissue. This sound like it would create a circulation problem, but actually doesn't. Each leg contains literally miles of veins, which is not only amazing, but also means blood has many, many routes back up your leg. The blood simply flows into veins with working valves. Overall, it's a technically brilliant treatment for varicose veins.

For surface spider veins, the preferred treatment is microphlebectomy or sclerotherapy. In one approach, small amounts of medication are injected into spider vein clusters, quickly closing them down from the inside. Once again, the blood simply flows into veins that are working properly. The goal of any vein procedure is to correct the problem as non-invasively as possible, as safely as possible, with virtually no side effects and very little downtime. By these standards, ablation and sclerotherapy are nearly perfect treatments. Both are extremely safe outpatient treatments which typically take about an hour. This bears mentioning again—with these treatments, it's possible to walk into our clinic and leave in about one hour with your vein problem solved. Without the long, painful recovery time associated with older procedures. The worst part for most patients is wearing compression stockings for two weeks after the treatment – a very small price to pay for correcting a problem most patients have dealt with for years.

The first step is coming in for a consultation. These options are safe and effective for the vast majority of patients, and we'll make sure they're right for you. Call The Advanced Vein Center today and let us take care of your vein problems. ❖

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Achilles Tendinitis

That Terrible Pain in the Back of Your Heel

by Tyler Newpol

Have your New Year's resolutions been to get in shape?

Well, maybe this year is the year! But beware – there are some pitfalls to getting into shape. One of the more common conditions is known as Achilles tendinitis. The tendon that is attached to the heel bone becomes overused and injured.

Symptoms begin with an ache at the back of your leg or just above the heel after any kind of physical activity involving your legs. The tendon may be stiff, tender, or swollen, and you may have difficulty pointing your toes. Achilles tendinitis happens to runners, basketball players and other athletes due to prolonged use, wear and tear of the tendons, along with the lack of stretching before exercising. It also happens to any of us over 50 who have worn an irritating pair of shoes, or tripped and stretched it, or just from normal work activities over a period of time.

Dr. Christina Teimouri, DPM at Beaver Valley Foot Clinic will diagnose your pain by examining and x-raying the foot. Depending on the degree of the injury, the doctor will diagnose and treat the tendon. Surgery may be required for a torn tendon, but that is rare.

However, there are many non-surgical options offered to reduce pain in the area. One is known as Extracorporeal Shockwave Therapy or ESWT. It is an effective non-surgical 20 minute office procedure to treat Achilles tendinitis. The Beaver Valley Foot Clinic is the only ESWT provider in the Pittsburgh area! Other simple but effective treatments include prescriptions, injections, orthotics, casting, a special boot or a combination of the above. Each patient is unique and treatment varies depending on severity and duration of symptoms.

With five convenient locations to serve you, talk to Dr. Christina Teimouri, DPM today at Beaver Valley Foot Clinic about all the possible options for treatment and recovery! ❖

Get an appointment today by calling 724-375-1577 or go to www.BVFootClinic.com for more information.

A Stiff Big Toe?

By Tyler Newpol

Have the joints in your feet become so painful it hurts to walk or even stand? Do your shoes rub a "bump" at the base of your toe? You might possibly have a condition known as Hallux Rigidus, more simply put a "stiff big toe".

This condition is a form of arthritis that worsens over time. Most likely, the area of pain is at the metatarsophalangeal joint, the joint that connects the toe to the rest of your foot. Maybe you played high school sports, or dropped a can or something out of the freezer on your toe as you cooked dinner. Maybe you just tripped over your own feet, or wore high heels.

It begins as Hallux Limitus, then as this condition progresses the range of motion in your big toe may decrease. One with Hallux Rigidus may experience more pain and stiffness in cold damp weather. The joint can become swollen and form a large bump which will make wearing shoes a painful and difficult endeavor.



Your doctor can easily diagnose this condition by using x-rays to see if there is a bone spur development, and a test to see how far the big toe can bend up and down. If you have a stiff, painful big toe joint, you can treat it with various options, including wearing stiff soled shoes, having

shoes that aren't too snug on your toes, avoiding activities that are hard on your feet like running, and taking anti-inflammatory medications for the swelling.

Unfortunately, these simple measures may not be enough to treat the condition. In that case, you should talk to your doctor about other options. Often a shot of cortisone once every year or two keeps the inflammation in check, at least for a while. Orthotics are often helpful, but this is one time off the shelf arch supports just aren't enough. Custom orthotics are usually covered by your insurance for this condition. Many patients find relief with prescription medication, depending on the extent of the pain and injury.

Every once in awhile, only surgery helps. Known as a Cheilectomy (kī-lek'tō-mē), this is where the bone spurs are reduced, joint motion is preserved, and pain is alleviated. This procedure can be done in less than an hour in the office. You may walk out immediately in a special shoe, and return to regular shoes and activities in as little as two weeks.

If you think you may have a stiff big toe, talk to your doctor today about the options to alleviate the pain! It's often easier than you may think. Call for a consult with a Board Certified Surgeon at one of Beaver Valley Foot Clinic's 5 convenient locations today. ❖

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Help for NUMBNESS & TINGLING in Your Toes

by Christina Teimouri, DPM

50% of people with diabetes will get neuropathy. As soon as diabetic neuropathy occurs, it usually worsens. You may feel numbness or tingling in your toes. Symptoms may come and go in the beginning, then become constant. Unpleasant symptoms interfere with sleep, or cause daytime pain and burning.

One of the leading causes of the ulcerations or wounds that occur in the feet is neuropathy. This then leads to infections and amputations. Many nonsurgical options are available to relieve the pain, tingling and burning, and restore sensation in the feet.

How Do the Nerves in the Diabetic Foot Become Compressed?

In the foot, the posterior tibial nerve moves through a channel inside the ankle. The nerve actually supplies the integral heel and bottom of the foot. When the posterior tibial nerve is compressed, it can cause numbness or tingling in the ball of the foot, around the tops of the toes and in the arch. If nerve compression continues without treatment, it can lead to muscle weakness in the toes, causing hammertoes.

Who is an Ideal Candidate for Neuropathy?

The ideal candidate for surgery is a diabetic who is experiencing tingling and/or numbness in the foot. He/she may also experience problems with balance, or notice a change in the foot's shape. Please visit our doctor to be examined to measure the severity of the motor and sensory loss.

We give specific instructions to each patient, including daily foot inspection for premature signs of infection or skin breakdown. Our doctor uses the Quantitative Sensory Testing method to discover sensory loss, and if it shows sufficiency, the patient may need special shoes to protect the foot. Additionally, some medications will temporarily relieve discomfort. Patients must also always count their blood sugar levels and ensure it is at its best.

If you experience hot, cold, or shooting pains in your toes, medication can help these feelings too. There are options besides Lyrica and Neurontin that may have fewer side effects.

