

# The Community Health Source

Creating a Healthy Balance in Your Life

Volume 8 Issue 4

April 2011



## Integrated Wellness and Beauty Approach Combining Traditional, Holistic and Natural Medicine

Allergy Elimination  
Chiropractic Services  
Cosmetic Surgery  
Counseling  
Energy Medicine  
Hand Surgery  
Holistic Family Practice  
Holistic Gynecology  
Holistic Pediatrics  
Homeopathy  
Hypnotherapy  
Ion Magnum – Inch Loss  
Massage Therapy  
MedSpa  
Perceptor Facelifts  
LipoMassage™  
(By Endermologie®)  
Permanent Makeup  
Reconstructive Surgery  
Skincare

Free Wellness Lectures & Special Events

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## Millennium Healthcare & Plastikos Plastic and Reconstructive Surgery

### Two Locations to Serve You!

#### Main Office in Dunwoody

Plastikos Plastic and  
Reconstructive Surgery  
4370 Georgetown Square  
Atlanta, GA 30338  
(770) 457-4677

#### Satellite Office in Dunwoody

Millennium Healthcare  
1867 Independence Square,  
Suite 155  
Atlanta, GA 30338  
(770) 390-0012  
www.plastikos.com  
www.millennium-healthcare.com  
www.templeofhealth.ws



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www.facebook.com/TempleofHealthRadioShow  
www.facebook.com/TruthAboutBreastImplants



# ABOUT PLASTIKOS AND MILLENNIUM HEALTHCARE

Dr. Susan Kolb founded Plastikos Plastic and Reconstructive Surgery, Avatar Industries and Millennium Healthcare to create an Integrated Wellness and Beauty Approach Combining Traditional, Holistic and Natural Medicine. Plastikos began in 1995 as a vision for a healing space where surgical technology could be combined with compassionate care and holistic healing modalities. Dr. Kolb founded Millennium Healthcare to create a Holistic group practice, integrating conventional, holistic and spiritual medicine to complement Plastikos Plastic and Reconstructive Surgery. Our goal is to ensure that each patient receives the highest quality care while enjoying special attention in a private serene setting. Millennium Healthcare and Plastikos Plastic and Reconstructive Surgery are service-oriented and dedicated to providing educational opportunities for the Atlanta area through our free wellness lectures, radio shows, workshops and classes.

## JULIAN B. GORDON, M.D. COSMETIC AND PLASTIC SURGEON



Dr. Gordon graduated from Amherst College and received his medical degree from New York Medical College. He then completed his general surgery training at Saint Vincent's Medical Center in New York City and went on to complete his plastic surgery training at the University of Medicine and Dentistry in New Jersey where he also served as Chief resident. Following his plastic surgery residency, Dr. Gordon did a one-year fellowship in breast and microsurgery at Memorial Sloan Kettering Cancer Center in Manhattan. Dr. Gordon was certified by the American Board of Plastic Surgery in 2005.

## RICHARD CLOFINE, D.O. DUAL BOARD CERTIFIED IN GYNECOLOGY & HOLISTIC MEDICINE



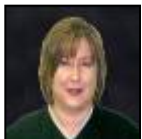
Dr. Richard Clofine specializes in peri-menopause wellness including "natural" hormone replacement therapy and Osteopathic Manipulative Therapy (hands on healing bodywork) in his practice for over 20 years. He also offers a full range of care in office gynecology from annual women's wellness exams to problems such as PMS, uterine fibroids, menstrual irregularity, contraception, abnormal pap smears, female sexual dysfunction and endometriosis.

## "DR. MIKE" GREENBERG, D.C. ALLERGY ELIMINATION, SPORTS & HOLISTIC CHIROPRACTOR



In his holistic practice of over 22 years, Dr. Mike built his reputation as an outstanding healthcare provider and has seen many celebrities, world class athletes and top executives. Dr. Mike is a new generation of holistic chiropractic doctor, who is treating food, environment and medication allergies. In 1996 "Dr. Mike" was awarded a United States patent for a rare Multi Herbal/Vitamin formula. He has taken numerous Post-Graduate courses and seminars in nutrition as well as having a Naturopathic certification.

