

Living

Your Tri-County Resource Guide to Health and Beauty

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Your Skin

Decade by Decade

Special Section

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**4 Page
Vein Section**

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Laser Tattoo Removal

Recent advancements in technology make the procedure of removing tattoos with a laser more effective and less expensive. The newly debuted Picosure is the culmination of decades of research in the field. Our friendly, talented and resourceful staff can help guide you through the removal process.

Removing Different Colored Inks

Just as each tattoo is unique, so are the wavelengths needed to remove the different colors of ink. Some colors are harder to remove than others and will require more sessions before you see results. Modern lasers can be set to handle reds, oranges, yellows, blues and greens. In fact they can fully remove 99% of ink colors. When researching a tattoo removal service, ask them which laser they use and what its range is. Ideally the laser is capable of wavelengths from 1064 nm to 532 nm.

Is tattoo removal safe and effective?

Laser tattoo removal is currently safer and more effective than ever! It is the best way to permanently remove your unwanted tattoos.

What happens to the ink?

It may surprise you to know that your body does most of the work on its own. The laser is used to start the process. It fades the ink and then your body flushes it out using its natural process. Your body breaks the ink down into smaller pieces and then carries them out of your body.

Laser tattoo removal does take time but the results are worth it. We can easily help you schedule your first visit today.



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VIP PROGRAM

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Body Beautiful has come up with a new V.I.P. program as a way to say "Thank You" to our loyal patients. We created the V.I.P. program just for you. V.I.P. is a three tier process, that lets you earn your way to get better V.I.P. Perks.

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PLATINUM MEMBER

Members also get exclusive V.I.P. deals of the month. You must be an existing Gold member, have completed two services and refer a friend that has a service done.

DIAMOND MEMBER

Diamond members - our highest rank - get a member card, access to the V.I.P. deals page, and more exciting rewards. To become a Diamond member, you need to be an existing Platinum V.I.P. member, host a spa party, or refer 4 friends that each have a service done.

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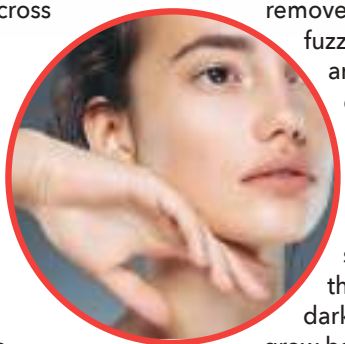
Get Rid of the “Peach Fuzz” on Your Face

Today women across the country and around the world are getting their faces “shaved” at medi-spas. It’s not what it sounds like, though--the technique is actually called dermaplaning, also known as a scalpel facial. If you’re sick of having “peach fuzz” or are simply looking for smoother, healthier skin then read on. There’s a good chance that dermaplaning can help.

According to leading cosmetic surgeons, you can laser away fine vellus hairs. It’s just not the best solution. Multiple sessions are necessary to see permanent results and lasers don’t work well on blonde or gray hairs. It’s also difficult to get rid of this type of hair with traditional methods like waxing or threading. Dermaplaning is an all around better option and our doctors and aestheticians recommend it daily.

How does a scalpel facial work?

Dermaplaning is a nonsurgical, highly effective exfoliation treatment which



removes vellus peach fuzz facial hair and dead skin cells in both men and women. It’s also designed specifically so that thicker, darker hairs don’t grow back. During

treatment a specialized scalpel is used to exfoliate the skin. It’s a gentle, painless process which leaves you with smoother, glowing skin.

Used in conjunction with other skin treatments like serums or light dermabrasion this treatment encourages the growth of healthy new skin cells. Since dermaplaning does not involve any chemicals it’s a great alternative for individuals with sensitive skin who can’t tolerate chemical treatments. The brightening effect is immediate, and is widely praised for helping skin-care products penetrate better and makeup go on smoother.

Benefits of Dermaplaning:

- Diminishes the look of fine lines
- Smooths acne scarring
- Promotes new cell growth
- Helps to unblock blackheads

- Reduces the appearance of some age and sun spots
- Helps magnify photofacial results
- Skin care products sink in deeper for maximum benefit

FAQ’s

What are the side effects of dermaplaning?

Side effects are minimal and usually limited to:

- Possible temporary redness of face
- A mild tingling or burning sensation

Are there at-home options or tools for dermaplaning?

Several products are being developed for do-it-yourself dermaplaning but performing this treatment at home is not recommended. You won’t get spa-worthy results and accidents, severe irritation, and infections are possible.

Important Information:

- Men should shave the day of treatment
- Women shouldn’t shave or exfoliate in the 4 days before their dermaplaning appointment
- Further treatment is



recommended every 3-4 weeks

- Treatment cannot be performed over active acne, cold sores, herpes simplex lesions, or current acne spots
- Let your aesthetician know which oral and topical medications you’re taking or using



Ready to get rid of your unwanted hair for good?
Call today for a free consultation.
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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.** However, there needs to be some contrast.
- 3) It’s effective (almost) anywhere.** Arms, legs, upper lips, underarms, bikini area, even the hairiest chests and backs are all great candidates.
- 4) Stay out of the sun.** Don’t come in even lightly tanned. 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. 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. Most people who try this option wish they’d gone to a professional from the start.

LASER HAIR AND
TATTOO REMOVAL



COSMETIC TOENAILS &
LASER TOENAIL
FUNGUS TREATMENT



DIABETIC WOUND
AND NAIL CARE



Dr. Christina Teimouri DPM, meet your local podiatrist

“I’ve known since I was five years old that I was going to be a doctor, and I really can’t imagine doing anything else! Now, after 25 years, I participate in the full scope of podiatric medicine, everything from clipping toenails to plastic surgery of the foot.”

It takes about 12 years to become a podiatrist. After undergrad, it’s an additional four-year medical school for the foot. We take anatomy, orthopedics, dissection lab, and all of the “ology” classes—pathology, physiology, pharmacology, dermatology, radiology, and all the rest.

I signed on for a surgical residency program at the Beaver Medical Center (Heritage Valley Beaver). You’re taught surgical technique, and from then on you’re doing procedures—I did about 600 of them. I did general surgery, plastic surgery, vascular surgery, orthopedic surgery, and others. I then went on to become Board Certified by the American Board of Foot and Ankle Surgery (ABFAS).

My personal philosophy, however, is to save patients from unnecessary surgery whenever possible. Surgery carries risks no matter how small a procedure it is. If it can be avoided, it is best to do so. After new technology is tried and the problems worked out in New York and LA, I love being the first to bring it to Pittsburgh, so you can always get the latest procedures and technology at Beaver Valley Foot Clinic. One of my favorites is Extracorporeal Shockwave Therapy (ESWT), an advanced plantar fasciitis treatment for heel spur syndrome. To treat toenail fungus and erase spider veins we use medical-grade lasers. We also perform doppler ultrasound vascular exams in our American College of Radiology (ACR) accredited facilities to diagnose and then correct vein conditions like varicose veins. We even offer digital X-rays. We try to stay ahead of the curve to bring our patients the best!

While focusing on the feet, Dr. Teimouri 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 to make sure my patients were getting care they need,” says Dr.

**SCLEROTHERAPY AND
LASER SPIDER VIEN
THERAPY**



**HELP FOR
SWOLLEN FEET**



**IMMEDIATE HELP FOR
SPORTS INJURIES**



Teimouri. “And that was the beginning of the Advanced Vein Center.”

To keep her patients at their best, she added a full range of cosmetic services. This eventually led to the establishment of both Body Beautiful Laser Medi-Spa and the Advanced Liposuction Center. “We specialize in high tech, minimally and non-invasive aesthetic techniques. We offer all of the cosmetic injectables including Juvéderm, Restylane, Dysport, and Botox. We even have an in-house cosmetic surgeon who has taught surgery at Harvard Medical School,” says Dr. Teimouri.

I also strive to accommodate patients in a timely manner, and we reserve time in our schedule for same day and emergency appointments.

I treat everything from ankle sprains, broken bones, stress fractures, and tendonitis to hammertoes and bunions. I also remove ingrown toenails, warts, ganglion cysts, fibromas, lipomas and foreign bodies like glass and splinters. I specialize in diabetic foot care—all diabetics should have a podiatrist—geriatric foot care, and wound care.

Dr. Tina is 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, Moon Twp, Cranberry Twp, and Ambridge. “We have deep family roots in the area. My great-grandmother came here from Poland over 100 years ago,” says Dr. Tina.

If you have a foot problem, don’t let it get out of hand—call Dr. Christina Teimouri DPM, at 724-772-FOOT (3668) or visit www.BVFootClinic.com.

“I also strive to accommodate patients in a timely manner, and we reserve time in our schedule for same day and emergency appointments.”

~ Dr. Christina Teimouri DPM



*Beaver Valley
Foot Clinic*



Letter from the Editor (10th edition)

What's the best way to describe a "typical" patient at our medical spa? The best answer would be "people just like you," because practically the only factor shared by our diverse patient base is the desire to look great. Now more than ever, the technology driving the Health & Beauty industry forward is exceeding the expectations of nearly everyone who walks through our doors.

While it's certainly true that some skin conditions are more common than others, it's also true that no two patients are identical. Our patients come in every shape, size, and ethnicity, with skin tones ranging from milky white to deep ebony and everywhere in between. Which suits us just fine, since we've got the technology to safely and effectively treat every skin type under the sun.

Take tattoo removal. Five years ago, ink removal lasers worked great on patients with dark tattoos on very fair skin. The skin's lack of pigment meant that energy could easily reach ink beneath the surface. The majority of patients, however, weren't so lucky. It's only now, using highly adjustable lasers like the Picosure® system, that all colors of ink can be removed from every type of skin.

At Body Beautiful Laser Medi-Spa and the Pittsburgh Medical Mall, our central mission is helping you look and feel your best at any age, regardless of who you are or what you're trying to accomplish. Keeping this in mind, read on to find out exactly what we can do for you.

--Rich Fleis



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INGROWN TOENAIL TREATMENT

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



What are ingrown toenails?


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

What do we do?

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

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Advanced Vein Center Services

*With modern technology
your legs really can get better.*

At the Advanced Vein Center we offer vein screenings free of charge. You'll have a quick examination followed by a consult with one of our technicians. This will give you a good idea of what may be wrong with your legs. More importantly, we'll let you know what you can do about it.

Older approaches such as vein stripping are rarely done anymore, and for good reasons. Modern vein treatments have become very minimally invasive. These procedures get the same results with no long, drawn-out recovery period and little (if any) scarring. If you've got visible varicose or spider veins or painful, heavy, swollen legs then it's likely we can help. What's more, many of these procedures are covered by insurance.

**Advanced Vein Center physicians
are dedicated phlebology experts.**

We focus solely on diseases of the venous system.

Our surgeons at the Advanced Vein Center in Pittsburgh and surrounding areas exclusively treat vein diseases of the lower extremities (legs). They're not "moonlighting" or "dabbling" in this area. Typically, a surgeon will receive a short, on-the-job training in phlebology known as a preceptorship. While the services they provide are indeed competent, these surgeons can hardly be called experts.

At the Advanced Vein Center, our surgeons are phlebology specialists. They are true experts who work in a practice dedicated to a single thing —helping patients like you with their leg vein issues.

Leadership in the Field

The Advanced Vein Center is one of the largest privately held vein clinics in the Greater Pittsburgh

area. We adopt new technology as soon as it becomes available to stay on the cutting edge.

We've been with the field of phlebology from the beginning. We now routinely treat cases our competitors have told patients to "just put up with." In the region, we can credibly claim that our equipment and expertise are second to none.

Certification

The vascular facilities at our Cranberry, Bridgewater (Beaver), and Butler locations are ACR (American College of Radiology) certified. This certification is entirely voluntary. ACR facilities must adhere to rigid standards, and are regularly audited.

It's easy to say that you're an expert. Having the credentials to prove it is another matter entirely.

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 an 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

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.



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

- 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.

Signs of Varicose Veins



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Varicose Veins or Venous Nodes Our board-certified physicians use the latest technology for treatment of varicose veins in as comfortable and safe a way as possible. Most insurances are covering our services as varicose veins can impact your overall health. The ClosureFAST catheter is designed to significantly reduce procedure time and enhance ease-of-use for the patient, making it the most comfortable vein treatment available.



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Edema of the Lower Leg Many Insurance companies actually require a course of compression therapy for swollen legs before they will even consider paying for vein surgery or any other vein procedures. Although compression won't change the underlying vein disease, it may help control painful and destructive vein symptoms while you wear them.



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What age

By Steve Crotzer, DC

Among Hollywood's elite, looking good is big business. Maintaining a youthful-looking, wrinkle-free face is important and is literally part of every actor, actress, and model's job. Just pick up any magazine or turn on the TV, and it is quite evident how visual and image-driven society has become. In this environment, the face-shot is more than just an ordinary picture, it is a celebrity's instantly recognizable symbol – who they are, what they've done, how successful they are (or are not), all rolled up into one. An actor's face is possibly their biggest career asset, and they will do almost anything to keep their face looking its best.