Overall, there are new sources of optimism in reversing potential complications of the feet in diabetics. ❖

Call Beaver Valley Foot Clinic for help today 724-375-1577 or go to BVFootClinic.com for more information.



Of course you remember where you were on September 11th


Now a journalist's never-before-published diary chronicles America's aftermath. Includes rare articles untouched by a newspaper editor.


From Tuesday, October 16, 2001

White, powdery substance. Baking soda? Mashed potatoes? Talcum powder? What could be worse than cocaine? Or heroin? Antifreeze!


"I have read every book that was ever written and published about 9/11. Your book stands out all alone like one of the shining lights from the towers that fell. I am really at a loss for words to adequately describe how I felt when I finished the book. I absolutely loved the way you told a story in a way that no one has done before."

-Edward Blumberg, Capt. PDNY (Ret.)





2011 GOLD MEDAL
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ISBN 978-1-935111-11-1

Come photo of the Freedom Tower by the author.
Facts and first-hand insight by Jill Cueni-Cohen

Like It Was YESTERDAY

A JOURNALIST'S FILES SINCE 9/11

Jill Cueni-Cohen

Toenail Fungus?



Although fungus destroys your nail, it actually lives under the toenail and many OTC products will not work.

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WHAT IS A HAMMERTOES?

Hammertoes are the bending of one or both joints on the second, third, fourth or fifth toes ("little toes"). The abnormal bending will put pressure on the toe when you're wearing footwear, causing pain and problems to develop.

Hammertoes typically start out as mild deformities, but over time get much worse. In its early stages, hammer toe symptoms can be managed with noninvasive procedures. But if the hammertoe is left untreated, it can become very rigid and will not respond to noninvasive (nonsurgical) procedures. Hammertoes should be taken seriously right away. They never get better without some type of procedure.

What causes hammertoes?

Hammertoes usually run in the family and are usually caused from a tendon or muscle imbalance. The imbalance, which is usually an irregular bend of the toe, results from structural changes in the foot, which can occur over time.

Hammertoes can be irritated by footwear that do not properly fit. Hammertoes may result if a toe is too long and forced into a cramped position, such as a tight fitting shoe.

What are the symptoms of a hammertoe?

If your toe is stuck in an upside down "v" position, it is probably a hammertoe.

Other symptoms include:

- Pain at the top of the bent toe when putting footwear on
- Pain on the ball of the foot
- Swollen toe joint
- Corns that are forming on the top or side of the toe
- Redness
- Difficulty and pain when moving the toe joint



If you have these symptoms, call your podiatrist and seek treatment immediately. Call us at 724-375-1577 and relieve your foot pain today.



BUNIONS

If you've had painful, sore or even "ugly" feet, it may be more serious than you think. If you find yourself saying "I can't wear cute shoes," or "I can't find comfortable shoes anymore," or even "My shoes have ugly bumps," there may be a medical reason.

If you're constantly rubbing your swollen feet due to pain, you may have a bunion. These don't just disappear on their own, they actually get worse over time and turn into

a painful bump on the inside of the foot. Bunions feel stiff and sore, and become red, calloused, irritated or cause the big toe to turn inward.

At the first sign, you should begin to wear wide shoes to relieve pressure. If it continues to hurt, becomes infected (redness, swelling) especially if you have diabetes, seek help from your podiatrist.

The podiatrist may give you a cortisone shot to relieve pain. Or, surgery may be necessary to realign the bone behind the big toe. The bunionectomy is a simple one-hour procedure and you will be able to walk right away and be back in regular shoes after just a few weeks! Dr. Teimouri of Beaver Valley Foot Clinic is Board Certified by ACFAS.

If you have any of the symptoms listed above, please call us at to schedule and be on your way to pain-free feet. 724-375-1577 www.BVFootClinic.com

GROWING PAINS: DO'S (AND DONT'S) FOR TREATING INGROWN TOENAILS

Ever thought about ingrown toenails? It turns out that a surprising number of Americans have or will have one.

In 2014, nail problems were the number one reason patients sought professional medical attention for their feet. It's safe to say ingrown toenails come in second, right behind toenail fungus. At any rate, any podiatrist worth her nail clippers knows that they're extremely common.

So what's the big deal? First off, they hurt. If you've never had one, take a second to feel just how sharp and hard your thumbnail really is. Then imagine one of these sharp edges physically growing into one of the side creases of your nail. Essentially it's like having something sharp inserted under your nail, very slowly. Now, imagine that this sharp inwards-curling nail is on your big toe – the one you use to start every step you take. This is the classic ingrown toenail seen by thousands of podiatrists daily, and for some patients it's excruciating.

Secondly, ingrown toenails can become infected, sometimes badly. In extreme worst-case scenarios, this infection can spread to the bone below the nail. Like any infection, bone infections must be taken seriously because they have the potential to spread. Have toes been amputated due to bone infections caused by ingrown toenails? Absolutely. Have people died from untreated bone infections? Again, in extremely rare cases, the answer is yes – especially before the medical miracle of modern antibiotics. At any rate, podiatrists who've practiced for any length of time will tell you that nasty abscesses secondary to ingrown toenails aren't entirely uncommon.

Now comes the most important section. Do not attempt to treat an ingrown toenail yourself – see a licensed podiatrist. This is not a good opportunity to watch a few online videos and try it yourself. At best, whatever you're trying won't work. At worst, you'll make things worse – you simply don't have the tools, training, or the ability to prescribe medications.

How do podiatrists treat ingrown toenails?

For more severe cases, we'll remove part of the nail. Carefully. With the proper tools and the proper technique. In the most severe cases, we'll gently remove a few millimeters of the side of the base of the nail, which produces the inwards-growing edge. After gently applying special chemicals with a Q-Tip, this part of the nail won't grow back, so this approach permanently solves the problem.

Remember that podiatrists solve foot problems just like dentists solve tooth problems. If you have an ingrown toenail – or any other nail problem – let an expert handle it. Call Dr. Teimouri DPM today for an appointment at one of our 5 convenient locations. ACFAS Board Certified.



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Posterior Tibial Tendon Dysfunction

By Jill Cueni-Cohen

My arch has fallen and can't get up!

If your job causes you to do a lot of walking, or you're really into hiking, or maybe you put on a few pounds as you got older and have to climb a lot of stairs every day, you're at risk for developing posterior tibial tendon dysfunction or PTTD. Also known as "adult-acquired flatfoot," PTTD usually occurs in just one foot, although some people develop the condition in both feet.

The posterior tibial tendon is located on the inside of the ankle. It supports the foot and helps with walking, but when overuse causes changes to take place in this tendon, the arch will gradually lose support, eventually causing the foot to flatten. And if it isn't treated early on, the condition will lead to pain when just walking.