## CINDY STOCKTON, L.M.E., L.M.T. LICENSED MEDICAL ESTHETICIAN AND MASSAGE THERAPIST



Cindy Stockton, L.M.E., L.M.T. is a licensed Paramedical Esthetician and Massage Therapist with over 21 years experience in medical aesthetics and integrated massage therapy. Cindy utilizes her exceptional knowledge of anatomy, cosmetic chemistry, skin structure and function to give each patient a personalized program to meet individual needs. She provides results oriented treatments that focus on skin rejuvenation, including acne and anti-aging treatments, reducing the look of cellulite and repairing sun-damaged skin.

## EDD EDWARDS MEDICAL INTUITIVE AND ENERGY SPECIALIST



Edd has trained his autonomic nervous system to interact with the ever shifting isomeric configurations, called "resonant energy", that are ubiquitous in all living organisms. Edd Edwards grew up in NE Georgia and spent his childhood experimenting with an awareness of an energy field he could sense and modulate. In the fall of 1995 Dr. William Levengood was the first scientist to quantitatively measure Edd's capability to transfer energy beyond space and time, at his Pinelandia Biophysical Laboratory in Grass Lake, Michigan. In 2008 Edd was tested at the Rhine Research Center where he was able to increase the light level.

## SUSAN E. KOLB, M.D., F.A.C.S., A.B.H.M. PLASTIKOS PLASTIC AND RECONSTRUCTIVE SURGEON, FOUNDER AND CEO



The Founder of Millennium Healthcare and Plastikos Plastic and Reconstructive Surgery, Dr. Kolb is a recognized authority on spiritual medicine and energy healing, which she integrates into her practice. She is a leading international authority on Silicone and Saline Breast Implant Disease, and has developed an immune and detoxification protocol for this patient base. Dr. Kolb is board certified in Holistic Medicine as well as Plastic and Reconstructive Surgery.

Dr. Kolb is the author of  
[\*The Naked Truth About Breast Implants: From Harm to Healing\*](#)  
and a contributing author to  
[\*The Goddess Shift: Women Leading for a Change\*](#)

## BRADFORD GOULD, M.D. BOARD CERTIFIED FAMILY PHYSICIAN



Dr. Bradford Gould is a Board Certified Family Physician. He attended Medical College of Georgia and graduated in 1999. He completed his internship at both St. Vincent's Medical Center in Jacksonville, FL and Greenville Memorial Hospital in Greenville, SC. Dr. Gould also has a fellowship from International Academy of Medical Acupuncture. Dr. Gould has a very diverse background with special interests in homeopathy, herbal medicine, nutrition and sports medicine. Dr. Gould provides complete family care of all ages from birth to geriatrics. Full pediatric and women's well care are also offered.

## NADYA DHANANI, B.H.M.S. CLASSICAL HOMEOPATH



This provider is not a licensed physician and does not diagnose and/or treat diseases. Nadya Dhanani, B.H.M.S. studied at the Homeopathic medical college associated with Bombay University in India for five and half years. She received her Bachelors of Homeopathic Medicine and Surgery in 1987 after completing her internship in General Medicine, Pediatrics, Skin and Gynecology. Dr. Dhanani has practiced as a classical homeopath for 11 years and specializes in obesity, skin conditions, mental disorders, respiratory problems and children's health issues. This provider does not diagnose and/or treat diseases. For all diseases and/or treatments, please see one of our Licensed Medical Doctors.

## JULIE ANTHONY, R.T. (R)(M) PERMANENT MAKEUP ARTIST



Julie is certified in permanent cosmetics, radiology, and mammography and has been working as a medical professional since 1995. She has completed hundreds of procedures, specializing in lips, eyebrows, hairline stroke eyebrows, eyeliner, eye enhancement procedures, mucosal liner, scar camouflage, corrective procedures, vitiligo, areola pigmentation and stretch mark camouflage. Julie Anthony is held in high regard throughout the southeast for her expertise, professionalism, and knowledge.

