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Shanti
Medical Spa & Wellness Center

Institute of Advanced Skin Care & Optimal Health Newsletter

Health and Beauty Newsletter
October 2007

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Greetings!

We hope everyone has gotten into their new fall routines with ease. October is Breast Cancer Awareness Month and we have focused two articles on that important topic. Also in this issue, is an article about the newest laser 360, our product highlight of the month, and important information about low libido and our Optimal Wellness Program.

360 Degrees to Better Skin

Turn your skin around with new laser technologies!

Harmony lasers has updated its protocol in using the three laser technologies, the Pixel, the Fotofacial, and Skin Laxity. The new protocol uses a combination of three laser technologies within 60 days to optimize results.

This Non Surgical Face Lift Protocol promises a 360 degree turn around in patient's skin color, texture, tone, and laxity.

The combination of lasers enable each laser to penetrate deeper into the skin to help remodel and

Breast Cancer Awareness

Breast Cancer Risk Factors

October is Breast Cancer Awareness Month. The cause of breast cancer is unknown. However, there are risk factors that have been identified which increase a woman's chance of getting breast cancer.

Being a woman is the number one risk factor for breast cancer which is why it is important to have routine mammograms, get regular

stimulate new collagen and elastin. The combination of a fotofacial and skin tightening are used to improve saggy skin, sun damage, rosacea, and fine lines. The combination of the skin tightening and the pixel tightens the skin, begins smoothing out deep lines, reduces brown spots, and improves skin texture, tone, and overall color. The combination of the Pixel and the Fotofacial work on sun damage and the wrinkles. Using the lasers together allows for deeper penetration and more optimal results.

The number of treatments and combination of lasers used on each patient will vary but most people will see a result within four to six treatments.. After a complimentary consultation, our team will prescribe the best treatment options to maximize your results!

Full story

Product of the Month

Neostrata's PHA 4 Facial Cleanser

Neostrata's gentle facial cleanser with 4% PHA (poly hydroxy acid) is the perfect cleanser for all skin types, including acne- prone or sensitive skin. It is designed to gently cleanse and exfoliate the skin without drying which is great for the turn of season when skin can become dry.

We have combined this with Avene Akerat, which is a body cream to help smooth and retexturize skin, and Avene Trixera, which is an emollient bath to help nourish dry skin. You can purchase this kit, called the gentle soothing travel kit, for only $15!

Full story

Low Libido

Contributing factors and possible cures

Low libido is a complicated issue caused by physical, emotional, and relationship issues. Addressing all of the issues at the same time is probably the best course of treatment.

The emotional and relationship issues can include stress, anxiety, conflicts, communication issues, and lack of trust or connection. Treatment for these issues can include therapy and/or medication.

clinical breast exams, and perform monthly self breast exams to detect problems early.

Some risk factors can be controlled and others cannot. Even if you do not have any of these risk factors you can still develop breast cancer. Risk factors are: age, inheriting the mutation in the breast cancer genes, having a previous biopsy showing hyperplasia or carcinoma in situ, having a mother, daughter, or sister who has had breast cancer, having high breast density on a mammogram, being exposed to large amounts of radiation, a personal history of breast or ovarian cancer, starting menopause after age 55, never having children, having your first child after age 30, being overweight after menopause, gaining weight as an adult, having more than one drink of alcohol per day, currently or recently using combined synthetic estrogen and progesterone hormone replacement therapy, having your first period before age 12, taking birth control pills for 5 years or longer.

If you have any questions about breast health, see your doctor or call Dr. Patel.

Full story

Breast Cancer Prevention with Supplementation

The Role of Indole-3-Carbinol

Breast cancer is the most common cancer in women in the US . There have been many new interventions aimed at preventing and treating this disease more effectively, including an emphasis on nutrition and supplementation.

One of these supplements is called indole-3-carbinol, which is a glucosinolate, and is found in cruciferous vegetables, such as red cabbage, broccoli, cauliflower, cabbage, and kale. These foods contain phytochemicals, which produce anticarcinogenic effects and inhibit the growth of various cancer cells.

In terms of breast cancer, it has been shown to suppress the growth of breast cancer cell lines and block their ability to replicate. This may be why a high lifetime intake of these vegetables is associated with a reduction of breast cancer. Also, women with breast cancer are advised to consume cruciferous vegetables and add I3C supplements to their diets.

The minimum amount of I3C supplement advised for prevention of breast cancer is 300-400 mg per day.

Medical issues causing low libido vary in range. Certain drugs may have sexual side effects, such as birth control pills and SSRIs used to treat depression. Most of the time, it is a drop in testosterone that is the cause of low libido. A full hormone workup of blood tests can determine if there is an imbalance. Imbalances can be treated in several ways, such as pills, creams, and gels. Another method of treatment is bio-identical hormone therapy.

At Shanti Medical Spa, we offer Optimal Wellness Medicine that combines Age Management Medicine with focuses on healthy aging with preventative medicine to optimize health over the treatment of disease. We also offer hormonal evaluation which is a complete lab evaluation of hormones that control metabolism, stress hormones, sex hormones, and your master hormone, Growth Hormone. If you are interested in having your hormone levels checked please call to schedule your appointment. A healthy sex life is very important for a happy and fulfilling life

Read More

The supplement form is called Indole 3 Carbinol or DIM, which is a breakdown product of I3C. If this is of interest to you, you can purchase this supplement through douglaslabs.com.

Promising research about DIM and I3C

New Threading Schedule

Threading has become one of our most demanded services. To better accommodate your needs, we will be offering it on more days!

- **Center City Threading Hours**
- Tuesday 10-6pm with Shilpa
- Friday 11:30-6pm with Rohini
- Saturday 9-5pm with Shilpa
- **Ardmore Threading Hours**
- Wednesday 10-5pm with Shilpa
- Friday 11-7:30pm with Shilpa
- Sunday 9:30-4pm with Shilpa

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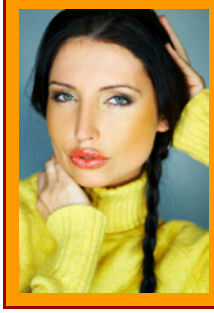
Preholiday Preparation



Buy One Get One 50% Off!

It's back! During October, buy one treatment at regular price and get one at 50% off.

Prepare your skin for the holidays with any of the following treatments: facials, backcials, chemical peels, microdermabrasions, microderm-facials, and micro-peels. Purchase both for yourself or buy one for you and one for a friend!

Preholiday Preparation

Laser Hair Removal Savings!

Start thinking about the holidays early this year!

Buy a laser hair removal package for one body part at 25% off and get a package for a second body part at 40% off!

Purchase a package for full body laser hair removal and receive $1,000 off!

***Packages must be paid for in full within 2 visits!**

There are alot of exciting things coming up at Shanti. We are looking forward to a second day of having the **Accent laser** in our Ardmore location. We have not chosen a date yet, but we will let everyone know what day it is coming. We had great results the first time and look forward to the second round of treatments.

Also, the **Pixel** will be in our Center City office on **Friday October 26th and 27th.** Make sure to sign up with us in advance to secure your space!

As always, please call or email us with any questions or to schedule your appointment.

Sincerely,

Seema M Patel, MD, MPH
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