Symptoms most often take place after repetitive

activities like walking, running and climbing stairs and may include pain, swelling, a flattening of the arch, and an inward rolling of the ankle. These symptoms will worsen as the PTTD progresses.

PTTD is often called "adult acquired flatfoot" because it is the most common type of flatfoot developed during adulthood. PTTD is progressive, which means it will keep getting worse, especially if it isn't treated early. In fact, as the problem becomes more advanced and the arch flattens, the pain commonly migrates to just below the ankle, on the outside of the foot. Continued deterioration of the tendon can easily lead to arthritis.

The good news is that when treated early enough, symptoms can be treated non-surgically through an orthotic device, short-leg cast, boot

or ankle brace. You will probably need to avoid bearing weight on the affected foot for a while as well. We'll reduce the pain and inflammation with medication.

Other therapies include ultrasound and exercises to help rehabilitate the tendon and surrounding muscles after being immobilized. Going forward, you may also need orthotic inserts to further improve arch support.

Surgery may be the only option when PTTD is very advanced, but we will work together to come up with the best course of treatment to alleviate the painful symptoms.

For an appointment, call 724-375-1577 or go to www.BVFootClinic.com for more information. ♦



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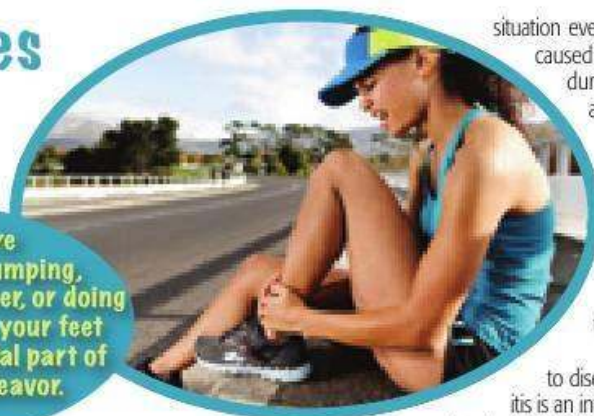
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MAKING SENSE OF INVESTING

Sports Injuries Will Happen

By Jill Cueni-Cohen

Whether you're walking, running, jumping, playing football or soccer, or doing ballet or gymnastics; your feet and ankles are a crucial part of every athletic endeavor.



We work with athletes at every level of performance – from little children just learning the game to weekend warriors and seasoned players – in every sport. And accidents do happen. Injuries will occur. Even a seemingly minor condition like plantar warts may necessitate a visit to the doctor.

When a serious sports injury occurs, we will have you in and out of x-ray in the space of five minutes – no long waits in an emergency room. We use durable, light-weight below-the-knee fiberglass casts, state-of-the-art braces, splints, surgical shoes, and any custom-made treatment you can imagine to treat injuries like ankle sprains and stress fractures.

Children from 10 to 12 years of age may suffer from a painful condition, called calcaneal apophysitis. Also known as Sever's disease, this is an inflammation of the heel's growth plate and is the most common cause of heel pain in children.

Heel pain in children should always be taken seriously, because unlike adults, it will not improve with walking. And walking usually makes the

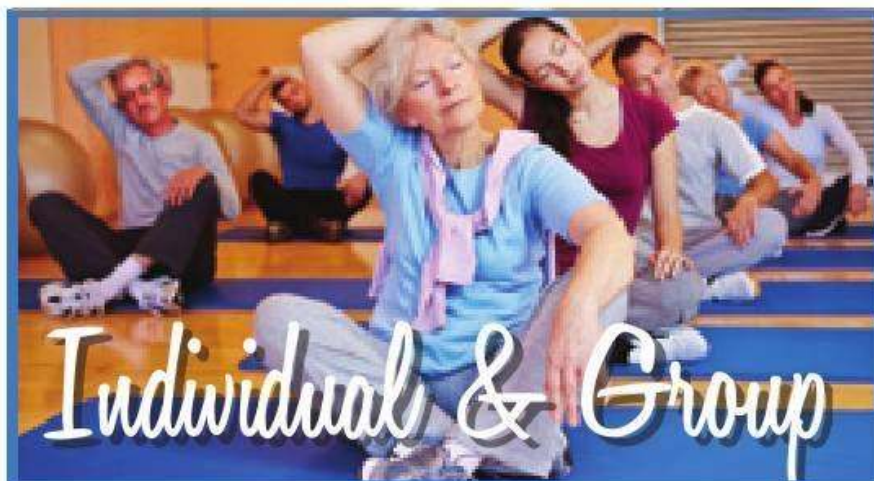
situation even worse. Calcaneal apophysitis is most often caused by too much stress on the heel bone as during sports activities where kids are running and pounding on hard surfaces. Football, soccer, track and baseball players are the most vulnerable, but other factors, such as obesity, a tight Achilles tendon, and arch problems are other causes. Symptoms of calcaneal apophysitis include intense inflammation; or growing pains in the back of one or both feet, limping, walking on tip-toe, and difficulty with running and jumping.

Adult athletes often come to our office due to disorders of the Achilles tendon. Achilles tendonitis is an inflammation of the tendon that runs down the back of the lower leg, and when this condition is untreated, degeneration of the tendon (Achilles tendonosis) will take place. Micro-injuries of the delicate fibers in the tendons can occur after a sudden movement while doing a repetitive activity.

Plantar fasciitis is usually the cause of heel pain in adults, but stress fractures occur in this area sometimes as well. Athletes who wear improper or worn-out shoes may suffer from plantar fasciitis, but if stretching the tendon doesn't alleviate the pain, it's wise to let us make sure you haven't suffered from a fracture. ❖

Don't suffer from foot and ankle pain or let it keep you from your favorite sports. We'll have you up and running in no time.

Call 724-375-1577 | www.BVFootClinic.com



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CRYOSURGERY *Fast relief for ball of foot and arch pain*

By Jill Cucni-Cohen

Ice has always been the go-to therapy for the reduction of swelling, inflammation and pain, and cryosurgery takes the therapeutic effects of ice into the 21st Century. Since it was approved by the FDA for peripheral nerve applications in 2003, patients have been raving about this minimally-invasive procedure, which can be done in our office in just about 15 minutes.

Also known as Cryotherapy or Neuroablation, Cryosurgery has revolutionized pain relief from many uncomfortable foot conditions including heel pain, plantar fasciitis, Morton's neuroma and plantar fibromas (a benign tumor or growth on the bottom surface of the foot). Like applying ice to an injury, Cryosurgery reduces swelling and inflammation to the site and also causes a mild numbing effect for several weeks or months after it's applied. It's also an effective way to destroy abnormal tissue growth, such as tumors, because instead of being applied to just the surface of the skin, it's like we're applying an extremely cold ice pack to the inside source of the discomfort, to the point that the abnormal tissue is destroyed. Instead of creating an open surgical wound and cutting away the tumor, your body will simply absorb it after it's destroyed. Imagine being able to directly numb the nerves responsible for causing your pain – that's cryosurgery.