## SATISH NAIR, C.M.T., M.F.R., R.Y.T. CERTIFIED MASSAGE THERAPIST, YOGA INSTRUCTOR & AYURVEDIC EDUCATOR



Satish Nair is a certified massage therapist with additional training in Myofascial release therapy, clinical sports, Craniosacral, neuromuscular, Swedish, shiatsu, reflexology and manual lymphatic drainage massage therapy. Satish is a certified Yoga instructor, Pranik Healer and an Ayurveda Educator. His intuition integrated with his innate gift to help each patient understand and become aware of their empowerment in the healing process, provides a very relaxing and healing experience by which he gently awakens the mind, body and spirit connection.

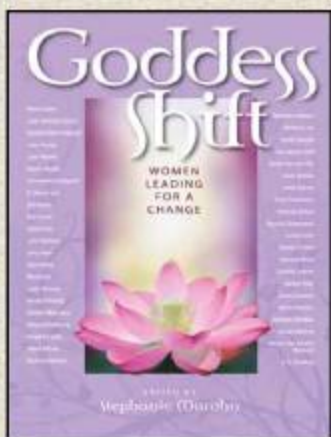
# *The Naked Truth* ABOUT BREAST IMPLANTS FROM HARM TO HEALING

**Now Available**

## ***The Naked Truth About Breast Implants: From Harm to Healing***



Susan Kolb is a medical doctor who is uniquely qualified to tell this story because she has a specialty in plastic and reconstructive surgery, as well as extensive training in holistic medicine. Furthermore, both silicone and saline breast implants have been in her body, and she confronted the health challenges such prosthetic devices can produce. While her story is very personal, it also reflects the experience of hundreds of thousands of other women. The story she tells involves multinational corporations, public health concerns and governmental organizations that have betrayed the very people they are charged with protecting. Suppressed research, legal battles, government hearings, political corruption and corporate greed are part of this saga. Yet it is also about healing, for it contains the promise that those involved will learn greater responsibility. As Dr. Kolb says, "Sometimes we all have to learn the hard way."



Susan Kolb, M.D. is a contributing author on the Goddess Shift book, which includes a remarkable compilation of contributors who shared their insight on the new role of women in leadership.

*Goddess Shift: Women Leading for a Change* is an anthology that celebrates these values. It includes chapters by women leaders in diverse fields of human endeavor. These range from entertainment (Oprah Winfrey), finance (Suze Orman), government (Angela Merkel), business (Meg Whitman), sports (Mia Hamm), social change and philanthropy (Angelina Jolie), and literature (Sue Monk Kidd).

*"A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult."*

- **Melinda Gates**, The Gates Foundation

*"We need to fix our souls. Our souls are broken in this nation. We have lost our way. And if begins with inspiration, it begins with leadership."*

- **Michelle Obama**, First Lady

### **About the Author:**

Susan E. Kolb, M.D., F.A.C.S. A.B.H.M. the founder of Plastikos Surgery Center and Millennium Healthcare in Atlanta, Georgia, has developed treatment protocols to help women with silicone, chemical and biotoxicity problems from breast implants. She has the personal experience with the illness and first used the protocols to regain her own health.

To purchase either book, please visit Dr. Susan Kolb's website: [www.thenakedtruthaboutbreastimplants.com](http://www.thenakedtruthaboutbreastimplants.com)

For Media inquiries, appearances, or other publicity, please contact :

Karen Vaughn at (770) 457-4677 Ext. 144 or via email at [kvaughn@plastikos.com](mailto:kvaughn@plastikos.com)



# Hyaluronic Acid & Its Anti-Aging Benefits

By: Cindy Stockton, L.M.E., L.M.T.

The benefits of hyaluronic acid are becoming increasingly known as an effective anti-aging skin care treatment. Hyaluronic acid, or simply referred to as HA occurs naturally within the body. One of the principle characteristics of HA is its ability to retain water contributing significantly to the skin maintaining a youthful appearance.

The levels of HA in the body decrease each year. As these levels decrease, it adversely impacts the skin's ability to retain moisture, thus leading to those inevitable wrinkles.