In the early 90's, Botox took American's "culture industry" by storm, shooting straight to the top and never leaving. All of a sudden stars just looked younger. Able to relax the frown lines between the eyes, smooth out wrinkled foreheads, and eliminate crow's feet, there was seemingly nothing it could not do; the only drawback was that the results were temporary, usually lasting 3-6 months. Botox quickly became the preferred quick fix, but nothing could be said about its long-term effects.

This is the story of Beverly Hills plastic surgeon William Binder and the "Botox twins."

For 13 years, Fr. Binder had taken thousands of pictures of the twins' faces, one receiving Botox injections three times a year to the forehead and around the eyes. The twins, tall, thin, gorgeous blondes, were virtually indistinguishable from one another. Dr. Binder was meticulous,

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should I start Botox®?

keeping everything else as close to the same as possible; same genetic, diet (including water, alcohol, and caffeine intake), sun exposure, stress levels, similar makeup and skin care regimens, even how much sleep both twins got at night (7 1/2 hours). Long thought of as only a temporary procedure, the long term results surprised even him.

Technically known as hyper functional or imprinted lines, frown lines, crow's feet, and forehead creases result from the repeated tightening of many small facial muscles over many years. Botox works by temporarily paralyzing these muscles, resulting in younger looking, smoother skin. Comparing the twins after seven months without Botox in thousands of pictures, their faces showed dramatic differences in appearance. Several photos appeared in the 2008 issue of Allure magazine bringing the issue to national attention, and are available online. Check them out, they are amazing!

By 38 years old, the untreated twin had left modeling to become a full-time mom (having children is one of the few differences between the twins) who continued to take pride in her appearance. She had moderate horizontal forehead lines, visible even at rest. The treated twin, still a professional model, had none. Most visibly evident on the untreated twin were severe frown lines on the fold of skin above and between the eyes. The treated twin had absolutely none, except when frowning in an exagger-

ated manner. Severe crow's feet were evident, especially when smiling, to the sides of both the untreated twin's eyes. The treated twin had very mild crow's feet visible only when smiling.

Among the treated areas, the crow's feet were the only signs of visible aging on the treated twin. Areas not receiving Botox, such as the upper lip and cheeks, showed comparable aging in both twins. According to Dr. Binder, "in the treated areas, it is as if the treated twin stopped aging at 25. We did not know Botox could do that." Dr. Binder's study was the first real evidence that Botox could be used to prevent signs of

aging from developing in the first place, and is now common practice.

How young is too young for Botox? Most plastic surgeons give answers between 20 and 25 years. An experienced plastic surgeon gave the following advice: "You cannot have just anybody do this, you have got to be an artist with the injections. You want somebody who does this all the time and knows where and how much to inject. A common mistake is using too much. That is when you get the frozen, mask-like face."

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Address an underlying cause of facial aging, not just the symptoms.

In the lines framing your mouth, also known as "marionette lines" or "laugh lines" Sculptra Aesthetic is an FDA-approved injectable that helps gradually replace lost collagen - an underlying cause of facial aging - for results that can last more than two years. It's used to correct shallow to deep facial wrinkles and folds.

How long does Dysport last?

Forget frown lines between the eyebrows and around the eyes for up to 4 months.

You've got better things to do than think about what your frown lines look like. In just one **10-20 minute treatment**, Dysport may help improve the look of your frown lines between the eyebrows for up to 4 months. The majority of users see improvement in just 2-3 days after treatment. Results of repeat treatments may be comparable to your first use. Another plus - there is minimal downtime after your treatment which means you can get back to your day faster.

FROWN LINE FACTS

Fact 1: Creams and lotions don't always cut it. Your skin care regimen probably

includes a number of over-the-counter cosmetic products. That's perfectly fine. But when it comes to improving the look of moderate to severe frown lines between the eyebrows, a prescription treatment may be the right choice for lasting results.

Fact 2: It's not an age thing. Of course time is a factor. But wrinkles and frown lines between the brows don't simply mean you're getting older. They're caused by repeated movements and muscle contractions, which means they can even develop in younger adults. Frown lines, "elevens" or glabellar lines are the product of repeated movement of corrugator supercilii, procerus and depressor supercilii muscles. It's the mark of an expressive face. Dysport lets you keep the expressions and minimize the evidence.

Fact 3: You don't have to "live with 'em." You squint, you smile, you frown - wrinkles happen. That's life. But that doesn't mean you have to accept it. *Dysport* is here to help you stand up to the lines between your eyebrows and take control of your look.

DYSPORT TREATMENT PROCESS

What to expect. When considering any kind of treatment, it's important to understand as much as possible about the procedure. Here's a general step-by-step guide to help you before, during and after your *Dysport* procedure.

Frown, Marionette or Smile Lines!

1. Consultation. First sign-up for the correct manufacturer rewards program below, to assure you're getting highest quality only American FDA approved product. Once you schedule with your expert injectors, share your expectations and whether you have any conditions or allergies that could interfere with your treatment.

2. Treatment. Effective treatment requires one injection into each of five points between and above the eyebrows. Although office visit times vary, the procedure generally takes 10 to 20

minutes. Your healthcare professional will determine the exact placement of each injection to get results that are right for you.

3. Post-treatment. Ask your doctor about any precautions you should take after treatment. Call your doctor or get medical help right away if you have any problems swallowing, speaking or breathing. If one or more of these happen, do not drive a car, operate machinery or do other dangerous activities. There should be little to no down time after your treatment.

More than half of reported users saw improvement 2-3 days after treatment, and results may last up to 4 months.

4. Follow-up. To maintain your improvements, you should wait to discuss a treatment schedule with your doctor. As with any botulinum toxin product, you need to wait at least 90 days between treatments. *Dysport* is not habit-forming, and if you decide not to continue, you will gradually return to the look you had before starting treatment.

Call today to schedule a free consultation!

Body Beautiful 724-987-3221 • www.BBLMSpa.com



Dysport

Sculptra
aesthetic
injectable poly-L lactic acid

Restylane

Earn Rewards

IT'S THE REWARDS PROGRAM YOU'VE BEEN WAITING FOR.

As a member of our rewards program, you can save on Galderma aesthetic treatments, plus:

- Receive a \$20 treatment certificate instantly when you sign up
- Earn points for treatment certificates with the entire Galderma portfolio, including Dysport, Sculptra Aesthetic, and the Restylane Family of products.
- Earn points for referring friends and taking Beauty Bonus quizzes

Make your Dysport treatment count by joining ASPIRE Galderma Rewards today! Call 724-987-3221 for a participating clinic near you.





The VenaSeal™ procedure

Minimally Invasive Varicose Vein Treatment

Much like its Radiofrequency (RF) heat-based counterpart, Venafit, the VenaSeal™ procedure system permanently closes down unsightly varicose veins of the legs. In nearly all respects the VenaSeal™ procedure achieves exactly the same results as traditional veins stripping, yet is much less invasive. It's considerably safer, boasting very low risks of complications or unwanted side effects. It doesn't require general anesthesia, and produces little to no scarring. VenaSeal™ procedure may be performed on both legs at the same time and there is no requirement for compression hose.

VenaSeal™ procedure is an ablation technique, which means that it shuts down the varicose vein being treated. The VenaSeal™ closure system is administered without the use of tumescent anesthesia, avoiding patient discomfort associated with multiple needle sticks. This unique approach eliminates the risk of nerve injury when treating the small saphenous vein, which is a risk sometimes associated with certain thermal-based procedures. The catheter delivers small amounts of medical adhesive. Virtually no damage is done to surrounding tissue, and the vein is eventually absorbed back into the body by the immune system. There is no period of downtime and patients are encouraged to walk right away.

VenaSeal™ closure system is fast, safe, and highly effective. From start to finish the procedure takes about an hour. Along with radiofrequency (RF) ablation this technique has all but eliminated the need for highly invasive vein stripping.



If you're sick and tired of your thick, ropey varicose veins VenaSeal™ may be the answer you've been waiting for. Below is a list of the major benefits:

- Approximately 98% effective on nearly all types of varicose veins
- Treats most physical symptoms associated with varicose veins. These include achiness, heaviness, and excessive swelling.
- Can be performed right in your doctor's office using only local anesthesia. This completely eliminates the risks associated with general anesthesia.
- No hospital stay is needed.
- Little to no scarring.
- Produces minimal pain.
- Patients can immediately resume normal, non-strenuous activity.
- Covered by most medical insurance plans.

Advanced
VEIN CENTER

724-987-3220
www.AdVeinCenter.com

Will my health insurance cover the VenaSeal™ procedure?

In most cases, yes. If you experience physical symptoms such as heavy or achy legs then this type of treatment is considered medically necessary. It's really no different than seeking care for discomfort or pain in any other region, such as the arm. Once an ultrasound exam is done to confirm that backflow (venous reflux) is present this procedure will most likely be covered.

Conversely, treatment of spider veins or burst capillaries is considered to be cosmetic as opposed to medically necessary. In virtually all such cases an insurance claim will be denied and out of pocket payment is necessary. If there's any doubt simply call your insurance company to confirm your benefits. Better yet, let us check for you. We deal with insurance companies daily and have considerable experience getting approval for most types of vein procedures.

Insurance FAQs

Q: Does insurance cover VenaSeal™ in all cases?

A: Technically the answer is no. In practice, however, if your symptoms are bad enough for you to seek profes-



sional care then coverage is likely. It's really a question of medical necessity backed up by a history, physical exam, and ultrasound findings. Consider the following:

- The patient must experience physical symptoms. These include but are not limited to swelling, achiness, heaviness, and bleeding from your varicose veins. Even symptoms such as cramping or Restless Leg Syndrome are often caused by underlying vein problems.
- The veins must be greater than 5mm in diameter as measured during your ultrasound exam.
- The presence of venous reflux must also be demonstrated by ultrasound. This means that blood briefly flows in the wrong direction (back down the leg) when the leg is squeezed.

Laser treatment of spider veins and broken capillaries

Skin resurfacing lasers excel at removing an ever increasing number of pigmented lesions. This means virtually anything that differs in color from the surrounding skin, including both spider veins and broken capillaries.

Lasers of all kinds produce high intensity, highly focused light at very specific wavelengths. This energy is capable of passing through the skin, causing several specific effects. First, the highly concentrated light is absorbed by the red blood cells in these unwanted vessels. This then instantaneously, produces extremely brief spikes in temperature. The heat injures the vein or capillary walls, causing them to permanently seal shut. These small vessels are then absorbed back into the body in the following weeks and eventually disappear.

Laser treatment can be used anywhere on the body to treat either type of vessel. The legs are the most common locations for spider veins, usually around the knees or on the calves. Burst capillaries are most often found on the face, typically on the sides of the nose or cheeks. Other techniques are effective, most notably sclerotherapy for spider veins, but laser therapy is arguably the most efficient. In many cases these methods are used together to achieve the best results.



724-987-3221
www.BBLMSpa.com

BEST Toenail Fungus Treatments

by Dr. Teimouri DPM

- **Antifungal drugs (oral).** With Lamisil (terbinafine) and itraconazole (Sporanox), a course of treatment lasts 12 weeks, and over 50 weeks for the new nail to grow out completely. Oral antifungals have a lower success rate in older adults. These medications have considerable side effects; minor ones like skin rashes, balding and loss of taste buds to permanent liver damage. Liver function testing is necessary. This isn't recommended for patients with liver disease or on cholesterol medications.
- **Medicated nail polish.** While nail polish isn't recommended for patients with fungal nail infections, antifungal polishes do exist. As with all topical, "paint on" antifungal meds, these may take longer than one or two years to work completely, reapplied every seven days. These are great alternatives to the toxic chemicals in regular polishes during summer months or for special occasions.
- **Over-the-counter medications** rarely work, and only on extremely thin nails. To aid in the process when you have thicker nails, a podiatrist may debride, or thin out by filing, the surface of the nail, which will help with any topical treatments. Choose a product containing urea, a nitrogen



compound which is toxic to fungal organisms and softens the nail, allowing better penetration as well. The best products are available through your Podiatrists office.

- **Prescription and dispensed antifungals** are more effective. Many professionals view the over the counter alternatives as a

waste of time and money. They have to be applied daily, and without good foot hygiene such as trimming close and sanding down thickened nails they don't stand much of a chance.

- **Surgery** is an option, but for patients with mild cosmetic symptoms, it's too drastic a measure. The affected nail is removed completely and permanently. If the above methods fail, and the nail is painful, surgical intervention is sometimes needed. Regarding temporary nail surgeries, the nail grows back further misshapen by the surgery.
- **Lasers** are the newcomer to the market, and what we do know is very promising. They are safe compared to oral medications and many professionals use them regularly. They're even more effective when combined with a topical from your Podiatrist's office to prevent reinfection after the fungus is lasered. Lasering takes only a few minutes and is not considered painful by most people.



BEFORE



AFTER

RESTORE THE LOOK OF
NATURAL NAILS!

- Flexible but durable | Non-porous resin nail
- Painless | In office application
- Safe to use acetone, nail polishes, & detergents
- Permanently bound to the natural nail
- Can use nail polish immediately after artificial toenail is applied

Say goodbye to
rough dry feet...