The procedure involves the use of a local anesthetic, which is used to numb the painful area before we insert a cryoprobe through a very small puncture in the skin. Once the cryoprobe is in place, we initiate

several freeze cycles. Because intense cold will destroy tissue cells on contact, Cryosurgery is especially effective for any tumors or benign lesions. But the best news is the fact that there are few long-term side effects and you'll be up and walking soon after the procedure, with minimal to no down-time.

Patients have reported significant relief and the ability to return quickly to normal activities, including wearing fashionable shoes as well as walking barefoot.

Cryosurgery has become the procedure of choice when treating plantar fibromas, because non-surgical options, such as orthotics, often fail to provide adequate relief from pain. On the other hand, surgical options may lead to further complications and can worsen the original problem with new issues, such as plantar nerve entrapment and larger or recurrent fibromas.

In addition to lessening the pain created by fibromas, the use of extreme cold technology causes these masses to decrease in size and become softer. The procedure is fast, easy and causes minimal to no post-operative disability, enabling patients to return to wearing their regular shoes within 24-48 hours. ❖



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The Power of Sound:

Treating Chronic Heel Pain with Ultrasound Guided Pressure Waves

by Dr S. M. Crotzer DC RVT

It's easy to tell if you've got plantar fasciitis.

If you get out of bed in the morning and get a stabbing jolt of pain in your arch or heel when you put weight on your feet, then you've most likely got it.

Specifically, we're talking about sharp, relatively severe pain on the bottom of the foot, usually just in front of the heel. For some patients, this pain continues all day, with every step they take. Plantar fasciitis is easy to diagnose because it's not a subtle condition. It's also extremely common and surprisingly debilitating — it's hard to be happy and healthy when ordinary activities like walking hurt. Right now, it's estimated that about five million American adults suffer from some degree of plantar fasciitis.

The good news is that there's a relatively simple solution — one that most people, even most medical doctors, don't know about. Options are usually limited and temporary, including pain meds, steroid injections, physical therapy, and, unfortunately, invasive surgery. Put simply, there's rarely a "slam dunk" procedure capable of curing conditions like this, but **Extracorporeal Shockwave Therapy (ESWT)** comes very close. It's safe, non-invasive, and works for most patients, most of the time. It's also incredible that most doctors know little or nothing about it, with the exception of some podiatrists.

Let's define what the plantar fascia is, and what causes plantar fasciitis. It's basically a long, flat tendon running from the base of the toes to the front of heel. It functions sort of like a wide rubber band on the bottom of the foot, and it's under relatively constant strain due to walking and standing. If you consider how much the average person walks and stands on a daily basis, it's easy to understand how much strain the plantar fascia actually undergoes. This chronic stress causes an ongoing process of microscopic tearing and incomplete healing — a vicious cycle of constant re-injury which ultimately leads to plantar fasciitis. Another relevant point is the very poor blood supply of all tendons, including the plantar fascia. A good blood supply is essential to proper healing. In any tissue, a poor blood supply almost guarantees incomplete healing.

Extracorporeal Shockwave Therapy breaks this cycle, without surgery, without drugs, and without much downtime. Most importantly, it's extremely safe. It's the only available

therapy which does this, and it's the perfect tool for the job.

To understand how ESWT works it's necessary to understand the meaning of the term. "Extracorporeal" means "outside of the body," so it's a non-invasive procedure. "Shockwave" refers to the high energy acoustic/pressure waves which deliver the treatment to the plantar fascia, typically right where it joins the heel. Shockwave just means that these sound pulses are well outside the range of human hearing.

Therapy means just that, a corrective treatment. How ESWT gets the plantar fascia to heal, permanently, is an amazing story. Remember, plantar fasciitis (and most other chronic soft tissue injuries) is a problem of incomplete healing. ESWT forces the healing process — by creating more damage. Specifically, it causes micro-tearing in the most damaged areas of the plantar fascia, usually right where it joins the heel. This raises the obvious question of how more damage can help, and the answer is simple yet ingenious. Carefully focused ultrasound shockwaves cause a very specific type of microscopic tissue damage, which actually breaks up the chronic inflammatory thick scar tissue and stimulates blood flow and neovascularization, and results in complete healing of the plantar fascia. This solves the problem with no surgery, no drugs, and only about 2 weeks of "walking recovery time" during which patients should take it easy to allow healing. Any soreness after treatment is easily handled with Tylenol. Generally, only one treatment is needed — it's really that simple. Then over the next 3 months the body slowly mends the tissue correctly. ❖

If you've been diagnosed with plantar fasciitis, ESWT could be the answer you've been looking for. Walking shouldn't hurt, and we can help. Call Beaver Valley Foot Clinic today at (724) 375-1577 to learn if ESWT is right for you or go to www.BVFootClinic.com for information.



Helping the Pregnant & Homeless in Pittsburgh

Genesis of Pittsburgh Incorporated By S. M. Crotzer

Being pregnant for the first time can be hard, especially if you're homeless. This situation is a reality for an alarming number of expecting mothers — women who find themselves alone, with no money, and sometimes no idea where they'll spend the night. It's the type of situation that isn't often talked about and most people are happily unaware of. It's also surprisingly common, in Pittsburgh and every other city in America.

In Pittsburgh one organization is dedicated solely to helping these homeless women and their unborn children. This is the story of an organization called Genesis of Pittsburgh Inc., which begins with a 5th grade teacher named Carole McMahon.

In 1974, Carole was approached by a student who said that her teenage sister needed help. She was pregnant and had no support from her family. As Carole tried to help, she soon realized that a large gap existed in Pittsburgh's social services — virtually no organization existed which offered the kind of help that this girl needed.

After much searching, Carole found a small group (basically three women and a telephone) called Alternatives to Abortion. ATA tried it's best to find shepherding homes for young women in need of housing and connect them to the limited services available. Carole immediately got involved as a volunteer.

ATA began to grow, and the nonprofit started drawing attention from larger charities. In 1981, ATA was the third most donated-to organization under the United Way's newly created Donor Options Program. "When people saw ATA third on the list, many didn't know who we were. They thought it stood for American Trucking Association or something like that. But even with increased funding, ATA's services still weren't enough. They saw no alternative but to open their own facility, and the idea for Genesis House was born.

"We needed our own place, where young women could actually come and stay," said Carole. They found a large home that would

be perfect for a maternity residence — but first they needed a mortgage. "We looked everywhere but couldn't find anyone to give us a chance," says Carole. Finally we found a gentleman at a community savings bank who agreed to help. He said don't make me regret this, and gave us a \$50,000 mortgage.