Hyaluronic Acid is a conduit for greater elasticity in the skin. It has the ability to resist being compressed and is essential as a protecting agent for the structures underneath the skin. Many health and beauty products contain hyaluronic acid for adding fullness and moisture to skin which gives it a more youthful and healthy appearance especially around the eyes, lips and other areas prone to wrinkles.

With its gaining popularity, HA is quickly becoming one of the active anti-aging ingredients to look for in skin rejuvenation products. It is used to induce wound healing, to treat osteoarthritis of the knee and in treating some eye disorders.

In skin rejuvenation, HA can be used topically or administered through tiny injections under the skin which produce similar skin plumping effects as collagen injections. Most prefer hyaluronic acid over collagen because the effects last longer. Fillers containing hyaluronic acid are Juvéderm®, Restylane®, and Perlane®.

Plastikos carries topical products containing hyaluronic acid as well as all the injectables containing this youthful ingredient. If you are looking to regain your youthful appearance, please call our MedSpa today at (770) 457-4677 ext. 124.



**PLASTIKOS**

*MedSpa*

*Restylane®*

 *Juvéderm® XC*

*Perlane®*

# Healing GERD

By: Dr. Mike

GERD, sometimes referred to as heartburn, the hallmark symptom, that affects about 100 million people in the United States. The intense pain called heartburn has nothing to do with the heart, but with digestion.

## What is GERD?

It stands for Gastro-esophageal Reflux Disease. It is when the stomach acid that is for digesting food backs-up. The acid backs-up into the esophagus, the tube that carries food from your mouth to your stomach.

## What can cause GERD?

Stress is a possible cause of the stomach producing too much acid. Typically, there are many possible causes or triggers. Medications, smoking, certain foods, large amounts of food, an infection or a structural weakness or hernia. In infants, a virus is often the culprit not mom's milk.

## Foods linked to GERD:

- Chocolate
- Citrus
- Coffee
- Alcohol
- Spices

## How serious is heartburn?

It depends. If it happens once in awhile, example once a month, then it isn't serious. If it happens once a week, then it should receive medical attention. If it happens daily, it is serious. Left untreated, it may lead to Barrett's cancer. To take over the counter medication daily is a sign that a potentially serious problem is being ignored.

## What are the symptoms of heartburn?

Heartburn is described as a sour, burning sensation in the upper abdomen or chest. It may go all the way up into the neck. Heartburn is generally worse after meals, while laying down at night, or during exercise and bending over.

## What is the medical treatment?

Once a diagnosis has been completely established, the routine medical approach is medication indefinitely and dietary recommendations. For example, avoid hot spicy food, chocolate, alcohol, eating late at night and eat less. It is also important to rule out any other underlying conditions, such as high blood pressure, asthma, hernia, ulcers or heart disease.

## What is the holistic natural approach?

Once a diagnosis has been confirmed, it would be beneficial to reduce stomach acid being generated, regardless what a person digests. Normalized the acid production not medicated over-acid production. To ensure proper body pH and balance the autonomic nervous system helps normalize the overall digestive process. To eliminate any bacterial or viral infections that might be harboring in the stomach or intestines. To eliminate any food allergy and reduce bodily stress. To facilitate the body's self-healing mechanisms without any long-term dependency on medications.

## Do you have another option?

Do both. Utilize convention and holistic approaches. Once you have a definitive diagnosis and have ruled out any associated conditions, take medication for quick relief and then find the best holistic doctor to help heal your condition. Utilizing everything that works is very smart.

For 20 years, Dr. Mike treated many celebrities, CEOs and world-class athletes in Los Angeles. And he has toured the country treating colleagues. Dr. Mike and his family moved to Atlanta where he joined forces with the doctors at Millennium Healthcare. Millennium offers each patient the best of both conventional and holistic medicine.

To make an appointment with Dr. Mike - call Millennium Healthcare at (770) 390 - 0012.



# How to Avoid Becoming a Victim of Healthcare Identity Fraud

By: Rhonda Howard & Kia Clemmons

Medical Identity Theft has become the fastest growing crime in America claiming as many as 500,000 Americans. Medical Identity Theft can cost the victim thousands of dollars, constant stress and even threaten their lives and health.

