

The Community Health Source

Creating a Healthy Balance in Your Life

Volume 8 Issue 1

January 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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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.

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.

ASAF YALIF, M.D.

SPECIALTY PLASTICS & HAND SURGEON



Asaf Yalif, M.D. graduated from Robert Wood Johnson Medical School in 2000. He then completed his general surgical training in Manhattan, also serving as chief resident there in 2005. He continued his education at the Hand Center of Western New York, pursuing a fellowship in Hand and Microsurgery. He then proceeded to complete his Plastic and Reconstructive surgical training at the University of Tennessee where he again served as chief resident. Dr. Yalif is a board certified surgeon.

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.

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.

"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.

NADYA DHANANI, B.H.M.S.

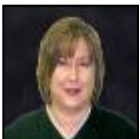
CLASSICAL HOMEOPATH



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.

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.

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.

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.

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, Pranic 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

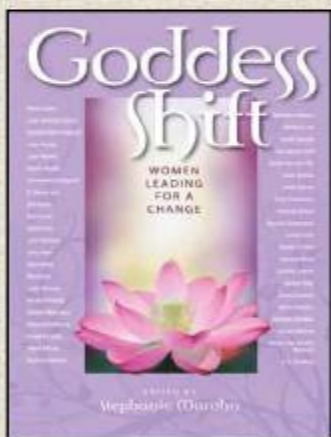
FROM HARM TO HEALING

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 it 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

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

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



The FDA Approves Botox For the Treatment of Chronic Migraines

On Friday, October 15, 2010, the U.S. Food and Drug Administration announced the approval of onabotulinumtoxinA (Botox) injection for the prevention of headaches in adult patients with chronic migraines. Chronic migraine is a serious condition that involves intense pulsing or throbbing pain in one area of the head and can be accompanied by nausea, vomiting, and sensitivity to light and sound, with patients experiencing a headache more than 14 days per month. OnabotulinumtoxinA is approved for the treatment of chronic migraines but has not been shown to be effective in the treatment of episodic migraines that involve intermittent headache attacks 14 days or less each month.

For the treatment of chronic migraines, onabotulinumtoxinA is given approximately every three months as multiple injections around the head and neck in an effort to reduce future headache symptoms. The most common adverse events associated with onabotulinumtoxinA include neck pain and headache. While the onabotulinumtoxinA label includes a boxed warning indicating the risk of symptoms similar to those of botulism that can be life threatening, no serious adverse events have occurred with the use of onabotulinumtoxinA at the recommended dose to treat chronic migraine and other approved indications.

"Patients with chronic migraine experience a headache more than 14 days of the month. This condition can greatly affect family, work, and social life, so it is important to have a variety of effective treatment options available," Russell Katz, M.D., of the FDA's Center for Drug Evaluation and Research, said in a statement.

Botox is manufactured by Allergan Inc. and is available at Plastikos Plastic and Reconstructive Surgery.



Quit Tobacco Use in 2011!

By: Central Billing Office

As the New Year rolls around a lot of people have a New Year's Resolution; whether it is weight loss, stress reduction or even the resolution to quit smoking. Insurance companies and healthcare providers understand that to quit smoking is not an easy thing to do; which is exactly why physicians feel their prime position is to influence their patients to make better lifestyle choices and influence their outcomes. Additionally patients have been encouraged by their physicians and insurance companies to learn about the programs and benefits which are available to them.

People who smoke impact the health of others around them, including children, and they contribute to higher medical costs. In fact, studies show that annual medical claims are 27% higher for people who smoke compared to their non smoking counterparts.

Many insurance carriers have various programs for example: CIGNA Insurance plans offer different options,

The CIGNA Quit Today program combines coaching, behavior change support and nicotine replacement therapy. This program includes:

- Information to Their Patients to Stop Smoking
- Information to Help You Gain a Better Understanding of the Health Consequences of Tobacco Use
- Learn about Techniques and Products Available to Help Resist Urges to Use Tobacco and Deal with Withdrawal Symptoms.
- Make the Choice to Live a Healthier, Tobacco-Free Life
- A Dedicated Wellness Coach to Motivate You to Start and Maintain Necessary Changes to Remain Tobacco-Free.
- Free Nicotine Replacement Therapy is Available to Most Participants.