Genesis House was officially founded in 1983. On our opening day a twelve year old pregnant girl was dropped off right in front of the house — her mother literally dropped her off with her belongings and said "She is yours and drove away," recalls Carole. Our house mother immediately quit! It was too much for her, she couldn't handle it. Until they found a replacement Carole and staff members took turns taking the girl home with them after work. Within a month of finding a new house mother Genesis House was at full capacity and has been ever since.

From the beginning, Genesis House was designed as a self-help home. Residents participate in classes and counseling to develop parenting skills and life skills in general. For many of these young women, living in a stable environment for the first time is an education in itself. Ultimately, the goal for all residents is self sufficiency — stable housing and the life skills to stand on their own two feet. Genesis House isn't a women's homeless shelter in the traditional sense.

Right now, Genesis has expanded into four locations in two counties, including Genesis House, the Adoption Center, the Learning Center and two distribution centers, one in Pittsburgh and one in Washington County. "Counseling and education are a huge part

of what we do," says Carole. Classes include newborn care, Lamaze, prenatal nutrition, smoking cessation — everything up to and including dad-to-be classes and scrapbooking for pregnant women. All classes are free of charge and students earn Baby Bucks, for completing classes. Baby Bucks can be redeemed for big-ticket items like cribs, car seats and baby furniture. As far as an incentive to learn, the Baby Bucks system has worked wonders.

When asked what Genesis does, Carole simply replies "We help women, children, and families." As a charity, Genesis is truly unique and it's right here in our city. Get involved. Visit genesispgh.org, Google Genesis Pittsburgh or find them on Facebook at Genesis of Pgh, to find out how you can help. ❖




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NORTH PITTSBURGH
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The Key to Making the First Impression

It's Saturday morning and I've just finished a house visit where I welcomed a new family to the Cranberry Township Area. This is a typical day at the office for me. My name is Tracy Armstrong and I'm a professional greeter with North Pittsburgh Greeting Company. I'm a life long resident of Cranberry Twp. and have been a local business owner for fifteen years. Due to my experience I have a strong connection to the North Pittsburgh community and many of the businesses within. My company's reach spans from Cranberry Township to Pine Township and everywhere in between. We at North Pittsburgh Greeting Company are a word-of-mouth marketing company striving to make a good first impression for the local business to the new families who have recently moved to the North Pittsburgh area.

Each house I visit will receive a variety of welcoming gifts, information and coupon offers from local businesses and restaurants in the area. After all word of mouth is the best form of advertising.

In addition to welcoming new families my company offers fabulous advertising opportunities for North Pittsburgh based businesses and restaurants to further the scope of their brand to the community. I am very passionate about my work, whether it's greeting new/current area families or helping to support local businesses. I look forward to greeting many more new homeowners and continuing to "Make the First Impression" for the businesses in the area.

A little more about me. I reside in Cranberry Township, with my husband and son. My husband Curtis serves as Operations Manager for the North America division of Integra Pay. I am a very active volunteer in my community. I currently serve as a member of the Board of Managers for the Butler County YMCA, and most recently I was elected to serve on the Board of Directors for the Pittsburgh North Chamber of Commerce. Also, I'm currently president of The Business Exchange. Furthermore, in 2015 I was nominated for Women Entrepreneur of the Year. Finally, I've had the pleasure of being president of the Cranberry Mom's Club for the last three years.

For more information on North Pittsburgh Greeting Company please feel free to contact my website at www.npgreeting.com.



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If you are uncomfortable with the appearance of your teeth or if your smile is holding you back from being the person that you would like to be, Dr. Spokane may have your answer.

Invisalign is custom-designed plastic trays that are nearly invisible and straighten your teeth. Treatment consists of a series of these aligners that you change every 10-14 days. Treatment usually takes between 9-15 months depending on the severity of your case.

The aligners are comfortable with no sharp edges as compared to conventional braces. They may be removed for eating, brushing, flossing or a social or professional occasion.

It is critical that you see an experienced Elite Provider of Invisalign. Not all dentists or orthodontists are equally qualified to provide Invisalign treatment. The success of your result depends on the diagnostic skill, experience and artistic ability of

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"I was so pleased when Dr. Spokane told me that Invisalign would work for my teeth."

Dr. Spokane is an Elite Provider, has treated close to 1000 patients with Invisalign and has treated hundreds of patients that were told that Invisalign would not work in their case.

"I was so pleased when

Dr. Spokane told me that Invisalign would work for my teeth. I saw three other orthodontists that told me that I was not an Invisalign candidate. The aligners were the perfect fit for my lifestyle. I'm a professional who has to deal with the public every day and I did not want braces. I hated the large gap between my front teeth and Dr. Spokane did what he promised. My smile is what I always wanted it to be!" Mark Young, Greater Pittsburgh Area- District Environmental Manager, Commonwealth of Pennsylvania.

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Brad Brown, DMD

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Has the base of your big toe joint ever gotten red, hot, tender, and swollen?

If so, you probably began racking your brain for potential causes; but no matter how many possibilities you came up with, it's likely that you overlooked the actual culprit – gout. Gout? Is that even a real thing? Who gets gout?

These are common questions, as most people consider it an obscure, ancient ailment. Many have heard of it mainly in vague references, as "the disease of kings," or the "rich man's disease." In fact, as that truly makes it sound mythical, it's no wonder that there's so much myth and mystery surrounding it. So, for starters, you should know that, not only is gout still around, but it's become more prevalent in recent decades, affecting one to two percent of the population.

Gout, which is actually recurring attacks of acute inflammatory arthritis, is mostly triggered by a high blood content of uric acid. Produced continually by the body, as it breaks down purines – chemical compounds occurring naturally in the body and found in many foods – it's usually excreted as waste; but when it's not, it crystallizes and collects in and around the joints, typically beginning in the big toe, where it can cause major pain, damage, and difficulty in walking.

Although the body sometimes produces too much uric acid, in 90% of all cases, under-excretion of urate by the kidneys causes the excess; but gout sufferers don't always have this condition, called hyperuricemia; and most people who do, never develop gout. So, blood tests measuring uric acid levels are unreliable in diagnosing gout, as are X-rays, which are more useful in identifying chronic gout, rather than acute attacks, and ruling out other sources of joint pain.