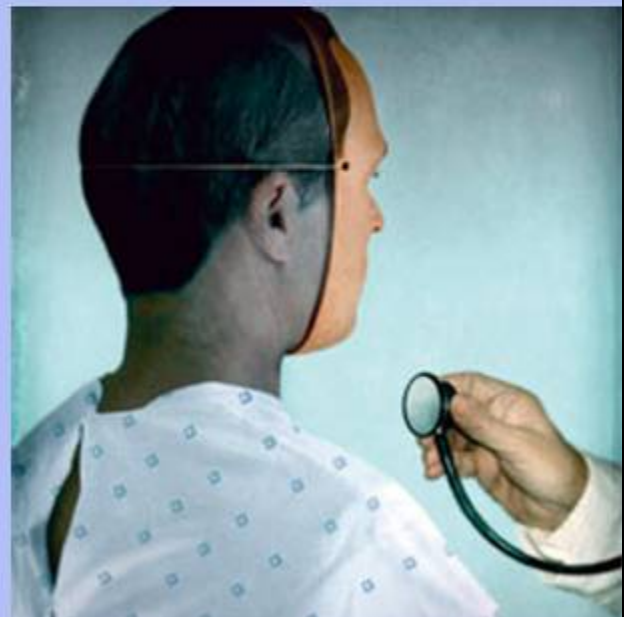
## Ways Thieves Can Use your Medical Information:

- **Illegal and Bogus Claims:** Inflated and fraudulent treatment claims by medical providers.
- **Illegal Purchase of Narcotics and other Controlled Substances:** Insurance is used to obtain prescription drugs.
- **Free Medical Treatment:** People without healthcare coverage can use your insurance by assuming your identity at hospitals, clinics or private practices to receive free medical treatment







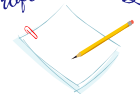
Medical Identity Theft can cause serious and long-lasting damage. There are a number of dangerous consequences for its victims. Financial losses caused by fraud can impact someone's credit history. Unpaid medical bills can go into collections taking months or even years to remove from someone's credit report. And altered healthcare records may result in future incorrect treatment or misdiagnoses.

## Tips to Avoid Becoming a Medical Identity Theft Victim:

- Always review bills, notices and statements received from doctors, hospitals and health insurance companies to verify accuracy of the information billed.
- Make sure that the treatment detailed in personal healthcare records match with treatment actually received, double check types and dates of treatment on all of your statements.
- Immediately report incorrect information to the appropriate parties.
- Protect your health insurance card the same way in which you would protect your credit cards and bank account information.