The CIGNA Quit Today program is available online through the secure CIGNA website, www.myCIGNA.com. People with CIGNA coverage for the program can self-enroll by calling 1.866.417.QUIT(7848). With the applicant's permission, program coaches will send an outreach letter to you at the time of enrollment. A Tobacco Cessation Resources Fact Sheet is available online at www.cignaforfcp.com/Resources/HealthAdvocacyFactSheets.



Preventing Dementia

By: Dr. Mike

In 1931, a cure for one type of anemia was discovered. The treatment consisted of the yeast extract which contains an active ingredient, folic acid. Although this vitamin's relationship to anemia has been recognized for more than 50 years, research in the last few decades has firmly established folate role in many body functions - essential for health. These expanded roles for folic acid include the prevention of birth defects, cancer and cardiovascular disease.

In the family of nutrition, there are numerous vitamins, minerals, trace minerals and amino acids. It is interesting that of all the nutrients available to us and the hundreds of thousands of published research studies, the only nutrients endorsed by the FDA are folic acid and calcium. Vitamin C still hasn't made the grade.

In a three year study of 818 people over the age of 50, memory and mental agility were all found to be better among the individuals who took just less than 1 mg. of folic acid daily. The group who took a placebo, not folic acid had less mental and short-term memory function. This was reported in the medical journal, Lancet in January 2007.

The most remarkable scientific study done to figure out Alzheimer's was performed in a 15 year period involving over 300 nuns. The nun study was reported by Time magazine in 2001. This was a landmark research study because of the ability to isolate hundreds of variables in a controlled environment. And the nuns allowed the scientists to study their brains after death. The study found that active nuns often faired better mentally than inactive nuns, but that it wasn't absolute. Nuns that prayed a lot or even meditated often did as well as the active nuns. The one and only variable that was across the board, was the nuns deficient in folate had markedly more dementia than the nuns who had sufficient amounts of folate. In fact, the nuns that had high amounts of folic acid had virtually no dementia.

From Time magazine, " The nuns with high folate levels showed little evidence of Alzheimer's-type damage in their brain after death. This makes a certain amount of sense; folate tends to counteract the effects of homocysteine, an amino acid produced in the body that has been implicated in cardiovascular disease. Plenty of folate in the blood would thus mean less chance of stroke--and might even protect brain cells from damage."

In 1998 British researchers announced that Alzheimer's victims have low concentrations in their blood of the nutrient folate, also called folic acid. That's an intriguing result, especially in light of other studies showing that folic acid deficiency plays a role in some forms of mental retardation in children and in cognitive problems in adults. A large study in elderly Canadians found that those individuals with low blood folate levels were more likely to have dementia and be institutionalized.

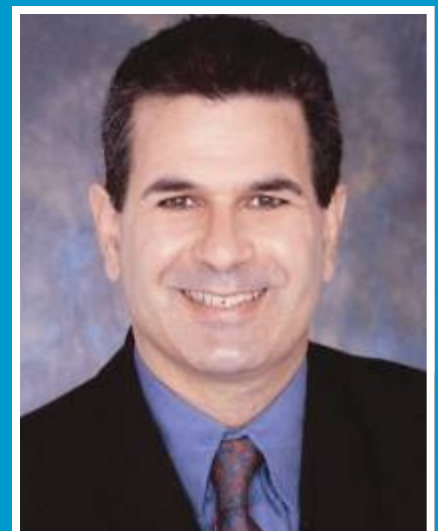
Mary Haan of the University of California, San Francisco, is investigating nutrients and decline in brain function using data from the multiyear Sacramento Area Latino Study on Aging. The study began in 1996 with nearly 1,800 Hispanic volunteers -- ages 60-101. The analysis of volunteers' blood samples shows folate was linked to symptoms of dementia and poor brain function -- impairments that were detectable even though less than 1 percent of the volunteers were actually deficient in folate. Women, but not men, with low blood levels of folate were more than twice as likely to have symptoms of depression, also known to affect brain function, the researchers say.

The following facts are from the Alzheimer's association:

- As many as 5.3 million people in the US are living with Alzheimer's.
- Dementia triple healthcare costs for Americans age 65 and older.
- Every 70 seconds, someone develops Alzheimer's.
- Alzheimer's is the 7th leading cause of death.
- The estimated costs of dementia related disease is \$148 billion each year.
- Worldwide dementia is soaring as people are living longer.




Alzheimer's disease is devastating on everyone. There are a few studies that contradict the importance of folate as primary in dementia. As with many studies, the variables change, the source of financing may be a factor, as well as who is controlling information.