BEAUTY
FOOT PEEL

- Improve dry cracked soles
- Remove built up dead skin
- Gentle but effective
- Peel off layers of dead dry skin
- All-in-one application
- Smooth skin in just one week

BEST Wart Treatments

Laser wart removal is a kid friendly alternative to painful scarier options. Laser treatment for warts is well tolerated by even very small children (and big babies!). Combined with special acid to treat warts, the treatment time is reduced considerable.



- Thick, hard callus covering a certain area on the foot, usually where the wart has grown
- Mosaic wart – large confluent area of multiple warts all running together

When to see a doctor

- Lesion changes color or is painful
- The pain interrupts normal activities
- The patient has attempted to treat the wart but keeps reoccurring
- Unsure what the lesion actually is

For busy patients who don't have time for multiple treatments we have the one and done option. This entails the light numbing and excision of plantar warts in a few minutes.

The virus that causes plantar warts also needs to enter the foot through:

- Scrapes or cuts
- Dry skin cracks
- Soft, wet skin that has been in water for a long period of time

Plantar Wart Symptoms:

- Black, small circles, often called wart seeds, but are actually known as clotted blood vessels
- Tenderness, swelling or pain when standing or walking
- Lesion that interrupts the natural texture and lines in the foot

What doesn't work:

- Plantar wart duct tape therapy
- Plantar wart home remedy treatments like apple cider vinegar
- Plantar wart medicine that is from the drugstore and works on fingers, but won't work on feet



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

CHILDRENS SPORTS INJURIES

SOCCER

Calcaneal Apophysitis, Sever's Disease - pain in the back of the heel after activity

FOOTBALL

Turf toe, Plantar Fasciitis - pain on the bottom of the arch/heel



BASEBALL

Achilles Tendonitis - tightness and straining on the back of the heel/ankle

BASKETBALL

Fractures, Ankle Sprains- occurs when players change direction with one foot planted on the ground

GYMNASTICS

Plantars warts, stress fractures, ankle sprains

SAFE AND TRUSTED COSMETIC



Teens



20's

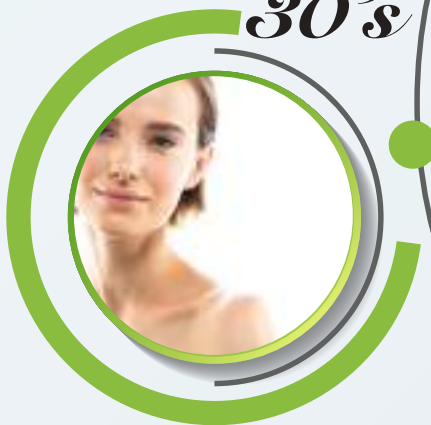
- *Teens:* Acne, Teeth Whitening, Fake Toenail, Hair Removal

- *20's:* Teeth Whitening, Rosacea, Earring Repair, Tattoo Removal, Latisse, Breast Augmentation, Permanent Makeup

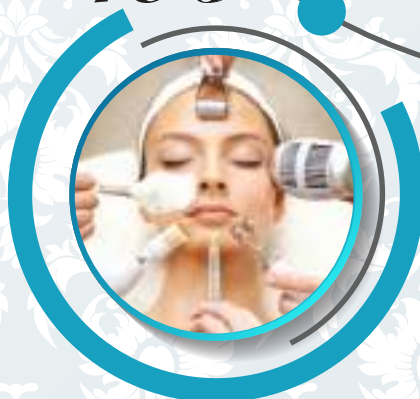
- *30's:* Photofacial, Microdermabrasion, Dysport, Fillers, Butt Lift, Body Wraps, CollSculpting, Tattoo Removal, Scar Repair, Stretch Marks, Toenail Fungus

- *40's:* Microneedling, Botox, Filler, Liposuction, Skin Rejuvenation, Breast Augmentation, Spider Veins, Dermaplaning, Belly Button Repair

30's



40's



*Call now to schedule a
free consultation!*

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TREATMENTS FOR ANY AGE!



50's



60's



70's



Men

- *50's*: Fine Lines and Wrinkles, Varicose Veins, Microneedling, Botox, Facials, Permanent Makeup, Fat Transfer to Face, Laser Toenail Fungus
- *60's*: Microneedling, Injectables, Fillers, Sun Spots, Skin Tags, Varicose Veins, Sclerotherapy, Skin Rejuvenation, Permanent Cosmetics
- *70's*: K-Laser, Brown and Age Spots, Wrinkle Reduction
- *Men*: Hair Removal, Man Boob Reduction, Laser Toenail Fungus, Brotox, Teeth Whitening, Tattoo Removal, Liposuction, Ingrown Neck Hairs, Gage Repair



MALE LIPOSUCTION

Removing Love Handles and Man Boobs

Some people need a little help. Sometimes otherwise fit people develop pockets of fat in specific areas that don't respond to diet and exercise. Much as it sounds, liposuction is the suction-assisted surgical removal of this unwanted body fat.

During a liposuction procedure, fluid is injected into the region being treated. This helps to loosen the fat before removal. A long, thin surgical vacuum is then used to suction the fat out of the body. (We can often hide the insertion sites in the belly button or nipple.)

While it's certainly possible for a patient to gain more weight overall in the future, the effects of liposuction are permanent. Once the unwanted fat is removed it's physically gone and can't come back.

Liposuction does have its limits, however. It's designed to treat

specific target areas and is not a whole-body treatment. Typical problem areas which respond well to liposuction are the abdomen, flanks, buttocks, and thighs.

It also cannot be overstated that liposuction is a sculpting procedure—not a weight loss procedure. Patients near their ideal body weight make the best candidates. It can be used, for example, to remove 4 liters of fat from your love handles. This will improve your body's contours immensely and you'll look fantastic. It cannot, however, remove 40

pounds of fat from the abdomen. That's a case for bariatric surgery, not liposuction.

WHAT'S THE BOTTOM LINE?

If you're not in love with your love handles that's OK. They're essentially fat deposits on the flanks, and are no harder to

lose than fat in any other area. You'll have to put in some work, but a proper diet (including portion control) can work wonders. Add to this a

sensible exercise program and long-term weight loss is very possible. Change your lifestyle and you'll lose the weight.

Yet it's not that simple. The love handles (flanks), abdomen, buttocks, and thighs can host fat deposits which don't respond completely to diet and exercise. Many very fit individuals

get "stuck" with fat deposits in any of the above mentioned areas. These patients are excellent candidates for the surgical removal of fat via liposuction.



Recovering from gynecomastia surgery.

In many ways recovering from male breast reduction is similar to recovering from liposuction. You can usually have it done on a Friday and return to work Monday. It's of vital importance to keep the incisions clean and change your dressings as exactly as directed. You'll almost certainly be fitted for a compression garment which will apply a continuous, gentle pressure to the area. This not only helps to alleviate discomfort but reduces swelling and inflammation and speeds the healing process.



724.683.7581

www.AdLipoCenter.com

4 Parts of Male Breast Reduction



1 Pain control

Like other liposuction-based procedures, gynecomastia surgery is relatively non-invasive. Local anesthesia is usually all that's required. This enhances the safety of the procedure as general anesthesia is often the most dangerous part of many surgical procedures.

2 Fatty tissue removal

Many cases of gynecomastia involve only an excess of fatty tissue in the chest region. Redundant skin folds usually aren't an issue, which means that liposuction by itself is usually effective.

Any of the modern, minimally invasive liposuction procedures popular today can be used to treat gynecomastia. Currently Water Jet Assisted Liposuction (WAL) is probably the most widely used. WAL offers a high degree of precision and is ideal for removing small amounts of fat. Both of these characteristics make it ideal for male breast reduction.

3 Skin flap removal

Other cases of gynecomastia involve excess skin, and some involve excess glandular tissue. These require various excision techniques, e.g. removing skin flaps to reduce the size of the breast. This is also necessary when the size of the areola or the position of the nipple must be addressed.

4 Combination of liposuction and excision techniques

In cases of severe gynecomastia a combined procedure is often necessary. This reduces the size of the male breast via liposuction and the removal of excess skin and glandular tissue. This is almost always done during the same surgical appointment.

TOP 6 MENS PROCEDURES

Botox



1

The liquid facelift is quick, convenient and incredibly effective. As a Platinum Plus provider, we are among the elite Injectors for Galderma, Merz and Allergan's Nationwide Partner Privilege Program in Pennsylvania; and our patients gain access to exclusive savings only available through Brilliant Distinctions Savings Program and our V.I.P Program.

Laser Hair Removal



2

Whether it's neck and facial hair removal, back hair, ear hair, or the underarms our skilled technicians administer treatment to destroy hair follicles. New methods deliver more efficient energy, twice the speed for shorter treatment times and are safe on darker skin types. Hair can be removed from virtually any area on the body.

Tattoo Removal



3

Have you made a regrettable tattoo decision, or want that dream job? Total tattoo removal and cover up options are available. Not all Lasers are equal, our Pico has the latest software version that is equipped with a Boost option. We are committed to offering the best Laser Tattoo Removal at a reasonable price.

Acne Scars, Wrinkle Reduction



4

Active acne, body scars and wrinkles are issues that affect not only teenagers but up to 80% of adults. Acne scars, Stretch marks, and surgical scars influence the quality of life. Deep Wrinkle Reduction with Laser skin resurfacing is one of the most effective options for men to find answers to their skin issues.

Leg Veins



5

Fortunately, there are minimally invasive solutions which have proven extremely effective. So if you're less than thrilled with how your legs look and feel (*achy, heavy, and visibly swell*) our Board Certified Vein Surgeons are always "one step ahead" in the treatment of vein disease. Closure RF ablation has over 95% patient satisfaction.

Hyperhidrosis (Excessive Sweating)



6

Botox can now be used to reduce excessive underarm (*axillary hyperhidrosis*) hands, and foot sweating, making the treatment very popular. Using Botox for this purpose is both safe and effective. In most cases, the improvement last roughly 4 to 6 months and delivers outstanding and reproducible results. You may also qualify for financial assistance.

STRESS FRACTURES

Stress Fractures consist of a small crack, or fracture, in one of the bones of the foot or lower leg. They are most common in the weight-bearing bones; either in the second and third bones of the midfoot (metatarsals), the heel (calcaneus), the outer bone of the lower leg (fibula), and the navicular, which is a bone located on the top of the midfoot.

CAUSES OF FRACTURES AND STRESS FRACTURES

- Sports and other athletic injuries
- Overuse
- Tripping and/or falling
- Kicking a hard object
- Accidents
- Repeated stress on the bones

These occur due to repetitive injury and overusing a bone or joint and are the leading causes of stress fractures. Some bones in the lower extremity are weakened by osteoporosis. Most stress fractures occur in the bones of the lower leg and the foot, like the metatarsals, that are responsible for weight bearing. Studies have shown that athletes in tennis, track and field, gymnastics, dance, and basketball are considered high risk for stress fractures.

SYMPTOMS OF STRESS FRACTURES

When you have a metatarsal stress fracture, common symptoms include:

- Gradual pain that continues to develop, increases with weight on the foot or lower leg, and lessens when rested
- Bruising and/or swelling of the area
- Redness and/or tenderness of the area
- Difficulty putting weight on the affected foot



ORTHOTICS FOR STRESS FRACTURE FOOT

While athletes can't change their bone structure there are still highly effective ways to reduce their risk. Orthotic inserts can positively impact a person's biomechanics, and heel lifts can correct for leg length inequality. Inserts are also available which limit excessive or uneven hip rotation and compensate for fallen arches. This last item is particularly important, since flat feet are a major contributor to stress-induced fractures.

Female athletes who overtrain while on a calorie restricted diet experience a very high rate of stress fractures. It's also important to recognize that athletes aren't the only group who are particu-

larly prone to stress fractures. Women greater than 40-years old who stand or walk on hard floors for long periods of time face an elevated risk as well. Practically speaking, this refers to female professionals such as nurses and salespeople.

TREATMENT FOR FRACTURES

Before a treatment plan is determined, an X-ray, or in occasional cases, an MRI or CT scan must be ordered to determine if there is indeed a fracture as well as specifically where it is located.

Treatment for a fracture in the foot or lower leg is dependent on where the fracture is located as well as the severity of the injury.

Common treatment options include:

- Splinting
- Rest
- Protective footwear, such as stiff-soled shoes
- Protective cast or cast boot



*Stress Fracture Treatment
by Dr. Christina Teimouri
DPM at the Beaver Vally
Foot Clinic.*

SPRAINED ANKLE



What are the symptoms of an ankle sprain?

You'll feel pain at the site of the ligament injury. The ankle will swell immediately, and bruising may be present. It hurts to move the joint, and the area is tender to the touch.

When severe ankle sprains occur, it's common to feel or hear something pop or snap as the ligaments tear. The pain is immediate and severe, and it's often impossible to put any weight on the ankle, much less walk. As a general rule, the greater the pain and swelling the greater the healing time. In only the most severe cases surgery is necessary to re-connect ligaments.