# April 2011 Events

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|--|---|--|---|--|---|
|  |  |   |  |   | <p>1</p>  <p>All Fools Day</p>  | <p>2</p> <p>Dr. Kolb, Dr. Gould and Dr. Greenberg to speak at Global Health Humanitarian Summit. Visit millenniumhealthcare.com for more info.</p> <p>"Temple of Health" Radio Show<br/>12-1 pm EST<br/>www.plastikos.com<br/>Donald W. Light, PhD, MS<br/><i>The Risks of Prescription Drugs</i></p> |
| <p>3</p> <p>Dr. Kolb, Dr. Gould and Dr. Greenberg to speak at Global Health Humanitarian Summit to be held at Emory University. Visit millenniumhealthcare.com for more information.</p> | 4  | 5   | 6  | <p>7</p> <p>Dr. Kolb will be interviewed live 7:30-9:30 pm on Onlinewithandrea along with some of Dr. Kolb's patients featured in her book. Visit www.plastikos.com and follow the link to listen live or hear the archive.</p>                           | 8  | <p>9</p> <p>"Temple of Health" Radio Show<br/>12-1 pm EST<br/>www.plastikos.com<br/>Dr. Steven Greer<br/><i>Hidden Truth: Forbidden Knowledge</i></p>   |
| 10   | 11   | <p>12</p> <p><u>Millennium Healthcare Event</u><br/>A free lecture on <i>Spring Cleaning For Your Body</i><br/>By: <b>Dr. Brad Gould</b><br/>7:30 p.m. at Our Office<br/>4370 Georgetown Sq.<br/>770-457-4677</p> | 13   | 14  | 15   | <p>16</p> <p>"Temple of Health" Radio Show<br/>12-1 pm EST<br/>www.plastikos.com<br/>Marie Jones &amp; Larry Flaxman<br/><i>11:11 The Time Prompt Phenomenon</i></p>  |
| <p>17</p>  <p>Palm Sunday</p>   | <p>18</p> <p><b>The Evolution of Self Care and Wellness</b><br/>A Special Presentation by Dr. Brad Gould and ZeroPoint Global's Lorraine Eldridge.<br/>7:00-9:00PM<br/>4370 Georgetown Sq.<br/>Atlanta, GA 30338</p>  | <p>19</p>  <p>Passover</p>   | 20   | <p>21</p> <p><u>NOETIC SCIENCES MEETING</u><br/>A free lecture on <i>UFO's, Extrabiological Entities and Their Interaction with Human Beings.</i><br/>By: <b>C. Leigh Culver</b><br/>7:30 p.m. at Our Office<br/>4370 Georgetown Sq.<br/>770-457-4677</p> | <p>22</p>  <p>Good Friday</p> | <p>23</p> <p>"Temple of Health" Radio Show<br/>12-1 pm EST<br/>www.plastikos.com<br/>Lorriane Nicolle and Ann Woodriff Beirne<br/><i>Biochemical Imbalances in Disease</i></p>  |
| <p>24</p>  <p>Easter Sunday</p>  | 25   | 26  | <p>27</p> <p><i>Administrative Professionals Day</i></p>  <p>Administrative Professionals Day</p> | 28  | 29   | <p>30</p> <p>"Temple of Health" Radio Show<br/>12-1 pm EST<br/>www.plastikos.com<br/>Dr. Bruce Goldberg<br/><i>Exploring the Fifth Dimension: Parallel Universes, Teleportation and Out-of-Body Travel</i></p>  |



**Main Office:**  
4370 Georgetown Square  
Atlanta, GA 30338  
Plastikos Plastic & Reconstructive Surgery  
(770) 457-4677  
Millennium Healthcare  
(770) 390-0012



Listen to the  
"Temple of Health" Radio Show  
Every Saturday from 12:00 PM - 1:00 PM  
Listen on your computer at  
www.plastikos.com  
www.facebook.com/TempleofHealthRadioShow  
Dedicated to bringing you leading experts and authors, revealing the latest scientific breakthroughs in science, health and spiritual topics.



# Noetic Sciences Meeting

Please join us for our April Noetic Sciences meeting on Thursday, April 21st at 7:15PM at 4370 Georgetown Square, Atlanta GA 30338. Our guest speaker will be C. Leigh Culver and he will be discussing *UFO's, Extrabiological Entities and Their Interaction with Human Beings*. Refreshments at 7:15PM followed by the speaker's presentation at 7:30PM.

C. Leigh Culver will speak about his research involving UFOs, extrabiological entities and their interaction with human beings. He will discuss data gathered from eye witness accounts, from his research into the alien abduction phenomenon, as well as, that obtained through remote viewing operations.

Leigh is a previous board of directors member for the *American Association of Remote Viewers (AARV)*, *International Society for UFO Research, Noumen* (Moscow), a Russian parapsychological research organization, as well as, current board of directors member for the Enigma Research Group.

Leigh is the CEO and director for Global Med-X LLC, a remote medical support company. He has worked numerous years in the medical field as a remote medical practitioner in various parts of the world, including SE Asia, the Middle East, Russia, Central Asia and West Africa.

In addition, Leigh is a certified clinical hypnotherapist, trauma counselor and nutritional specialist. He currently works in the health field in a holistic/integrative oriented medical practice as well as a consultant to numerous corporations and agencies.



## Millennium Healthcare Wellness Event

Please join us for a special event on Tuesday, April 12th at 7:15PM at 4370 Georgetown Square, Atlanta GA 30338. Our speaker will be Dr. Brad Gould and he will be discussing *Spring Cleaning For Your Body*. Dr. Gould's presentation will begin at 7:30PM.