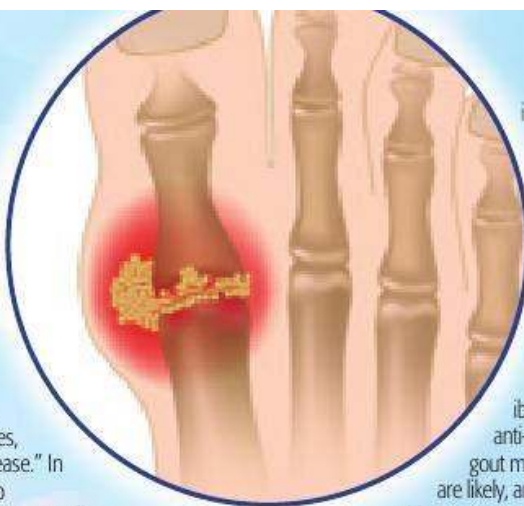
Gout's surging cases are believed to be associated with increasing risk factors, such as metabolic syndrome, hypertension, insulin resistance, longer life expectancies, and dietary changes. Indeed, while genetic dysfunctions can create excess uric acid, diet also plays an important role. Therefore, it helps to avoid, or limit, certain high-purine foods that can trigger attacks.

Among these are various types of alcohol, especially beer, which may raise the probability of an attack by 50% with just one serving per day. You should also avoid caffeine, a natural diuretic, as dehydration keeps uric acid crystals from flowing through the blood, and allows them to collect around the joints.

Other beverages that increase the chances of getting gout are tea, another caffeinated diuretic, and soda. Besides sometimes containing caffeine, sodas are often sweetened with fructose, which ups the risk of gout, as do fruit juices (particularly orange juice), which contain naturally and artificially occurring fructose. So, stick with the real fruits, as their soluble fiber inhibits the release of their sugars.

Fatty foods are bad news, too, particularly when fried in oil; and so are rich, high-fat sauces and dressings, such as white and brown gravies, and hollandaise and béarnaise sauces. Compounding the problem is that they're routinely poured over meat, such as beef, lamb, pork, and organ meats, which are laden with fat and purines. Choose lean protein, such as chicken, most of the time; and don't overdo it with seafood, either. Touted as a healthier alternative, it's often eaten in greater quantities, so even shellfish, with moderate purine contents, can pose risks, while sardines, cod, salmon, haddock, herring, tuna, and trout are even worse.

Foods that don't boost the likelihood of getting gout are low-fat dairy products, buttermilk, cheese, eggs, beans, peas, leafy greens, vitamin C, and cherries (which may even lower uric acid levels). It's equally essential to exercise regularly and maintain a healthy weight, as a higher body mass index



increases the chances of developing gout.

Some medications can raise uric acid levels as well; and, although men are generally more susceptible to gout, women's odds of getting it rise considerably after menopause. It strikes without warning, with sudden, excruciating joint pain, usually in the big toe. Normally most intense in the first four to 12 hours, the pain may last for days, or even weeks.

Early symptoms may be alleviated with ibuprophen, or other over-the-counter, non-steroidal anti-inflammatory drugs (NSAIDs). Without treatment, gout may go away within a week, but ensuing attacks are likely, and will become more frequent, prolonged, and widespread, causing joints to deteriorate; and gout sufferers are more vulnerable to developing diabetes, kidney and cardiovascular disease, metabolic syndrome, and more.

If You've Had a Bout of Gout, Don't Let it Get a Toehold

Certainly, it's best to seek treatment immediately, especially if you have a fever, or if the joint is red, inflamed, or feels hot, as that may indicate an infection. At the Beaver Valley Foot Clinic, we're experts in diagnosing and treating gout, with advanced procedures and medications designed specifically for your needs and situation. So, if you've had a bout of gout, don't let it get a toehold!



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

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

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

Photofacials are a great way to resurface your skin as opposed to lasers

which treat the skin from the top down- which is a more invasive procedure compared to the photofacial which corrects the skin from the inside out.

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

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



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Custom Orthotics for Achy Feet

You've probably heard of shoe inserts or arch supports. You may not have known that those pieces of rubber you've seen your friends place inside of their shoes are actually called orthotics. Call them whatever you want, but call them something!

Most of us were not blessed with perfect feet. According to recent studies, less than 10% of people have what is known as a "neutral foot," meaning a foot that does not require any special support or care for maintenance in shape. Since most of us don't have perfect feet, you should know that you don't have to live with foot pain! If the pain isn't excruciating, you may be able to limp through the day with Aleve or Advil and rest. If you think the pain is just because you're getting older or it is what happens after working all day, remember foot pain is not normal! Often times, people don't try aggressive treatments because they think foot pain is normal or they're scared of shots or surgery.

If you're tired of dealing with foot pain, visit your local podiatrist. It's logical: if your back hurts you see a chiropractor. For ankle or foot pain, you see a podiatrist. Orthotics



are inserts placed inside of shoes to support the foot's natural structure. Our feet form the base of our entire body, they are our support system. And they actually affect the entire body if not straight.

Orthotics are custom made shoe inserts that support the foot and correct foot issues.

They're prescribed by a

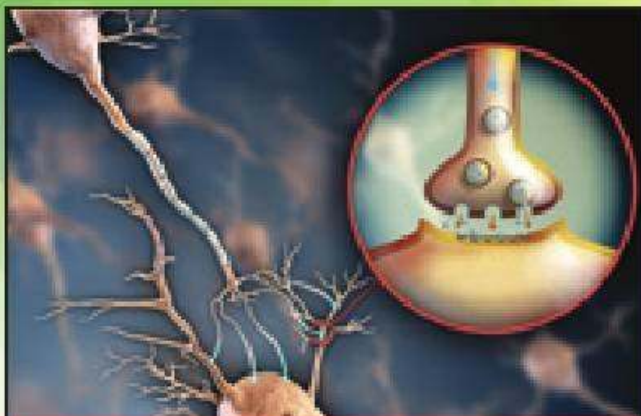
podiatrist and are designed to correct irregular walking patterns. Orthotics are actually quite common. If you have regular foot pain, ask yourself these questions to get a better idea if orthotics will help you:

- Does one of your shoes break or wear down quicker than the other?
- Do you feel unsteady when you walk?
- Do you have lower back or chronic knee pain and you don't know why?
- Do the arches on your feet seem flatter than other people's?

If any of these apply to you, you should consider orthotics. They're usually the quickest and most efficient solution to foot pain.

If you've seen over the counter orthotics in convenient stores, do your research before purchasing the cheaper option. OTC orthotics are more affordable, but usually do not resolve the foot problem. It can be possible that your foot problem is exactly the same as someone else's, but it's unlikely. At best, they can offer mild relief, but at worst, they might make your problem worse. They will not do anything to even out leg length. And, most pre-made inserts are not semi-rigid. These gel inserts provide shock absorption, similar to good running shoes. Overall, these OTC insert ignore the actual foot problem and mechanics.

If you suffer from foot pain or feel that orthotics may benefit you, visit your podiatrist for custom-fit orthotics. It's always better to trust your health to professionals. Call the Beaver Valley Foot Clinic to schedule an appointment.



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

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To redirect blood to healthy veins, the procedure safely uses laser-like radiofrequency catheters to seal the damaged veins. It takes less than an hour, provides immediate relief, with minimal downtime, and is covered by most insurance carriers.