In my view, the nun study is very impressive, as are all the clinical documentation validating folic acid significance. I would recommend everyone over 21, supplementing their diet with 1 mg. of folic acid daily. As the saying goes, "An ounce of prevention is worth a pound of cure." You may prevent getting dementia by having optimal levels of serum folic acid.



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

January 2011 Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 "Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Howard Falco I AM  New Years Day
2	3	4	5	6	7	8 "Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Beatrice Trum Hunter <i>Infectious Connections: How Short-Term Foodborne Infections Can Lead to Long-Term Health Problems</i>
9	10	11  Amelia Earhart Day	12	13 <u>Millennium Healthcare Event</u> A free lecture on <i>Unhealthy Truth</i> By: Dr. Mike 7:30 p.m. at Our Office 4370 Georgetown Sq. 770-457-4677	14	15 "Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Marshall Klarfeld <i>ADAM, The Missing Link</i>
16	17  Martin Luther King Jr. Day	18	19	20 <u>NOETIC SCIENCES MEETING</u> A free lecture on <i>Applied Remote Viewing</i> By: C. Leigh Culver 7:30 p.m. at Our Office 4370 Georgetown Sq. 770-457-4677	21	22 "Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Director David Burton <i>inGReEDients (DVD)</i>
23	24	25	26	27	28	29 "Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Jill Mara <i>Keys to Soul Evolution: A Gateway to the Next Dimension</i>
30	31					



Main Office:
 4370 Georgetown Square
 Atlanta, GA 30338
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 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 January Noetic Sciences meeting on Thursday, January 20th at 7:15PM at 4370 Georgetown Square, Atlanta GA 30338. Our guest speaker will be [C. Leigh Culver](#) and he will be discussing *Applied Remote Viewing*. Refreshments at 7:15PM followed by the speaker's presentation at 7:30PM.

Applied Remote Viewing (originally called Coordinate Remote Viewing) is a method of psychoenergetic perception originally developed and used by various United States intelligence agencies as a counter to the threat of possible Soviet psychic espionage. Remote Viewing may be defined as the acquisition and description, by mental means alone, of information blocked from ordinary perception by distance, shielding, or time. The remote viewing process follows a disciplined, step-by-step protocol and methodology to acquire this information using so-called psychic functioning.



C. Leigh Culver is a previous board of directors member for the American Association of Remote Viewers (AARV), International Society for UFO Research (ISUR), as well as, Noumen, a Russian psi research organization based in Moscow.

Leigh received his training in remote viewing several years ago from several assignees to the military remote viewing program. He is fully trained in Coordinate Remote Viewing (CRV) and Extended Remote Viewing (ERV), and he has trained many persons in these disciplines.

Leigh has also spent several years researching remote viewing and other psi applications programs in Russia. He has visited numerous psi labs throughout Russia and the CIS.

Besides CRV and ERV, Leigh has also developed protocols and methodologies for Hypnotic Remote Viewing (hypnotically effected bilocation), based upon the Russian model. He also helped develop the remote viewing medical protocols that were originally implemented by the AARV.

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, 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.

The Truth Convention

Dr. Susan Kolb will be a guest speaker at The Truth Convention, February 4-5, 2011 at Center Stage Atlanta. Dr. Kolb will be speaking about her book, "The Naked Truth About Breast Implants – From Harm to Healing" on Friday February 4th from 3:00PM-4:00PM.

She will be among speakers such as: Dr. Steven Greer, Founder and Director of the Disclosure Project, Nuclear Physicist-Lecturer Stanton T. Friedman and Retired Command Sergeant Major Robert O. Dean. To order your event tickets or for more information, visit www.thetruthcon.com.

Millennium Healthcare Wellness Event

Unhealthy Truth: How Our Food is Making Us Sick and What We Can Do About It.

By: Dr. Mike

Come to an informative discussion to find out how you can protect yourself and your loved ones from unhealthy food. Since the early 1990s, there has been an epidemic of ADHD, autism, allergies and asthma. One in three American children are experiencing health challenges. It has been predicted by the CDC, in the coming years, 30% of children may become diabetic.

Dr. Mike wants to share with you the information given in the book *Unhealthy Truth* by Robyn O'Brien.