### Why Do You Need to Detox?

Modern living is not exactly pure. Every day you are exposed to chemicals in the air, food & water, as well as emotional stress in your life. Over time, these toxins can accumulate in your body and can manifest as insomnia, fatigue, digestive problems, aches and pains or even chronic disease. Detoxification gives your body a chance to rest, clear out toxins and become nourished. Generally this is done by first removing and eliminating toxins, then providing your body with healthy nutrients.



Come to the Millennium Healthcare Wellness Event to learn about Dr. Gould's strategy for cleaning and detoxifying your body just in time for Spring!

# YOU ARE INVITED...

## DISCOVER TOMORROW'S HEALING TECHNOLOGY... TODAY

A new company, **ZeroPoint Global**, is bringing **breakthrough technology** to the general public that is **based** on the **principles** of **quantum physics** and **frequency-based healing modalities**. The information that will be shared is **truly extraordinary**. Find out how you can **conveniently** and **easily strengthen** your **energy fields** while **protecting** yourself from **negative energy**, including **radiation** from cell phones, **toxic chemicals** in our food, air and water, as well as **negative thought!**

- > Restore you body's life force energy
- > Revitalize your immune system
- > Over-ride stress and negative frequencies
- > Remove or greatly reduce body pain



Learn about ZeroPoint's vision as well as its technological developments of leading scientists who are shaping a new future for the health of human beings and the planet as a whole.

### Special Presentation with ZeroPoint Global's Lorraine Eldridge And Special Guest from Corporate

## "The Evolution of Self Care and Wellness"

**Monday, April 18th, 2011 7:00 – 9:00 pm**  
**Millennium Healthcare**

4370 Georgetown Square  
Atlanta, GA 30338

Contacts: Dr. Brad Gould [brgould@millennium-healthcare.com](mailto:brgould@millennium-healthcare.com) (404) 396-1640  
Lorraine Eldridge [lorraine@zeropointglobal.com](mailto:lorraine@zeropointglobal.com) (805) 450-6222



*Lip liner that won't fade  
away is definitely something  
to smile about!*

## **April Permanent Makeup Special**

**30% off Permanent Lip Liner by Julie Anthony!**

To schedule an appointment with Julie Anthony call  
Plastikos Plastic and Reconstructive Surgery at (770) 457-4677!  
Offer good until April 30, 2011.

## **Worker's Comp, Auto Accident and Liability Claims**

By: Central Billing Office

There are three other types of claims that we file in addition to Medical Health insurance claims:

- Worker's Compensation
- Auto Accident
- Liability

These can also be called Third Party Claims. If you are presenting to our office with one of these types of claims, please be prepared and bring the following information with you.

- The name, address and phone number of the insurance carrier that is responsible for paying the claim, along with the name of the adjustor.
- The name, address and phone number of the insured or employer on the insurance policy.
- The claim number which can be obtained from your employer.
- The date and location of the accident.

These are all vital pieces of information that we need in order to get your claims processed as quickly and effectively as possible. If you have questions or are unsure if you have all of the required information that you will need when you check in with our office then please feel free to call prior to your appointment for confirmation of what you will need to bring with you. This will ensure that your time is used effectively while visiting with us.

# Antibiotic Resistance

By: Plastikos and Millennium Healthcare  
Front Desk Staff

For the past 70 years, antibiotics have been used to successfully treat a number of infectious diseases, and when prescribed and taken correctly, their value in patient care is enormous. However, these drugs have been used so widely and for so long that the infectious organisms the antibiotics are designed to kill have adapted to them, making the drugs less effective. An antibiotic resistant organism you may be aware of is MRSA (methicillin-resistant *Staphylococcus aureus*). The following tips can help regulate antibiotic resistance:

- Talk with your healthcare provider about antibiotic resistance:
  - Ask whether an antibiotic is likely to be beneficial for your illness
  - Ask what else you can do to feel better sooner
- Do not take an antibiotic for a viral infection like a cold or the flu.
- Do not save some of your antibiotic for the next time you get sick.  
Discard any leftover medication once you have completed your prescribed course of treatment.
- Take an antibiotic exactly as the healthcare provider tells you. Do not skip doses. **Complete the prescribed course of treatment even if you are feeling better.** If treatment stops too soon, some bacteria may survive and re-infect.
- Do not take antibiotics prescribed for someone else. The antibiotic may not be appropriate for your illness. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
- If your healthcare provider determines that you do not have a bacterial infection, ask about ways to help relieve your symptoms. **Do not pressure your provider to prescribe an antibiotic.**

At Plastikos and Millennium Healthcare we strive for excellence. If you would like to make an appointment with any of our physicians please call us at (770) 457-4677.

