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by Body Beautiful

They're permanent, which makes the statements shared so daring. That's the best (and worst) thing about tattoos! If you have "tattoo regret" you're not alone - 20% of those tattooed have one they want gone. Common reasons include "I just don't like it" (19%) and "I'm marked for life" (20%). Less than a handful of facilities in the tri-state area have the most up to date lasers, most clinics have outdated equipment. Pulse speed, spot size and wavelength are some of the key variables.

Remove unwanted tattoos in less treatments at Body Beautiful safely and effectively. Q switched lasers use wavelengths of 532 and 1064 which can take more than 12-20 sessions, never with a guarantee. We would like to introduce you to the Picosure by Cynosure! Each color is best treated by a certain wavelength and faster pulses are better. They cause less trauma to surrounding healthy tissue and can be less painful too. Black and darker color inks react well to 755 nm. It was impossible to remove red with Q-switched lasers in the past. Reds, pinks, light blues, yellows, purples and greens were virtually impossible before but the Picosure 532 wavelength has seen great results!

Imagine that regular Q-switch lasers can break Ink down from boulders to gravel. Well a picosecond laser can break the ink into tinier pieces (like from Gravel to sand) because the Picosure fires at a faster rate (picosecond), and thus has better tattoo removing power. Even blue and green are removed at this speed! In 7-9 sessions, many tattoos are gone, and with even fewer treatments the rest are light enough to be covered up if desired. No other laser can do this. Even if you have failed in the past, Body Beautiful delivers!

We have advanced solution tattoo removal techniques, to help take your tattaway!

Tattoo regret? We can help.

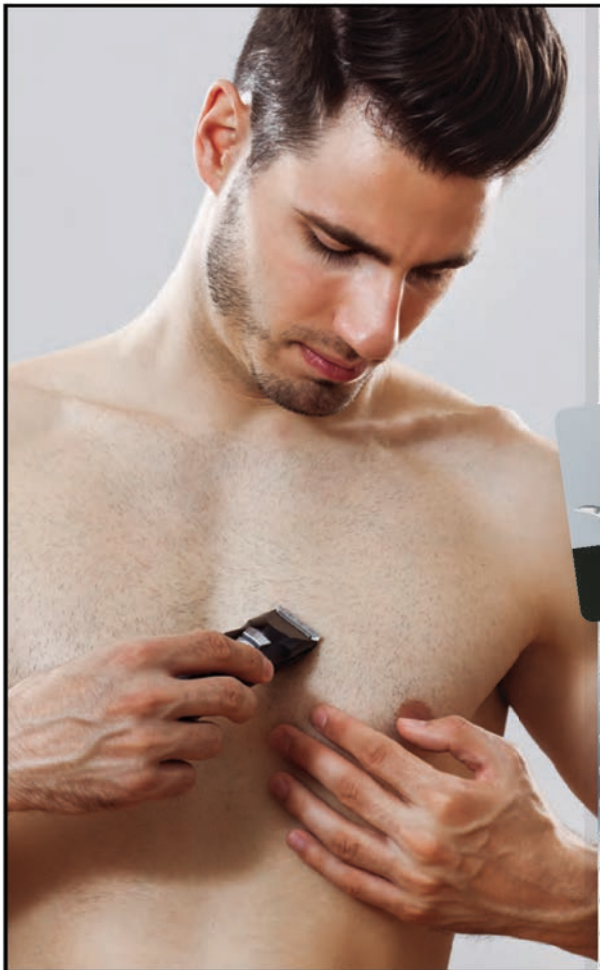
Give us a call at 724 987 3221 for a free consultation. You've got nothing to lose but some bad ink memories!



PicoSure® works magic on birthmarks, too.

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Dr. Christina Teimouri, DPM



“I have known since I was five years old that I was going to be a doctor.”

Christina Teimouri, DPM, is dedicated to fighting foot pain, diseases, injuries, wounds and all other podiatric conditions, from minor to severe. In fact, with her arsenal of advanced treatments, she's a foot soldier on the front lines; and, as education is a

LASER NAIL & WARTS TREATMENTS



ESWT Extracorporeal shockwave Therapy



FRIENDLY STAFF

big part of her campaign, she wants people to know that she's well-equipped to combat much more than just plantar fasciitis and toenail fungus.

Indeed, the road to becoming a podiatrist is as arduous and extensive as it is for other doctors; and, with only seven podiatry schools in the country, the competition for admission is intense. Luckily, though, Dr. Tina – as she is popularly known – was always prepared for the rigors of medical school.

“I have known since I was five years

old that I was going to be a doctor,” she says. However, she didn't zero in on podiatry until, while in college, she observed some podiatrists in the operating room. “I was so impressed by what I saw, that I instantly knew that I wanted to be a part of it,” says Dr. Teimouri.

After earning her four-year degree, she attended the prestigious Ohio College of Podiatric Medicine, where she took courses identical to those taught in medical schools, studying anatomy, physiology, surgery, radiology, general and sports medicine, orthopedics, neuroanatomy, biomechanics, and dermatology, working in the cadaver lab, and learning methods of casting and splinting.

Following that, Dr. Tina completed a podiatric surgical residency at the Beaver Medical Center, performing over 600 orthopedic, general, vascular, dermatological, and plastic surgical

foot procedures, working in the ER, then practiced for several years to achieve board certification.

She opened the Beaver Valley Foot Clinic in Hopewell in 1994, and soon added several more locations. Licensed in Pennsylvania to treat soft tissue below the knee, and bones from the ankle down, she also provides geriatric foot and nail care, treating diabetic thick and/or ingrown toenails, as well as warts, ganglion cysts, neuromas, neuropathy, corns and callouses, ankle sprains, broken bones, stress fractures, heel spurs, tendonitis, hammertoes, and bunions, with a special interest in the care of lower leg and foot wounds.

In addition, she performs cryosurgery and extracorporeal shockwave therapy (ESWT), an advanced plantar fasciitis treatment for heel spur syndrome; and with her state-of-the-art diagnostic and

ultrasound equipment, provides Doppler vascular exams accredited by ACR, the American College of Radiology and digital X-rays.

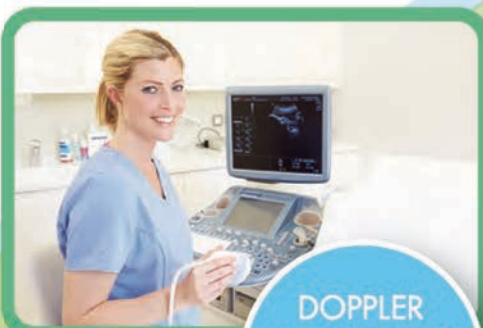
Dr. Tina also specializes in the care of diabetic wounds, non-healing ulcers, and neuropathy, always stressing the importance of early treatment, even for corns, ingrown toenails, splinters, crooked toes and other things that seem small but can cause big trouble for diabetics, who are highly susceptible to infections. Still, she says that many ignore nascent problems, either because they're afraid of what their diagnoses will

patients at their best – inside and out – she added cosmetic services, which led to the establishment of the Body Beautiful Laser Medi-Spa and the Advanced Liposuction Center, which also offer impressive menus of high-tech, minimally and non-invasive aesthetic and medical procedures.

With 22 years of experience, Dr. Tina, who is board certified by the American Board of Foot and Ankle Surgery



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be, or because they don't realize that such neglect can lead to dire consequences.

While focusing on the feet, Dr. Teimouri raised her sights when she began noticing that many of her patients were developing varicose veins – and then procrastinating on her advice to seek treatment. “That’s when I decided to recruit a leading vein specialist to work in-house, so that I could be sure that my patients received the help that they needed,” says Dr. Teimouri. “And that was the beginning of the Advanced Vein Center.”

In her continuing quest to keep her

(ABFAS), is also on staff at several local hospitals, and maintains a number of facilities in Beaver, Butler, and Allegheny counties. These include the recently opened Bridgewater location, at Stone Point Landing, and her office in Ambridge, where she has deep family roots. “My great-grandmother came to Ambridge, from Poland, over 100 years ago,” says Dr. Tina, “and lived just three blocks away from our current office in Ambridge!”



*Beaver Valley
Foot Clinic*

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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

IN THIS MAGAZINE



Page
14

06. Meet Dr. Teimouri DPM

09. ESWT for Heel Pain

11. Treatment for Fungus

12. Meet the Staff

14. Botox and Fillers

16. Diabetic Wound Care

18. Leg Veins

20. Wart Therapy

22. Wrinkle Reduction

23. Body Contouring

24. Skincare Essentials

25. Stop Pimple Popping

28. Water Jet Liposuction

33. Laser Hair Removal

35. Tattoo Removal

36. Stress Fractures

41. Calluses + Hammertoes

42. Diabetic Neuropathy + Heel Pain

44. Mens Treatments

49. Permanent Makeup

50. Vein Care



Page
21



Page
33



Page
41



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ESWT Help for Heel Pain!

NON-INVASIVE • NON-SURGICAL

*By Casey Armstrong, Registered Radiologic
 Technologist and Podiatric Assistant*

Plantar Fasciitis, Heel Spur Syndrome,
 whatever you call it, it hurts! So, what exactly is it?

The plantar fascia is a thick, supportive tendon in the bottom of your foot which connects your heel to your toes. When inflammation occurs in this tendon, it is referred to as Plantar Fasciitis. It's the most common cause of heel pain, and is characterized by a sharp and shooting pain in the heel or arch of foot, often most noticeable with the first few steps of the day. Luckily, Beaver Valley Foot Clinic offers effective and state of the art treatment options to help heal that heel pain for good!

Conservative Treatments Options

For mild cases of Plantar Fasciitis, several conventional methods are available. Often used in conjunction with one another, they can both relieve heel pain and stop it from returning.

- Stretching exercises taught by a trained podiatrist
- Applying ice to the tendon to decrease inflammation
- NSAIDS, such as Ibuprofen or Naproxen taken as directed by a podiatrist or physician
- Cortisone or non-cortisone anti-inflammatory injections, which should only be administered by a trained podiatrist
- Night splints, which hold the foot at a 90 degree angle and gently stretch the plantar fascia throughout the night

Extracorporeal Shock Wave Therapy (ESWT)

For those who don't find relief from conservative treatment methods, Extracorporeal Shock Wave Therapy (ESWT) is a safe, effective and a non-surgical option. ESWT is a one-time, 18 minute, in-office ultrasound guided orthotripsy procedure used to treat chronic plantar fasciitis, achilles tendonitis and even epicondylitis (tennis elbow).



How it works: ESWT uses ultrasound guided shock waves (pressure waves) to break up the painful scar tissue found where the plantar fascia attaches to the heel bone. It's a non-invasive treatment and typically takes only about 15 minutes! Prior to treatment, Dr. Teimouri will administer a local numbing agent. Once completely numb, the ESWT therapy device is placed over targeted area and treatment begins. During treatment, micro-trauma is introduced to the plantar fascia. By introducing this extremely controlled fresh injury, the tendon is able to begin the re-healing process over the next 3 months. While ESWT has a very high success rate of over 90%, conservative treatments, such as wearing arch supports and stretching daily, are still recommend.

If you're ready to heal your heel pain, call
 Dr. Teimouri today at 878-313-FEET (3338)
 or visit us online at www.BVFootClinic.com
 for more information!



**Beaver Valley
 Foot Clinic**

**Dr. Christina Fleis
Teimouri, DPM**



Dr. Tina founded Beaver Valley Foot Clinic over 23 years ago. As the oldest of 6 children, she promised her father who passed at age 49 that she would take care of the family. Instead, she says, "They take care of me, and we still enjoy working and playing together."

Angela is editor of Living Body Beautiful Magazine, received her BA in English Education from Pitt. As an educator, Angela taught students both in the United States and Mexico. She is a freelance writer and aspiring children's book author.



**Angela Fleis
Gatenby**

**Andrea Fleis
Giraldo**



Andrea graduated from RMU in Radiation Technology. While doing her clinicals at AGH, she met and married Dr. Giraldo. After graduation she worked both at the Medical Center in Beaver and for 6 years at BVFC as our first office manager and lead technologist. She now runs Dr. Giraldo's Medilaser Vein and Surgical Center; without her contributions and sacrifices much of this would not be possible.

Mark is the manager of Body Beautiful Laser Medi-Spa and an Internationally Certified Laser Technician. He is the Director of Pittsburgh Medical Mall and oversees all marketing, social media and advertising. Mark has a Masters Degree in Education and Counseling from SRU and has been a Wellness Coordinator since 2006.



Mark Fleis

Marcia Fleis Hale



Marcia 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. She also provided training in permanent makeup. View her portfolio www.thefinartsofbodybeautiful.com or call 724.680.0048.

Richard (*the youngest of 6*) graduated from SRU with degrees in both Management and Science. Starting at BVFC in high school and working his way up, he performs every role from certified technician to operations manager. Rich has worked behind the scenes for 20 years to ensure every patient and employee is cared for properly.



Richard Fleis

A FUNGUS AMONG US!

By Casey Armstrong,
Registered Radiologic Technologist
and Podiatric Assistant

**DO YOU HAVE THICK,
DISCOLORED TOENAILS?**

**DO YOU AVOID
WEARING SANDALS IN
THE SUMMER?**

**DO YOU BURY YOUR
TOES IN THE SAND AT
THE BEACH?**

SUFFER NO MORE!

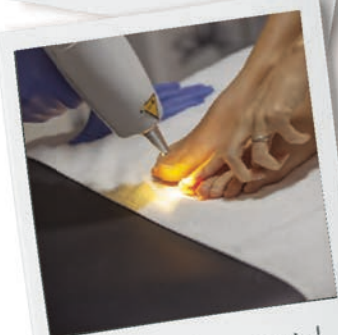
Toenail fungus affects more than 3 million Americans, so you are not alone. Here at the Beaver Valley Foot Clinic, we offer a variety of treatment options to get your shoes off and your toes back out in the sun!

LASER TOENAIL FUNGUS ABLATION

- Laser ablation is the newest innovation in the treatment of unsightly toenail fungus. During a treatment, the laser light passes through the nail without causing damage. Once through the nail, the laser light targets the discoloration in the fungus and kills it on contact. Rest assured that while the look of the nail will not change until the nail has grown out, the fungus is dead. The laser treatment takes less than 10 minutes and is pain-free!



Safe & Effective
Treatment



Wear flip-flops again!

ANTIFUNGAL NAIL POLISH

- Wearing nail polish is often a go-to for women suffering from toenail fungus. Unfortunately, regular nail polish covers the nail, suffocating it, and traps in moisture, which is the perfect environment for fungus. Luckily, there is an alternative. Antifungal nail polishes offer the look of regular nail polish but coat the nail, making it resistant to fungus. Antifungal nail polishes should be reapplied within 4-5 days for maximum effect.

TOPICAL ANTIFUNGAL MEDICATIONS

- Don't be fooled, not all topical medications are made equal. Over-the-counter topicals are not strong enough to penetrate through thick toenails. Podiatrists' offices offer stronger topical antifungals which penetrate the toenail and work to kill the fungus. It should be noted that even with the stronger topical treatments, you will not see a noticeable difference in the appearance of your nails for 6 months, as the toenails grow out slowly.

ORAL ANTIFUNGAL MEDICATIONS

- Oral antifungals may be prescribed by your primary care physician or a podiatrist. Lamisil is the most common. Prior to taking Lamisil, your PCP or podiatrist will order testing, as it can alter liver function. Lamisil comes in a pill form. Once ingested, the medication gets into the bloodstream, travels to the nail root, and kills the fungus. This medication should never be taken without approval from your PCP or podiatrist.

PERIODIC DEBRIDEMENT BY A PODIATRIST

- Periodic debridement of the nails is a safe and effective option for patients with diabetes, those with poor circulation, those who are on blood thinners, and for the elderly. Fungus causes the toenails to grow abnormally and very thick, which can be painful. Most insurance companies will cover debridement, and podiatrists recommend this service to those who are unable to safely cut their toenails at home.

PERMANENT REMOVAL BY A PODIATRIST

- If you are beyond caring what your big toenail looks like, and it just hurts, this is your best option! No nail, no fungus. Removal is the only permanent method of getting rid of fungus, anything less requires some type of maintenance.



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Meet the Staff



Dr. Mauricio Giraldo, M.D.



Board certified surgeon and Fellow of the American Academy of Cosmetic Surgery with extensive experience and many distinctive awards such as Distinguished Best Student of Internal Medicine. Has trained surgeons as instructor of Surgery at Harvard Medical School. After finishing a General Surgery Residency at AGH, Dr. Giraldo followed that with a three year fellowship at UPMC in Transplant Surgery. He is certified in radiofrequency vein ablations. His work in Surgical Oncology and Minimally Invasive Surgery utilizes his aesthetic skills to treat with the utmost care for desired appearance.

Professional memberships:

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



JEFF HOUK, PA

Jeff began his career 27 yrs ago at Shadyside Hospital in Pittsburgh, PA, in the Department of Surgery. While there he had extensive experience in general ENT, Head and Neck Surgery, Facial Plastic and Reconstructive Surgery. He assisted in facelifts, blepharoplasties, brow lifts, nasal septo rhinoplasties, muscle plications, nerve grafts, and head and neck cancer surgery with reconstruction. **Advanced certifications in Botox Cosmetic and Restylane injections.**



MICHELLE PARISE, RT

Michelle is a Registered Radiologic Technologist, Dean's list graduate of Mount Aloysius College and member of the National Society of Leadership and Success. She is a Certified Laser Technician with Body Beautiful Laser Medical Spa with Laser Safety Certification.



JANE MERCURI, RVT

High honors graduate, Western School of Health and Business Careers in 2008, Jane then worked in a local hospital vascular lab as a ARDMS Registered Vascular Technologist specializing in vein care. Jane brings her natural interest in people and her desire to help others to the Advanced Vein Center with the intent of making your experience pleasant.



Dr. Timothy Kavic, M.D., F.A.C.S.