Mike Greenberg has been in practice for 25 years and is currently working at Millennium Healthcare. At this medical facility, his primary focus is a holistic approach to eliminating food allergies. Presently there is no medical treatment for food allergies. This group of dedicated doctors have joined together to form an all inclusive healing facility, offering each patient the best of traditional and holistic medicine

An Unhealthy Truth:

How Our Food is Making Us Sick and What We Can Do About It

Thursday, January 13, 2010 ♦ 7:30PM

4370 Georgetown Square ♦ Atlanta, GA 30338

Four Beauty Tips You Should Know

By: Plastikos MedSpa

- **Never Underestimate the Power of the Right Skincare Regime:** Plastikos MedSpa carries top-of-the-line skincare products and our Licensed Medical Esthetician, Cindy can evaluate your skin and choose the right line of products for your unique skin type.
- **Sunscreen is a Great Anti-Aging Product:** Without the protection of sunscreen, just a few minutes of daily sun exposure over the years can cause noticeable changes in how your skin looks and feels, according to the American Academy of Dermatology. Plastikos MedSpa offers powerful sunscreens.
- **Choose your Cleanser Wisely:** Dermatologists say that one of the best beauty tips around is to use the gentlest cleanser you can find - and use it sparingly. Just because a company advertises it to be "The Best of the Best" doesn't necessarily mean it is. Most - not *all* but most - cleansers you can buy at a grocery store or pharmacy aren't the best ones for your skin. It's better to use something than nothing so if you choose not to go with Esthetician and Dermatologist recommended skincare products, choose a face wash that is gentle and as stated before - use it sparingly. A little bit goes a long way.
- **Use the Right Tools for the Job:** Brushes should be soft and feel gentle on the skin, but also have substance so the product can be moved to the surface of your skin. Jane Iredale's line of makeup brushes is without a doubt one of the best brushes on the market today. Jane Iredale's makeup brushes are composed from the finest natural material available; their brushes are designed to be both effective and gentle. Inspired by the sobriety and functionality of Scandinavian design, their brushes are hand-tied so only the kindest part of the hair touches your delicate skin. What's even better about these brushes are that they're cruelty-free. All of the natural hair used in the manufacturing process of the brushes come from after-market suppliers. No animals are harmed in any way.



The Importance of Updating Your Demographics

By: Plastikos Front Desk

Keeping your demographics updated with us and any other healthcare facility is very important. Listed below are the problems associated with not keeping your information up-to-date:

- **Name Changes** – medical documents cannot be filed into your chart properly making your next visit more difficult and dangerous without the proper paperwork in your chart. Also, payments from your insurance company may be delayed or rejected causing you the patient to be billed from the doctors office for lack of payment by the insurance company.
- **Address Changes** – you will not receive information from us pertaining to appointments, bills and medical information. Also, due to the rise in identity theft and medical fraud, many insurance companies are beginning to verify patient addresses with the doctors office. This can delay payment and cause you to be billed for lack of payment by the insurance company.
- **Telephone Number Changes** – we will not be able to contact you about appointment changes/confirmations or lab results.
- **Insurance Changes** – if we do not have your current insurance information we will not be able to file claims under your insurance, which may yield unexpected bills.

Any changes in your name, address, insurance and telephone number should be relayed to someone at the front desk for immediate modification.

The Significance of Using Moisturizers on Your Skin

By: Cindy Stockton, LME, LMT

Although moisturizers do not receive the recognition and fanfare that other specialty skincare products do; they play a very important role in the overall texture, hydration and appearance of the skin. There are several key ingredients to look for when choosing the appropriate moisturizer for your skin type.

Moisturizing ingredients are divided into three categories: occlusive, humectants and emollients. Humectants are intended to attract water from the dermis to the stratum corneum. These ingredients include hyaluronic acid, urea, glycerin, sorbitol, panthenol and sodium PCA. Occlusive ingredients are formulated to reduce trans epidermal water loss and slow water evaporation. Key ingredients include: lanolin, mineral oil, squalene and lecithin. Emollients such as isopropyl isostearate, propylene glycol, octyl stearate and jojoba oil impart a smooth soft texture to the skin.

Maintaining the skin's natural barrier function is the key to a healthy, more youthful appearance. Extrinsic damages range from pollution and UV exposure to stress. These factors can and do wreak havoc on and within the skin. Deterioration of skin function and appearance is sometimes beyond our control. Intrinsic effects such as hormone imbalance and genetic factors can also impart damage. The lipids in the stratum corneum create a barrier to water and many ingredients.