# Supplement of the Month: Spring Breeze

Traditional Chinese Medicine (TCM) has relied for centuries upon several basic herbal formulas for their therapies. Each formula has a specific area of the body that is designed to support and nourish. Energetix' **Spring Breeze** is designed for liver support.

As a dietary supplement, take 30 drops orally (in water or juice if desired) twice daily or as directed by your healthcare professional. Shake well.



You can buy *Spring Breeze* at Millennium Healthcare for \$22.40. For more information, call Millennium Healthcare at (770) 390-0012



A moisturizing, natural self-tanner for face and body. Features and benefits include:

- Builds a gradual, natural looking tan in 3 days, for optimum control & customization.
- Fresh citrus fragrance.
- Streak-free formula.
- Sensitivity tested for use on face and body.
- Provides natural hydration to the skin.

You can buy Jane Iredale's Tantiasia™ for \$36.00 at Plastikos MedSpa. For more information or to schedule an appointment call Cindy at (770) 457-4677 ext. 124!



**PLASTIKOS**  
MedSpa



**Ingredients:** Water/Eau/Aqua, Dimethicone, Cyclopentasiloxane, Vitex Agnus Castus Extract, Glycerin, PEGCrosspolymer, Acetyl Tyrosine, Copper Gluconate, Dihydroxyacetone, Hydrolyzed Wheat Protein, Mica (CI 77019), Caramel, Citrus Grandis (Grapefruit) Peel Extract, Citrus Medica Limonum (Lemon) Fruit Extract, Xanthan Gum, Tocopherol, Sodium Chloride, Raphanus Sativus (Radish) Root Extract, Iron Oxides (CI 77489).

Just for me.  
*The multipurpose spring collection from jane iredale*

Beautiful makeup, beautiful you.

Prevent Pink! Anti-Kissed Lip and Cheek Blush  
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The Jane Iredale "Just For Me" Spring Collection 2011 will be available at Plastikos MedSpa after March 1st. For more information call Cindy at (770) 457-4677 ext. 124



## Do You Want Sexy Eyelashes?

There is a new innovation in lashes! It is called *Latisse*. *Latisse* solution is a prescription treatment for hypotrichosis (another name for having inadequate or not enough eyelashes) that is used to grow eyelashes. Thus making them longer, thicker and darker. The results of *Latisse* are gradual. The majority of users saw significant improvement by 2 months. *Latisse* is very easy to use. It is applied once nightly to clean lashes with a sterile applicator which comes in the kit. Complete instructions and patient education are provided at time of purchase.

**Purchase Latisse for \$120 at Plastikos MedSpa**



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# Employee Anniversaries

*Karen Vaughn, RN*



*For 5 Years of Dedicated Service to Plastikos Surgery Center*

*Kia Clemmons*



*For 1 Year of Dedicated Service to Plastikos Plastic and Reconstructive Surgery*

*Veronica Cervantes*



*For 2 Years of Dedicated Service to Millennium Healthcare*

## ARE YOU INTERESTED IN JOINING OUR TEAM?

### The Following Positions Are Available:

- Full-Time Receptionist / Telephone Operator
- Full-Time OR/PACU Registered Nurse
- TCM/Acupuncturist
- Advanced Bookkeeper
- Patient Account Representative— Central Billing Office

### How to Turn In Your Resumé

If you're interested in learning more about a position or applying for a job, please download and complete an employment application (available on our website at [www.plastikos.com/careers.htm](http://www.plastikos.com/careers.htm)) and email it along with a cover letter and a copy of your resumé to [hr@plastikos.com](mailto:hr@plastikos.com) or send via confidential fax to 678-475-1441.



**PLASTIKOS PLASTIC AND  
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*For more information or to schedule  
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