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.

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Medium-sized veins are removed permanently through tiny punctures in the skin.

SCLEROTHERAPY

Safely inject small veins and watch them disappear.

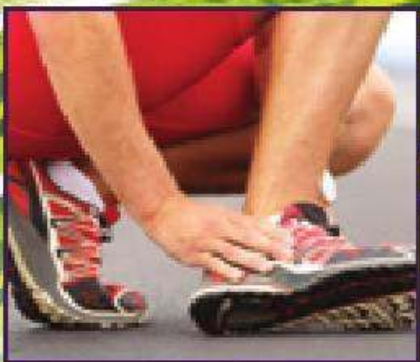
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Remove unsightly blue chest veins.

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ANKLE SPRAINS

A very painful injury that can occur repeatedly if improperly healed. By giving them the proper care, the risk of re-injury is greatly reduced.

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These are caused by a buildup of thickened skin, and are prone to painful infection. In addition to removing the corns and calluses permanently, we address their sources, such as improper footwear.

TENDONITIS

Flat feet, friction from shoes, and sprained ankles can lead to levels of tendon damage. We can implement a treatment plan that gets you back on your feet, without the pain.

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Jublia, Keradin, Penlac, Lamisil.

HEEL and ARCH PAIN

PLANTAR FASCIITIS & HEEL SPURS

Shockwave Therapy, or ESWT, is a non-surgical procedure that sends pressure pulses into the deep tissue, relieving pain and treating the source of plantar fasciitis, tennis elbow, and Achilles tendinitis.

ORTHOTICS & ARCH SUPPORTS

Insurance often covers these prescription supports that stop the problems caused by flat feet before they even begin.

FLAT FEET

We address this common problem with braces, arch supports, and proper footwear in order to prevent damage to tendons and eliminate the development of complications.



SURGICAL SERVICES

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Options for treating these growth problems include wider shoes or an easy office procedure that can get rid of these deformities for good.

RADIO FREQUENCY (RF) TREATMENTS

High-frequency waves minimize trauma to problem areas, including tumors, skin tags, and ingrown nails. This advanced procedure improves recovery time compared to conventional methods.

FOOT TUMORS & GANGLION CYSTS

Using cryotherapy, the tumor is frozen and reabsorbed – often no surgery is necessary.

TARSAL TUNNEL

Our advanced treatments greatly reduce the symptoms of this condition, similar to carpal tunnel in the hands. Symptoms include pain and tingling in the feet.

ARTHRITIS

We provide a customized treatment plan that is tailored to your specific circumstances. With so many causes, we specialize in finding the proper solution & remove the root of your pain.

LASER WART REMOVAL

Kid tested, mother approved!
Successfully eliminate unsightly warts with safe and effective treatment.

FOREIGN BODIES

Is something in your foot that shouldn't be there? We'll get it out, minimizing the damage to surrounding areas with advanced imaging techniques that give us a clear picture of the wound.



THE DIABETIC FOOT and NAILS

Serious consequences up to and including amputation can arise from diabetic-related complications. We will give you a personal, simple, and effective treatment plan to maintain vitality in your feet and prevent these issues before they happen.

DIABETIC SHOE PROGRAM

Insurance usually covers this custom footwear that works to prevent infection in the feet and reduces the chances of developing the corns and blisters that lead to amputation.

WOUND CARE

Promoting proper healing is our goal in our care of fresh or even long term wounds. With many causes, including vein swelling, diabetes, blisters, calluses, punctures, cuts, and burns, we have advanced care leading to recovery.

SKIN GRAFTS

Using advanced Dermagraft treatments, we greatly increase the natural healing rates of wounds to treat long-term diabetic foot ulcers.

BURNING, TINGLING & NUMBNESS

Our new treatments address the pain and discomfort caused by diabetic neuropathy in the legs and feet.

PLATELET RICH PLASMA (PRP)

Therapy for wounds & heel pain. Ulcers, tendon and ligament injuries often necessitate long healing times. This specific blood plasma has concentrated growth factors that greatly improve the natural healing rate.

DIAGNOSTIC SERVICES

IN-OFFICE X-RAYS

No need to spend hours in the ER when we can accurately assess your injuries in less than ten minutes.



SPECIALTY SERVICES

Next Generation state of the art care for many podiatry problems

LASER

Nail fungus and warts can both be easily removed with our next-gen laser treatment, acting on specific wavelengths to preserve tissue while removing these unsightly blemishes.

ESWT

Treats heel spurs, plantar fasciitis, arch and heel pain (Extracorporeal Shock Wave Therapy) - a gentle, 18-minute, office procedure that greatly relieves heel pain.

CRYOTHERAPY

Through local application of low temperatures, we freeze the pain and inflammation caused by foot tumors, Achilles tendinitis, neuromas, and heel pain.

IN-OFFICE DIAGNOSTIC ULTRASOUND

No need to spend large amounts of money and time to undergo an MRI when we can detect hidden splinters and glass, torn or damaged tendons, and other foreign bodies. The procedure uses specific sound waves to give a complete image of the afflicted area.

VASCULAR LAB

Certified by the American College of Radiology (ACR).



Dr Christina Fleis Teimouri DPM

• Certified by the American Board of Foot and Ankle Surgeons

• 21 Years of Experience –
Highly specialized in the treatment of diseases of the foot and ankle



FACIAL PROCEDURES

LIP IMPLANT

Customized permanent lips to make your lips as amazing as you dare! No more painful, expensive injections, easily removed if you change your mind.

SILHOUETTE FACELIFT

Lose ten years during your lunch hour! Lifts saggy jowls without noticeable scars using suture lift technology.

FACIAL FAT TRANSFER

Safe because it's your own fat, fill in the ravages of aging- look 15-20 years younger in a few hours. Long lasting and natural looking – little down time!

EARLOBE/GAGE REPAIR

Whether you caught your earring on a sweater, your baby ripped it out, or you need gauge holes repaired to land that dream job, we can help.

BODY TREATMENTS

BRACHIOPLASTY

No more batwings, chicken wings, mom arms! Lose extra fat and loose skin under your arms with a combination of liposuction and skinplasty done right in the office.

BELLY BUTTON REPAIR

After weight loss, childbearing or injury from belly button rings, you can have a cute new belly button with the added benefit of removing and tightening the loose skin around it!

INVERTED NIPPLE CORRECTION

MINI TUMMY TUCK

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

LABIAPLASTY

Repair damaged or misshapen lips, improve their cosmetic appearance.



CUSTOM ACOUSTIC, TICKLE LIPOSUCTION or WATERJET LIPOSUCTION (HYDRO-LIPO)

The next generation of liposuction to permanently remove fat from those problem areas resistant to diet and exercise. FDA approved and gentle, this office based procedure saves you the hospital and anesthesia costs of outdated lipo methods. Our highly trained Board Certified surgeon has been very successful at fixing patient's past lipos that had less than desirable results.