Medical Director at the Advanced Vein Center, he is also the Director of the Cosmetic Professionals at Body Beautiful Laser Medical Spa. Dr. Kavic has many decades of experience as a Board Certified General Surgeon. He received his undergraduate degree from the University of Pittsburgh and MD from Meharry Medical College (Nashville, TN) then completed his internship and residency at The Western Pennsylvania Hospital where he discovered his passion for wound care. He has a Masters Degree in Healthcare Policy and Management from Carnegie Mellon University (Pittsburgh, PA) and Advanced Laparoscopic Training in General Surgery from Moet Institute.

- American College of Surgeons
- Certified in VNUS Closure
- Lectures for HIPAA Compliance for Physicians
- Adjunct professor in Occupational Therapy at Duquesne University from 1997-1999.

LISA MORRIS, RN

Lisa is a registered nurse who graduated from Shadyside Nursing School. She has thirty years experience specializing in the care of post-operative patients. She currently holds a position doing pre-operative assessments for anesthesia at a local hospital in addition to working at Advanced Liposuction Center caring for our patients during and after surgery.



DIANE ANDRUSKY, RN

Diane is a 2005 graduate of Penn State University and Sharon Regional School of Nursing. She has been a Critical Care Nurse since 2006. **She is certified in BLS, ACLS**



APRIL RITTER, CLT

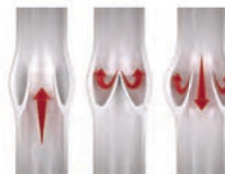
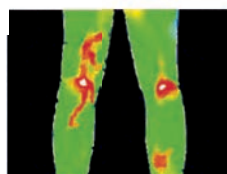
April is a Nationally **Certified Aesthetic Laser Specialist** with 14 years of experience. She graduated from Dubois Academy of Cosmerology then studied at PA Institute of Laser, getting certified in Laser Light Hair Removal and Skin Rejuvenation. She is also certified in Micropigmentation (permanent cosmetics) and Aesthetic Lasers and Light Based Procedures.





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Can't hide the purple or blue veins on your legs? Afraid your achy legs look and feel like your mom's?

The Split-Face Study: XEOMIN and



In 1993, America began its love affair with Botox. Almost overnight, a single, 5 minute, in-office treatment became available

which could eliminate facial wrinkles, specifically frown lines between the eyes, crow's feet, and deep wrinkles on the forehead. Since then, it's estimated that over 90 million injections have been given to satisfied patients in America alone, and the now world-famous injectable cosmetic hasn't had any competition whatsoever—until now. In 2009, a Swedish company called Galderma won FDA approval for its own injectable, a product known as Dysport.


Then Merz followed with Xeomin.

Today, Xeomin and Dysport are Botox's only competition. The three are, admittedly, similar in many ways. All smooth out wrinkles by temporarily and harmlessly paralyzing the facial muscles which cause them. All are extraordinarily safe, nearly painless treatments, and are virtually 100% effective..... But which one is better? Only one serious, medical grade study has explored this question.

Two injectables at a time "faced off" in a recent half-face study performed by

Dr. Corey Maas, a San Francisco based plastic surgeon and researcher. Formerly regarded as almost identical in terms of effectiveness, the final results surprised even professionals who had been treating their patients with Botox for years.

The premise of the split-face study was simple, and the results were published in the medical journal *Archives of Facial Plastic Surgery*. It focused solely on crow's feet, defined as clusters of fine lines and wrinkles radiating from the outside corners of the eyes.



Let's face it, looking your best costs money. For many women (and men) it's an investment they're happy to make, one which pays off both personally and professionally. While

it is true that the average price of high-quality injectable cosmetics has fallen in recent years, they're still not exactly cheap. The good news, however, is that if it's an injectable—Botox, Juvéderm, Volbella, Voluma, Vollure, Kybella, Latisse, SkinMedica Skincare and others—there's probably a rewards program that can help.

Right now, Brilliant Distinctions by Allergan, the manufacturer of Botox, is probably the most widely used loyalty program out there.

FREE MONEY!

Making the Most out of Reward Programs and Loyalty Points

www.XperienceProgramSignup.com

Here's how it works.

1. Sign up. Approximate time: 5 minutes. Use any email address as a username, then pick a password. This program is mobile-friendly, and you can view your account from any device.

2. Earn points. Approximate time: None. It's automatic—for example, you get 200 points for the average Botox treatment, 200-300 for Juvéderm, 400 for Kybella, 100-150 for Latisse and various points for ANY SkinMedica Skincare products. The points system is simple.


3. Log on and print your Brilliant Distinctions coupons. Approximate time: 5

minutes OR simply bring the coupon up on the App when you come in.

4. Save money! Approximate time: None. For every 100 points you've earned, you get \$10 towards your next treatment! It's that simple.

Allergan has designed Brilliant Distinctions for maximum ease of use, and similar programs are just as user-friendly. Bottom line: whatever treatment you're getting, it always pays to use the manufacturer's loyalty program. After all, who doesn't like free money? Call 724-987-3221 for a participating clinic near you.

DYSPORT VS. BOTOX



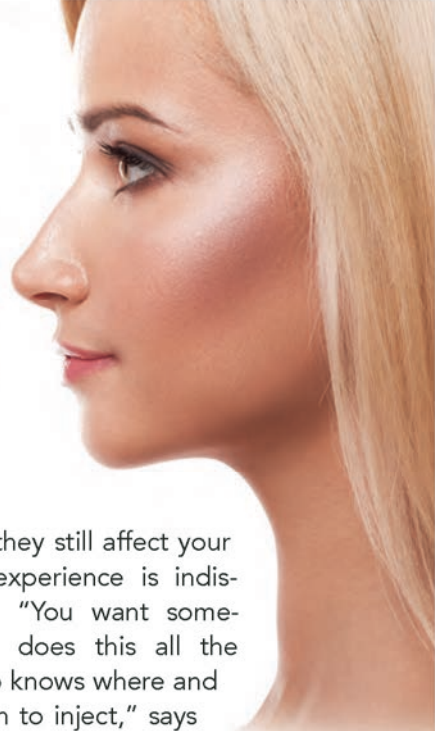
A group of 90 women, with an average age of 54, were asked to rate the severity of their lines on a scale of 0 to 5. Then, using equivalent amounts of each product, one-half of each woman's face was treated with Botox while the other half was treated with Dysport.

Then in a follow up study, Xeomin and Botox faced off. After one month each patient was again asked to rate the severity of their wrinkles. Of critical importance was the "double-blind" nature of the study—neither the treating doctors nor the

participants knew which product had been used on which side.

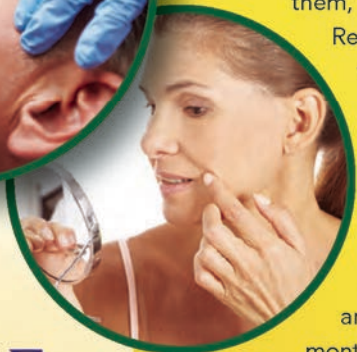
The results were straightforward: as a group, the participants preferred Dysport. When contracting the muscles around their eyes as much as possible, 2 out of 3 patients rated their wrinkles as less noticeable on the side treated with Dysport. When patients fully relaxed their facial muscles, no difference was noted. While both the study itself and the side-to-side differences were small, the split-face study did represent a true face-off, as it was funded equally by the manufacturers of both products. Xeomin outperformed Botox in its study as well.

Ultimately, it's important to remember that *who* performs your injections is more important than which product they're injecting. Results are tempo-



rary, but they still affect your face so experience is indispensable. "You want someone who does this all the time, who knows where and how much to inject," says Beverly Hills plastic surgeon Dr. William Binder, who has performed tens of thousands of injections. Many physicians recommend starting injections between 20-25 years old, although it's never too late to start.

Frown lines and crow's feet are now optional. Our staff has years of experience with cosmetic injectables, and will know which product will fit you best. Rely on our experience—call us today at (724) 987-3221 for a free, confidential consultation.



The Aspire Program by Galderma

It only makes sense that Galderma, the manufacturer of products like Dysport and Restylane, has a loyalty program of its own. After all, these companies, and others like them, are in direct competition for your business. Known as the Aspire Rewards program, it's Galderma's answer to Allergan's Brilliant Distinctions, and if anything it's even more innovative and easy to use.

Xeomin REWARDS are also available. Join the Xperience Program today by registering now to claim and use your virtual reward towards the cost of your aesthetic treatment or anywhere Visa debit® cards are accepted online.

Aspire is widely known for rewarding referral points—the more friends and family you send in, the more points you'll get. Aspire also offers a monthly beauty quiz. It's simple, just log on and take a short quiz on Galderma products for bonus points. Once again, it always pays to use the manufacturer's rewards program—it could save you hundreds. Call 723-987-3221 for the participating clinic nearest you.



What to Do When Wounds Won't Heal: Two Patients Share Their Stories

Written by Steven M. Crotzer RVT

Three years ago, Mary D. was worried about something most of us take for granted. "I was starting to have trouble walking. Lots of it." For Mary and many others like her, ulcers and other types of non-healing wounds are some of the most frustrating and frightening health problems they'll ever face. Much as it sounds, they are chronic by nature, and can persist for months or even years.

The idea of a wound that won't heal seems foreign to most of us. After all, most minor cuts resolve themselves in about a week, and even deep surgical incisions usually heal completely. For some patients however, especially diabetics, those with long-standing vein problems, and those over 60, dealing with chronic wounds is a daily struggle. Infection is a constant threat, and this type of wound often hurts badly: about 6 out of 10 chronic wound patients report pain as one of their main symptoms.

Pittsburgh based podiatrist Dr. Christina Teimouri has been a podiatric surgeon and general podiatrist for over 23 years, and has received advanced training in wound care during her residency at Beaver Medical Center. She has helped hundreds of patients with wounds that refuse to heal on their own, and here are two "case studies" that stand out in her files.

"I feel like she saved my toe, and possibly my foot."

Joy G's story came to a head on New Year's Day, 2016. Two years earlier, she had started to develop what seemed to be a large scratch on the bottom of her right big toe. It kept getting worse, and by January 1st she simply couldn't wait any longer. She made the trip to the emergency room, and was started on IV antibiotics immediately since the wound had become badly infected.

Shortly after her discharge things got even worse. What she hadn't realized was that her toe had progressed well beyond a simple infection and had, in



fact, become gangrene. She needed to find a podiatrist, and by sheer coincidence drove by Dr. Teimouri's daily on her way to work. "Dr. Tina made me feel comfortable right away. She was so professional and kind."

Joy's initial appointment was the start of a four week process that ultimately solved a problem that had been brewing for years. It quickly became obvious that the ER doctors hadn't cleaned the wound correctly, and pieces of debris were still inside. She needed advanced wound care on a weekly basis, and "there wasn't a single time I had to come that she couldn't fit me in." Treatment consisted of keeping the wound impeccably clean and using a specialized dressing known as Acticoat, which is an ideal solution for wounds with a history of infection. It contains silver, which is not only a precious metal but kills most germs on contact. After about a month, healing was nearly complete and Joy's life had virtually returned to normal.

**"I was ready give up hope.
Now I'm back at 100% and
can walk a whole lot better."**

Now returning to Mary B's story. "It started slowly, a few years ago. I went to so many people, including three foot doctors, and nobody could help." Mary had been an insulin dependent diabetic for over 40 years, and as any podiatrist knows, diabetes complicates almost all foot conditions—even if it's well controlled (*see article on previous page*). In Mary's case, decades of high blood sugar levels had damaged the small arteries in her feet, gradually causing circulation problems which led to severe ulcers. Unfortunately this type of scenario isn't uncommon in diabetic patients, and according to Dr. Teimouri "it's essential that all diabetics work with a podiatrist they know and trust."

Over the course of 2 years, Mary had developed severe ulcerations on both the ball of her foot and the heel. Any chronic diabetic ulcer is serious, but in Mary's case their location had turned an already bad situation into an ongoing crisis. After a certain point, walking hurt so badly that for all practical purposes it had become impossible.

In complex cases like this, an individualized approach works best, and frequently even dedicated wound care

centers aren't up for job. Mary had already experienced this herself: she had gone to one previously, "but it just wasn't working. I wasn't getting worse, but I wasn't getting any better either." Seemingly out of options, Mary gradually began to accept the fact that she might never walk normally again.

She had almost given up entirely when she started seeing Dr. Teimouri. "They got me in right away, they're really nice people. And Dr. Tina knew exactly what she was doing."

In Mary's case, diabetes had damaged her circulation to the point where the blood flow to her foot was only a small fraction of what it should be. The skin around the wound was so damaged that it couldn't even begin to heal on its own without a painstakingly applied collagen coating, which acted like a scaffold for new skin to latch onto and grow. After several visits, "it started feeling so much better. Now I won't go anywhere else."

If a person has any sort of non-healing wound on their foot or ankle, whether it's related to diabetes or not, seeking a podiatrist's help is critical. This isn't something that will go away on its own, and will only get worse over time. Patients like Joy and Mary are proof that even in the most advanced cases complete healing is still possible. If you can relate to their stories, stop worrying and take action.

**Call us today
(878) 313-FEET
for an appointment**



**Beaver Valley
Foot Clinic**

**With today's cutting edge
treatments, there's no reason
for you to suffer any longer.**

Take Back Your Legs

Look and feel better
in about an hour.

by Steven M. Crotzer

If your legs don't look and feel like they used to, then this article is for you. It contains specific information on what you can do, starting today, to successfully resolve problems you may have had for years. Specifically, we're talking about painful, tired, swollen legs, which can range from merely annoying to nearly debilitating. For some patients these symptoms are constant, and can develop into the type of frustrating medical situation that only seems to get worse with time. Other symptoms are somewhat less common, but also tend to be chronic and resistant to treatment. These include abnormal sensations such as itching and burning, frequent cramping (especially of the calves), restless leg syndrome, and even severe ulcers which can easily become infected and may never heal completely. If you experience symptoms like these on most days, it's important to remember that help is readily available—in fact, many patients are amazed that problems years in the making can be solved so quickly and easily.

Chronic Vein Disease: the underlying cause.

It isn't obvious, but all of these symptoms are caused by underlying vein disease. While it's certainly true that visible, ropey varicose veins are a direct result of vein problems, most significant vein disease occurs about 1 to 3 inches below the surface.

Exactly what happens is this—the one-way valves which keep blood flowing in the right direction become damaged and stop working. Blood begins to pool in the legs, and the veins themselves begin to stretch out just like a water balloon as more water is added.

Ultimately the above symptoms develop. It's easy to see how excess fluid collecting in the legs leads to swelling. This swelling creates pressure, which hurts and can range from a mild, dull ache to more severe, stabbing pain. Going further, your muscles begin to work differently under higher pressure, and cramping and restless leg syndrome can develop. If abnormal fluid collection goes on long enough, the skin can break down, resulting in ulcers. This isn't to say that all vein disease is located below the surface—unsightly, bulging varicose veins and purplish clusters of spider veins are extremely common. They aren't usually medically serious, but bother many patients enough to seek treatment. Fortunately, surface veins like these are usually even easier to treat than deeper ones.



Minimally Invasive, State-of-the-Art Treatments:

Modern treatments have advanced to the point where the underlying vein disease can be treated extremely effectively. All treatments are performed in our own offices, with virtually no downtime. Most importantly, these treatments are so safe and effective that older procedures such as vein stripping simply aren't performed anymore. First, it's important to realize that many of these treatments either close down the diseased veins completely or remove them entirely. This causes absolutely no problems whatsoever, and doesn't affect overall circulation at all. In fact, it's exactly what's needed. These diseased veins aren't working properly anyway, and blood is immediately rerouted to nearby healthy veins. Again, since each leg contains literally miles of veins circulation issues are never a problem.

Endovenous Ablation: closing down diseased veins.

By far the most common modern vein procedure is endovenous ablation. In this case “endo” means “inside,” and “ablation” means “to collapse or close down.” Much as it sounds, the diseased vein is shut down from the inside, and is naturally absorbed back into the body. From a technical standpoint, this procedure is extremely efficient—in many ways it’s the opposite of older procedures, which removed diseased veins through large incisions and often required general anesthesia and a hospital stay. Scarring was often extensive.

In contrast, ablation only requires a single, tiny incision at the ankle to access the vein. A specialized, ultra-thin catheter with a heating element at the tip is then fed into the vein. This tip is quickly heated, the catheter removed, and the vein collapses behind it. Local numbing medication ensures that the procedure is painless—most patients report only a mild sensation of pressure during treatment. No driver is needed, normal activities can be resumed immediately, and aftercare is limited to wearing compression stockings for about a week. Most importantly, ablation has a very

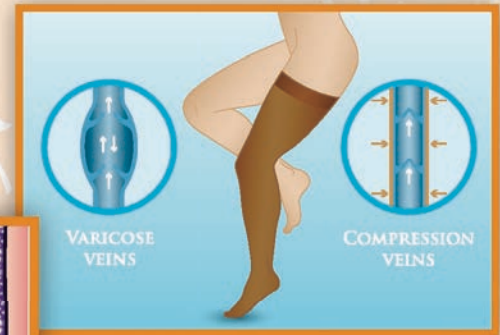
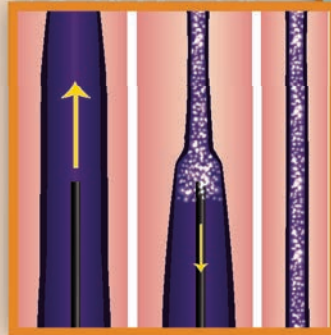


high success rate at eliminating symptoms such as painful, heavy, swollen legs and is extremely safe. Scarring is non-existent in the majority of cases.

Microphlebectomy: safely removing varicose veins.

Visible varicose veins are treated with another minimally-invasive procedure known as a microphlebectomy—the term “micro” means “small,” and “phlebectomy” simply means that the vein is removed. This uses only a local numbing solution, and more often than not patients report no pain whatsoever. Micro-incisions are made above the vein, and specialized, miniature tools easily remove the vein. It’s important to realize that these veins weren’t working to begin with and blood is immediately rerouted to veins which work properly.

