



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

Health and Wellness Newsletter

October 2007

### Greetings!

We hope everyone is back into the swing of things and getting ready for a great fall season! At Shanti we have some very exciting things going on and look forward to sharing them with each of you.

This newsletter contains articles about low libido, building muscle mass, acne and oral contraceptives and breast cancer and I3C. Please call or email us with any questions about these or any other wellness, health, or skin-care related topic!

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### *Low Libido*



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.

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. 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 healthy life

[Read More](#)

## *Building Muscle Mass at Any Age*



In last month's newsletter, we informed you about the updated physical activity guidelines by the American College of Sports Medicine and American Heart Association. These two organizations have recommended strength training all the major muscle groups two times per week, as well as doing cardiovascular activities. Building and preserving muscle mass has many benefits, such as improving body composition, immune function, and metabolic rate.

As we age, exercising our muscles properly becomes especially important. Without proper strength training activity, we can lose 5 to 7 pounds of muscle tissue each decade of our adult life. We can also gain fat due to the decline in metabolic rate. Aging also impairs our ability to recover after exercise, due to lower levels of testosterone and HGH, and can decrease flexibility.

Even though aging has its effects on muscle mass, the ability to build muscle stays the same no matter what your age. You have to pay attention to your workouts and include moves that involve the entire body. Your program should change every 4 to 6 weeks to prevent plateau. This means that intensity should be increased by changing weight or number of repetitions. Strength training will also help you in regular every day activities, such as lifting the groceries or keeping up with your children.

[Full Story](#)

## *Oral Contraceptives Prescribed for Acne*



Acne is increasing in women in their 20s and 30s. Given existing acne therapies and the desire among many women in this age range to prevent pregnancy, dermatologists are prescribing oral contraceptives that contain estrogen for the treatment of acne. The American Academy of Dermatology guidelines published this year support this idea.

The problem for dermatologists with this idea in the past has been that OCs cannot be prescribed unless the patient has had a pap smear. Over the past several years, changes have been made and organizations such as the American College of Obstetricians and Gynecologists agree that a pelvic examination is not required for initiation of hormonal contraceptives. The basis for the new recommendations is that pelvic exams and pap smears are designed to check for cervical cancer, ovarian cancer, and sexually transmitted disease, none of which are caused or worsened by the use of OCs.

The effects of OCs on acne have been known for more than ten years. Studies have shown the reduction in inflammatory lesion counts and total lesion counts. The Food and Drug Administration has approved Ortho Tri-Cyclen, Estrostep, and Yaz for acne treatment and that other estrogen-containing OCs have similar effects. Lower estrogen options have also shown to be effective for acne treatment, and because of the lower estrogen dose, they have fewer side effects and better tolerability.

If you have acne questions, Shanti can help! Click on the link below to take our acne questionnaire

[Take Our Acne Quiz!](#)

## *Indole-3-Carbinol and Breast Cancer*



October is Breast Cancer Awareness Month. Breast cancer is the most common cancer in women in the US . There have been 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 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. The supplement form is called DIM, which is a breakdown product of I3C. If this is of interest to you, you can purchase this supplement through [douglaslabs.com](http://douglaslabs.com)

[Read More About DIM](#)

## *Fall Into Wellness*



As the seasons change and we head toward the cooler weather and holiday season, make sure to make your health a priority. Exercise, proper nutrition, and mental health are all a part of staying fit. Make sure to take time each day for yourself and do something that you enjoy.

As always, the staff at Shanti is always here to guide you in your path to "Inner Health and Outer Beauty". Call us to set up a complimentary consultation or to answer any questions. We look forward to speaking with you! 877.642.2644

## Quick Links...

- [Visit Our Web Site](#)
- [Corporate Wellness](#)
- [Vein Health](#)
- [Cenegenics Info](#)

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## Institute of Advanced Skin Care & Optimal Health Newsletter

Health and Beauty Newsletter  
October 2007

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- :: Product of the Month
- :: Breast Cancer Prevention with Supplementation
- :: Low Libido
- :: New Threading Schedule



### 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.

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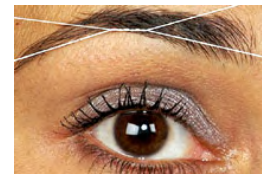
[Read More](#)

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](http://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 a lot 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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