If you suspect that you've sprained an ankle, it's best to see a podiatrist. These doctors specialize in foot

care and many offer on-site X-rays and treatments designed to help you recover as quickly as possible.

How does a doctor diagnose a sprained ankle?

X-ray images of the foot and ankle will be taken following your exam to rule out fractures. This is especially



important. Fractures often occur with severe ankle sprains, and it may be difficult to detect hairline fractures. Your doctor will also grade your sprain on a 3-point scale. 1 indicates only very minor tearing,

Almost everyone has twisted an ankle at one time or another. Yet if the ankle becomes very painful and begins to swell after the injury you've probably sprained it. The ligaments holding the ankle together become stretched out or even torn. This usually happens to the outside ligaments when an ankle "rolls."

Podiatrists are the type of doctor most qualified to diagnose your ankle sprain and help you recover quickly. Without proper care, a bad sprain can affect a patient's ability to walk.

while 3 indicates a complete tear of the ankle ligaments.

Immobilization of the Sprained Ankle

Mild sprains usually need no treatment beyond RICE (Rest, Ice, Compression, and Elevation). More severe sprains will show heavy bruising and joint instability, which happens when the ligaments which hold the ankle together are completely torn. In these cases the ankle can't bear weight and the pain is severe.



If the injury impairs your ability to walk you'll probably need crutches. Supportive boots are used extensively. Traditional plaster casting is common as well.

Advanced Treatments:

K-Laser - For both acute injuries and longstanding pain and swelling we have unique pain lasers to treat your injury; K-Laser can help speed up healing.

Ultrasound Exam - Get instant information on soft tissue structures, tendons, ruptures...

Treating a sprained ankle:

Many foot doctors (podiatrists) offer same day appointments and can take on-site X-rays. This is done to rule out a fracture. In most cases, they can provide treatments including protective boots and plaster casting on the first visit.



Call the
Beaver Valley Foot Clinic
878-313-FEET (3338)

to book your appointment at any of our 4 convenient locations in Beaver, Butler, or Allegheny County

www.BVFootClinic.com

From Average to Outstanding: Ultra-modern

When it comes to liposuction, most people are stuck in the 90s. They're aware that it works, since fat is physically being removed from the body. In terms of areas, most people automatically think of the abdomen and thighs. They may think there's going to be a lengthy recovery time, and many believe that these procedures are expensive, perhaps on par with a luxury car. Today, only the first item is entirely true.

Also many people (including some surgeons!) haven't heard of fat-transfer. If you've ever caught yourself thinking "I wish I could take some from there and put it here" you might be happy to learn that this is now possible. In fact, procedures like this are performed daily by forward-thinking surgeons across the country. Modern liposuction-related technology is moving fast and there's a lot of outdated information out there, so read on if you're seriously thinking about lipo. You just might be surprised.

Things are very different today, thanks to improvements in technology and techniques.

Specifically, we're talking about Water-Jet Assisted Liposuction (WAL). At the start of a Water-Jet procedure, large amounts of fluid are pumped into the target area, which plumps

and loosens fat deposits. A fan-shaped jet of water is then used to wash loose layers of cells, which are then easily suctioned away.

This makes two things possible—extreme precision and fat-transfer. This makes the treatment of very small fat deposits possible in almost any area of the body. Also, since Water-Jet Lipo removes fat so gently, many of the cells are still alive and can be transplanted into other areas. This is fat-transfer. Here's a short list of what these techniques can do for you:



Natural Breast Enhancement



NATURAL BREAST ENHANCEMENT

There's no better implant material for breast enhancement than a woman's own fat. The end result looks, moves, and feels completely natural, precisely because it is. If a



Brazilian Butt Lift

liposuction patient wants to increase her breast size, then fat-transfer is probably her best choice.

Silicone and saline implants do have their place, however. Not every woman who wants bigger breasts also wants liposuction. And if subtlety isn't an issue, then traditional implants are great—they're notoriously effective when a massive increase is all that's required.



FACIAL FAT TRANSFER

A Fat Transfer to your face is a scarless facelift that can help you look up to 20 years younger! A patient's own fat is also the ideal dermal filler. Fat transfer to the face is an excellent alternative to high-end products such as Juvéderm and Restylane and gives exactly the same results. The only real difference is that the results are permanent. While the upfront cost will be higher you'll almost certainly save money in the long run.

Liposuction and the Normal Body



THE BRAZILIAN BUTT-LIFT

Harvested fat is also the perfect material for achieving a round, firm, perky buttocks, and patients can choose to go subtle or swing for the fences. Right now this procedure is all over Hollywood, and if you think they've had it then they probably have.



Body Sculpting



POST-PREGNANCY & POST-MENOPAUSAL BODY SCULPTING

Older liposuction techniques can easily reduce volume, but aren't nearly as good at restoring shape. Water-Jet Liposuction can do both, making it ideal for women in both of the above categories.

In an interview, a recently divorced 55 year old television celebrity shared her thoughts on dating again. She

states that she's "terrified to reveal all these lumps and bumps and bits that hang over." Fortunately for her, and millions just like her, she's probably a great candidate for the type of fine-tuning Water Assisted Liposuction makes possible.



SIX-PACK ABS

Want a "Wow" bod, complete with chiseled abs? Go for it. Even adults in very good shape don't necessarily have washboard abs, since it takes only a few pounds in the wrong places to ruin the effect. WAL has the precision necessary to re-define the abdominal muscles, which is one of the best examples of exactly what this technique can accomplish.



BATWINGS & TURKEY NECK

Two other great examples are upper-arm liposuction for the treatment of "batwings" and chin liposuction for "turkey neck." Before WAL these types of procedure weren't even attempted. Today, they're being performed daily in cosmetic surgery offices across the country.

What do you want from your liposuction procedure? To look better in your daily wardrobe, at the beach, or with no clothes at all? Perhaps

you're fairly fit, and only a single problem area keeps your body from looking like it did 10 years ago. Regardless, most women (and many men) simply want to feel more comfortable with the shape of their bodies, and Water-Jet Liposuction, with or without fat-transfer, is an outstanding permanent solution.



Batwings

Liposuction isn't a "cookie cutter" approach anymore, so there's no substitute for sitting down with a cosmetic surgeon and discussing your individual needs. It could be one of the best decisions you've ever made, so why wait? Call us today for your no-cost, no-obligation consultation.

Advanced
LIPOSUCTION CENTER

Advanced Liposuction Center
724-683-7581



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 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.



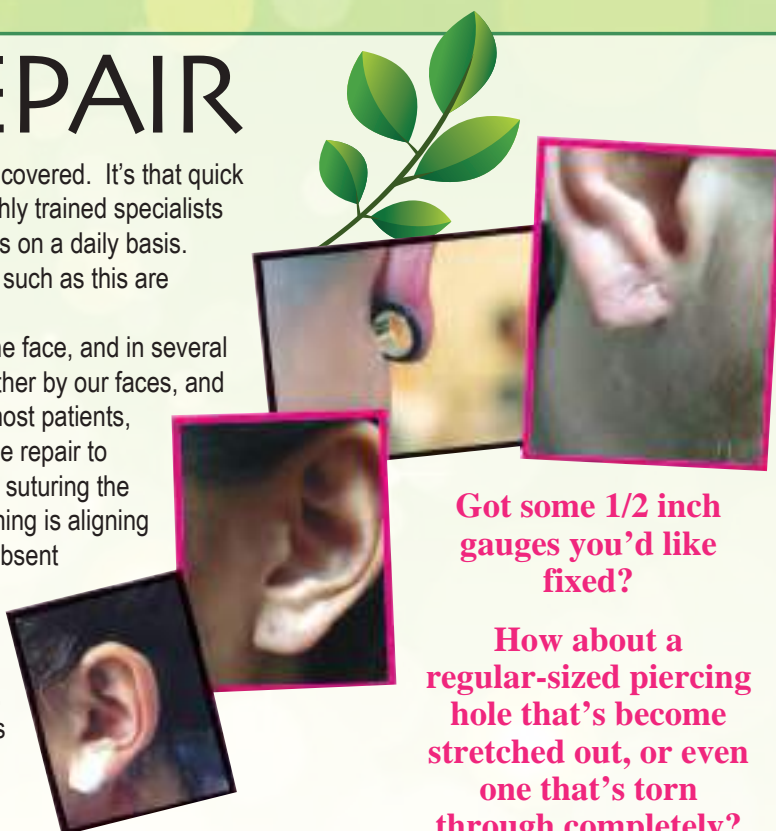
EARLOBE REPAIR

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 1/2 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?

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 Juvederm. They've become famous, and Kybella is perhaps the most unique among them. It's the only FDA approved treatment that targets fat under the chin for a more toned, smoother appearance. In short, Kybella is an injection 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.



SICK OF YOUR UGLY "OUTIE"?



It's easier than ever to swap 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.

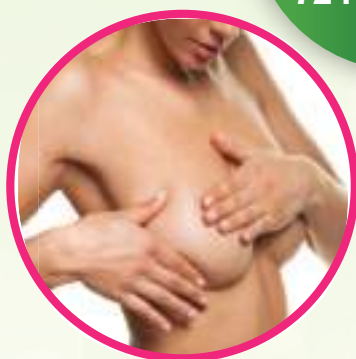


It's one of the fastest, safest, and simplest cosmetic procedures out there, as any number of Hollywood starlets can attest to. Ask yourself if you've ever seen a major actress or model with an unsightly "outie?" The answer is obvious – you haven't. A lot can go wrong with the average umbilicus, which 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. If you want a piercing do-over or simply can't stand your "outie", then we can help!

**Book Your
FREE**
Consultation for
any of these
procedures today!
724-683-7581

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, is any.

Labiaplasty

We make people feel beautiful!

What's the difference between a cosmetic surgeon and a plastic surgeon? Advanced training aside, a cosmetic surgeons' 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 sound like – it's enhance, the appearance of 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. All of our cosmetic consultations are completely confidential.

So That Others May Live:



Alek's memory and the values he embodied

On Dec. 26th, 2018 - the day after Christmas - 22 year-old Aleksander Teimouri was struck by a car and killed instantly. Yet his final moments, however tragic, were exactly that - a handful of moments. They say nothing about who he was, the things he'd accomplished, or what he meant to his family and friends. They were the tiniest fraction of a beautiful life, and they weren't the end of his story.

"He would make everybody dinner, these fantastic gourmet meals he'd spend all day on," recalls his

mother, Dr. Christina Teimouri. "Those were some of the best times we had together. But mainly I'll remember him for the way he was always trying to bring joy to people. He had a kindness and grace and inclusiveness that's rarely found."

Alek was an academic one-percenter who sought knowledge for its own sake. He was known to regularly digest 600 page books in one sitting. He'd been taught to play piano at a very early age, and by 22 was rapidly becoming an accomplished musician. Before graduating high-school, he had a year's worth of college credits under his belt and had planned on attending medical school. When his uncle, a cosmetic surgeon, needed help producing a research paper he was the first to step up. "He would have made a first-rate doctor and helped a lot of people. It's really our loss," recalls Dr. Mauricio Giraldo.

Hospital/Donation Process

Upon arriving at the hospital it was explained to me that his injuries had led to a non-sustainable brain injury. We learned that of the 2.2 million people who die each year, only approximately 2 percent of them are able to be organ donors. Being in such remarkable shape, Alek's body was relatively uninjured by

the accident, and so we made the decision to donate. We later learned that Alek was an Organ Donor on his Driver's license.

The death of a loved one is never easy, and we feel the pain of Aleksander's passing everyday. However, knowing that because of his selfless gift, other families will not have to feel this pain has helped tremendously. Knowing that his death has brought new life to so many others is a great comfort. "We visited his liver/kidney recipient afterwards and it was a beautiful meeting. Now his 17 grandchildren will have their grandfather as they grow up.

The nature of tragedy is twofold-loss and permanent change. Events can unfold over months, weeks, days, or in a single, terrible moment yet the results are the same. Tragedy is final. There's no reset, no do-over, and no going back.

If we're very, very lucky a tragedy might have a silver lining. It doesn't happen often but it's possible, and Alek's case is a shining example. Pararescue men are often called the guardian angels. Their motto is: "these things we do so that others may live." My Aleksander is gone, but his parting gift to the world fulfilled his dreams. In a letter we found in his gym bag a couple months after the accident, Alek had written that: "Pararescue fulfills my desire to truly make an impact, directly and tangibly, which has always been important



Aleksander Teimouri

will live on within each one of us.

1996-2018

to me.” He wished to save lives and as he left this world, through organ donation, he was able to fulfill that wish and save many lives. It’s a beautiful legacy, and for that we are truly blessed.

Looking to get involved? If you’re interested in becoming an organ donor, donating to Center

For Organ Recovery (CORE), or volunteering to help, then go to www.core.org or call 800-DONORS-7 (800-366-6777)



Living in the Aftermath: Why do bad things happen to good people?