Aftercare is the same as with ablation: compression stockings are worn for about a week, and normal, day-to-day activities can start immediately. Microphlebectomy procedures carry almost no risk of scarring and solve varicose vein problems for good.



Laser Treatments and Sclerotherapy: instantly erasing spider veins:

Clusters of ugly, purplish spider veins are even easier to treat. Modern skin resurfacing lasers can easily eliminate spider veins completely. No aftercare is necessary, and results are permanent. Laser removal is nearly 100% effective and works on all skin types. As a spider vein treatment it’s practically perfect. For slightly larger vein clusters sclerotherapy is often used. This involves injecting tiny amounts of medication, which close down these ugly surface veins which are then reabsorbed without a trace. Sclerotherapy is extremely safe and effective.

SEVEN YEARS IN A ROW!



Put Our Experience to Work for You:

The Advanced Vein Center has helped hundreds of patients permanently get rid of symptoms just like yours. What’s more, these treatments are covered by most insurance plans. If you’re ready to take action it’s never been easier to take back your legs. Call us today at (724) 987-3220 for an appointment.

Advanced
VEIN CENTER

AdVeinCenter.com

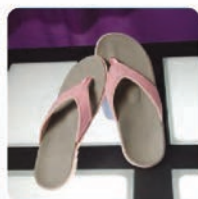


Aarica
(aluminum chloride hexahydrate 12%)
Net vol. 3 fl oz / 88.72 ml

Antiperspirant for the foot - infused with black tea extract and sodium bicarbonate.



Kids and Adult Arch Supports



Spenco Arch Support Sandals



Heal Lifts



Corn and Callus Pads



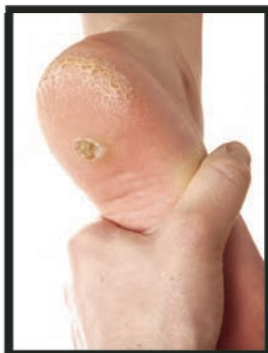
Over 30 Colors to Choose From!

Dr.'s Remedy Enriched,
Non-Toxic Nail Polish

Find these products at
www.BVFootClinic.com

LIONS AND TIGERS AND...WARTS? OH MY!

By Casey Armstrong, Registered Radiologic Technologist and Podiatric Assistant



Warts. As soon as you find them, the questions start flowing. "What are they, and how did I get them?" Most importantly, "How do I get rid of them?" At the Beaver Valley Foot Clinic, we are here to put your mind, and your feet, at ease!

A wart, or verruca, is a viral infection of the skin caused by a strain of the Human Papilloma Virus (HPV). When found on the bottom of the feet, they are referred to as plantar warts. The virus enters through a crack or cut in the skin. Unfortunately, once you have the virus, it will lay dormant in your system until it decides to make an unwelcome appearance, usually as a hard, callus-like

build-up with black pinpoint dots at the center. Are you ready for some good news? With advances in technology and medication, treatment has never been easier or more effective!

TOPICAL MEDICATION (CANTHARIDIN)

Cantharidin is a liquid solution applied in a podiatrist's office to the most stubborn of warts. Aptly referred to as "Beetle Juice," Cantharidin is derived from a blistering beetle. When applied, it will cause the wart to gently blister over several days. A trained podiatrist will then be able to carefully scrape off the blister and often the wart along with it.

LASER DESTRUCTION (Q-SWITCH OR 1064 LASER)

Laser destruction is a great, nearly pain-free option offering little to no downtime. The laser works by cutting off the blood supply to the wart (those black pinpoint dots at the center) which in turn will kill it. Laser is a popular choice amongst our youngest patients, as it's relatively pain free, however it can often take multiple treatments to completely kill the viral tumor (wart).



SURGERY (CURETTAGE)

This is not as scary as it sounds. Surgical excision of warts is done right in the office and only requires local anesthesia. Dr. Teimouri, DPM, will use a curette, a tool that looks like a tiny ice cream scooper, to completely remove the wart tissue. After the wart tissue is completely removed, a time release antimicrobial will be put over the excision site and your foot will be kept wrapped for one week to ensure no bacteria enter the open area.



Beaver Valley
Foot Clinic

HOME REMEDIES

While they may seem like the most convenient option, home remedies are often ineffective and may cause more damage than good. Home remedies, such as using duct tape, medicated wart pads, apple cider vinegar, or Vick's VapoRub should never be used without first consulting with a trained podiatrist. **If you suspect that you have a plantar**

wart, call Dr. Teimouri at 878-313-FEET (3338) for an appointment or visit www.BVFootClinic.com for more information!



THE INS AND OUTS OF INGROWN TOENAIL TREATMENT

By Casey Armstrong, Registered Radiologic Technologist and Podiatric Assistant

It's tempting, we know, but trying to remove an ingrown toenail on your own at home can cause more harm than good.

IN: Scheduling an appointment with your local podiatrist at the first sign of an ingrown toenail.

OUT: Ignoring an ingrown toenail and hoping that it will "go away on its own."

Ingrown nails are the second most common nail problem and often require the attention of a trained podiatrist. Ignoring the problem could ultimately lead to further issues, such as increased pain or even infection.

IN: Having your ingrown nail treated by a podiatrist.

OUT: Getting your toenail clippers out of the medicine cabinet and digging away.

Do not, we repeat, DO NOT attempt to remove an ingrown nail by yourself. Here's why:

1. *Ingrown toenails often grow a lot further into the flesh of your toe than you realize. You will not be able to remove the entire portion of the embedded nail and will just cause yourself unnecessary suffering.*
2. *Chances are that the tool you'd use to try and dig the nail out with is covered in bacteria. This will lead to an infection, which often becomes severe enough that an oral antibiotic is required.*
3. **FUNGUS!** *When you dig at your nail, you are causing it to lift away from the nailbed. When the nail lifts away from the bed, even just by 1 mm, fungus has a perfect pathway to get in and cause a fungal infection.*

IN: Having a recurrent ingrown nail fixed permanently (matrixectomy) by a trained podiatrist.

OUT: Suffering every month with the same ingrown that just keeps coming back.

During a matrixectomy, your podiatrist will gently cut back a portion of the toenail. Using a Q-tip, a special solution is applied to the nail root, which will prevent the ingrown from returning. Do not worry - your toe will be numb during the procedure, so you should not experience any pain! The remaining nail will look normal, we understand a girl has to wear sandals in the summer!



If you suspect that you may have an ingrown toenail, call Dr. Teimouri today at 878-313-FEET (3338) or just stop on IN to schedule an appointment. We'll have you OUT and feeling better in no time!

For more information go to www.BVFootClinic.com



KIDS CARE

ARCH SUPPORTS

ANKLE SPRAINS

HEEL PAIN: Sever's disease, growing pains, plantar fasciitis

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

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

SPORTS INJURIES: Football, Baseball, Soccer, Track, Basketball – same day diagnosis and treatment.

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

www.BVFootClinic.com





Wrinkle Reduction

From Fillers to Facials and More

Facial wrinkles and pigmentation are probably the most visible signs of aging. The face is usually the first thing we notice about one another, and it's hard to miss deep forehead wrinkles or prominent frown lines between the eyebrows. Crow's feet or "laugh lines" also make the list, which age you no matter what they're called.

The following are some of the most popular medical spa services.

Dermal Fillers: There's nothing available quite like fillers, Restylane & Juvederm are the most common. These plumping agents add volume to thinning skin, and have the ability to handle even deep wrinkles - including the stubborn ones which run from the sides of the nose to the corners of the mouth. If you've ever wondered how actresses in their 40s and 50s look like they're in their 30s, it's cosmetic filler!

Micro-needling: There's nothing quite like micro-needling for skin rejuvenation, and right now it's hot. It triggers skin's natural healing response, results are both reliable and outstanding.

Many tiny micro-needles make thousands of micro-channels in the surface of the skin. This doesn't do any sort of real damage, but instead triggers collagen production. Wrinkles, stretch marks, chicken pox divots, vaccination circles and even minor scars, like from acne or even surgical scars appear softened and smoothed out.

Sublative Treatments: Semi-ablative (sublative) treatments are truly unique: they have all the benefits of laser treatments and nearly none of the drawbacks of a full ablative laser treatment. To firm up the skin's deepest layers of collagen, sublative technology uses Radio-Frequency (RF) Energy. This can pass through the top layers of the skin with virtually no surface damage, so it's an outstanding option for darker, more pigmented skin.

Microdermabrasion: It's the original "lunch-time peel," and it's really not a peel at all. Microderm doesn't use any kind of laser or heat energy, so it's perfectly suited for all skin types and helpful around the eyes (crow's feet). A specialized instrument with diamond tips whisks away the top layer of dead, dull skin, and is surprisingly gentle. Simply walk in on your lunch break and walk out 30 minutes later looking fresh and renewed.

RENEWING YOUR SKIN FROM WITHIN: The Healing Power of Intense Pulsed Light

If you asked a hundred aestheticians to choose one single treatment they rate above all others, the photofacial would be a top pick.

It can be jaw-droppingly impressive to see what one or two photofacial sessions can accomplish—especially when using top of the line equipment (Palomar's Icon system or the Lumenis XC). Most patients benefit immensely across a wide variety of skin conditions and many skin types.

What's referred to as a photofacial is technically Intense Pulsed Light (IPL). While the "intense pulsed light" part might make this sound like a laser treatment, it's not - meaning IPL shares little of the drawbacks of even the best lasers, including small treatment area and excess heat buildup. Here's some basic info on what this extremely versatile technology can do for you.

Remember how we mentioned that photofacials get results across a broad spectrum of skin conditions? Here's exactly what we meant: **sun spots and age spots, mild acne scarring discolorations, active acne, birthmarks and even unwanted freckles** (note: the following list isn't exhaustive). IPL photofacials also work wonders on frustrating clusters of spider veins and ugly burst capillaries often found on the nose. What's more, **nothing takes the red out, as in rosacea and generalized inflammation of the cheeks, quite like a photofacial.**

What makes this treatment even better is that it's a superb anti-aging treatment in general and pairs well with fractional skin resurfacing for ultimate skin rejuvenation. Since IPL creates carefully controlled micro-trauma, it triggers the skin's natural healing response in a different but much the same way as micro-needling. This means smoother, more evenly toned skin. Also, since Intense Pulsed Light increases collagen production, it can also reduce or even erase fine lines and wrinkles.

Photofacials using a system like the Palomar Icon are surprisingly close to perfect. **If you've got questions about photofacials call us today at 724-987-3221. Consultations are always complimentary.**





Body Contouring and Infrared Wraps

by Marcia Fleis Hale

Be swimsuit ready all year long!

Getting in shape doesn't have to be labor intensive or painful. Gone are the days when your only options for a tight and toned body were starving yourself or huffing and puffing on the treadmill.

Whether you have pain in your joints, previous surgeries, or don't have time to get to the gym, now you've got an alternative! At Body Beautiful, we have designed a fabulous system that will help you achieve that bikini body! We call it our Body Contour- Infrared Wrap Program.

Therapeutic benefits of infrared heat:

- Stress reduction
- Cramp Pain relief
- Cellular detoxification
- Arthritic pain reduction
- Smooth rejuvenation of the skin
- Increases blood flow and circulation
- Promotes a healthy immune system

First, we start with a relaxing 60-minute infrared wrap. The Formostar Infrared Body Wrap System has a unique approach to treating subcutaneous fat and cellulite. This treatment is a natural, non-invasive therapy that increases the removal of stored toxins, reduces body fat, enhances body metabolism and results in smoother, tighter looking skin.

The Formostar Infrared Body Wrap System's purpose is to increase the body temperature deep into fatty tissue and increase blood flow to areas where fat is stored. Increased blood circulation to areas which previously had restricted flow causes a rise in the rate of metabolism. Whenever your body has taken in excess calories, it tries

to store them as fat.

As the infrared wrap heats the stored fat tissue for an extended period of time, the lipids soften, are broken down and released. Your body is then able to remove them or use them as energy!

Cosmetic benefits of infrared heat:

- Helps improve the appearance of cellulite
- Infrared heat penetrates the epidermis, muscles, and fat stores.
- Increases energy and boosts metabolism
- Body contouring and slimming (losing inches)
- Increases caloric consumption. Burn up to 1,400 calories per session

After your infrared wrap session, we recommend the Body Contouring treatment. You can target specific areas for cellulite reduction, body shaping, and skin rejuvenation, leading to a better overall sense of enhanced well-being.

Body Contouring is a completely noninvasive and non-surgical treatment. It helps tighten your existing collagen and stimulates new collagen growth. Improvements are immediately visible and can continue up to 6 months post-treatment. Body contouring works by using a radio frequency handpiece and heating up the fat cells at multiple depths, which helps shrink and melt the fat cells with zero downtime or uncomfortable side effects.

Target "trouble spots" Radio Frequency (RF) & Infrared Light (IR) increase body temperature to enhance stored fat breakdown and the release of toxins. This promotes increased fat metabolism. These two treatments, when combined, pack a real punch—causing your excess fat to be knocked out in no time!

Call 724-987-3221 to schedule your session and visit BBLMSpa.com and become a VIP for huge savings!





OUR STAFF'S TOP-PICK SKIN ESSENTIALS

Everybody wants perfect skin, but what would "perfect skin" really look like? Perfect skin is firm, smooth, and has an even tone. It has a slightly reddish "glow" which comes from good circulation (not tanning), and has barely visible pores. It isn't too dry or too oily, and is free from surface imperfections, including acne. Unfortunately, perfect skin is also a myth—nobody's skin has all of these characteristics. However, today's skin care products do make most of these things possible. It pays to look at ingredients. Here's the list of products professionals recommend, and why.

SkinMedica Retinol Complex .25, .5, and 1.0



Ingredient: Retinol for softer, brighter, less-lined skin. A Vitamin-A derivative, nothing speeds up skin cell turnover like retinol. It's become the industry standard anti-aging agent because it causes dead skin cells to slough off and new ones to take their place, in about four weeks. Quite simply, your skin looks "newer" because it is. High quality retinol products do not increase sun sensitivity, and won't "make it worse before it gets better" when used properly.

Lytera Skin Brightening Complex



Ingredient: Hydroquinone for even coloration and tone. This product contains a lightening agent. It's perfectly suited for reducing hyper-pigmentation blemishes such as sunspots, dark spots, and even freckles. Unlike retinol products, skin lightening products containing hydroquinone will cause sun sensitivity. If you're not wearing a high SPF sunscreen daily, it's always a good time to start.

SkinMedica Hydrating Complex



Ingredient: Hyaluronic Acid (HA) for increased volume, firmness, and moisture retention. It is absorbed by the skin and holds in moisture like a sponge. It contains hyaluronic acid which can hold many times its weight in water, and which naturally occurs in young, healthy skin. It's important to realize that hyaluronic acid isn't a harsh peeling agent, and it's not an oily moisturizer. As an ingredient, nothing provides natural, deep hydration quite like HA.

SkinMedica AHA/BHA Cream for proper exfoliation, volume, and texture



Ingredients: Alpha-hydroxy acids (AHAs) and Beta-hydroxy acids (BHAs). AHAs and BHAs naturally occur in milk and sugar, and when used together can "unglue" the skin's top layer of dead cells- without scrubbing or harsh chemicals. What's more, AHA/BHA stimulates collagen production which translates into fuller, firmer skin. Once again, it's important to wear high SPF sunscreen.

Vitamin C+E Complex



Ingredient: Vitamin C for anti-aging antioxidant protection and total skin health. Everyone should be using a C product, period, and C+E is among the best. Vitamin C is a potent antioxidant, and as an anti-aging agent it's right up there with retinol, with the added benefit of increasing collagen production. What Vitamin C can do for your skin- reduce irritation from sun and chemicals, improve healing time, reduce the appearance of acne, sunspots, and age spots, and boost the effectiveness of sunscreen.

A note on SkinMedica: You'll notice that SkinMedica appears on this list several times, precisely because their products are medical grade. They contain exactly the right amount of active ingredients in a base which delivers them perfectly. Talk to any of our many certified aestheticians and certified laser technicians, who deal with skin issues of all types, everyday.

**Call Body Beautiful at (724) 987-3221
to book your free consultation**



Still Pimple Popping?



Love the skin you're in!



By Marcia Fleis Hale

If your skin is the largest organ in your body, it also stands to reason that it's the first thing people notice about you. Unfortunately, they might not always notice when it's nice, but they'll surely notice when it's not.

We all have our favorite skin care regime to keep our individual skin issues under control. But what do we do when that regiment fails, and our blemishes seem like they're getting beyond our control? Like it or not, this will happen to most of us at one time or another. It's normal to have the occasional pimple here or there, but sometimes hormonal changes, stress, weight changes, weather changes, or other environmental factors affect not only the number of blemishes we have, but their size and color as well.

What can make these blemishes even worse is when we try to literally take matters into our own hands to "fix" the problem. Like when we try to pop pimples, which can make you vulnerable to bigger issues such as an increase in acne bacteria and even infection. This ultimately creates even more pimples and causes bleeding, which can cause scar tissue which leaves deep indentations in your skin.

If you find yourself in the above situation, it's a good idea to put your tweezers down and step back from the mirror. You're not being very kind to your skin, and there are much better ways to handle the problem.

The radio frequency technology of LamProbe has the ability to immediately shut down active acne, sparing you from bleeding, infection, scars and unnecessary embarrassment.

It can also remove:

- Skin tags,
- Facial spider veins
- Cherry angiomas
- Blackheads,
- Milia
- And even small cysts

STOP!

Put your tweezers
down and step back
from the mirror.

You're not being very kind to your skin, and there are much better ways to handle the problem.

What makes it even better is that it's safe, practical and affordable on almost any budget. Due to this affordability, it's an ideal treatment to include in any monthly skin care program since it can keep small issues from becoming major problems. We typically recommend pairing this procedure with medical grade skin care products customized specifically for your personal skin care needs.

