



## Institute of Advanced Skin Care & Optimal Health: A Cenegenics Medical Affiliate Newsletter

Health & Wellness Newsletter

February 2008

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### Greetings!

February is American Heart Month and Shanti wants to help prevent heart disease. Coronary Heart Disease is America's #1 killer and stroke is #3. A healthy lifestyle can help reduce the risk of getting these diseases. The article in this eletter addresses ways to avoid cardiovascular disease.

At Shanti, we have a variety of wellness programs and relaxing spa services from which to choose to help you achieve heart health. Our Valentine's Day spa treatments will help you relax and our wellness consultations with Dr. Patel to get your heart in better shape!

As always, please contact me with any questions or to schedule your next appointment!

Sincerely,

**Kelly Miskin**  
Internal Marketing Coordinator  
[kmiskin@shantimedspa.com](mailto:kmiskin@shantimedspa.com)



## Special Threading Event

Join the staff at Shanti Medspa for a special Threading Event! On Friday February 29, 2008, visit the Ardmore or Rittenhouse office for threading from 10am-6pm and receive 10% off the cost of threading!

This special event will also include discounts on other treatments. On this day ONLY, purchase medspa treatments for 50% off! This includes Facials, Backcials, Chemical Peels, Microdermabrasions, Fotofacials, and Laser Hair Removal!

Appointments are REQUIRED for this event due to the high volume of appointments. Call today to reserve your space. 877.642.2644

### How To Avoid Cardiovascular Disease

Coronary Artery Disease is America's leading cause of death in both men & women. Approximately 1 in 4 Americans have some form of Coronary Artery Disease. Heart disease kills more Americans than cancer. A person's chance of developing CAD increases in association with one or more risk factors. The following are risk factors for CAD.

- 1) Cholesterol: High plaque buildup on the artery walls causes loss of elasticity of the artery, leads to calcium deposits, and arteries become narrow and stiff. If this continues, adequate blood cannot get to the heart with the necessary oxygen.
- 2) Gender: We cannot change gender, but can identify this risk factor. CAD is most common in men of middle age and African American women.
- 3) Tobacco: Smoking lowers HDL, destroys elastic tissue, and increases activity of the sympathetic nervous system. Smoking may be responsible for 1/5 of all CAD deaths.
- 4) High Blood Pressure: If pressure is too high, it prevents adequate circulation through the arteries. It can also increase the thickness of the heart, making it more difficult to supply blood/oxygen to the heart.
- 5) Activity Levels: Exercise decreases blood pressure, resting heart rate, total cholesterol, blood sugar, and stress and increases HDL, blood vessel diameter, and mood.
- 6) Diabetes: Chronically elevated insulin levels create resistance to keeping arteries open & elastic and can diminish them entirely. Adequate control of blood sugar levels maintains the body's sensitivity to insulin, so controlling blood sugar controls insulin levels.
- 7) Homocysteine: Homocysteine is an "in between" metabolite of protein digestion and metabolism. If it accumulates, it can be very irritating to the cells that line the coronary arteries and elevated levels can mean an increase in risk for CAD.

Homocysteine levels can be reduced with proper supplementation.

8) Obesity: Obesity is defined as being more than 20% over ideal body weight. Being obese raises risk for diabetes, insulin resistance, high blood pressure, and high cholesterol - all of which are risk factors for CAD.

9) Stress and Mood: Stress raises levels of adrenaline-family molecules, increases the tension of blood vessels, makes blood platelets stickier, increases oxygen demand on the heart muscle, can elevate homocysteine levels, worsen cholesterol profiles, and may reduce estrogen levels in women.

10) Estrogen: Proper estrogen levels maintain healthy levels and ratios of cholesterol to fats, keep heart valves and vessels elastic, decrease thickness of blood, and protects heart arteries from damage. It helps prevent the onset of CAD, but once CAD is present, it cannot reverse it. If a woman has CAD beginning estrogen replacement can actually increase risk instead of reduce it. Estrogen replacement should be considered earlier rather than later.

11) Alcohol: Moderate alcohol use is associated with reduced risk for CAD. More than the healthy amount of 2 drinks/day can raise blood pressure, damage the heart muscle, and can make the heart irritable and susceptible to bad heart rhythm.

The key to good heart health is to address overall health, and not just focus on one of the above factors.

**[Read More](#)**

### **Omega-3 Fatty Acids**

Omega-3 fatty acids are polyunsaturated fatty acids that cannot be manufactured by the body, so they must be obtained from food. There are three types of omega-3 fatty acids that are ingested in food and used by the body: alpha-linolenic acid (ALA), which come from plant sources and eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which come from marine sources. When ALA is ingested, it is turned into EPA and DHA.

You can obtain ALA from the following plant sources: leafy green vegetables, nuts (walnuts, hazelnuts, pecans), seeds, oil (canola, flaxseed, linseed), egg yolks, algae, and krill. You can ingest EPA & DHA through salmon, tuna, halibut, mackerel, swordfish, among other fish. If you feel like you are not getting your daily dose of omega-3s, you can also take a fish oil supplement. The proper dosage of supplements should be based on the amount of EPA and DHA in the product, not the amount of fish oil. It is recommended that a healthy person should not consume more than 3 grams of fish oil per day.

Omega-3 fatty acids may be helpful in preventing and treating a variety of health conditions. EPA is helpful in heart health issues, such as reducing high cholesterol, high

blood pressure, and the risk factors for heart disease. DHA is a building block of brain function. It can help with mental disorders, such as depression, schizophrenia, memory loss, and bipolar disorder. They are also helpful with reducing inflammation in disease like arthritis, inflammatory bowel disorder and for certain cancers, such as colon, breast, and prostate.

[Read More](#)

### February Promotions

**Buy 1, Get 1 50% off:** Includes: Facials, Backcials, Chemical Peels, Microderms, & Fotofacials.

**Student Discount:** Students get 35% discount on Tuesdays with valid ID. Threading, Massage, and Pixel not included.

**New Patient:** Receive 10% discount on your first purchase at Shanti. Includes products and treatments.

**Accent Discount:** Accent will arrive in February and training rates will continue through the month!