At any time, without warning, you could get hit hard enough to shake your faith. People do terrible things to each other. And even if it’s ‘just’ an accident somebody still gets hurt. In a Sermon Series ‘Searching for Answers’*, Matt Kaltenberger, Lead Pastor, Grace Community Church addresses this question; God, why did You allow this to happen in my life? Why didn’t You step in and do something?

“Even though we might not fully understand until we get to heaven, we should learn to trust Him and recognize that He is in fact good and He is in fact good all the time.”

Four Biblical Possibilities:

1. We’re victims of a broken world. (Romans 5:12; John 16:33)

We all have free will - the ability to choose right and wrong. And because of that, sometimes we’re a victim of somebody else’s sin or of somebody else making a bad choice.

2. We bring it on ourselves. (Galatians 6:7)

“The Bible very clearly teaches us that there’s consequences for every choice that we make...You can’t make your bed and then get mad at God because you have to sleep in it. You can’t run up your credit card and then get mad at God because you’re drowning in debt. You can’t be lazy at work and then get mad at God because you lost your job. You can’t treat your wife like crud and then get mad at God when she leaves you. There are consequences to the choices we make.”

3. God’s doing something big in you. (James 1:2)

“You see one thing we all have in common, no matter who you are, is we’ve all gone through something that we didn’t like, we didn’t understand, we didn’t want to go through it, we knew it wasn’t fair; and yet, over time as you look back on it, you would say, I wouldn’t

have chosen that, I wouldn’t want to go through it again, but it made me different, it made me better, more compassionate, it made me stronger. Some of you would say, it drew me closer to God.”

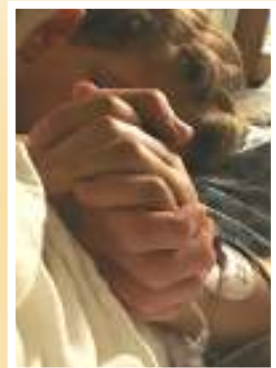
4. God’s doing something big through you. (John 9:1-4; Genesis 50:20; 2 Corinthians 1:3)

“There’s a purpose behind your pain. God didn’t cause it, but he allowed it, and through it He is going to be glorified and His plan is going to be accomplished.” “He wants to use your tragedy in a supernatural way to make a difference in the lives of others.

Also consider this. If you’re able to continue on in spite of a life-altering loss you’re showing others that they can, too. You’re choosing to send forth a message of courage and hope which, in the world we live in, is no simple thing.

Regardless of what you believe it’s nearly impossible to live a fruitful, meaningful life without being of service to others. Children with parents or siblings who passed away from cancer have gone on to become research doctors. If you’ve lived through something terrible, it’s possible that you’re being called to act.

It is easy to feel angry and helpless at the whole situation, but that is not what Alek would want or how he would feel. He was always able to find the silver lining in any situation. Aleksander was always so patient, kind, helpful, and understanding. We try to honor him everyday, and strive to be just a fraction of the person he was.



We hope to be able to keep Alek’s legacy alive through this scholarship for many years to come. At Beaver Valley Foot Clinic we want to do something big in the lives of others.



* Complete sermons can be found here: https://mygcc.org/message_series/searching-for-answers/

ADVANCED SPORTS MEDICINE TECHNOLOGY NOW AT BEAVER VALLEY FOOT CLINIC:

Treatment for Ankle Sprains and Arthritis, Plantar Fasciitis and Achilles Tendonitis



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PLATELET RICH PLASMA THERAPY (PRP)

A strong, shared focus on using minimally invasive procedures to avoid surgery is a central reason behind the partnership between the Beaver Valley Foot Clinic and Center for Joint Health. On osteoarthritis, also known as “wear and tear” arthritis, PRP encourages tissue healing and flushing the joint of the chemicals that occur with long-term inflammation—a condition found in most types of arthritis.

PRP is very useful for treating sprained or torn ligaments and tendons. These tough, ropey structures are found in almost every joint in the body yet have a naturally poor blood supply. In many cases, without a treatment like PRP, these circulation poor structures can't heal properly.

An ankle that has had multiple sprains (and seems to sprain more easily every time) is a good example of a chronic ligament injury and many other soft tissue injuries respond well to PRP.

PROLOTHERAPY FOR ACCELERATED HEALING OF THE FOOT AND ANKLE

Today, our podiatrists are relying on the technique to help eliminate unnecessary surgery.

Prolotherapy is designed to trigger healing in the toughest, most leather-like tendons and ligaments. These structures have some of the poorest blood circulation found anywhere in the body, and often heal slowly and incompletely.

During treatment small amounts of a powerful yet naturally derived irritating solution is injected into damaged tissue to cause severe yet temporary inflammation. As the body works to rid itself of the Prolotherapy medication it produces a network of small veins and arteries. This solves the problem of poor circulation and helps the ligament or tendon rebuild itself.

PRP FACIALS NOW AVAILABLE AT BODY BEAUTIFUL!

Platelet-Rich Plasma (PRP Facial), similar to a vampire facial, is a combination of microneedling and the application of Platelet-Rich Plasma. Used in sports medicine for years, this liquid gold contains multiple factors that stimulate the production of new blood vessels, elastic fibers and collagen. By stimulating collagen and elastin growth, PRP has been shown to kick the healing process into overdrive. Your own blood is gently drawn by our phlebology specialist and centrifuged to extract the PRP. After a topical numbing cream has done its job to get one comfortable, the patient then undergoes a microneedling treatment. The applied PRP and microneedling combination allows for deeper penetration and optimal results to reduce fine lines and wrinkles, shrink pores, and leave your skin glowing, usually in less than a week.



STOP KNEE PAIN, AVOID SURGERY

CENTER FOR
JOINT HEALTH

CENTER FOR JOINT HEALTH

The Center for Joint Health is a regenerative medicine practice focused on eliminating your joint pain. It is all we do.

SURGERY IS AN OPTION OF LAST RESORT

Wait! Stop. There are options, affordable options, before you subject yourself to a 3 month long surgery rehab and healing process.

LET YOUR BODY HEAL ITSELF

Platelet Rich Plasma uses platelets in your blood to directly stimulate healing at the cellular level.

STOP THE BONE ON BONE PAIN

Stem Cell Therapy is a painless procedure where stem cells are injected into the knee to coat the bone surfaces and stimulate the growth of new tissue.

100% ACCURACY

Fluoroscopy is a computer guided process that injects the stem cells exactly where they will be most beneficial.

Our core product is our Advanced Arthritis Relief Protocol (AARP). Our process, which is covered by Medicare and most commercial insurances, helps people with knee and joint pain to get relief.

We have a better way, our unique treatment program includes:

1. Precise knee injections using fluoroscopy (we don't miss)
2. Unloading knee bracing (separate to lubricate)
3. Targeted physical therapy (stretch to increase flexibility)
4. Regenerative medicine (Platelet Rich Plasma and Stem Cell Treatment) are available

REGENERATIVE MEDICINE IS AN ALTERNATIVE

Call the Center for Joint Health today at (412) 857-5127 for a no cost, no obligation consultation.

Call and Schedule Your
No-Cost, No-Obligation
Appointment

412-857-5127

ADVANCED ARTHRITIS RELIEF PROTOCOL

Covered by Medicare and most insurance

92.7% of patients who follow our
complete protocol have at least a
50% reduction in pain and
99% have at least some relief

Robinson Office

6091 Steubenville Pike, Suite 7A
McKees Rocks, PA 15136

Bridgewater Office

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Beaver PA, 15009



Kids and Adult Arch Supports



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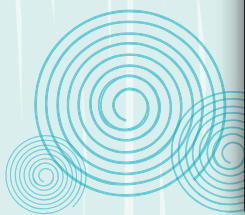
Dr.'s Remedy Enriched,
Non-Toxic Nail Polish



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

Find these products at
www.BVFootClinic.com

CORNS and CALLUSES



When should you visit your doctor?

By Andrew Tagg

See your Podiatrist if home treatments don't work. A podiatrist is a doctor that specializes in foot conditions. To treat the corn, they may scrape, shave, or cut away the layers of the hardened skin. This will help with the removal of your corn. It may take a few appointments. If the corn is bothersome and doesn't respond to salicylic acid and trimming, consider seeing a doctor or podiatrist who can physically pare corns with scalpels. Podiatrists also can measure and fit people with orthotic devices to redistribute their weight on their feet while they walk so that pressure from the foot bones doesn't focus on their corns. *(Off-the-shelf cushioned insoles are one size fits all and may not be effective.)*

People with fragile skin or poor circulation in the feet (including many people with conditions like diabetes or peripheral arterial disease) should consult their health care professional as soon as corns or calluses develop. Furthermore, someone should seek medical care immediately if corns or calluses show signs of infection *(such as increasing pain, the presence of*

pus or other drainage, swelling, and redness).

If you've developed corns or calluses it's best to avoid acid-based over-the-counter products. They're largely ineffective and often cause some level of irritation. Attempting to cut off or shave down your corn off is also highly inadvisable. This is especially true for diabetics and other patients with impaired sensation and circulation of the feet.

Surgical removal of corns is rarely necessary. When a corn is surgically removed, the pressure that caused it to form in the first place will just make it come back if this pressure is not removed or reduced. When necessary, surgery for corns involves shaving the underlying bone or correcting any deformity that is causing undue pressure or friction on the skin.

If you've got any kind of foot problem, even corns or thick calluses, let a podiatrist handle it.

Call us today at the Beaver Valley
Foot Clinic for an appointment.
724.772.FOOT (3668)

HAMMERTOES



Will surgery be necessary?

By Dr. Steve Crotzer DC

Surgery is only considered when conservative treatments fail and the patient is bothered enough by their deformity to take action. In general, this refers to patients in a high level of pain and are limited in their activities due to their joint condition. Surgery can correct both immobile (*fixed*) and mobile deformities.

In the case of fixed deformities, surgery is performed on the actual bones and joints. In mobile deformities, tendons are usually released to allow the toes to straighten more completely. In some cases, it's possible that both approaches will be necessary. An X-ray study can be ordered if there's any doubt or if joint damage is suspected.

The options listed below are routinely used in the correction of hammertoes, mallet toes, and claw toe:

- Partial removal of the bone on either end of the joint. This is known as an arthroplasty, or more specifically a phalangeal head resection.
- Removal of all or part of the joint, allowing the bones to fuse together. This is known as a fusion or arthrodesis.
- Cutting contracted tendons. This is known informally as a tendon release. Tendons may also be cut and reattached to a nearby location.
- Receiving a full or partial toe implant.
- Amputation may be performed in very rare cases when all else has failed.

Talk to your podiatrist to review all of your options before considering surgery.



Toenail Fungus?



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

But, a laser will work. It penetrates the nail plate to kill the fungus where it lives - and your nails grow in smooth and clear!



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PLANTAR FASCIITIS

(Heel Pain)



Heel pain that is felt on the underside of the foot is often caused by a condition known as Plantar Fasciitis.

- The plantar fascia, a ligament that runs from the heel of your foot to the ball, connects your heel bone to your toes. When this ligament becomes strained, it often results in pain.



- Many patients with this condition feel a dull ache. Another tell-tale sign is a sharp, severe pain that occurs when people get out of bed in the morning and begin bearing weight and walking. It's often compared to a pin or knife being stuck into the heel. This pain tends to subside throughout the day as you begin moving around. Unfortunately it can reappear if you stand for long periods or stand up after sitting for long periods.

Plantar Fasciitis Treatments

- **At-home Physical Therapy.** This simple tip can help head off the pain before it starts. Before getting out of bed, grab a towel or resistance band and wrap it around the ball of the foot. Gently pull backward to stretch the bottom of the foot. Repeat several times.
- **Ice it Down.** Forget the frozen water bottles, grab an ice pack or a bag of frozen vegetables. Wrap with a towel and place it on the heel for 15 minutes in the evening after work.
- **Custom Orthotics.** These can help greatly by taking the weight of your body off of the arch. This can be accomplished with firm orthotics, with or without a soft top-cover.
- **NSAIDs.** Nonsteroidal anti-inflammatory drugs like Alleve (naproxen sodium) or Advil (ibuprofen) can help. Take as directed by your podiatrist.
- **Cortisone Shots.** A powerful anti-inflammatory, cortisone is a medication that's administered via injection directly into the plantar fascia. This powerful prescription drug relieves pain and reduces inflammation.
- **ESWT (Extracorporeal Shockwave Therapy).** ESWT is a nonsurgical, noninvasive office procedure that delivers high-energy sound waves into the area of maximum pain, usually the heel, arch, or Achilles tendon. This 20 minute, one-time procedure has almost no downtime so you won't miss any work. ESWT has saved many Plantar Fasciitis sufferers from unnecessary surgery!



ESWT

Extracorporeal Shock Wave Therapy intentionally causes controlled amounts of damage (micro-trauma) at the point where the plantar fascia inserts into the heel bone. This is done under ultrasound guidance to ensure maximum precision.

One might think this is the opposite of what one wants to do- why would anyone want a treatment that creates more damage? In the case of ESWT, these sound waves jump-start the body's natural healing response and allows for complete healing. It breaks down the scar tissue that forms with any overuse injury. It increases the production of collagen, the protein that tendons and ligaments are made of. This is an essential part of any healing process for soft tissue like the plantar fascia.