Once you have your skin under control again, it's a great time to become more proactive about your skin care, as opposed to simply reacting when something goes wrong.

Depending on your issues, you can choose from a variety of laser treatments designed to keep your skin looking youthful and problem-free for the long term.

- **Photofacials** are excellent at minimizing active acne or reducing future breakouts, so any future blemishes are smaller and more manageable.
- **Microneedling** are ideal in helping to reduce pore size.
- The advanced technology of Intense **Pulsed Light (IPL)** treatments are a very effective method, far superior to topical creams or surface treatment, for overall skin

maintenance. Once the (IPL) energy reaches the deeper layers of your skin it safely and effectively kills bacteria, minimizes oil trapped in your pores, and stimulates collagen production. It can even partially reverse brown spots and sun damage.

Intense Pulsed Light is an excellent option for rejuvenating your skin from within, making your tone and texture appear more youthful. Since it corrects and prevents new issues in the deeper layers of your skin, results typically last much longer than more traditional creams or facials. Take the future of your skin out of your own hands, and talk with one of our skin care professionals. Our consultations are always complimentary.



BBLMSpa.com
724-987-3221





For **BOOMERS** to *Millennials...*

Skin Revitalization with PicoSure

By Mark R. Fleis M.Ed. CLT

You may have heard of "the healing power of light," but did you know that it's actually true? If you are curious about the science behind the healing power of laser treatments - keep reading!

Today's lasers (including our office's top-of-the-line PicoSure Laser by Cynosure Inc.) are powerful and versatile and are used to successfully treat:

- Sun Spots and Age Spots
- Birthmarks
- Freckles
- Pitted Acne Scars and other Facial Scarring
- Fine Lines and Wrinkles
- Rosacea (*traditionally very difficult to treat*)

These conditions fall into two broad categories - pigmented lesions and conditions in which damaged skin hasn't healed properly. As you can probably tell from the name, pigmented lesions have color to them and are darker than the surrounding skin (*think birthmarks and freckles*). Pitted acne scars, as well as, age-related changes such as fine lines and wrinkles both fall under the second category.

When you think of pigmented lesions, you might not think of tattoos. However, they are, in fact, a type of artificial pigmented lesion. Like freckles, sun spots, and age spots, tattoos are made of millions of pigment molecules trapped inside of the skin with no way to get out. Unlike other lasers that use heat to break up these pigments, our PicoSure laser uses light waves to physically shatter the molecules into tiny fragments which the body can then get rid of naturally. The result is a quicker elimination of the pigment without using excess heat, which can damage surrounding skin. If you are looking for a safe and effective treatment for sun spots, age spots, birthmarks, freckles and/or tattoo removal, PicoSure is an outstanding choice.

With chronic conditions such as the acne scarring mentioned above, as well as mild-to-moderate wrinkles and fine lines, several things are happening. The first and most important is a breakdown of structural proteins in the skin. These include collagen and elastin, which are the primary proteins responsible for the coveted tone and firmness commonly seen in the more youthful skin. Also treated is chronic low-level inflammation such as that found in rosacea.

When treating these conditions, a low level of laser light is used to stimulate collagen production and trigger the body's natural healing response. The treatment can also be used to help manage chronic inflammation. Over the course of several treatments, the skin renews itself and even complex conditions such as acne scarring and discolorations are transformed into healthy, beautiful skin.

Can PicoSure remove even the most stubborn, multi-colored tattoos on almost any skin type? Absolutely, and many experts would argue that it does this better than any other laser available today. That's certainly not all it's good for, though.

Call Body Beautiful Laser Medi-Spa at **(724) 987-3221** for a free consultation. With over 15 years of experience, our program with certified laser technicians can help you explore your options. **BBLMSpa.com**

Are your skin imperfections and wrinkles getting you down?

As we get older, life tends to take matters into its own hands. From acne (and acne scars) during puberty to the lines, wrinkles and age spots found as we age, old, tired, sagging and scarred skin doesn't have to be a part of your future.

Enter micro needling - an increasingly popular remedy that naturally stimulates the skin's healing process resulting in healthier, more youthful skin. Luckily, with today's technology, anyone can age gracefully with the help of modern skin rejuvenation treatments.

Someone may be interested in micro needling if they suffer from any of the following skin conditions:

- Acne Scars and Divots
- Fine Lines and Wrinkles
- Stretch Marks
- Sun Damage
- Uneven Skin Tone
- Surgical Scars

Micro needling also works to improve:

- Circulation and Hydration
- Poor Skin Texture
- Skin Tightness
- Pore Size
- Overall Skin Tone



How does it work?

Micro needling in various forms has been around for over a century. In the early 1900's, Ernst Kromayer used rotating burrs (*also used for cutting metal*) attached to a drill to remove unwanted layers from patient's skin. Later, scientists discovered that tattoos, scars, and other skin imperfections could be removed and healed by repeatedly piercing the skin with a needle. Luckily, today's technology is much more safe and effective!

The first generation of modern micro needling, dating back to the 1990's, was Dermal Rolling. Dermal Rollers are devices which manually stamp holes in the skin with a roller covered in tiny needles. Fast forward again to today's micro needling technology and we have the "Skinpen."

The Skinpen works by using a cluster of micro needles to poke thousands of tiny holes in the skin, accelerating the natural healing process. The technician uses a combination of Hyaluronic acid for the needles to glide on and deep penetrating serums for maximum results and speedy healing. After these holes quickly heal, they achieve a much more even, smooth and healthy looking skin tone.

This treatment will minimize scars as well as improve both wrinkles and overall texture. It's a minimally invasive, non-ablative treatment with no downtime!



Call now to schedule a free consultation!

www.BBLMSpa.com

Body Beautiful 724-987-3221

GENTLE AND EFFECTIVE WATER-JET LIPOSUCTION: MINIMALLY INVASIVE LIPO FOR PRECISION BODY SCULPTING

Are you thinking about
liposuction for your love handles?

How about belly fat that's so diet
and exercise resistant that you're
open to any option that works?

A well performed liposuction procedure leaves the patient looking naturally sculpted, as if the unwanted fat was never there.

Today's liposuction procedures barely resemble the crude, highly invasive procedures of the past. Our Board Certified Cosmetic Surgeons believe that Water-Jet Assisted Liposuction (WAL) has several key advantages. If you're seriously considering liposuction and haven't looked at WAL, you could end up settling for second best. Here's why:

- It allows for *extremely precise body sculpting*. Fat can be removed in thin layers for perfect body contouring. This is a core feature of Water-Jet Assisted Liposuction, and there's nothing else like it available today.
- Water-Jet Liposuction is one of the safest approaches available. Complications are incredibly rare, and those that occur tend to be minor.
- It's extremely gentle and non-invasive. Very little damage is done to surrounding tissue, which drastically reduces recovery time.
- WAL is ideal for fat-transfer. More on this later. (Yes, today it's possible to remove fat from one area and permanently transfer it to another).
- Water-Jet Assisted Liposuction doesn't cost any more than traditional liposuction.

The general idea behind liposuction is simple: suction away unwanted fat with a surgical vacuum. In this way, areas such as the abdomen, flanks (love handles), hips (muffin-top), thighs, buttocks, and even the chin, neck, and backs of the arms, and bra pockets could be treated. Stubborn fat deposits simply wouldn't be there anymore, and after a short recovery, patients would look and feel amazing.

The central challenge faced by surgeons is how to remove fat cells in the least invasive way possible, without damaging surrounding tissue. Put another way, your problem fat is attached to the tissue surrounding it, often quite firmly. A stubborn fat deposit isn't simply a jiggling, pudding-like mass found just beneath the surface, waiting to be vacuumed out. In its simplest form, traditional liposuc-

tion involves making an access incision above the area being treated, then inserting a vacuum probe which literally tears the fat away from the tissue it's anchored to. Is it really any wonder that procedures like this required being put under with general anesthesia and a hospital stay? Or that they often resulted in the "lumpy and bumpy" look?

Keeping these things in mind, here's the very basics on how Water-Jet Liposuction works. The following differences set WAL apart entirely. In the case of WAL, incisions are so small that sutures aren't necessary, which means no removal visit. This also means very minimal scarring, or none at all in most cases. Next diluted numbing medication is pumped into the fat deposit. This not only ensures a pain free procedure, but causes a plumping effect, effectively pushing it away from the tissue surrounding it, making it easier to remove. Known as the tumescent technique, this improvement alone has revolutionized modern liposuction in terms of safety and effectiveness. In the case of WAL, a specialized instrument which generates a highly focused, fan shaped water jet is used. It's basically a water pick, much like the ones dental hygienists use to clean teeth. During the procedure, this fan-shaped jet loosens fat deposits before they're suctioned out, resulting in precise yet gentle removal. Nearby structures- veins, arteries, and fibrous bands- remain virtually undamaged. Leaving blood vessels intact is a huge benefit, but of particular interest are the fibrous bands mentioned above. The primary role of these short, tough strips of connective tissue is tightening the skin, which contributes to a smoothly contoured final look.

Since WAL became available, this technique has helped thousands of patients just like yourself look better and ultimately feel better about their bodies. If you're thinking about liposuction but aren't comfortable with traditional invasive procedures, Water-Jet Assisted Liposuction might be right for you. Our consultations are always complimentary and confidential, and you'll meet with one of our surgeons personally.

Advanced
LIPOSUCTION CENTER

www.AdLipoCenter.com
(724) 683-7581

From its very beginnings, liposuction's holy grail has been fat transfer. What this refers to is the "can you take some fat from there and put it here?" concept, and for years the idea was nothing more than a cliché.

Now, over 30 years of steady advancements in liposuction technology has made fat transfer with modern, minimally invasive techniques possible to remove fat from areas like the abdomen and thighs and permanently implant it into areas such as the breasts or face. **What could look or feel more natural than your own tissue?**

The development of fat transfer is a medical success story: a case of technology catching up with a problem surgeons thought couldn't be solved. Unwanted fat from problem areas would be grafted into areas which lack volume or aren't symmetrical, namely the breasts, buttocks, and even the face for a natural face lift. Here's what Autologous Fat Transfer (AFT) can do for you:

NATURAL BREAST AUGMENTATION:

What makes "perfect" breasts? According to experts, it's more about shape than size. Many plastic and cosmetic surgeons describe "beckoning" breasts, and point to *Transformers* star Megan Fox and Duchess of Cambridge Kate Middleton as examples. Proportionally, 45% of each breast lies above the nipple line while 55% lies below, with the nipples pointing upward at about 45 degrees. AFT makes this sort of sculpting and contouring possible. By applying fat in thin, multiple layers, surgeons performing fat transfer have unprecedented control over the final shape—something silicone and saline implants weren't very good at.

THE BRAZILIAN BUTT-LIFT:

How about the perfect butt? Ultimately it's a matter of personal preference, but the 2010s have been dominated by the "big and round" look. Kim Kardashian and Nicki Minaj come to mind as examples, with most butt-lift patients opting for something equally shapely but less extreme. Traditional implants aren't well suited for buttock enhancement, since they're literally being sat on daily. This isn't a problem with AFT, which provides increased volume and a round, firm, perky final look using a patient's own tissue.

NO IMPLANTS NECESSARY: NATURAL BREAST AUGMENTATION AND BUTTOCK ENHANCEMENT



record of providing a gentle lift to sagging cheeks and an added fullness to thinning lips. The bad news is that they're temporary, only lasting for about 6-9 months. The good news is that fat grafting to the face can accomplish exactly the same final look as high-end fillers do. A patient's own purified fat is the ideal plumping material, and the results are permanent. The only concern some patients have is the expense, and in almost all cases fat transfer costs less in the long run. Why keep coming back for expensive filler injections when a one-and-done approach works just as well?

Without Water-Jet Assisted Liposuction (WAL), procedures like those described above simply aren't possible. Fat cells are extremely fragile, and harvesting living, undamaged fat cells is the challenge. The second hurdle is separating these cells from unwanted fluid, rinsing them, and purifying them for transfer, all while causing as little damage as possible.



In many ways, the story of Autologous Fat Transfer is the story of Water-Jet Liposuction. Fat removal was never the problem even the oldest, most primitive techniques were great at this. The process, however, was so traumatic that extracting live cells from the resulting fluid was nearly impossible. Laboratory equipment such as filters and centrifuges were used without much success, and in many cases these added steps damaged the remaining cells even further.

Water-Jet Assisted Liposuction uses a highly focused, fan shaped jet of water, so fat deposits are loosened from the tissue then suctioned out using much less force, doing very little damage to individual cells.

Harvested fat is collected in a special container, and undergoes what is known as "floating separation." Undamaged fat cells are very buoyant and rise to the top, while damaged cells, red blood cells, and other unwanted material simply sinks to the bottom. Almost immediately, billions of perfectly intact, healthy cells are ready for implant, wherever they're needed.

Much as with Water-Jet Assisted Liposuction, if you're thinking about getting implants and haven't considered Autologous Fat Transfer (AFT) then you might be settling for second best. As an implant material or filler, nothing looks, moves, or feels better than your own cells, naturally harvested. Interested? There's no reason to wait

Call us today at (724) 683-7581

and explore your options.

www.AdLipoCenter.com



PERMANENT NATURAL FACIAL FILLER:

Dermal filler products such as Juvéderm and Restylane work wonders at reversing the early signs of aging. As plumping agents, they have a proven track



Batwings

[Brachioplasty]

If you've got flabby, sagging, jiggling skin under your arms then you've got batwings, and you're probably not happy about them at all. This distinctive batwing appearance is often an unfortunate part of the aging process, and is especially noticeable when lifting the arms to reach overhead, or "making a muscle." When skin loses its elasticity with age, especially when accompanied by a loss of muscle mass, batwings can result. Massive weight loss also tends to cause this, essentially resulting in the appearance of stretch-marks on the backs of the arms. Either way, no one has ever said "I really love my batwings."

Are you happy with your arms?

Fortunately, this unsightly excess skin is an almost perfect case for modern cosmetic surgery. Technically known as a brachioplasty, an arm-lift performed by an experienced cosmetic surgeon can eliminate their appearance altogether.

This usually isn't a simple "nip-tuck" procedure, mainly because batwings aren't a simple condition. Typically, an arm-lift procedure has three primary goals: reducing excess skin, removing unwanted pockets of fat, and tightening or "placating" stretched out tissue beneath the skin.

More importantly, does this procedure work? In the vast majority of cases the results are outstanding. Demand for this procedure has increased an estimated 80% in recent years precisely because of its effectiveness. Can't stand your batwings?

Today you don't have to, and we can help.
Call us today for a complimentary consultation
and explore your options at 724-683-7581



DEALING WITH A DOUBLE CHIN?

Neck Liposuction and Kybella

There's a lot to be said for a firm, smooth, youthful facial appearance. In many ways, the modern Health and Beauty industry is obsessed with the face. It's usually the first thing we notice, and it's especially prone to the signs of aging. The chin and upper neck receive less attention, but they're arguably just as important because they're literally inches from the face. Consider the double chin.

According to many surveys, women who have one rate it as the feature they're most unhappy with. Fortunately, liposuction has done an outstanding job catching up with the problem. Today's lipo is safer, faster, much less invasive, and effective on smaller areas—especially the chin.

Liposuction can work wonders on a double chin, and then there's Kybella. What is Kybella? By now, almost everyone has heard of injectable products like Botox and Juvéderm. They've become famous, and Kybella is perhaps the most unique among them. It's the only FDA approved treatment which targets fat under the chin for a more toned, smoother appearance. In short, Kybella

is an injectable medication capable of eliminating double chin, period. Nothing else today does this. No single treatment is right for everyone. For many patients it's a choice between a minimally invasive chin procedure and the even less invasive Kybella.

It's a call only you and your surgeon can make, so call us today at 724-683-7581 for a free consultation.



Inverted Nipple Correction



Surprisingly, this condition affects 1 out of every 5 women. Most of us never even give it a thought, but if you are in that 20% you may be understandably self-conscious. Nipples are retracted into the surrounding skin, and some are entirely hidden by the areolar tissue. Breastfeeding, genetics, pregnancy, carcinoma, trauma, aging, or whatever the cause, we can help! Using a simple modern technique in a simple office procedure, our Board Certified Cosmetic Surgeon can release the connective tissue fibers using only a tiny incision. A dissolving stitch is used to position the nipple as it heals, leaving a minimal scar if any. Call 724-683-7581 for a free consultation.

EARLOBE REPAIR

If you've got a 90 minute lunch break, then we've got you covered. It's that quick and that easy. Cosmetic surgeons are some of the most highly trained specialists out there, and literally reconstruct faces and sculpt abdomens on a daily basis. Some procedures are easier than others, and simple repairs such as this are among the easiest.

Torn or gauged earlobes are located extremely close to the face, and in several ways a person's face is who they are. We recognize each other by our faces, and it's among the first thing we notice about one another. For most patients, this proximity issue is the primary reason they choose earlobe repair to begin with. Regardless of size, the procedure itself is simply suturing the edges of a hole together. Since a large part of cosmetic training is aligning edges perfectly, scarring tends to be extremely minimal (or absent altogether).

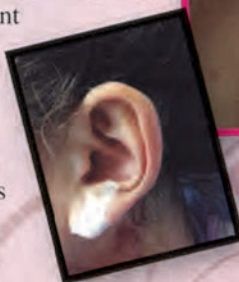
This procedure is completed using only local anesthetic, only takes about an hour, and after-care is usually limited to antibiotic ointment. Most modern sutures are self-dissolving, so a removal visit usually isn't required. Belly button repair is practically the same procedure, and the same rules apply.

**Book your free consultation today at 724-683-7581.
If you want a piercing do-over, we can help.**



Got some ½ inch gauges you'd like fixed?

How about a regular-sized piercing hole that's become stretched out, or even one that's torn through completely?



