

# Wellness Newsletter

Information and Events September 2008

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## Fall Into Wellness



I hope everyone had a fantastic summer. The fall season brings many

## How To Achieve Optimal Health

**Dr. Patel's Book Debut on Optimal Health!** Learn proven steps to slow down the aging process and optimize Health at this **FREE** health and wellness expo.

**Date: Saturday October 4, 2008**

**Time: 10am-2pm**

**Location: Rosemont College, McShaine Hall**

### What is Optimal Health?

Optimal Health is the state of peak performance mentally, physically, emotionally, and spiritually at any age. It integrates Eastern philosophies and Western medicine using the synergy between nutrition, exercise, proactive preventative medicine, hormone optimization, supplements, and mindfulness.

**Seema Patel, MD, MPH, Medical Director of The Institute for Optimal Health and Age Management Specialist, will discuss ground-breaking information needed to achieve Optimal Health.**

**\*Her workbook "*The Manual for Optimal Health, Creating your Personal Wellness Wheel*" will be available for purchase at the event.**

**Lee Kirksey, MD, FACS, Vascular Surgeon at the Penn Presbyterian Medical Center, will discuss the newest, cutting-edge testing for heart**

exciting events and health news to Shanti Medspa at The Institute for Optimal Health.

This month, we are promoting our upcoming fall events. The biggest event is our health and wellness expo that is called "How to Achieve Optimal Health". We are also hosting another Botox and Juvederm Party, featuring consultations with an Acupuncturist.

Our wellness focus this month is on the newest tests used to determine cardiovascular risks.

This testing will be discussed at our expo and will soon be available for our patients.

To sign up for our events or to schedule your consultation or appointment, please call 610-642-2644 or email me at [kmiskin@shantimedspa.com](mailto:kmiskin@shantimedspa.com).

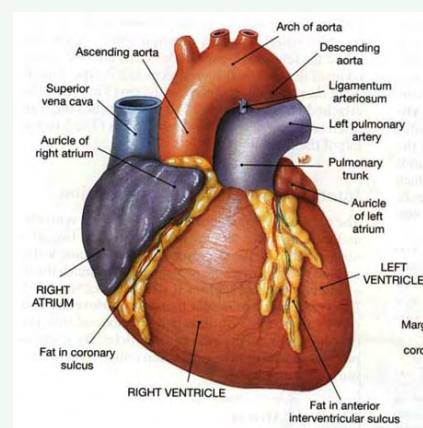
**Kelly Miskin**  
Internal Marketing  
Coordinator

disease, the #1 killer of American men and women.

### Participating Complimentary Healthcare Providers

- Ayurvedic Specialist
- Acupuncturist
- Mindfulness and Meditation Providers
- Sleep and Weight Management Specialist
- Compounding Pharmacies
- Exercise Specialists
- Nutrition Experts
- Local Health Food and Supplement Stores

For Reservations Call: 610.642.2644 or email: [kmiskin@shantimedspa.com](mailto:kmiskin@shantimedspa.com).



### The Newest, Cutting Edge Testing for Cardiovascular Disease

The Institute for Optimal Health introduces state-of-the-art cutting edge cardiovascular risk factor identification.

Historically, the only means of assessing the cholesterol has been the total cholesterol, LDL, HDL, and triglyceride level. Now with innovative technology, ultracentrifugation, your cholesterol can be examined to assess additional parameters. We can test for seven different types of LDL and five different types of HDL that can have important implications about risk for heart attack, stroke, and the risk of family members. These factors may also assist in guiding the recommendations regarding diet and exercise.

Prompt and early diagnosis of cardiovascular disease risk with the most up to date tests allows aggressive treatment of individual risk. Certain genetic markers independently increase the risk of Cardiovascular Disease just like factors such as hypertension and diabetes.

The Cardiovascular Risk Factor (CRF) Program is accompanied by enrollment in the **4myheart Program**. This program provides ongoing interaction with each patient through individual education and group sessions. The CRF profile is used by Dr. Patel to create a treatment plan and guide recommended lifestyle changes. Clinical educators make sure that patients understand lab results. Subsequent tests measure the patient's adherence to pharma therapy and program goals.

**To hear more about these newest tests, please join Dr. Kirksey at the "How To Achieve Optimal Wellness" Expo listed above.**

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**Quick Links**

[Visit Our Website](#)

[Visit Our Online Forum](#)

[Dr. Patel on Fox News](#)

**For patients that are interested and have already spoken with Dr. Patel, we will have our phlebotomist to draw your blood work for this testing from 8am to 10am on September 11th and 18th in Ardmore. Please call our office to schedule your time.**

## **Upcoming Events**

### **Soul Colors and Botox Party**

Join the team at The Institute for Optimal Health & Advanced Skincare at one of our famous Botox & Juvederm Parties! The party will be held on Thursday September 18th from 9am-6pm in our Ardmore office and Friday September 19th from 11am-5pm in our Center City office.

**This special event features discounts on injectables, free giveaways, great food, and for the first time, a visit from Peyton Theodore, Acupuncturist!** She will be doing consultations during the event on her Soul Colors Program. This is a personalized color consultation, where you choose four of your favorite color combinations and then discuss and learn about your life's purpose, soul's gifts, present involvements, and future possibilities. Consultations will cost \$25 for 15 minutes or \$50 for 30 minutes.

**To reserve your appointment for Botox, Juvederm, or Soul Color Consultation, please call 610.642.2644 or email me at [kmiskin@shantimedspa.com](mailto:kmiskin@shantimedspa.com).**