Secondly, ESWT treatments increase blood flow to the injured area. Since tendons like the plantar fascia naturally have a very poor blood supply, this greatly aids in the healing process. Today, both podiatrists and medical doctors are increasingly recommending ESWT for chronic Plantar Fasciitis.



Think you have
Plantar Fasciitis?



Beaver Valley
Foot Clinic

Call 878-313-3338
for help locating the
office nearest to you.

Participating in sports is an outstanding way to stay in shape, control stress, and remain socially involved. Unfortunately injuries are an inevitable part of any form of exercise and can affect anyone, from novices to elite athletes. Running is a great example - it's estimated that 80% of runners experience at least one injury each year.



SPORTS INJURIES

Many of the most common foot injuries result from overuse, overworking a specific area of the body or a sudden, drastic change in your exercise routine. Below are some of the injuries podiatrists treat on a daily basis.

SOCCER INJURIES, HEEL PAIN IN KIDS

If you notice that your child's mobility is becoming restricted because of pain you should see a podiatrist immediately. Often a condition known as Sever's Disease is the cause. Otherwise known as calcaneal apophysitis, this extremely common injury involves inflammation of the growth plate found in the heel bone. This condition presents as pain in the heel and occurs almost exclusively in young, active children.

DISTAL FIBULA FRACTURE

This is the medical term for one of the most common types of broken leg. It's a serious injury which demands prompt medical attention. Typically there is severe swelling and purple bruising.

If you experience sudden and severe sharp pain in the leg then you may have broken your leg. A bad sprain is also a possibility, so immediately seeing a podiatrist who can take in-office X-rays is strongly recommended. This reveals

the severity of the injury which then allows your doctor to formulate a treatment plan.

TENDONITIS

Tendonitis refers to less severe injuries, not full tears or ruptures. This type of injury is by far the most common type of tendon injury, affecting millions of people each year in America and around the world. These are extremely common sports injuries, yet can happen to anyone. When tendonitis is ignored, negative long term effects can be seen. Chronic joint pain, muscle weakness, and wear and tear arthritis are common.

ACHILLES TENDONITIS

If you have pain in the back of your heel after walking or working out then you may have Achilles tendinitis.

The Achilles tendon is the strongest tendon in the body. Overusing this tendon causes excessive wear and tear and eventually leads to chronic inflammation and pain. The area of the Achilles tendon that's most often injured is the junction where the tendon meets the heel bone.

We have some state-of-the-art treatments available you can not find for 150 miles!

Quick clinics are fine if you want to wait a long time to receive an X-ray exam and some ibuprofen. Yet neither of these will address the issue properly. If there's any suspicion that the Achilles

tendon is torn or ruptured it's almost impossible to accurately diagnose the injury using X-rays. In cases such as this using ultrasound is the best way to visualize the injury, which we provide on-site.

At the Beaver Valley Foot Clinic we consider all aspects of your life before choosing the correct treatment. This includes your job, level of activity, age, and previous injuries. If you want your heel pain gone for good we most likely have the treatment you've been looking for.

Even if your Achilles tendonitis has become chronic, there's still hope. ESWT (extracorporeal shock-wave therapy) is available and can successfully treat even long term Achilles tendonitis.

SHIN SPLINTS

Shin splints are a common injury which runners face. This refers to the pain and chronic inflammation of the muscles and tendons of the lower legs. Your best bet is to elevate the affected leg and apply ice for about 15 minutes. Wearing high quality, shock-absorbing insoles in your shoes is also recommended.

If you've experienced any of the above symptoms or think you may have a broken bone you should cease all unnecessary activity and see a podiatrist.

Call us today at 878-313-3338 or visit www.BVFootClinic.com.

Same day
appointments
are often
available.

WOUND CARE



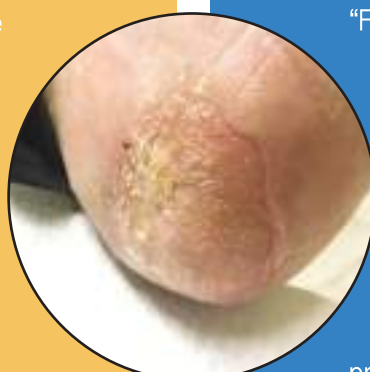
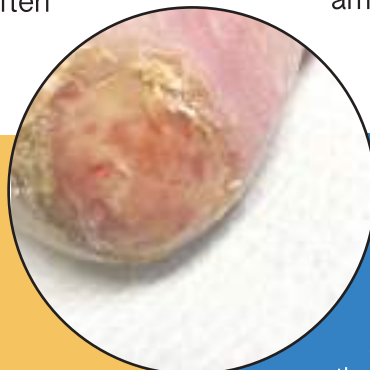
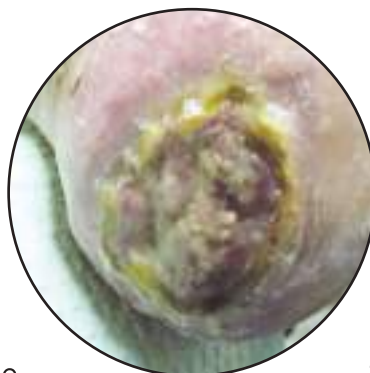
Diabetic foot ulcers are chronic wounds which display impaired healing. They most often occur as a direct result of repetitive mechanical trauma in the sensory impaired diabetic foot. Additionally other aspects of diabetes such as peripheral vascular disease resulting in poor perfusion and a generalized decrease in infection resistance often complicate treatment.

Nevertheless, proper wound care protocols such as proper debridement of all necrotic and nonviable tissues, appropriate pressure offloading as achieved with full-contact casting and devices such as half shoes, and the use of antibiotics when indicated often achieve positive outcomes.

Adequate glucose control also aids in healing. Advances in specialty dressings, such as Living Skin Equivalents (LSEs) and dressings impregnated with agents such as hyaluronic acid and antimicrobial agents such as iodine or silver nitrate are coming into favor, yet lack a solid foundation of supporting evidence.

Finally, the importance of proper self-assessment, especially in patients displaying diabetic neuropathy, cannot be overstated. In nearly all cases, early detection of diabetic foot ulcers is a key component in achieving full resolution as well as avoiding possible amputation.

www.BVFootClinic.com
Call 878-313-3338 today!



Beth D:

"First of all Dr. Tina is wonderful. Not only is she helping my husband get better but she's the first person who took the time to explain things to me personally."

"My husband had gone to the wound care centers for over a year with no improvement. Things were getting worse, in fact. We were looking for options and a friend recommended Dr. Tina. She presented us with options they didn't even offer at the other places. We've seen experts, but she's the first person who was actually able to do anything."

"Oh, and her staff is fantastic. I also like the fact that she's got lots of locations so it's much more convenient than other doctors we've seen."



Warren D.

"I had been to two wound care centers and things were getting worse. I went to see Dr. T and she gave me options I didn't even know were available. I was amazed - these were places that supposedly specialize in wound care."

"For the past 1 1/2 years I've had ulcers on both heels that just kept getting worse. I went to two places that said they specialized in wound care but nothing was working. I didn't like how I was being treated, either. They sort of blew me off, but Dr. T and her staff took my problems just as seriously as I did."

A friend told me about Dr. T. He was also diabetic, and she had helped him with some pretty bad ulcers. I went there and she used a kind of graft which I didn't even know was an option. They hadn't mentioned anything like this at the other places. Now for the first time in a long time, things are getting better."



Common Diabetic Neuropathy symptoms:

- Numbness in the feet and toes
- A "pins and needles" sensation
- Sharp pain in one or both feet that is worse in the evening
- Weakness of the muscles of the feet, ankles, and lower legs
- A painful, burning sensation.
- The formation of ulcers and other non-healing wounds
- Loss of sensation, which can progress to a total lack of feeling in one or both feet.

The elevated blood sugar levels found in diabetics can negatively affect blood circulation in all parts of the body. This is especially true of the feet, since they're the farthest away from the heart. One of the unfortunate results of this poor circulation is nerve damage known as diabetic neuropathy.

As a result of diabetic neuropathy, many diabetics literally cannot feel their feet. They can be completely unaware when they've injured

their feet, particularly if the injury is minor.

The following scenario is typical. First, a diabetic develops a blister or other minor irritation from footwear that doesn't fit properly. They then fail to realize that this has happened, and continue to make this minor injury worse. Finally, the wound becomes infected. Due to the poor blood flow common among diabetics this infection can easily become an ulcer.

FOOT DAMAGE IN DIABETICS

Because of reduced blood flow or nerve damage in the feet, individuals with diabetes are prone to many complications, including foot infections. If left untreated, these infections—some of which begin as minor cuts or blisters—could lead to potentially serious consequences, including foot, toe or leg amputation.

With the help of the Beaver Valley Foot Clinic's podiatrist, diabetic ulcers can be prevented, and cured once they appear. Our doctors will work with you to develop an individualized, easy-to-follow plan to help keep your feet healthy. **Call 878-313-3338 today!**

SYMPTOMS OF MORTON'S NEUROMA

The sensation caused by Morton's neuroma can feel like a burning in the ball of the foot. Areas affected can also experience numbness that goes away when footwear is removed and the foot is massaged.

With Morton's neuroma, the tissues around the nerves leading to the toes swell, which causes a sharp, burning sensation in the ball of the foot.

The primary symptom that appears is pain in the foot while bearing weight. Typically it appears after a short time walking, and can also present in adjacent sides of two toes.



In rare cases there can be a dull pain rather than a sharp one. Regardless of the type of pain the patient feels it's usually located between the 3rd and 4th toes.

Other symptoms can include:

- **burning pain**, typically described as if a red hot poker was poking at the bottom of the foot while walking
- **numbness** in the toes
- **Paresthesia**, or a tingling numbness that doesn't last
- **a sensation** that something is inside the ball of the foot

Most descriptions of this burning pain state that it starts at the ball of the foot, then spreads to the toes.

Tighter footwear and more strenuous activities usually make the symptoms appear more aggressively, and may cause them to last for longer periods, up to weeks at a time.

TREATMENT

If the symptoms you're experiencing are too debilitating your physician may suggest the following:

- **Metatarsal pads and arch supports**
- **Corticosteroid injections:** These steroid injections can be helpful by reducing inflammation and pain, but only a small number of injections are typically advised. They can harbor nasty side-effects, including hypertension (otherwise known as high blood pressure) and weight gain.
- **Alcohol sclerosing injections:** Alcohol injections can help reduce the size of the Morton's neuromas, as well as help reduce pain. Typically, only 4-7 injections are needed, which are administered about once a week.
- **Call 878-313-3338 today!**

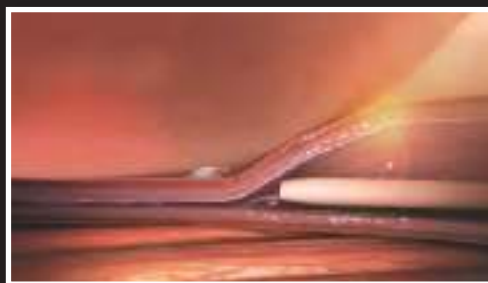


VEIN GLUE

The Next Generation of Varicose Vein Care

About Vein Glue

The VenaSeal Closure System is the most modern non-surgical procedure used to safely and effectively treat varicose veins.



BENEFITS OF VENASEAL CLOSURE SYSTEM

- No general anesthetic required
- Most people report only mild discomfort during the procedure
- The procedure can be performed within 30 minutes -no need to miss a whole day of work!
- Recovery time is minimal, most people can return to work and resume normal activities right away.

LESS NERVE DAMAGE

The VenaSeal™ Closure System also removes the need for thermal energy to permanently close the veins. This means that the risk of nerve or skin damage is reduced. Healing time is also reduced since the medical adhesive sets within minutes.

NO COMPRESSION STOCKINGS NEEDED

Recovery time is significantly decreased with the VenaSeal™ Closure System. There is no longer a need to wear compression stockings after the procedure, and many patients return to work and normal activity right away.

After a Doppler Ultrasound is used to diagnose venous reflux and map your vein anatomy, your doctor will discuss your goals for the procedure with you and determine the best course of treatment. If you have reflux (leaking vein valves), that are symptomatic-itching, cramping, aching, swollen- then you are a candidate.



Call the Advanced Vein
Center today to schedule
your appointment
724-987-3220



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

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DECISION PARALYSIS: Choosing the right skin treatment

Ever gone shopping and been overwhelmed by the sheer variety of choices? Buying pasta is a great example. You could stand in the aisle for ten minutes, mildly bewildered, staring at the shelves. This is a simple but effective example of decision paralysis, and it happens to spa-goers choosing skin rejuvenation treatments every day. One look at the services menu at the end of this magazine, and you might agree.