Labiaplasty

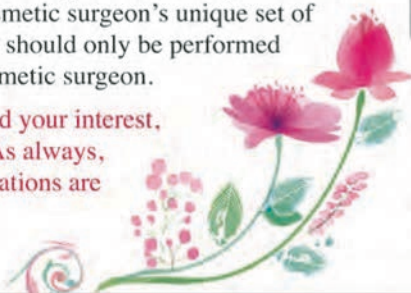
We make people feel beautiful!

What's the difference between a cosmetic surgeon and a plastic surgeon? Advanced training aside, a cosmetic surgeon's primary focus is making patients feel better about their appearance. Put another way, the goal of plastic surgery is reconstructive, while the goal of cosmetic surgery is artistic. In the words of our cosmetic surgeon, "we make people feel beautiful." Beauty is a deeply personal matter, one that's ultimately up to each individual patient. From the cosmetic perspective, anything which "gets in the way" of a patient feeling beautiful is fair game. Basically, if it matters to the patient, then it matters to the surgeon.

You (probably) won't hear about it on television or in movies, but labiaplasty is just such a procedure, and any cosmetic specialist will tell you that it's surprisingly common. As a procedure, labiaplasty is exactly what it sounds like—it's one of several procedures intended to improve, and indeed enhance, the appearance of a woman's set of labia.

This is as close as it gets to a procedure designed to take specific advantage of a cosmetic surgeon's unique set of skills, and (in our opinion) should only be performed by a fully credentialed cosmetic surgeon.

If this article has peaked your interest, call us at 724-683-7581. As always, all of our cosmetic consultations are completely confidential



Sick of your Ugly "Outie"™

It's easier than ever to swap it out for a sleek, sexy "innie." In fact, it takes about an hour. Much like earlobe repair, fixing a less-than-perfect belly button is a simple matter for a trained cosmetic surgeon.



It's one of the fastest, safest, and simplest cosmetic procedures out there, as any number of Hollywood starlets can attest to. Ask yourself if you've ever seen a major actress or model with an unsightly "outie?" The answer is obvious—you haven't. A lot can go wrong with the average umbilicus, which is the formal name for belly button. Pregnancy, hernia, and even drastic weight gain often result in an unattractive, protruding appearance. Then there's the issue of piercings. It's extremely common for this type of piercing hole to stretch out excessively or even tear through entirely, largely due to location. Unless you're constantly bearing midriff, this style of piercing gets caught up in clothing more than most.

Most of the same rules apply for both earlobe and belly button repair. Both are performed in-office, using only local numbing medication, and both take about an hour. There's really no downside, and it's really that simple.

Book your free consultation today at 724-683-7581. If you want a piercing do-over or simply can't stand your "outie," then we can help!

NEVER WAX YOUR HOO-HAA

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

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

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

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

With my next wax strip I move north. After checking on the family, I sneak back into the bathroom for the ultimate hair fighting championship. I drop my granny panties and place one foot on the toilet...using the same procedure, I apply the wax strip across the right side of my bikini line, covering the right half of my hoo-ha and stretching down to the inside of my butt cheek (it was a long strip). I inhale deeply and brace myself... RRRRIIIPPP!!!! I'm blind!!! Blinded from pain!!!! ... OH MY GAWD!!!!!!!! Vision returning, I notice that I've only managed to pull off half the strip. CRAP! Another deep breath and RIPP! Everything is spinning and spotted. I think I may pass out...I must stay conscious...I must stay conscious. Do I hear crashing drums??? Breathe, breathe... OK, back to normal.

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

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

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

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

WRONG!!!!!!!!

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

EVER!!



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

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

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

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

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

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

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



NEED HAIR REMOVED?

Go to

www.BBLMSpa.com

or call 724-987-3221

Laser Hair Removal:

7 good things to know before treatment

Are you sick of constantly shaving? Each person's skin and hair type are slightly different, but chances are you're an excellent candidate for laser hair removal. The following information covers the basics.

1) It really works. Nine out of ten patients see permanent hair reduction, regardless of the area treated, after 5 to 6 sessions. Yearly touch-ups are rarely needed.

2) It's effective on nearly all skin types.

There needs to be some contrast, however. The lightest hair on the whitest skin and the darkest hair on the darkest skin are the most challenging combinations.

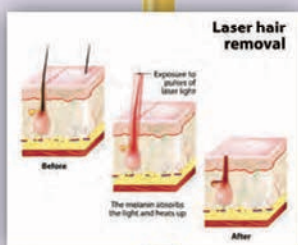
3) It's effective (almost) anywhere. Arms, legs, upper lips, underarms, bikini area, even the hairiest chests and backs are all great candidates. The only area that's off limits is around the eyes - these are laser devices, after all.

4) Stay out of the sun. Don't come in sunburned, or even lightly tanned for that matter. It's also very important to avoid using self tanner or bronzer three weeks before your treatments. Getting your arms done in the summer? Probably not. Underarms or a Brazilian? Absolutely. Also remember to wear a quality high SPF sunscreen in the following weeks.

5) It doesn't hurt. Most people say that treatments feel like a small rubber band being snapped against the skin. That's it!

6) Shave the area being treated. It's best to shave the day of the treatment, or at least the night before. Remember that we're targeting pigmented follicles, not active hair. We don't need to see the hair/shaft.

7) Don't DIY. At home devices are available, but most dermatologists agree that they aren't intense enough to do the job properly. This typically ends in underwhelming results, which leads to people over-treating themselves during future sessions. Put simply, most people who try this option wish they'd gone to a professional from the start.



It's All About the Follicles:

Laser hair removal and hair growth

If a magical device existed which could remove unwanted hair instantly and permanently, it's a safe bet that most women (and many men) would jump at the opportunity. We're not quite there yet, but modern, 3rd generation hair removal lasers come surprisingly close. After all, why wax, shave, or even pluck when you can target the hair where it grows, at the follicle level? Here's how this type of laser works—and the skin science behind why the device mentioned above isn't possible, yet.

All lasers remove hair by destroying the hair follicles, which are tiny, sac-like glands that produce different colored hair in different people. In an ideal world, one single, perfect laser could zap every unwanted follicle in a single treatment, end of story. The truth, however, isn't that simple. Hair grows in three distinct phases, which is precisely the problem—not every follicle is "on" all of the time.

First comes the active phase, so named because the hair is actively growing from the follicle. It gets its color as it exits the follicle, and grows longer with time. Hair removal lasers target follicles in this stage, destroying the follicle and stopping the growth.

Next comes the shedding phase. The hair is as long as it's going to get, and is simply waiting to fall out. After this comes the dormant phase, and no laser, no matter how good, can target a dormant follicle, which can't be seen. In essence this is the problem which lies at the core of laser hair removal. Is it going to work? In most cases, absolutely. Is it possible in a single treatment? Never: the very nature of how hair grows prevents it.

Ready to get rid of your unwanted hair for good?

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Stay Balanced with MRS Physical Therapy

by Dale Reckless, PT

Every day your body depends on your balance to function. This balance can be altered from an assortment of different reasons from an athletic injury to age related changes in eyes, ears and feet. Two recent studies have shown that our age related balance changes at a lot younger age! Research now points to the aging process affecting our balance as early as 40 years old. Our balance is made up of 3 essential parts of our body's systems; Vision, Inner Ear and Sensory feeling in our feet. We can treat and improve these symptoms that may be from diabetic neuropathy, foot injuries, concussion, vertigo and many others. An additional research study demonstrates that by the age of 50 we can see measurable drops in our balance.

So what does this mean? We should not wait until retirement to address our body's changing systems. Exercise can have a positive impact on your life and your balance. MRS Physical Therapy will evaluate you and provide a customized program to help you.

MRS Physical Therapy is your family's physical therapy clinic that strives to serve every member of the community, no matter what the individual's insurance coverage or diagnosis may be. In addition to balance, we treat back pain, neck pain, arthritis, TMJ, Parkinson's Disease, shoulder pain, knee pain, auto, worker's comp and sports injuries and more.

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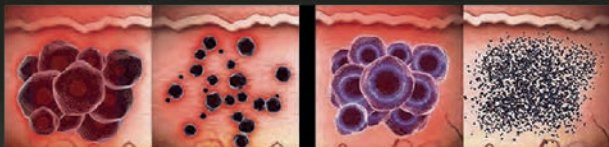
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Erase Your Tattoo Mistake: Picosure[®] by Cynosure

**Do you feel stuck with a tattoo
you wish you could erase?**

So do about 9 million other Americans. These people make up the astonishing "1 in 5" statistic, which states that a whopping 20% of tattooed Americans are no longer happy with their tattoos. It's just that simple—these people regret their decision and would undo it if they could.

Today this is not only possible, but safer and easier than ever.



TRADITIONAL LASER

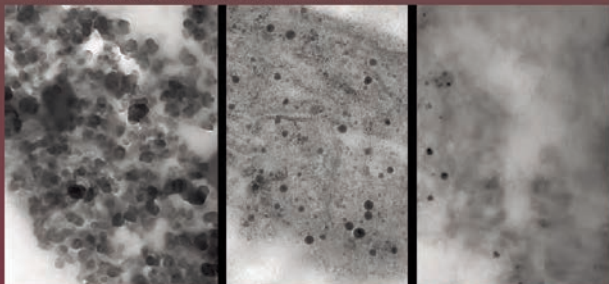
PICOSURE LASER



TATTOO BEFORE

AFTER 1 MONTH, 3 TX

Electron Microscopy images courtesy of HR, Jaitan, MD



UNTREATED INK

TRADITIONAL LASER

PICOSURE LASER



By now, chances are that you've heard of laser tattoo removal. If you haven't seriously considered it before, now is the perfect time to take another look. Technology is rapidly catching up with the problem of unwanted tattoos, which brings us to the PicoSure laser by Cynosure, Inc.

It's important to realize that all lasers do not work the same. PicoSure is the world's very first picosecond laser. Quite simply, this means it's capable of removing tattoos in far fewer treatments than older lasers, usually about half. We'll explain how, but first we'll answer the very basic question of why tattoos are permanent to begin with.

Tattoos are made up of....ink. We typically think of ink as a liquid, which is only partially correct. On a microscopic level, most professional tattoo inks are made up of billions of pigment particles floating in water. When implanted into the skin with a needle, these particles stay put because they're physically trapped between skin cells—they're literally too big to leave.

All removal lasers work by breaking ink up into smaller fragments which are able to pass out of the skin and ultimately out of the body. The single biggest difference between different types of lasers is how this is accomplished.

Older lasers (*basically anything that isn't a picoseconds device like PicoSure*) use the photothermal effect—"photo" meaning light, and "thermal" meaning heat. Via this process, ink particles are degraded by rapidly heating them. While this can cause minor damage to surrounding skin, the main problem is that it isn't very efficient. The resulting particles aren't as small as they could be....

PicoSure uses the photomechanical effect—again "photo" means light, while "mechanical" refers to physically shattering ink into extremely tiny particles. Very little heat is produced, but the main advantage lies in particle size. Smaller particles means better results in fewer treatments.

For most tattoos on most different types of skin PicoSure is the obvious choice. **Call Body Beautiful today at (724) 987-3221 or visit us online at www.BBLMSpa.com to learn more.**

STRESS FRACTURES ARE NOT ALWAYS AS STRESSFUL AS THEY SOUND!

By Casey Armstrong, Registered Radiologic Technologist and Podiatric Assistant

A stress fracture, also known as a hairline fracture, is a small crack in a bone caused by repetitive "stress" over an extended period of time. While stress fractures may occur in any bone of the body, they are one of the most common foot ailments, affecting over 200,000 Americans annually.

Luckily for any of those 200,000 that live in the Pittsburgh area, Beaver Valley Foot Clinic podiatrist Dr. Christina Teimouri DPM specializes in the care of stress fractures in the feet! With same day appointments available, Dr. Teimouri DPM and her staff will have you walking out with a diagnosis and treatment plan the very same day!

WHO IS AT RISK?

Female athletes/ runners
Women over 40/ walkers
Rheumatoid arthritis sufferers
Patients with diabetic neuropathy
Those with osteoporosis

WHAT ARE POSSIBLE SYMPTOMS OF STRESS FRACTURES?

- Pain or tenderness that is made worse with activity
 - Pain or tenderness that may decrease with rest
 - Pain with applied pressure to the area
 - Swelling on the top of the foot
 - Bruising on the top or bottom of the foot
- How are stress fractures diagnosed?
- Physical examination by a trained podiatrist
 - X-ray imaging, which can be performed digitally in-office at the Beaver Valley Foot Clinic!
 - An MRI or bone scan may also be ordered if necessary

Stress fractures are not always immediately evident on X-ray imaging. In fact, they are not usually visible on X-ray imaging at all. What is often seen is a cloud like secondary bone callus that builds around the "stressed" area, not an actual crack or break. Because there is not an obvious break in the bone, stress fractures are notoriously misdiagnosed by medical professionals. If you have any of the above listed symptoms, it is imperative that you visit a trained podiatrist.

WHAT ARE THE TREATMENTS FOR STRESS FRACTURES?

- Rest
 - Ice
 - NSAIDs, such as Naproxen or Ibuprofen
 - Immobilization of the foot with arch supports, a hard soled surgical shoe, or cam walker
 - Surgical intervention, although this is very rarely needed
- Recovery time for stress fractures varies per individual, but typically takes between 6 to 8 weeks depending on severity, but may take up to 16 weeks depending on your activity or poor health.



Stress fractures affect
over 200,000
Americans annually.



Beaver Valley
Foot Clinic

There are enough things in life to stress over, don't let your stress fracture be one of them! Call The Beaver Valley Foot Clinic TODAY at 878-313-FEET (3338) or go to www.BVFootClinic.com for more information!

The achilles tendon, or calcaneal tendon, is a thick band of fibrous tissues that connect the muscle of the calf to the calcaneus, or heel bone. While the Achilles tendon is the strongest tendon in the human body, it's often the site of injury. When inflammation occurs in the tendon, it is referred to as Achilles tendinitis.

WHO IS AT RISK FOR ACHILLES TENDINITIS?

Runners and those who are active are the most at risk. Other risk factors include:

- Age. Achilles tendinitis is more prevalent in those over the age of 30.
- Weight. Increased weight adds more strain on the tendon, causing the tendon to weaken.
- Gender. Sorry gentlemen but you are more likely to develop Achilles Tendinitis than women.

WHAT ARE THE SYMPTOMS OF ACHILLES TENDINITIS?

- Pain along the tendon, often first thing in the morning or with activity
- Weakness or stiffness along the tendon
- Swelling in the back of the heel or lower posterior ankle

WHAT ARE THE TREATMENT OPTIONS FOR ACHILLES TENDINITIS?

- Rest • Ice • Change in shoe gear • Proper stretching techniques
- NSAIDs, such as Ibuprofen or Naproxen • Immobilization
- Traumeel, a non-cortisone anti-inflammatory injection
- Extracorporeal Shock Wave Therapy (ESWT)

WHAT IS ESWT?

ESWT is a 20 minute non-invasive office procedure that breaks up the chronic inflammatory scar tissue at the Achilles tendon attachment to the heel bone, jumpstarting the body's natural healing mechanisms.

WHERE CAN I GO TO RECEIVE THE BEST CARE FOR MY PAINFUL ACHILLES TENDON?

Right here at the Beaver Valley Foot Clinic! Dr. Teimouri, DPM specializes in the care of Achilles tendon injuries and offers state of the art treatments, such as ESWT!

Achilles Tendinitis



Beaver Valley
Foot Clinic

If you are suffering with
Achilles tendon pain,
don't wait any longer!
Call the Beaver Valley
Foot Clinic TODAY at
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or visit online at
www.BVFootClinic.com

By Casey Armstrong,
Registered Radiologic
Technologist and Podiatric
Assistant

Loosen up! A Guide to Living with a Stiff Big Toe

By Casey Armstrong, Registered Radiologic Technologist and Podiatric Assistant

Does a stiff big toe have you down? If so, you may be suffering from something called hallux rigidus. Hallux rigidus is a biomechanical, degenerative arthritic disorder in the joint of the hallux, or big toe. Commonly occurring in those between the ages of 30 and 60, hallux rigidus is one of the most common conditions of the big toe, second only to hallux valgus, or bunion deformities.

SYMPTOMS OF HALLUX RIGIDUS INCLUDE:

- Pain in the big toe, made worse with activity or bending of the toe
- Stiffness in the big toe making it difficult to bend
- Swelling or redness around the joint at the bottom of the big toe

TREATMENT OPTIONS FOR HALLUX RIGIDUS INCLUDE:

- **Custom orthotics, not arch supports** - Arch supports, while they are a helpful tool in offering support to the entire foot, are not effective for the treatment of hallux rigidus. Custom orthotics, however, when ordered correctly, create a rocking chair effect which will change the biomechanics of the joint in the big toe allowing for comfort when walking

- **Injection of steroids** - Cortisone is a type of steroid that can be injected into the joint of the big toe in order to reduce the inflammation, which will in turn help alleviate the pain.
- **Oral steroids** - Oral steroids, such as prednisone or methylprednisolone, can be prescribed and taken by mouth in short courses to reduce inflammation and in turn decrease pain.
- **NSAIDs** - NSAIDs, such as ibuprofen and Naproxen are a good option for short term use to calm down any inflammation in the joint.
- **Surgery** - For those who do not get relief from conservative treatments, surgical correction is an option. During surgery, a Board Certified surgically trained podiatrist will remove the arthritic bone from the top of the toe joint that is preventing the toe from moving smoothly.
- **K-Laser** - The K-Laser can be used to stimulate the body's natural healing process in order to reduce the inflammation around the big toe joint.
- **Change in Shoes** - Stiff, wide and deep shoes will decrease irritation to the area.