NATURAL BREAST AUGMENTATION

Using advanced fat transfer, you can enlarge your breasts 1-2 cup sizes without unnatural silicone implants.

BRAZILIAN BUTT LIFT

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

Advanced
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AdLipoCenter.com
724.683.7581

MARCIA'S Specialty services

Call 724.680.0048 for appointments.

PERMANENT MAKEUP

Eyeliner, Eyebrows, Beauty Marks, Full Lip color & Lip Liner.

CORRECTION WORK AREOLA REPIGMENTATION

Post breast cancer reconstruction, colorizes nipple to look real!

SCAR CAMOUFLAGE

Match the color of your surrounding skin.

EYELASH EXTENSIONS

Natural lash extensions individually placed on the eyelid, no mascara needed.



COSMETIC INJECTABLES and FACIAL TREATMENTS

ALLERGAN BRILLIANT DISTINCTIONS & ASPIRE REWARDS by GALDERMA

Redeem earned points for actual treatments – go to BBLMspa.com to find out how to double-dip on savings!

DYSPORT & BOTOX

Relax muscles to reduce moderate to severe wrinkles. We only use certified USA Allergan & Galderma products.

FILLER: JUVÉDERM, RADIESSE, VOLUMA, RESTYLANE SILK & LYFT

Volumizing fillers to replace lost collagen and reduce facial wrinkles or create fuller lips, have long lasting results.

SKINMEDICA

Your most valuable investment is to provide long-lasting protection for your skin. Rejuvenating skin care treatments that blend nature and science to decrease appearance of fine lines, improve skin texture, tone and give patients young, healthy, glowing skin.

LATISSE

Naturally thicken, strengthen and lengthen your eyelashes.

KYBELLA

Improves appearance of moderate to severe double chin and jawline. Kybella is the first and only FDA approved injectable treatment cleared to effectively and safely remove unwanted neck fat.

CUSTOM FACIALS

We offer Clinical Facials, Deep Pore Cleansing, Acne/Clogged Pore Facials, and overall exfoliation. Our Specialized Facials act as the beginning foundation of your new skin care regimen. With regular facial treatments we can unlock and remove any dead skin cells within your first treatment.



SKIN CARE and FACIAL TREATMENTS

MICRODERMABRASION

Leave your skin smooth and glowing by removing dead skin cell layers, reducing wrinkles, superficial scars and blackheads.

FACIALS, PEELS

Clears pores, exfoliates and rejuvenates skin, reduces fine lines and acne, evens skin tones, to repair damaged layers, leaving smooth skin to décollete, neck, hands or face.

ULTRASONIC FACIAL

Gently exfoliates – reducing pores and fine lines and stimulating new collagen growth, great before or in between laser treatments!

SPECIALTY TREATMENTS TEETH WHITENING

Get brighter teeth in just 20 minutes. Each treatment brightens teeth 3-6 shades.

LASER SMOKING CESSATION

Therapy to reduce withdrawal symptoms with assistance from 2 types of proven lasers, hypnosis cd's, nutraceuticals and a clinician of mental health provider.

LASER TOENAIL FUNGUS

Erase brown and yellow spots on toe or finger nails, repair thick, cracked or crumbled nails with laser. This natural process kills fungus successfully and can also eliminate warts.

TATTOO REMOVAL by PICO SURE

Tattoo regret? Employment concerns? PicoSure laser uses a Pressure Wave to shatter ink into tiny dust-like particles, which are readily absorbed and exfoliated, with less treatments needed than any other laser. If other places have failed you, give us a try!



COSMETIC SKIN REJUVENATION

PHOTOFACIAL

Reverse redness, sun spot and even birthmark damage, evens skin tone and shrink pores – great starting place before all advanced skin treatments.

ROSACEA & ACNE

Destroy capillaries, port wine stains, angiomas, other redness and bacteria quickly and easily without antibiotics or side effects with gentle light energy.

MICRONEEDLING

One of the ultimate skin rejuvenations, for wrinkles, scarring or great collagen promotion.

SKIN TIGHTENING, SCARS, STRETCH MARKS & WRINKLE REDUCTION

Restructure collagen with Cynosure Picosure Focus Lense Array laser treatments, a natural healing process that firms the skin, revs up the production of new elastin and collagen and thus turn back the clock. Best treatment for after baby or weight loss for those purplish, red stretch marks.

SUBLATIVE ELOS RADIO FREQUENCY TECHNOLOGY

Semi-ablative laser tightens skin using deep thermal heat; also resurfaces severe scars, deep wrinkles and stretch marks with minimal down time.

1540 or 1440 FRACTIONAL LASER

New healthy skin grows back tighter and smoother – used for skin resurfacing (skin tightening, wrinkles & scar reduction) on all skin types. Treats minor scarring/stretch marks and works by delivering an array of high-tech precise micro-beams causing columns of coagulation that tighten skin as it quickly heals.

SUBLIME ELOS E-TWO

Gives the best results for cellulite, light stretch marks, skin firming, and brightening your complexion; Rejuvenates skin by combining radio frequency energy, optical pulsed laser/ light and electro-optical synergy (elos) to create a deeper penetration.



BODY LASER TREATMENTS

LASER HAIR REMOVAL

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

LADIES - Pick any problem spot: eyebrows, toes, breast, upper lip, fingers, feet, chin, underarms, shoulders, bikini line, happy trail, navel, brazilian, buttocks, full legs, thighs or lower legs.

GUYS - No more prickly stubble, razor bumps, nicks or cuts! Chest, abs, stomachs, neck, back, ears, nose, brow, sideburns, brazilian, wrist, fingers, shoulders.

FACIAL & LEG SPIDER VEINS

Get rid of unwanted spider veins or capillaries anywhere on the body via laser or through sclerotherapy, micro injections to treat unwanted veins.

LAMPROBE OR HYFREACATOR

Face or Body extractions such as skin tags, moles, milia, ingrown hairs, cholesterol deposits, pimples, black or white heads.

K-LASER

Restorative healing power of K Laser relieves pains, aches, stiffness, knots, bruises can even help with wounds.

INFRARED BODY WRAP (50 min)

Relaxing 1 hour deep penetrating infrared heat that helps burn calories & detoxify your body.

BODY CONTOURING

Targeted non-surgical, Radio Frequency that slims, shapes, smoothes cellulite and circumference; also has good results tightening loose or cellulite skin.



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 Body Contouring
 Lip Augmentation
 Silhouette Facelift
 Fat Transfer
 Brazilian Butt Lift
 Belly Button Repair
 Breast Augmentation
 Kybella
 Tummy Tuck
 Arm Lifts
 Brachioplasty



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