Any spa treatment which removes the top layers of the skin, gets rid of unwanted pigments, or adds firmness by stimulating collagen can truly be called skin rejuvenation. The purpose of this article is to put several of today's most popular treatments side-by-side and compare them. And while you're reading, consider this—right now our staff's top picks are probably photofacials and micro-needling, since they're so effective and fit well into any regimen.

Here are two extremely popular treatments, microdermabrasion and fractional laser skin resurfacing:

Micro-dermabrasion:

The ultimate professional grade exfoliation. Using a diamond-tipped tool, microderm treatments remove the dull, dead outer layers of the face's skin almost completely. What's left is smoother skin with a healthier tone, and the fine lines which only exist in this top layer are whisked away. The results are immediate, and there's no downtime. Most experienced aestheticians view microderm as an essential part of a monthly maintenance program.

Fractional Laser:

Modern skin resurfacing lasers work miracles, but sometimes they're just too much for the job. They're the best at removing unwanted pigment, and will certainly increase collagen production. For full-face skin resurfacing purposes, they'll certainly do a fantastic job.

Fractional Laser Resurfacing uses an array of tiny micro-beams, only some of which fire at any one time. This produces very little excess heat, and can achieve a full-face laser treatment in a single sitting with little discomfort. Put simply, it's the right tool for the job.

Fractional Laser Resurfacing is unmatched at the treatment of all types of lines and wrinkles across all skin types, as it drastically increases collagen production by triggering a deep healing response. Also note that this isn't a maintenance treatment—two treatments per year will usually suffice.

TREATMENT TYPE	TREATMENT DEPTH	TREATS	RESULTS
Micro-dermabrasion "Microderm" "Lunchtime Peel" "Diamond Peel" Dermaplaning	Moderate: Less Aggressive Fastest Results	Sun Damage Uneven Skin Tone Active Acne Minor Fine Lines Minor Scars	Immediate: Monthly Maintenance Removes Dead Skin Mild Skin Resurfacing
Fractional Laser: Powerful Skin Resurfacing	Deeper: More Aggressive Many Stages of Improvement	Above + Plus: Deeper Lines Moderate Wrinkles Sagging Skin Crow's Feet Blotchy Skin Unwanted Pigment	Visible in 1 Week: Continued Improvement Increases Collagen Skin Tightening Lifting Effect Intense Skin Resurfacing Yearly Maintenance



Then there's Micro-needling:

Micro-needling:
Skin Pen | Derma Pen | Dr Pen

Deep or Shallow
Completely Customizable

Skin Tightening | Fine Lines | Scars
Wrinkle Reduction | Moderate Acne
Smoother Skin | Balanced Skin tone

Visible in 1 Week
Continued Improvement:
Increases Collagen | Skin Elasticity
Overall Skin Resurfacing

Micro-needling: Micro-needling is unique. It's a pen-like device which holds a disposable cartridge containing 12 ultra-fine needles. These poke thousands of tiny holes in the skin which trigger an intense healing response. The idea itself is brilliant, resulting in a robust physical treatment that's on par with most laser or light-based therapies. There's going to be some redness and soreness for a few days, but in terms of increasing firmness and evening out tone and texture there isn't much that can compete.

So what's your best bet? It depends on what you're trying to accomplish. And unless you're an expert, it pays to consult the laser technicians, nurses, and physician's assistants who perform these treatments on a daily basis.



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Visit **BBLMSpa.com**
for more information.



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- Helps treat Melasma
- Blemishes and blotchy skin
- Superficial and discolored skin lesions
- Helps even skin tone, texture, pore size
- Stimulate collagen rejuvenation
- Pigment abnormalities
- Treat sun damaged skin (sun spots, brown spots, age spots, freckles)

Reduces Signs of Aging (Anti-aging)

- Skin tightening
- Deep wrinkles
- Increase elasticity
- Reduce fine lines
- Eliminate crow's feet
- Treat under-eye circles
- Create youthful glowing skin
- Smooth textural irregularities

Skin Resurfacing

- Acne Scars
- Stretch Marks
- Surgical Scars
- Actinic Keratosis
- Chickenpox and Divots



Call Body Beautiful today
724.987.3221

The fractional laser is the BEST treatment for anyone who is beginning to notice red or purplish marks forming on the body (stretch marks). It is especially effective for women after pregnancy or any place the skin stretches rapidly. A great treatment for skin that has lost its laxity and turns a different shade, or appears unevenly toned and textured.



Be Your Whitest and Brightest: Get Dentist's Office Results, Without the Dentist's Office Price

Easy in & out in one of our 8 convenient locations.

A white smile will improve your confidence in professional and social situations.

According to The Academy of Cosmetic Dentistry, teeth whitening ("bleaching") is the most requested cosmetic dental service. Teeth whitening is considered a safe cosmetic procedure. Professional teeth whitening has reached a point where it's routinely done safely and effectively in the medical spa environment. Without an added cleaning, dental X-rays, and a \$500 price tag – and that's above and beyond the cost of the office visit itself. It's also worth noting that, no matter how good your dental insurance plan is, it likely won't cover teeth whitening or other cosmetic procedures.

Many dentist's offices use the Zoom® teeth whitening system. It achieves great results by using a 25% hydrogen peroxide gel which is applied to the teeth via a clear or translucent

mouthpiece. A specialized high-intensity lamp is used to activate the gel, releasing oxygen, a highly effective bleaching agent. This free oxygen enters the enamel and dentin of the tooth surface, leaving the teeth uniformly whitened in a way that simply isn't achievable with home bleaching (and certainly not with whitening toothpaste!).

The good news? An equivalent service is available today, at Body Beautiful Laser Medi-Spa, for about \$50-\$150. It's really that simple. For a fraction of the cost and about 1/3 of the time commitment, results every bit as good as dental office whitening are easily achievable. We invite you to call and explore an alternative that's just as effective and much less expensive. Get the white, skip the high prices! Body Beautiful Laser Medi-Spa in 8 Pittsburgh area locations.



Call 724.987.3221 for a whiter, brighter smile!

RED WHITE & BLUE TOE SYNDROME

by Dr. Christina Teimouri



Raynaud's disease or Raynaud's syndrome is a relatively common disorder of the blood vessels of the fingers and toes. Sensitivity to cold causes blanching (whitening) of the affected digits. They may also take on a bluish color. Then as they warm, they can get red. Symptoms appear when the skin is exposed to cold temperatures or the patient becomes stressed.

When triggered, tiny vessels which feed the fingers and toes begin to contract and become more narrow. This is known as vasoconstriction, and greatly reduces the total circulation these digits receive. When taken as a whole this sequence of events is known as Raynaud's phenomenon.

There is no single cause of Raynaud's disease. It is, however, often seen in patients with autoimmune disorders such as lupus (systemic lupus erythematosus) and scleroderma. The condition can also occur in connective tissue disorders.

Raynaud's can't be cured, yet symptoms can be managed successfully. Treatments can be broken down into oral medications, chemical injections, and various lifestyle changes. Also note that Raynaud's syndrome is almost never dangerous. This leads some patients to choose no treatment at all.

The most popular medication prescribed "off label" to treat Raynaud's syndrome is the calcium channel blocker Procardia (nifedipine). When used as a compounded cream formulation and applied topically when needed, this drug causes blood vessels in the toes to relax and dilate or widen.

When topical medications fail, however, injectable botulinum toxin type A drugs may prove useful. The world famous cosmetic injectable Botox is the best example. It's only serious competitor, Dysport, has proven equally effective.

Botox injections smooth out facial wrinkles by temporarily paralyzing the facial muscles which cause them. These are usually the "frowning" muscles of the forehead and between the eyes. In the case of Raynaud's, Botox blocks the nerves which cause the small vessels of the toes to spasm. Other off-label uses for Botox include relieving tension headaches and preventing excessive foot sweating. When used correctly, botulinum A injections provide up to 5 symptom-free months, which is great for our winters.





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

Invisalign are custom-designed plastic trays that are nearly invisible and straighten your teeth. Treatment consists of a series of these aligners that you change every 7-10 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 special social occasion.

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

Dr. Spokane and Dr. Karski are Platinum Providers, they have treated over 1,000 patients with Invisalign. Dr.

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

who has to deal with the public every day and I didn't 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.

Spokane and Dr. Karski have treated hundreds of patients that were told that Invisalign would no 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



David C.

Spokane D.M.D., M.S.

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LIP COLOR AND LIP LINER

The lip line is tattooed slightly outside of the vermilion border to give the appearance of large, pouty lips. Lips may appear thin, irregular, and faded. Mature women want plump, colorful, well-defined lips, which we enjoyed in our youth. Sun damage, medical conditions, hormonal changes, and tissue trauma, contribute to loss of definition and natural color. Lip color and lip liner give the appearance of youthful lips and look natural.

EYEBROWS

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

EYELINER

With eyeliner, the lash line is darkened to produce a lush, full lash-line effect. This can be applied to either the upper, lower, or both lash-line areas. Eyeliner, properly selected, takes the "tired and washed out" appearance out. Sports activities, hobbies that were avoided due to the fear of topical makeup coming off can now be enjoyed.

EYELASH ENHANCEMENT

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

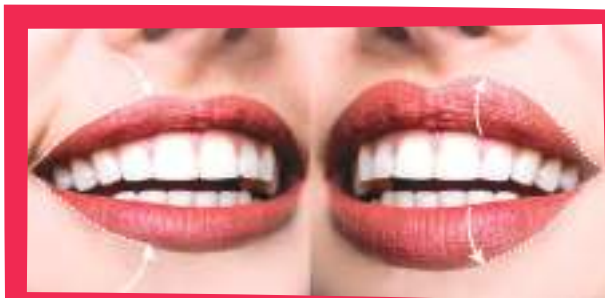


www.TheFineArtsOfBeauty.com • 724.680.0048

Big BEAUTIFUL LIPS

By Jeff Houk PA-C

So, you don't look like you used to. There are lines across your forehead, wrinkles around your mouth, eye lines, wilted and thinning lips. Sunken cheeks, sagging jowls, marionette lines, deep nasolabial folds, wrinkles and aging skin are beginning to take their toll on your beauty, making you look ten years older.



Fortunately science has a way to replace the beauty time can take away from our skin. Dermal fillers are injectables that are used to smooth out and create volume in areas of the skin that have aged and wrinkled over time. They can be used to plump lips, smooth out wrinkles on the forehead or around the face, and to prevent the motion which displays wrinkles. Dermal fillers have been called "liquid face lifts" because they offer many of the benefits of a surgical face lift without the downtime. These soft tissue fillers can add more volume and provide immediate results at a lower cost than surgery. These treatments aren't permanent, however, and they must be repeated and maintained.

Generally they last around 6-9 months. FDA-approved dermal fillers are safe. The most commonly used dermal fillers are Juvederm, Restylane Silk, Sculptra, Belotero, Radiesse, Lyft, Refyne & Defyne, Volbella, Vollure, Voluma, and Perlane. Different fillers are generally used for different applications and have varying degrees of

longevity. For example, Juvederm is used for moderate to deep wrinkling around the lips and mouth and for facial lines. It lasts 4-9 months depending on where it is placed. Radiesse is used for deeper wrinkles and acne scarring and can last for one year.

Ultimately your doctor will assess your needs and recommend one or a combination of treatments to achieve your desired results based on the area you wish to treat and the severity of the wrinkles or volume loss. If you'd like to restore youthful fullness to your face, enjoy plump lips, enhance shallow contours or soften those facial creases and wrinkles, dermal fillers may be the answer.

Call Body Beautiful Today 724.987.3221 and bring your face back to life. www.BBLMSpa.com

The Fine Arts of Beauty

Pittsburgh's Premier permanent makeup program is now accepting students.

Can you picture yourself in a career in the health and beauty industry as a professional permanent makeup artist? If you're serious about learning the skills necessary to excel in one of the industry's fastest growing sectors we can help. Right now many of our graduates work in the most popular and prestigious medical spas in the region, and in under 6 months you can be working right beside them!

The Fine Arts of Beauty Basic Training Program consists of 100 hours of instruction broken into 3 units. The first unit consists of internet based modules designed to give students the fundamentals of skin biology, color theory, and an academic knowledge of the equipment involved. Instructees also learn how to comply with the US Occupational Safety and Health Administration's (OSHA) strict safety and cleanliness guidelines. This unit provides the student with the concepts upon which the rest of the program rests.

After you've mastered this general knowledge it's time to roll up your sleeves and get your hands beautifying! Apprentices also receive practice kits

at the beginning of Unit 2, which will teach students the operation of the essential instruments and tools they will be using daily. More importantly, they'll learn what it takes to use them well. The remainder of Unit 2 consists of hands on training designed to build the skills necessary to apply permanent makeup to the lips, eyebrows, and as eyeliner. Pupils will spend plenty of time working on practice "skin," which they become very familiar with. They'll also learn how to design the "perfect face" for a wide variety of clients.

During the 3rd and final unit we put all that into practice. We will be working on live models under direct professional supervision to build the skills and confidence necessary for real world success.