If you suspect that you may have hallux rigidus, call Dr. Teimouri, DPM today at 878-313-FEET (3338) or visit the Beaver Valley Foot Clinic online at www.BVFootClinic.com

Focusing on Family Podiatry:

As a podiatric surgeon and general podiatrist, Dr. Teimouri has taken specialties including surgical repair of the foot and ankle, diabetic foot care, and advanced wound care protocols. After handling over 200,000 patient visits, she's seen a lot, including common foot conditions gone terribly wrong and one-shot, all or nothing surgeries requiring the utmost finesse. Here's one such story which combines both. It's the case of husband and wife Janet and Robert M., a



couple with a history of terrible luck in terms of foot health, who had both developed podiatry

problems years in the making. It's also a story about how both patients' conditions developed into cases of chronic pain, something most people only associate with neck and back injuries and conditions like chronic migraines. However, as any veteran podiatrist can tell you, this is a fairly common occurrence. "I see it happen to people all the time," says Dr. Teimouri.

Robert's case certainly didn't start out with excruciating foot pain. About 6 years prior, before developing any severe symptoms, he had had several minor procedures to improve circulation in his left leg. He had previously had a small ulcer on his ankle, and the treatments did seem to help. The ulcer went away, and things returned to normal.



"He had problems with ulcers before," said his wife Janet, "but then 3 years ago, right out of the blue, this happened." Another ulcer had appeared on top of his second toe, which quickly grew and began to spread into the space between the adjacent big toe. This was an unusual place for an ulcer, as most tend to occur at the very bottom of the ankle, which had happened to Robert in the past. Soon the ulcer had become quite severe, and its location ensured that Robert felt pain with every step. "We went to 5 or 6 doctors before ending up at a wound care center... For two years. Nothing helped. Then our primary care doctor referred us to Dr. Teimouri."

"She didn't have 1000 questions. She had clearly seen this before and had 100%

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Dr. Christina Teimouri and the Beaver Valley Foot Clinic



confidence," continued Janet, and intensive therapy was started immediately. Robert had circulation problems to begin with, and in any type of wound, especially ulcers, complete healing can't happen without proper blood flow. In this case the skin around the ulcer was so damaged that it required a specialty collagen coating which gave the new skin a framework to grow onto, which it slowly but surely did. "It's been about a month, and it's so much better. We've been together for 10 years, and his feet have never been better. It sounds extreme, but Dr. Tina really did give him his hope back."

"I've always considered myself a family podiatrist," says Dr. Christina Teimouri, founder of the Beaver Valley Foot Clinic. "If a patient refers in a family member, you know you've done a good job. It's the best compliment you can get."

making the operation a double surgery. "Fortunately I've got experience doing bunions," says Dr. Teimouri, who has performed well over 4000 similar bunion and/or hammertoe surgeries. After 23 years of serving Beaver, Allegheny Counties and the North Hills area, the Beaver Valley Foot Clinic has expanded to four locations. It's grown to become one of the largest private podiatry practices in Western Pennsylvania, yet keeps its focus firmly on its roots—primary care family podiatry. "I'm basically still a small town podiatrist," says Dr. Teimouri, "just like I've always been."

"I would travel to Chicago to see her if I had to, now that I know how good she is."

In the meantime, Janet had been struggling with foot pain of her own for her entire adult life, in this case caused by bunions and a hammertoe. "I barely got out of bed and I was already in pain." She had been considering surgery for years, and after Robert's recent experience she felt comfortable enough to take action. Now, after a successful surgery, Janet is elated to say that her foot "looks like a normal foot again," minus the constant pain.

It's important to realize that a bunion isn't just an unsightly and uncomfortable bump. It's actually a joint deformity, and most bunion surgeries involve removing part of the toe joint, which is never simple even in the best of circumstances. In Janet's case things were further complicated by a second joint deformity, a severe hammertoe, effectively



Looking for a local podiatrist for you and your family?

We invite you to become part of our practice at the Beaver Valley Foot Clinic. Foot pain is never normal, and help is just a phone call away at **878-313-FEET (3338)**. Also be sure to check us out at **www.BVFootClinic.com**.



Call us for an appointment today -
Your feet will thank you!

GOUT: Facts vs. Fiction

OUCH! Even if you don't know much about gout, you might have heard that it hurts.....a lot. As any gout sufferer will tell you, there's nothing like a gout attack, and the following scenario is a good illustration. At about 2 AM, our imaginary patient is awakened by an excruciating pain in his big toe. He's never felt anything like it, and quite frankly he's terrified. It feels like a nail is being driven into the large joint where the toe meets the foot. Even the slightest touch of the blanket covering the toe in question causes agony as he struggles to get out of bed. He throws on the lights and discovers that the base of his big toe is swollen and bright red, nearly the color of the cherry on top of an ice cream sundae.

He decides not to call 911, yet, and his next move is a quick internet search. Several minutes later he learns that he's just had his first attack of gout, also known as gouty arthritis. It affects about 2% of the population, making it one of the four most common types of arthritis, with only osteoarthritis (OA), rheumatoid arthritis (RA), and psoriatic arthritis (PsA) occurring more often. This form of arthritis isn't well understood by many patients, and half-truths and complete falsehoods abound.

Only wealthy people who eat lots of rich foods get gout.
FALSE (completely)

Formerly known as "the king's disease," gout was thought to affect only those described above. Admittedly, diets heavy on red meat, wine, and decadent desserts do contribute to gout, but it's not a requirement. When digested, these foods produce chemicals called purines,

which do indeed set a person up for gout. It's equally true, however, that "healthy" diets rich in seafood, beans, and even spinach can lead to extremely high purine levels.

It only attacks the big toe.
False (completely)

Gout goes for the great toe only about half of the time. It also commonly occurs in the ankles, knees, elbows, wrists, and fingers.

It only affects men.
False (with a twist)

It's easy to see how this half-truth got started. Gout does indeed strike 10 times as many men as women....until they hit menopause. According to noted expert Dr. Herbert Baraf, professor of clinical medicine at George Washington University Medical Center, "new cases of gout in men and women tend to equal out after age 60 or so."

Gout is caused by too much uric acid in the blood.
True (sort of)

Technically speaking, high levels of uric acid in the blood won't harm you one bit. In fact, many healthy, gout-free people have elevated levels. It's only when uric acid crystals form inside the affected joints that gout comes about. Why this happens in some people and not others isn't well understood.

Once you've got it, you're stuck with gout for life.
True (in the past)

This used to be true, more or less. Once you've had your first attack, you're much more likely to suffer attacks in the future. Today, however, several medications exist which manage uric acid levels in the blood so effectively that many patients never have to deal with gout again.

As you can see, gout isn't what most people think it is. Regardless, what you really need to know is that if you've got it, we can help. Podiatrists are the type of physicians who treat patients with gout most often, so they're your first, best bet.

Call the Beaver Valley Foot Clinic today at 878-313-FEET (3338)—same day appointments are often available.



Gout affects about 2% of the population, making it one of the four most common types of arthritis.



**Beaver Valley
Foot Clinic**

Treating Corns, Calluses and Painful Hammertoes

Like most conditions seen by podiatrists, corns and calluses have different “levels” of treatment. This least-invasive to most-invasive approach is found in all branches of medicine and applies to all conditions, no matter how simple or complex. In podiatry, corns are the classic example; treatments range from simply buying different shoes to full-fledged surgery. If you’ve got corns or calluses that bother you enough to seek treatment, here’s what you can expect from your podiatrist—or podiatric surgeon, if that’s what’s needed. Chronic foot pain is never normal. Not

surprisingly, most people who “just live with it” are those who don’t have a podiatrist.

Corns and calluses look different and appear on different areas of the foot, but both form in the same way. They are essentially a protective response—over time, excessive rubbing causes the skin to

thicken and form a protective pad. If this pad is flat, broad-based, and found on the bottom of the foot then it’s usually a callus. If it’s a small, hard bump

found on pressure points such as the side of the pinky toe, then it’s probably a corn. Both are common, and both cause a surprising array of problems. They’re also very treatable, and are among the most frequently seen problems by podiatrists everywhere.

Especially for corns, the first thing you’ll likely be told is to buy different shoes. Unfortunately, this only works some of the time, for some patients. The perfect (and almost only entirely successful) example of this is professional and style-conscious women who stop wearing high heels. In cases like this, anything short of stopping daily wear will practically guarantee worsening pain.

Calluses typically cause many fewer problems than corns. They tend to be flat and rub less against the inside of the shoe. Light callusing causes almost no symptoms, and is one of the very few cases where home remedies will suffice—pumice stones are cheap, safe, and effective (if you are not diabetic). Some level of callusing is normal and healthy, and only the very



thickest cause pain and require treatment. These problem calluses are almost always found on the heel or ball of the foot, and can be very deep, painful, and are often dry, cracked, and fissured.

Calluses like this are usually found on patients with tinea pedis (*athlete's foot*). The other main group where this is found are diabetics. These patients suffer more foot problems than anyone else, and it's essential that they see a podiatrist: the risk of infection and damage to healthy surrounding skin is simply too great. Podiatrists use prescription creams much stronger than store brands, which often contain urea and cause dead skin cells to gradually slough off.

For any podiatric condition, surgery is always the option of last resort. It's only considered when all other options fail. Corns themselves rarely require surgery, but severe cases of hammertoe deformity (*crooked bent toes*) almost always do. The textbook case of hammertoe appears as a permanent “kink” in the joints of the long toe next to the big toe—it's basically clawed over in a way that ensures excessive rubbing. No other group experiences corns and

calluses which are more severe, and more resistant to treatment. This usually means any type of closed-toe shoe is extremely uncomfortable, and can even limit a patient's ability to walk.

Correcting a hammertoe is fairly simple. It's a 15 minute office based procedure; safe, effective, and the results are usually excellent. Patients can walk right away.



CORNS & CALLUSES



HAMMERTOE



Have questions about your corns or calluses?

Call the Beaver Valley Foot Clinic today at (878) 313-3338 for an appointment at any of our 4 convenient locations BVFootClinic.com.

Diabetic Neuropathy: Causes, Symptoms, and Treatments.

Written by Steven M. Crotzer RVT

Diabetes is a complicated disease. It's much more than high blood sugar, and treating it is more than taking a handful of pills or an insulin shot. It affects the heart and blood vessels, as well as the liver, kidneys, and especially the nerves, blood supply, and skin of the feet! Early treatment is important to good foot care. Yearly foot checks are recommended.

Here's why. Over long periods of time elevated levels of sugar in the blood can damage blood vessels, particularly the smallest arteries- capillaries. Capillaries carry blood to every cell in the body. Likely due to system-wide inflammation, micro-tears appear in capillary walls, which allows cholesterol to deposit there. This in turn causes these arteries to narrow and in some cases close down completely. Poor circulation in any region can cause damage there.

If left untreated, small wounds on a diabetic's toes which could easily have been healed by a Podiatrist can become gangrenous and need to be amputated.

A patient's nerves are easily damaged by poor blood supply, which brings us to a



cluster of symptoms known as diabetic neuropathy. Not all diabetics will develop this type of nerve damage, but for those that do it's usually their most painful symptom. Diabetic neuropathy can technically happen in any part of the body, but almost always occurs in the feet—since they're the furthest from the heart, anything which causes circulation problems tends to affect them first.

What are the symptoms of diabetic neuropathy? Patients frequently report: numbness (*sometimes including a complete lack of sensation*), tingling, burning, a feeling that the skin is "crawling," and sharp, needle-like pains that are often excruciating. On a more bizarre note, some patients report that they feel like they're wearing socks, even when they're barefoot. Symptoms can range from merely annoying to

outright debilitating.

It's essential for all diabetics to have a podiatrist. No other group of patients experience more foot problems, or have a higher risk of complications. It is more treatable than ever before. Medications, pain creams, specialty inserts, and modern orthopedic footwear form the backbone of diabetic neuropathy treatment today. It's also important to note that better, more advanced treatments are becoming available every year, so ask your podiatrist. For many patients, a state of near-remission is possible.

Call today at 878-313-FEET (3338)



BVFootClinic.com

Heel Pain, Plantar Fasciitis and Fallen Arches: Orthotics and Inserts for Everyday Foot Care.



If you wear shoes, you should also be wearing custom orthotics, or at the very least a pair of high-quality inserts. Most people are thinking of drug-store inserts, which are basically nothing more than glorified padding. On the whole they completely ignore problems with foot and gait mechanics.

Proper orthotics might look much like their drugstore counterparts, but how they work is entirely different.

Orthotics are semi-rigid shoe inserts, and their primary purpose is to provide support, not padding. They accomplish 3 specific goals: First is correcting the mechanical issues of each foot, for instance propping up a fallen arch, or inflamed tendon. Second, they protect feet from stress fractures due to abnormal motion and loading. Finally, orthotics compensate for unequal leg length. Only when all of these issues are addressed will a person walk correctly, i.e. without causing themselves foot or ankle problems with every step.

As a non-invasive option, orthotics are often the fastest, easiest, and most efficient solution for a wide array of foot problems. It's a rough analogy, but orthotics are basically for feet what braces are to teeth—both correct mechanical problems and stop them from getting worse. Anyone can benefit from a good pair of orthotics, from the very elderly with limited mobility to elite professional athletes.

For that matter, there really isn't anyone who won't benefit from seeing a podiatrist. Got foot problems? Call the Beaver Valley Foot Clinic today at **878-313-FEET (3338)**. Same day appointments are often available.



If you experience foot pain on a consistent basis, then it's likely that orthotics can help. Consider the following:

- Do your shoes wear out unevenly?
- How are your arches? Are you flat-footed?
- When walking, do you feel wobbly in any way?
- Do both of your feet point in the same direction, or does one point outwards at an angle?
- Do you experience chronic lower back or knee problems not explained by an injury?



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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.



NORTH PITTSBURGH GREETING COMPANY

P.O. Box 1442

Cranberry Twp., PA 16066

724-452-5948

www.npgreeting.com

Spa Treatments for Men: 8 Services That Really Work



One of the biggest changes in the ever evolving Health and Beauty industry is that more and more men are getting into the action. "In the last few years, there's been a surge of men seeking minimally invasive facial rejuvenation and many other cosmetic services," says Beverly Hills plastic surgeon Dr. Timothy Neavin. "Right now about 20% of my clients are men."

Consider the "Brotox" phenomenon. In 2014, over 400,000 American men received Botox injections, which is about a 350% jump since 2010.

This is a good indicator of a trend which shows no sign of slowing down, and in Medical Spas around the country it's become the new normal. For many men, looking younger isn't necessarily as important as looking healthier, more rested and more fit. Increasingly they're opting for treatments which achieve natural looking results with zero "evidence" and very little downtime, but in reality men are choosing options from across the board. Here are some of the most popular, ranging from injectables to laser treatments to liposuction.

Photofacials and Micro-Needling

One of the best overall facial treatments a man can get. It uses a technology known as Intense Pulsed Light (IPL) to rejuvenate skin. As a single, standalone treatment, IPL photofacials can eliminate fine lines, reduce the appearance of discolorations and tighten skin for a more toned look.



Fillers:

There's nothing else like them on the market today, and they're an obvious complement to Dysport or Botox treatments. Facial fillers like Restylane and Juvederm act as plumping agents (often to replace lost collagen): once injected, they restore lost volume by acting as a sort of "cushion" which supports the contours of the face.



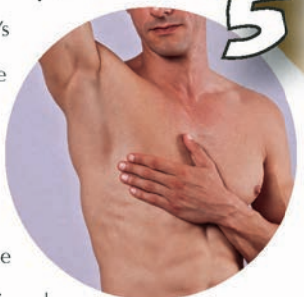
Teeth Whitening

This treatment is hugely popular among men who want the confidence that comes along with a whiter, brighter smile. Also note that there's never, ever a reason to pay dentist's office prices for teeth whitening, since better availability and hours are available from cosmetic medical spas.



Laser Hair Removal

The original men's laser treatment. Modern lasers are capable of getting rid of unwanted hair for good in as few as 6-7 treatments. This can mean no more troublesome nose, ear, or other facial hair, and even large areas such as the chest, arms, and back are easily treated.



**LOOK AND
FEEL YOUR
BEST
AT ANY AGE!**

Tattoo Removal

Erase that mistake to get the job you want. New girlfriend doesn't like the ex's name on your arm? Our Picosure Laser can get rid of more colors in less time!



Treatments like these have helped hundreds of thousands of men just like you feel better about their looks, reclaim lost confidence, and achieve a competitive edge both personally and professionally.

Interested?

Call us today at **724-987-3221**
for a free consultation.

Liposuction

Liposuction isn't what it used to be, and today's minimally invasive procedures barely resemble the crude techniques of the past. Water-Jet Assisted Liposuction (WAL) has proven itself extremely safe and effective on stubborn fat deposits almost anywhere on the body, not just traditional male problem areas like the abdomen and love handles. If you can pinch it, WAL can probably fix it, including the smallest, most visible areas such as the chin and neck. As one of the least invasive techniques currently being performed, WAL does very little damage to surrounding tissue and boasts some of shortest recovery times available today.

Male Breast Reduction

Technically known as gynecomastia, it's estimated that about 30% of adult males suffer from enlarged breasts. Fortunately, minimally invasive liposuction techniques can solve this embarrassing problem so easily that for most men aftercare is as simple as sterile dressings and Ibuprofen. It's extremely effective, and Hollywood favorite Dwayne Johnson is visible proof—he's open about having had the procedure early in his career.



Nose Job? No Surgery.

Nose Job in 5 Minutes

One of the main reasons the Health and Beauty Industry is so exciting to watch is that it's growing at light speed. Super-minimally invasive procedures are catching up with more traditional cosmetic surgery, and every so often something comes out that's truly astounding. A nose job in 5 minutes fits this bill perfectly, and if you've been thinking about getting some work done you might be glad you've waited.



A corrective "nose job" is technically known as a rhinoplasty. Patients get them for many reasons, but it all boils down to is this—they're self conscious about their nose, and feel that peoples' eyes are drawn to it for all the wrong reasons. If this describes you, you might have the classic, beak-like "hook" nose, the kind with a bump so big that you try to avoid getting caught in a profile picture. Or perhaps it appears crooked or non-symmetrical, or simply "looks like it doesn't fit my face."