At Plastikos MedSpa we carry moisturizers that contain many of the key ingredients listed which are known to treat and moisturize all skin types. Protect your skin from the drying winter elements just around the corner and keep that youthful appearance through the coming holiday season.

To schedule an appointment with Cindy, call Plastikos MedSpa at (770) 457-4677



Supplement of the Month: Heel Detox Kit

Cleanse Your Body From Inside Out

Detoxification is about resting, cleansing and nourishing your body from the inside out. Removing and eliminating toxins can help you recover from disease, prevent illness and renew your ability to maintain optimum health. The body has its own natural healing system.

Are You Experiencing Any of the Following Symptoms?

Difficulty Losing Weight	Muscle Aches & Pains	Allergies
Chronic Fatigue	Widespread Joint Pain	Itchy Skin
Anxiety and Depression	Headaches	Skin Rashes
Sleepiness	Irritability	Poor Digestion
Poor Concentration	Low Libido	Chemical Sensitivities



**You can purchase a Heel Detox Kit
for \$33.30 at Millennium Healthcare**

*Out with the old, in with the new
Jane Fredale Makeup Special*



20% Off all Jane Fredale Makeup

For more information or to make an appointment, call Cindy at Plastikos MedSpa at (770) 457-4677 Option 3

Offer valid through January 31, 2011
Cannot be combined with any other special or offer.

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**



Employee Anniversaries

Glenda Holcomb

Pam Fife, RN



For 11 Years of Dedicated Service to Plastikos Plastic and Reconstructive Surgery

For 6 Years of Dedicated Service to Plastikos Surgery Center

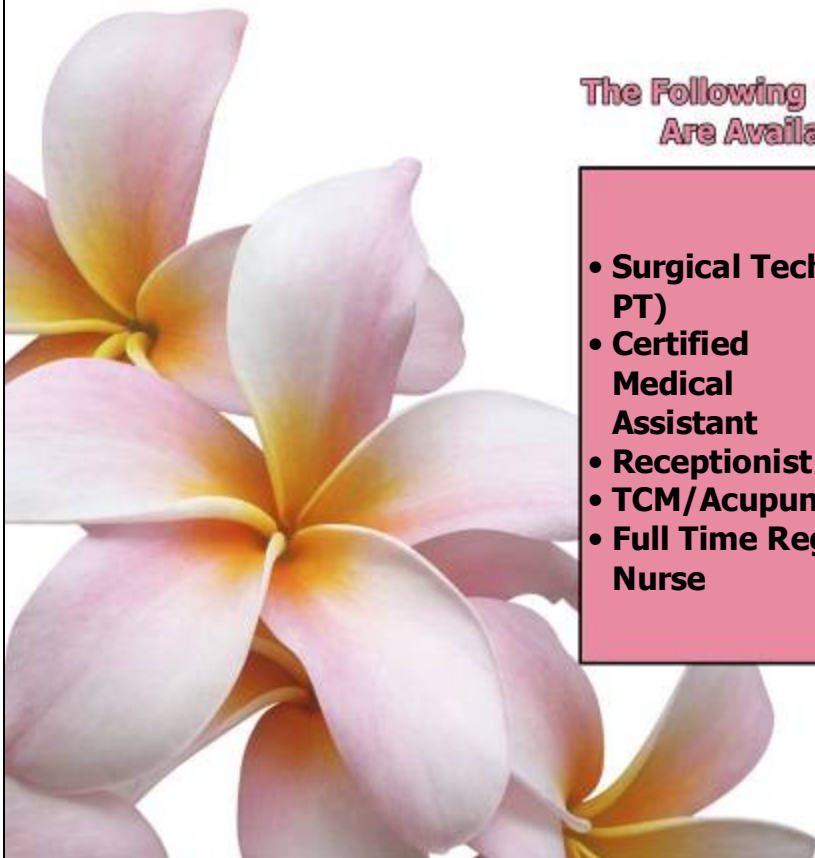
ARE YOU INTERESTED IN JOINING OUR TEAM?

The Following Positions Are Available:

- **Surgical Tech (FT/PT)**
- **Certified Medical Assistant**
- **Receptionist**
- **TCM/Acupuncturist**
- **Full Time Registered Nurse**

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) and email it along with a cover letter and a copy of your resumé to hr@plastikos.com or send via confidential fax to 678-475-1441.



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