After Basic Training students will be a fully functional Professional Permanent Makeup Artist. If looking to take your education even further, we've got you covered. The Fine Arts of Beauty is proud to offer several advanced certifications as well as paramedical training. Graduates can also be



welcomed back to perform observed procedures to hone their skills to perfection. We not only want you to succeed, but to succeed brilliantly!

Why settle for just a job? If beauty is your passion we can put you on a career path where the sky's the limit. The Fine Arts of Beauty focuses EXCLUSIVELY on permanent makeup and associated techniques and has over 1000 satisfied clients and counting. Good candidates are usually (but not always) limited to cosmetologists, aestheticians, tattoo artists, laser technicians, nurses, and other health and beauty professionals.

If you're interested in learning more visit our website at www.TheFineArtsofBeauty.com or call us at 724.680.0048. You can also email us directly at M.Hale@thefineartsofbeauty.com.

Marcia Hale, Certified Permanent Cosmetics Master and Instructor at The Fine Arts of Beauty, has trained alongside internationally recognized leaders in the industry at The American Institute of Intradermal Cosmetics.

This pioneering organization has over 50 years of experience and is the oldest, most respected institution of its kind.

Our facility is located inside the Cranberry Twp., PA location of Body Beautiful Laser Medi-Spa, The Advanced Liposuction Center, and The Advanced Vein Center--aka the Pittsburgh Medical Mall. Each of our business has been voted "Best in Pittsburgh" many times over, and we look forward to serving the Greater Pittsburgh region for many years to come!



Drawing on Inner Strength by Kathy Moran

Breast cancer affects millions of women each year. While it can be deadly, with treatment, it is often curable. Even when patients recover, however, it takes a heavy toll, leaving emotional, as well as physical, scars.

For example, mastectomies, which can be life-saving, often leave the breasts scarred and/or deformed. Furthermore, the nipples can be obliterated, or, at least, distorted; and that can cause a woman to feel less than feminine. Certainly, nipple reconstruction surgery can also be performed, eventually; but even then, there is no natural pigmentation.

However, Marcia Hale, our Permanent Cosmetics Specialist and Intradermalist, can provide a marvelous solution. By strategically placing highlights and lowlights, through cosmetically tattooed micropigmentation, she can create the illusion of a three-dimensional areola.



A genuine artist, she can replicate the subtleties of natural shading, with stunning results. Moreover, in cases where only one breast is being treated, she can skillfully match the circumference and coloring of the healthy breast's areola.

Naturally, women who have had other breast surgeries, been injured in accidents, or suffer from congenital conditions that cause them to have irregular or fading areolas, can also benefit from this procedure.

"This is a tremendous boost to a woman's self-esteem. In fact, it's remarkable how having her natural, outward appearance restored can give her the inner strength she needs to heal," says Hale. "I'm truly honored to be able to help many women take this important step toward feeling complete once again."

For more information, or to find out if **Areola Restoration** can help you, call Marcia, at 724.680.0048, or visit TheFineArtsofBeauty.com.



COMPARING COOLSCULPTING TO LIPOSUCTION

Liposuction and CoolSculpting both seek to remove stubborn fat deposits yet work in entirely different ways. First and most importantly, CoolSculpting is completely non-invasive. Liposuction, on the other hand, is an office-based surgical procedure. It's minimally invasive and uses local anesthesia.

The main difference is the volume of fat each procedure can accommodate. Liposuction removes large amounts of fat, sometimes up to 7 -10 pounds. CoolSculpting, as the name implies, is primarily aimed at improving the body's shape and contour. It does break down some fat, causing it to pass from the body, but the total volume is much less.

Laser Lipolysis

Laser lipolysis (lipo refers to fat, lysis means to burst or destroy) relies on a high-energy laser device which rapidly heats fat deposits. It essentially melts fat away.

Offers the added benefit of increasing collagen production for a firming, tightening effect. Unfortunately, it sometimes requires a period of recovery time due to the extreme temperatures involved.

SculpSure

In a different way, SculpSure is a more robust, modernized version of laser lipolysis. During a single session, SculpSure can treat up to 4 separate problem areas including the abdomen, flanks, thighs, buttocks and practically anywhere else unwanted fat deposits are commonly found.

SculpSure is a laser-driven, heat-based treatment to destroy subcutaneous (beneath the skin) fat cells which are then passed out of the body via the natural healing process. Also, it takes about 1-3 months for the full benefits of the treatments to become apparent. Even better though is water jet liposuction. The fat is immediately gone – forever!

Zerona

Directly destroys fat cells with laser energy and promotes collagen production which improves skin tone and tightness. It's regarded as one of the safest, most comfortable treatments available, causing no bruising or other side effects.

Unfortunately, this gentleness comes at a price. Zerona requires many treatments to achieve full benefit. For two weeks following the initial appointment, the patient must return to the office every other day for additional 30-minute treatments. This translates into a total of 8 treatments, and any disruption to this schedule can negatively impact results.

The Skinny on Fat Removal

What's more, Zerona shrinks fat cells as opposed to destroying them. This means that the results of Zerona aren't as permanent as those of CoolSlimming.

Venus Freeze

A skin rejuvenation treatment, not a fat reduction treatment. Its main goal is to increase the production of collagen, the protein which gives youthful skin its elasticity and firmness, which gives cellulite tightening and toning effects. This being said, Venus Freeze does offer limited fat reduction benefits.

Contrary to its name the Venus Freeze system isn't a cold-based therapy like CoolSculpting. Instead, it relies on the heat produced by radiofrequency (RF) energy, the same principle which makes Velashape possible.

Velashape

It's a combined approach, using heat generated by radiofrequency (RF) waves, laser energy, and suction massage.

The physical action of the suction massage is what makes Velashape truly unique. It essentially pulls fat deposits to the surface, allowing the treatment of relatively deep fat deposits. Velashape also firms and tightens the skin, something which CoolSculpting and most other noninvasive fat removal techniques can't accomplish.

A major side benefit of the procedure is cellulite reduction. Many patients choose Velashape to treat cellulite-prone areas such as the thighs, buttocks, and upper arms. To date, Velashape is the only treatment of its kind which offers this benefit, another thing CoolSculpting simply isn't designed to do.

TruSculpt

Building on Venus Freeze's success, truSculpt is the other fat reduction system which uses Radiofrequency (RF) energy. Like its predecessor, it destroys fat cells by rapidly heating fat cells to very high temperatures for very short periods of time. Then, exactly as with CoolSculpting, these degraded fat cells are removed from the body by the immune system in 1-3 month's time,

While it's classified as a fat reduction device it's capable of boosting collagen production in loose, sagging skin to provide a tightening effect. This understandably makes it popular with women who have just given birth. The handpiece used to deliver treatment is also smaller than that of other modern fat reduction systems, allowing it to treat awkward areas which don't offer a relatively flat surface area such as the arms and shoulders. These are areas which CoolSculpting can't easily access since it's suction device can't get a good grip.

DO I NEED LIPOSUCTION OR A TUMMY TUCK?

LIPOSUCTION

Tumescent liposuction, a procedure that can help remove localized fat deposits, is effective at safely removing large amounts of excess fat. Unlike a tummy tuck, liposuction is far less invasive, requiring very small incisions for the small cannulas (tubes) to be inserted under the skin. Additionally, while tummy tucks require general anesthesia and longer recovery times, liposuction only uses localized anesthetics and patients can often resume their day to day activities within days. Finally, liposuction can be used on many different body parts, while a tummy tuck is specifically designed for the belly. Liposuction is ideal for those who are in general good health, with fair skin and muscle tone; it however will not fix issues relating to excess skin or loose abdominal muscles.

MINI TUMMY TUCK

While liposuction aims to remove stubborn fat deposits, a mini tummy tuck aims to tighten and remove excess skin. All in all, a tummy tuck will help re-sculpt the body into a more natural looking, tighter appearance without messing with the fat deposits.

Liposuction Redo

Here's a bit of a different question. Why can't I keep getting liposuction on the same area, over and over? Or can I?

When a patient's love handles come back why not just get more lipo? More generally, why can't liposuction take the place of diet and exercise completely?

Dr. Giraldo: A liposuction redo is a bad idea. First, you're going to get internal scarring. It's going to get more and more difficult to access the fat. After a while, you'd be forced to try and physically remove scar tissue and fibrous tissue. Not to mention what you'd be doing to a patient's metabolism, hormonal balance and thermoregulation.

It's technically possible. A lot of things in surgery are technically possible, but that doesn't make them good ideas. I will take a bad lipo done elsewhere and try to improve upon it.

You could technically remove about 90% of the subcutaneous and visceral fat from a person's body. And what you'd have would be a pretty sick patient. Sometimes it's better to say no. It's the kind of thing where patients aren't happy, but they'd thank you if they knew what you know. "

WHICH PROCEDURE IS BEST FOR YOU?

When deciding whether or not a laser, tummy tuck or liposuction is best for you, Contact us today for a no-obligation consult.


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724.683.7581


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SPECIAL SERVICES

EXTRACORPOREAL SHOCKWAVE THERAPY

ESWT Treats chronic plantar fasciitis, heel spurs, achilles tendonitis, arch and heel pain. A gentle, 18-minute office procedure that greatly relieves heel pain.

LASER PLANTAR WARTS

Kid friendly! Gently kills foot warts.

K-LASER

Improves and speeds healing of aching muscles, tendons, bones, and especially Plantar Fasciitis.

VASCULAR LAB

Certified by the American College of Radiology. Map varicose veins and find blood clots!

IN-OFFICE ULTRASOUND

No expensive MRIs! Identifies Varicose veins, splinters, tendon ruptures, tumors

N-OFFICE X-RAYS

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

HAMMERTOE SURGERY

Relief for crooked painful toes; 10 min in office & 1-2 weeks rest.

GOUT TREATMENT



Dr. Christina Fleis Teimouri DPM

25 years of experience

American Board of Foot and Ankle Surgeons- Board Certified



SPORTS INJURIES

Same day appointments for emergencies!

TENDONITIS

Sore, overstretched tendons around the ankle and foot from recurring ankle sprains & flat feet... We have many options to get you back on your feet, without pain.

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

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Antibiotic Cream

Antifungal Nail Polish

Antifungal Shoe Spray

Antiperspirant For The Foot

Arch Support

Arch Support Sandals

Arch Support Slippers

Artificial Toenails

Calcium

Camwalker

Corns & Callus Pads

Crocs

Diabetic Insoles

Dry Skin Cream

Heel Lifts

Jobst Compression Stockings

Kids Arch Support

Night Splints

Orthotic Insoles

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Surgical Shoe

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Urea Cream

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Wart Medicine





TOENAIL TREATMENT

TOENAIL FUNGUS

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

LASER TOENAIL FUNGUS REMOVAL

Get rid of thick, discolored and ugly nails with quick, painless laser nail treatments.

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 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.

FOREIGN BODIES

Advanced imaging gives us a leg up on splinters!

BUNION

When even wider shoes don't give your big toe enough room.

WART REMOVAL

Mother approved! One and done warts.



VEIN TREATMENTS

American College of Radiology
Certified Vascular Lab

DOPPLER ULTRASOUND

Early detection of blood clots is important. 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
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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. Board Certified Cosmetic Surgeon.

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!

BODY SCULPTING FAT FREEZING

Getting rid of fat and cellulite on your thighs and abdomen can be nearly impossible, but it's a task we can help tackle.

BRACHIOPLASTY (Arm Lift)

Mom arms gone! No more batwings, loose extra fat or skin under your arms with a liposuction and skinplasty combination.

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! Look 10-20 years younger.



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MICRONEEDLING

Increase new collagen. Treats wrinkles, stretch marks and scars for ultimate skin rejuvenation.

DERMAPLANING

Helps to unblock blackheads. Remove peach fuzz and stimulates new collagen.

ULTRASONIC FACE TREATMENTS & PEELS

Great before or in between laser treatments! Exfoliates gently - shrinks pores while stimulating new collagen growth. Removes damaged layers, leaving smooth skin on the face, neck, décolleté, and hands. Reduces fine lines and acne.

LAMPROBE OR HYFREACATOR

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

SKINMEDICA

Rejuvenate and protect your skin. High-quality ingredients are your most valuable skin investment to improve skin tones and texture, reduce the appearance of fine lines. Restores young, healthy, slowing skin.

BODY LASER TREATMENTS

COOLSLIMMING SCULPTING

Freeze your trouble spots the easy way!

BODY CONTOURING & INFRARED BODY WRAP

Relaxing 1 hour deep penetrating infrared heat that helps burn calories and detoxify your body. Non-surgical Radio Frequency energy smooths cellulite; tightens loose skin.

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 reduces pain, inflammation and enhances healing.

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.



COSMETIC SKIN REJUVENATION

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. Best treatment (post baby or weight loss) for those reddish, purplish stretch marks.

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. Collagen and elastin production is 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 3-4 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 PICO SURE

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!**



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Eyebrows, Eyeliner, Lip Liner, Full Lip Color, Scars and Areola.

PERMANENT MAKEUP CLASS

Certified Permanent Makeup Master Instructor

SOLUTION TATTOO REMOVAL



COSMETIC INJECTABLES & FACIAL TREATMENTS



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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