But here's the good news. In all of these cases, it's now possible to get all of the benefits of a full-fledged cosmetic procedure in a single in-office visit, with almost no downtime. In fact the only real downside is that it's not permanent. This type of non-surgical procedure is made possible by the miracle of dermal fillers such as Restylane Lyft, Juvéderm Voluma, or Radiesse which have arguably been the industry's biggest leap forward since wrinkle-relaxers such as Botox or Dysport.

Much as it sounds, dermal fillers are great at "filling in," meaning that they add volume to the face wherever it's needed. They're perfect for firming up sagging cheeks, plumping up thinning lips, and filling in deep wrinkles and hollows. Now consider what this means for the nose, bearing in mind that all of the situations described above are problems of shape.

The "hook nose" is the most clear cut example. In this case, the bridge of the nose is so prominent that it appears as a large bump that makes the rest of the nose appear to curve downward. A trained injector can add small amounts of filler like Juvéderm above and below the bridge, giving it the desired straighter appearance almost instantly. It's hard to overemphasize that the end result is virtually identical to traditional surgery. Ultimately there's no more bump, and the nose appears straight when viewed from the side. In the case of a crooked nose the same principles apply, just add some high-quality filler to the opposite side to create a more even appearance.

What are the benefits? It's almost completely non-invasive, which means it's almost entirely safe. Infection is possible with any type of injection, but it's extremely rare and usually minor. It's also (much) less expensive than standard rhinoplasty—usually only about 20-40% of the cost. Additionally, it has two benefits which make it completely unique: it lets a patient "try on" a procedure before committing to more permanent surgery, and can even correct a previous botched nose job.

How about the drawbacks? With products like Juvéderm ultra and Restylance Silk results typically last 8-12 months, while longer lasting products such as Radiesse, Voluma and Lyft deliver for up to 1½ years.

All of this might seem too good to be true, but this procedure was practically made for before-and-after pictures and proof is only as far away as the internet. Be sure to pay particular attention to the side-view or profile pictures, which speak for themselves.

If you're wondering what nose job in 5 minutes can do for your nose problem, call Body Beautiful today at (724) 987-3221.

Our consultations are always complimentary, and there's no obligation. Your new nose might be closer than you think.



Your new smile awaits...

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 and Dr. Karski 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

your provider.

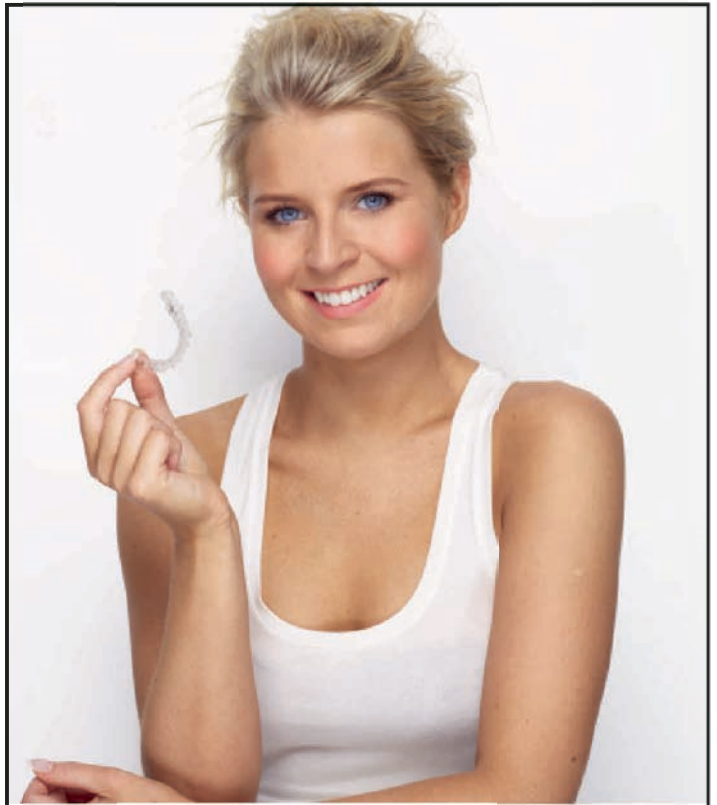
"I was so pleased when Dr. Spokane told me that Invisalign would work for my teeth."

Dr. Spokane is an Elite Provider, has treated close to 1000 patients with Invisalign. Dr. Spokane and Dr. Karski have 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

Please visit spokaneortho.com or karskispokaneortho.com for more information or call 724-846-9666 to schedule a complimentary consultation. Convenient "no- down payment" options available.



Orthodontics
www.spokaneortho.com

Elite Provider



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"Their attention to detail and personalities are the reasons I send 95% of my patients to them!!"

Brad Brown, DMD

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Micro Needling as Skin Rejuvenation

The alarm goes off, you hop out of bed, brush your teeth and wash your face, and you are ready to seize the day, right? But, when you look at yourself in the mirror, you notice those pesky sun marks, acne scars and wrinkles that cause insecurities and make you want to hide inside.

If this sounds like part of your daily regimen, it may be time to come in and try our newest technology, micro needling "pens." The Micro Needling SkinPen helps improve overall skin complexion by using 12 micro needles that poke hundreds of holes to stimulate the skin's natural healing process and help tighten skin, repair any unlikely scars, wrinkles, and marks on your face.

Micro Needling has been around for a long time, but has become recently popular in the past few years. The Micro Needling Skin Pen is the newest technology offered by Body Beautiful, and so far is generating great results.

Since the treatment is based on the skin's natural ability to heal, it makes precision, controlled damage to the skin, which causes a healing process and increase in new collagen and elastin; in short, you will get a new, younger-looking layer of skin! This treatment only takes about 30 minutes and is typically done in a series of 3-6 sessions, depending on what is being treated.

Micro needling is a skin rejuvenation procedure used to minimize the signs of aging and reduce the appearance of acne marks...did I lose you after the word NEEDLE?

Hear me out. I promise it is not as scary as it sounds!

Ok, so first, let's dissect the word itself. "Micro" means extremely small. "Needle" means...well we all know what needle means, but if you put "microneedle" together it really just means small needle. Still not convincing, I know....but try to focus on the word SMALL rather than needle as you read through the rest of this article!



Now that I have your attention again, let's go into more depth as to what Microneedling actually is.

Microneedling, also known as Collagen Induction Therapy (*maybe I should have led off with that name*), is a cosmetic procedure that involves puncturing the skin using small, sterile needles.

You may wonder why anyone would willingly allow someone to repeatedly poke their skin with needles. The reason is: IT WORKS and it is virtually PAIN-FREE!

SO, HOW DOES IT WORK?

By repetitively creating small columns of damage into the skin, your body's natural reaction is to send collagen to the area in order to repair the micro-wounds. Collagen gives the skin strength and elasticity, something that seems to go by the wayside as we age.

HOW IS IT PAIN-FREE?

As painful as it may sound to have tiny holes poked into your skin, I can assure you that the process causes little to absolutely no pain. Prior to the procedure, the technician will apply a numbing cream to the skin. The numbing cream works by blocking the nerve endings that send pain signals to the brain.

There is little to no downtime and ladies - make-up is allowed after only 24 hours! Most people will see results immediately, but it will take 2-3 weeks for cell turn-over and to fully heal underneath the skin.

So, seize the day the right way and make sure to stop into Body Beautiful Medical Spa and start the Micro Needling SkinPen procedure!

Call 724-987-3221 • Visit BBLMSpa.com

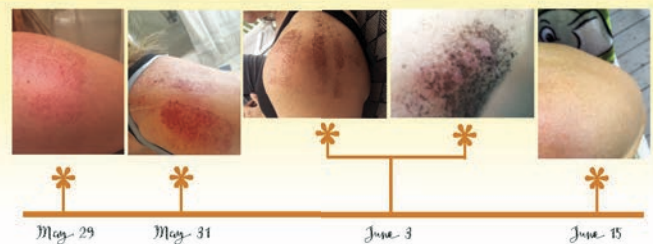
Reset Skin Aging!

At Body Beautiful we can "shed some light" on ways to reverse sun damage.

Without sunscreen, UV ray exposure can cause wrinkles, age spots, and irregular skin cells that can lead to cancer. Collagen is damaged as UV rays penetrate deeply into your skin.

Using the latest technologies, our highly-trained staff will create a custom plan to lighten and brighten your skin and "get your glow back."

Intense Pulsed Light: The gold standard for pigment reduction is IPL. The procedure causes sun and age spots to turn dark and flake off over the course of a few days to a few weeks. For severe cases, a few treatments may be needed to remove the discoloration.



Above are actual untouched photos of the laser treatment of our own Dr. T who had severe sun poisoning on her shoulders as a child during a Florida vacation. We want to show you what can happen after a normal treatment if you have severe damage and how great it can look afterwards.

After treatment, it is very important to avoid sun and use a broad-spectrum sunscreen with UVA and UVB protection.

For your own personal skin rejuvenation plan, call Body Beautiful Laser Medi-Spa at 724-987-3221 or BBLMSpa.com



ARTIFICIAL TOENAILS

ARE NOW A REALITY!

Big event: do you have discolored or cracked nails?
Can't wear sandals?

Best way to cure toenail fungus:

- 1 Have your podiatrist trim back the damaged nail and file very smooth.
- 2 Laser to kill fungus living under the nail plate.
- 3 Leave uncovered all winter and apply daily applications of topical anti fungal medications or...



You may want to apply **Keryflex Nail Restoration** - an artificial toenail that doesn't come off until it grows out. Made of nonporous resin, not acrylic, it won't allow moisture to penetrate and damage the nail. Your own nail can heal underneath, while your nail looks great right away in a 20 minute office procedure. You can use polish immediately!



**You DON'T have
to live with
ugly nails
anymore!**



To schedule an appointment, call **878-313-FEET (3338)**
or visit **www.BVFootClinic.com** for more information!

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more before and after
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or call 724.680.0048



ENROLL TODAY!

The Fine Arts of Beauty; Pittsburgh's Premier Permanent Makeup Spa

Whether it's the enhancement of your facial features using the hair-stroke method for eyebrows, or designing a painted mural with brush strokes, Marcia Hale (Master Permanent Makeup Specialist and Instructor at The Fine Arts of Beauty) demonstrates her passion and skill for making the world's surfaces more beautiful one 'Artistic' stroke at a time!



Nearly a decade worth of experience and six more certifications later Macia Hale has become a trusted professional provider of permanent makeup in Pittsburgh.

Combining her Basic, Advanced, Specialty, and Masters Certifications for Paramedical Procedures from The American Institute of Intradermal Cosmetics with her Fine Arts degree and teaching experience, she now offers classes teaching others how to become certified in Permanent Cosmetics. Marcia has enjoyed working with Body Beautiful since their beginning over a decade ago as their original Laser Technician, providing treatments such as photofacials, microdermabrasion, as well as skin tag, sunspot, spider vein, tattoo, and hair removal.

If you are interested in receiving treatment, visit TheFineArtsOfBeauty.com for before and after pictures.

She now offers areola re-pigmentation for women who have had a mastectomy due to Cancer and seek ink implantation, meaning a tattoo which looks like a real 3D areola. Patients would lose not only the hair on their heads, but also their eyebrows and eyelashes. Permanent Cosmetics (a.k.a.

Permanent Makeup) proved to be the perfect solution. She was able to create natural-looking eyebrows which looked like real hairs, as well as eyeliner and even lip color!

Providing nearly a decade worth of Permanent Makeup procedures combined with many earned certifications, she has become a trusted professional provider of Permanent Makeup in Pittsburgh—growing into the business now known as "The Fine Arts of Beauty!" The word 'ARTs' is plural because she also paints murals in her studio, many of which you will see when you come for your appointment! They are for sale and can be seen throughout the hallways of Pittsburgh Medical Mall in Cranberry.

By now, you may have heard popular terms such as "microblading," "micro-art," "micro-pigmentation," "semi-permanent tattoo," "nano-needling," and "lash-enhancement." These are marketing terms which can seem confusing, but they are essentially the same thing. By definition, they are all considered a tattoo because ink is being implanted in the skin's surface using hairstroke design. Each of these methods will require a touch-up at some point.

Also popular are classes that teach only a one or two day "micro-blading" lesson. This is a fabulous ADVANCED class for those who have earned their Basic Certification. Technicians who have skipped the Basic Course of instruction may not be able to provide the best care and treatments. For that reason, we have also added Elimink tattoo-removal treatments to our menu. Elimink is a safe, non-acid method to remove bad permanent makeup jobs.

Our commitment to beautiful and safe permanent makeup procedures allows us to offer the best Basic Training, as well as

Advanced, Paramedical, and Specialty Certifications to make it a career! You will learn everything you need to know about skin, color theory, various application tools, and other equipment. You'll learn OSHA approved sterile set-up/clean-up, as well as how to use each tool to apply permanent makeup to each area (lips, eyeliner, eyebrows). You'll also receive a starter kit and business training/marketing to set you up for success in your new career.

If you are naturally inclined to work in a professional setting with beauty treatments and have a passion to learn more, this may be YOUR new career. Good candidates are usually (but not limited to) cosmetologists, estheticians, laser technicians, nurses, or tattoo artists. If you are interested in getting a treatment or learning more about permanent makeup training, **please call (724) 680-0048 or go to www.TheFineArtsOfBeauty.com** to see before and after pictures.



Permanent cosmetics (a.k.a. permanent makeup) proved to be the perfect solution for patients who are losing their hair. Marcia is able to create natural-looking eyebrows which look like real hairs, as well as eyeliner and even lip color!

Laser Spider Vein Removal

By Steven M. Crotzer

How happy are you with how your legs look, right now? If your legs are crisscrossed with unsightly veins then you probably dread wearing shorts, and we've got a treatment that can help. The large, thick, rope-like veins winding their way down your legs are known as varicose veins, and they're not easy to miss. These are often found on the calves and the backs of the thighs, and thanks to advances in minimally invasive vein procedures, they've become fairly easy to treat (see article on page 16).

Reticular veins are smaller, and are often thought of as varicose veins just waiting to happen. For most, these smaller veins are much easier to deal with than full-sized varicose veins using a technique called sclerotherapy (see article to the right).

The smallest, and often the most personally unappealing, veins found anywhere on the legs are technically known as telangiectasias, but are almost always called spider veins. These purple, blue, and occasionally reddish networks of tiny veins can be found on many areas of the body, not just on the calves and thighs but also on the sides of the nose or cheeks, and have a distinctive web-like appearance, hence their name. At their worst, they don't even look like clusters of veins anymore, instead resembling large patches of permanent bruising. Fortunately, thanks to cosmetic skin lasers, they're now the easiest to treat of all the common vein conditions.

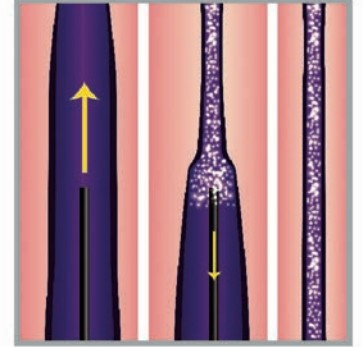
In many ways, spa-grade medical lasers are the poster children for the modern health and beauty industry. They're quick, versatile, and what they do is cosmetically miraculous. Put very simply, if it's on the skin and has any color to it—tattoo ink and hair follicles, for instance, or even freckles—lasers can reduce or remove it entirely.

This includes spider veins. One of the very things which make them so dreadful looking also makes them quite easy to remove, namely their typical bluish, purplish color. Laser removal of spider veins has become so simple that it's widely regarded as a "slam-dunk" procedure, one that's both highly effective and entirely non-invasive.

Sclerotherapy for Larger Veins

By Steven M. Crotzer

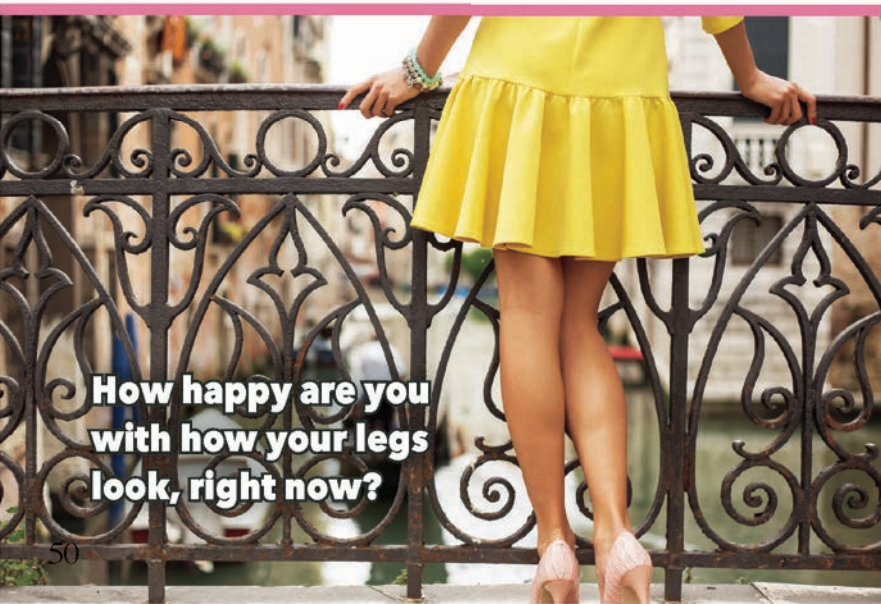
Laser removal of spider veins is quick, safe, and permanent, so what's the drawback? There really isn't one, but there is a size limit. True spider veins are tiny, only about one millimeter across. This is about the width of a mechanical pencil lead, and is the largest size even the best lasers on the market today can handle. Veins which are too large to be "spiders" and too small to qualify as varicose are known as reticular veins, and these awkward, in-between sizes require a treatment all their own.



Sclerotherapy, or simply "sclero," fits this bill perfectly, and bridges the gap between lasers and minimally invasive vein removal. Right now it's the gold-standard treatment for getting rid of reticular veins and smaller varicose veins permanently, safely, and almost as quickly as lasers do—in about ten minutes, as opposed to instantly.

Like most good techniques or treatments, sclerotherapy is simple. It does exactly what it's supposed to do, and nothing else. Tiny amounts of specialized medications known (unsurprisingly) as sclerosants or sclerosing agents are injected directly into the veins being treated, and react with both the blood inside the veins and the vein walls themselves. The walls begin to thicken, and soon close down entirely. The overall appearance improves immediately, since no more blue or purplish blood is left inside the vein. Over the next two weeks the vein is absorbed back into the body completely.

It's important to note that laser treatments and sclerotherapy are complementary treatments. What laser treatments can't do sclerotherapy usually can, and vice versa. For most patients, this means legs which look exactly as if the veins were never there to begin with.



**How happy are you
with how your legs
look, right now?**

Think you're a candidate?

Call us today at (724) 683-7581 for a free consultation—our laser technicians and expert injectors will know which treatment is right for you.

Advanced
VEIN CENTER

Now You Can Glue Your Veins Shut!

By Steven M. Crotzer

Vein disease is extremely common, and affects a staggering 30 million Americans each year, which is just under 10% of the population. To put this into perspective, only about 29 million Americans suffer from diabetes. This number is astounding, and realistically the incidence of vein disease will keep climbing as the Baby Boomer generation continues to age. Specifically we're talking about something called Chronic Venous Insufficiency (CVI) of major leg veins, and the most common symptoms include night cramps, charley horses, restless leg syndrome, aching, heavy, tired legs which tend to swell, especially around the ankles. Visible symptoms often include large, ropey varicose veins, as well as unsightly clusters of purplish spider veins located anywhere on the legs.

Medtronic

VenaSeal™ procedure is the only non-tumescent, non-thermal, non-sclerosant system for treatment of incompetent veins available in the United States.

Fortunately, vein disease has been getting lots of attention lately, mainly because procedures used to treat it keep improving. It's an area

where modern medicine is clearly winning, and everyone likes a success story.

In any surgical procedure, simple is good. It shouldn't have "side effects" such as a long, painful recovery time, damage to surrounding tissue, or scarring. Note that the goal of any successful vein procedure is to literally shut the diseased vein down entirely. Since the affected vein isn't working properly, blood begins to collect in the legs, which causes all of the swelling and symptoms associated with vein disease. Once such veins are closed down, blood is immediately rerouted to nearby working veins, and circulation is immediately improved, safely and permanently.

Complications of older EVLT or laser ablation procedures:

- Thermal therapies
- Hyperpigmentation
- Scarring

- Endothermal heat-induced thrombus
- Hematoma
- Thrombophlebitis
- Nerve injury

The use of highly specialized adhesives represents the current state-of-the-art treatment of vein disease today. These medical-grade adhesives are exactly what they sound like—high-tech vein glue. Keeping in mind that the end goal of any varicose vein procedure is closing the diseased vein down completely, using Cyanoacrylate (CA) adhesives to literally glue diseased veins shut makes perfect sense.

High closure rate:

92% in Feasibility study through 3 year follow-up

92.9% at 12 months in eSCOPE study and

98.9% in VeinClose trial at 6 months.

life-threatening vein formations which are actually located inside the brain. In the words of Spokane radiologist Dr. Rodney Raabe in 2008, "if we can glue high-flow cerebral AVMs (arterio-venous malformations), why can't we glue low-flow varicose veins?" This made sense to the medical community, and adhesives designed specifically to treat leg vein conditions were soon developed.

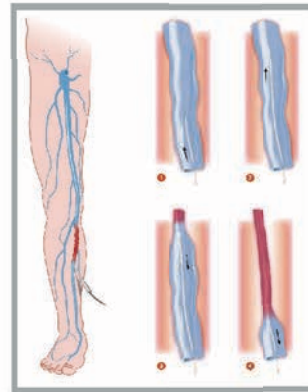
The beauty of the vein glue approach lies in its simplicity. This technique is by far the least invasive of its type. First, ultrasound

imaging is used to locate the leg vein to be treated, and a miniaturized catheter (a hollow, flexible tube) is placed inside the vein. Small amounts of glue are then delivered along the length of the vein,

sealing it shut—and that's it, problem solved. Normal activities can be started almost immediately.

Benefits of VENA SEAL™ Vein Glue Procedure:

- No risk of thermal injury.
- No need for tumescent anesthesia.
- No post treatment compression stockings needed.



Just how safe is the use of Cyanoacrylate adhesives for vein disease? Take a second to remember that this type of medical glue has been used inside blood vessels in the brain since the year 2000. Cyanoacrylates are closely related to super-glue, and once they adhere to the vein wall, the bond is permanent. There's no chance that a piece of glue will "break off" and become lodged elsewhere in the body. This type of glue is flexible as well, ensuring that when a vein is glued shut it will move with you, exactly as you do. Essentially it's as if the diseased vein was never there to begin with.

Sick and tired of how your legs look and feel? The vein glue option might be just what you've been waiting for. Call us today for a free consultation.

The Advanced Vein Center
724-683-7581
AdVeinCenter.com



Sick and tired of how your legs look and feel?



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STRESS FRACTURES & BROKEN BONES

Foot swollen? Pain on top? Can't make it through the work day? We'll get you walking and running again.

CORNS AND CALLUSES

Shoes rub your toe? On your feet all day? A thickened area of skin can become very painful. Often they get infected. Besides shaving them, we can often eliminate them for good!

ANKLE SPRAINS

After falling down the steps, or tripping on the field, come in IMMEDIATELY. Not waiting is the KEY to full fast recovery. Ice elevate immobilize! We can take instant digital X-rays and you'll have your answer faster than an ER and more accurate than an express!

MORTONS NEUROMA

Tight shoes or activity cause numbness, pain or tingling to your toes? Feel a marble or rolled up sock feeling in the ball of your foot? Eliminate surgery with our advanced procedures!



Beaver Valley Foot Clinic

www.BVFootClinic.com
878.313.3338



SURGICAL SERVICES

HAMMERTOE SURGERY

If you have ten minutes in the office and a week to rest, we can relieve you of those crooked painful toes.

BUNION

When even wider shoes don't give your big toe enough room, it's time to fix that bunion.

LAMPROBE / HYFRECATOR CAUTERY OF SKIN TUMORS

Say goodbye to small lumps, bumps and skin irregularities quickly and easily.

RADIO FREQUENCY (RF)

Gentle High-frequency waves minimize trauma to problem areas, including varicose veins, 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

Tingling, pain in the feet? Advanced treatments reduce the symptoms, similar to carpal tunnel in the hands.

ARTHRITIS

You don't have to live with arthritis pain; let us come up with a custom plan for you.

WART REMOVAL

Mother approved! One and done for warts.

FOREIGN BODIES

Advanced imaging gives us a leg up on splinters!



TOENAIL TREATMENT

TOENAIL FUNGUS

Insurance covers cutting and debriding of at-risk painful nails--diabetes, vascular disease, injury, fungal infection and psoriasis.

LASER TOENAIL FUNGUS REMOVAL

Get rid of ugly nails with quick, painless laser nail treatments. No more yellow crumbly nails!

INFECTED INGROWN TOENAILS

Permanently fix this painful condition with a simple 5 minute office treatment!

PRESCRIPTION NAIL MEDICATIONS

Lamisil, Kerydin, Jublia, Penlac

ANTIFUNGAL NAIL POLISH

For times when you want to look good but still protect your nails!

ARCH PAIN, HEEL PAIN & HEEL SPURS

PLANTAR FASCIITIS / ACHILLES TENDONITIS

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

ARCH SUPPORTS & ORTHOTICS

Insurance covers orthotics at a Podiatrist's office.

FLAT FEET

Arch supports, braces, and good footwear used to prevent tendon damage and give pain-free walking.



DIABETIC FEET

DIABETIC FEET

Prevent amputations with nail care and foot exams.

DIABETIC SHOE PROGRAM

Free diabetic shoes for many patients prescribed by your foot doctor, gives better toes room and less rubbing, so less infections!

ULCERS & WOUND CARE

Infections, diabetic wounds, varicose vein ulcers, burns, all treated with advanced dressings and state of the art Podiatry care!

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.



VEIN TREATMENTS

American College of Radiology
Certified Vascular Lab

DIAGNOSTIC ULTRASOUND

Early detection of blood clots is important.

Certified by the American College of Radiology. We scan your legs to detect blood clots before they can travel to the lungs. We can also map all your veins to see what corrections are needed.

SPIDER VEINS

Cosmetic laser or sclerotherapy used to reduce the appearance of small veins just under the skin.

VARICOSE VEIN

Vein Fit & VNus Closure Vein Glue

In under an hour, right in the office, we use a small catheter and radiofrequency energy to shut down the damaged veins, sending blood flowing through healthy ones! Usually covered by insurance.

SCLEROTHERAPY

Tiny veins disappear with the introduction of special solution to shut down the offending veins.

MICROPHLEBECTOMY

Remove middle-sized veins easily - right in the office.

BREAST VEINS

Small, unsightly chest veins disappear in front of your eyes.

FACIAL VEINS

Gentle laser to erase broken capillaries instantly!

Advanced
VEIN CENTER

AdVeinCenter.com

724.683.7581



BODY TREATMENTS

WATERJET LIPOSUCTION

Problem areas resistant to diet and exercise either by genetics or childbearing can be permanently contoured and fat deposits gently removed with this office based procedure, saving you anesthesia and hospital costs. Our Board Certified Cosmetic Surgeon is very successful at fixing previous poor lipo results. FDA approved.

BREAST AUGMENTATION

Increase your breasts 1-2 cup sizes! Using your own fat removed from a problem area you get a win-win with no silicon implants. Results are natural and permanent!

BRAZILIAN BUTT LIFT

Boost your Butt while contouring an itty bitty waist!

BRACHIOPLASTY (Arm Lift)

Mom arms gone! No more batwings, loose extra fat or skin under your arms with a liposuction and skinplasty combination, done in the comfort of our office.

MINI TUMMY TUCK

"Baby" skin hanging below your belly button? After losing 20-30 lbs, remove that extra skin and tighten your stomach.

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 NIPPLES

The only time your innies should be outties! Quick office procedure returns your confidence.

LABIAPLASTY

Improve the appearance of misshapen or damaged lips in a confidential atmosphere.



FACIAL PROCEDURES

FACIAL FAT TRANSFER

Replace your lost youthful appearance and boost your cheekbones by filling out those saggy facial areas with your own natural fat, while removing it from a problem area!

SILHOUETTE FACELIFT

Suture lift technology gives a scar-free light lift to saggy jowls.

LIP IMPLANT

When you want to go big or go home!

EARLOBE/GAGE REPAIR

Have gauge regret? Or baby ripped your earring out? Be "whole" again and repair that ear simply, quickly.



AdLipoCenter.com

724.683.7581

SPECIALTY SERVICES

Call directly for appointments
724.680.0048

PERMANENT MAKEUP

Eyebrows, Upper and Lower Eyeliner, Lip Liner and Full Lip color.

AREOLA REPIGMENTATION

Tattoos reconstructed nipples after breast cancer to look real.

SOLUTION TATTOO REMOVAL



BODY LASER TREATMENTS

BODY CONTOURING

Non-surgical Radio Frequency slims, shapes and smooths cellulite and has good results tightening loose skin.

INFRARED BODY WRAP

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

FACIAL & LEG SPIDER VEINS

Get rid of unwanted spider veins or capillaries anywhere on the body via laser or through sclerotherapy.

K-LASER

Restorative healing power of K-Laser relieves pains, aches, and stiffness.

LAMPROBE OR HYFRECACTOR

Face or Body extractions such as Skin Tags, Moles, Milia, Ingrown Hairs, Cholesterol Deposits, Pimples, Black or White Heads.

LASER HAIR REMOVAL

Tired of shaving and waxing?

Men - Get rid of razor bumps, prickly stubble, nicks & cuts! Neck, Back, Nose, Ears, Brow, Sideburns, Chest, Shoulders, Stomach, Abs, Brazilian, Wrist, Fingers.

Women - Dare to be Bare Specials!

Underarms, Bikini Line, Brazilian, Full Legs, Thighs, or Lower Leg, Upper Lip, Eyebrows, Toes, Breast, Fingers, Feet, Chin, Shoulders, Buttocks, Happy Trail, Navel. HEAD TO TOE!



BBLMSpa.com 724.987.3221



COSMETIC SKIN REJUVENATION

MICRONEEDLING

Produce new collagen. Treats wrinkles and scars for the ultimate skin rejuvenation. Best treatment (post baby or weight loss) for those purplish, red stretch marks.

SUBLATIVE E-TWO SUBLIME ELOS RADIO TECHNOLOGY

Uses deep thermal heat to tighten skin, resurface deep wrinkles and scars with semi-ablative laser treatment. Minimal downtime.

SUBLIME ELOS E-TWO

Best treatment for cellulite, skin firming, light stretch marks and brightening your complexion. Combines optical pulsed light/laser, radio-frequency energy and electro-optical synergy (elos) to rejuvenate skin by creating a deeper penetration.

1540 or 1440 FRACTIONAL LASER

For all skin types - tighter, smoother skin grows back after skin resurfacing (skin tightening, wrinkles and scar reduction). Causes columns of coagulation by delivering an array of high-tech, precise micro-beams to tighten skin as it heals.

SKIN TIGHTENING, SCARS, STRETCH MARKS & WRINKLE REDUCTION

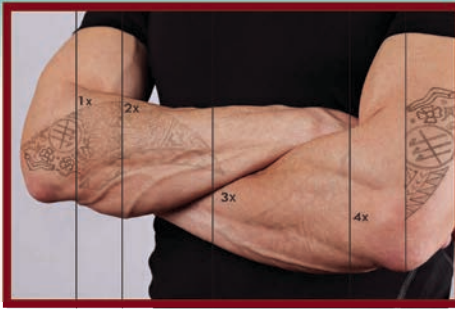
Focus Lense Array laser treatments by Cynosure Picosure restructures collagen with a natural healing process that tightens the skin and elastin and collagen production are revved up to turn back the clock.

ROSACEA & ACNE

Gentle light energy erases port wine stains, small broken blood vessels, redness, and bacteria quickly and easily, without antibiotics.

PHOTOFACIAL

Ultimate treatment gives amazing results. A photofacial reverses redness, sun spots, birthmarks, shrinks pores and evens skin tone.



SPECIALTY TREATMENTS

TEETH WHITENING

Brightens teeth 3-6 shades in just 20 minutes.

LASER SMOKING CESSATION

If you really want to quit smoking we can help! Two types of proven lasers, nutraceuticals, hypnosis cd's and access to a clinical counselling provider to help reduce symptoms of withdrawal.

LASER TOENAIL FUNGUS

No chemicals or toxic products are used to safely kill warts and fungus on fingers, toes... Yellow, brown, thick or crumbly nails can grow out smooth and beautiful again, naturally.

TATTOO REMOVAL by PICOSURE

Employment concerns? Tattoo regret?

PicoSure laser shatters ink into tiny particles using a Pressure Wave technology which are easily absorbed or exfoliated. Cuts treatment time significantly compared to any other laser. If other treatments have failed you, give us a try!

SKIN CARE & FACIAL TREATMENTS

FACIALS & PEELS

Removes damaged layers, leaving smooth skin to the face, neck, décolleté, and hands. Rejuvenates and exfoliates skin, cleans pores, evens skin tone and reduces fine lines and acne.

MICRODERMABRASION

Glowing skin! Smooth skin free of blackheads, dead skin cells, superficial scars, fine lines and wrinkles. We have it all...Dr Pen, Skinpen, and Dermapen

ULTRASONIC FACIAL

Great before or in between laser treatments! Exfoliates gently - shrinking pores and fine lines while stimulating new collagen growth.



COSMETIC INJECTABLES & FACIAL TREATMENTS



Expert Injector

FILLER: JUVÉDERM, VOLBELLA, VOLUMA, RESTYLANE SILK, REFYNE, DEFYNE & LYFT, VOLLURE & SCULPTRA

Replace collagen loss and reduce facial wrinkles with volumizing fillers or create fuller lips, with long lasting results.

DYSPORT & BOTOX

Only certified Galderma and Allergan products from the USA are used at Body Beautiful. Reduce moderate to severe wrinkles by relaxing muscles of the face.

KYBELLA

Double chins can be melted away. Safe and FDA approved.

LATISSE

Eyelashes go big Bigger BIGGEST - naturally thick and strong!

SKINMEDICA

Science and nature are blended to rejuvenate and protect your skin. High quality ingredients are your most valuable skin investment to improve skin tone and texture, reduce the appearance of fine lines and give patients young, healthy, glowing skin.

ALLERGAN BRILLIANT DISTINCTIONS & ASPIRE REWARDS by GALDERMA

We are among the few Diamond Allergan and Presidential Galderma accounts assuring you highest quality products at competitive prices. Find out how to double-dip on savings and redeem points earned for actual treatments - go to BblmSpa.com



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Laser Hair Removal
Tattoo Removal
Botox, Dysport
Fillers, Juvederm
Teeth Whitening
Body Contouring
Acne Treatments
Laser Toenail Fungus
Microneedling
Permanent Cosmetics
Photofacial, IPL
Pico Skin
Skin Rejuvenation
Scar Removal
Stretch marks
Latisse
Facials/Peels
Infrared Body Wraps
K-Laser



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



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Nail Fungus Removal
Artificial Toenail
Plantar Fasciitis
Heel Pain
Plantar Warts
Ankle Sprains
Diabetic Wound Care
Stress Fractures
Othotics
Ingrown Toenails



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Varicose Veins
Spider Veins
Compression Therapy
Hand Rejuvenation
Microphlebectomy
Sclerotherapy
Vascular Lab
Vein Glue
Doppler Ultrasounds

**We're in your neighborhood and
have made it easy for you to find
the right service for your needs!**

The newest medical and cosmetic trend in Pittsburgh!
PittsburghMedicalMall.com

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