

PRP Intimate Shots
Available Now!
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Don't ignore your Varicose Vein
symptoms, get treated today!
Read more on page 5

ALABAMA VEIN & RESTORATION MEDSPA

Prattville - Tuscaloosa - Birmingham - Oxford - Cullman
1.877.268.8346
www.alabamaveincenter.com

...a dedicated center of excellence

August 2019 Ed.

8 August Specials!



7 WarmSculpting- get rid of stubborn fat areas, non-invasive, surgery free!



6 Want Bold Brows without Makeup? Try Microblading!



ALABAMA VEIN & RESTORATION MEDSPA

4721 Chace Circle, Hoover, AL 35244

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At Alabama Vein & Restoration Medspa, our goal is to improve the quality of life of our patients. We utilize cutting edge technology and the most advanced venous procedures to establish an accurate diagnosis and for successful treatment.

We strive to provide compassionate, comprehensive vein treatments for patients with venous insufficiency, venous ulcers, and spider veins. As a team comprised of physicians, physician assistants, and other medical staff, we work from the top to the bottom to achieve our goal of taking care of our patients in the most pleasant and efficient way possible.

Conditions Treated

Varicose Veins • Spider Veins • Venous Ulcers • Stasis Dermatitis

Vein Treatments Offered



- * Ultrasound Guided Sclerotherapy
- * Varithena
- * Microphlebectomy
- * Veinwave
- * EVLA
- * Cosmetic Sclerotherapy
- * Compression Therapy
- * Venoseal

C. Austin Hunt II, M.D., F.A.C.S., RPVI * Sylvia Eldridge, PA-C * Jamie Gober, PA-C * Francie Gillespie, PA-C

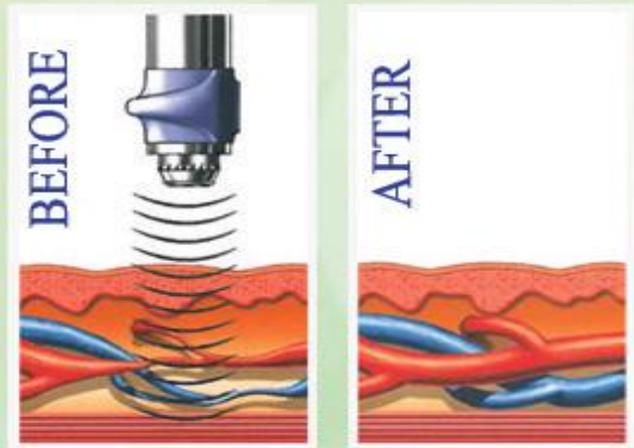


Zimmer Zwave

A Safe, comfortable and proven procedure for men & women to optimize sexual performance and to reverse the effects of sexual dysfunction due to poor blood flow and microplaque formation.

Treats symptoms of:

- Erectile Dysfunction
- Female Sexual Dysfunction
- Incontinence and Menopause
- Peyronie's Disease



How it works ?

The Zimmer Zwave procedure breaks up plaque formation in blood vessels and stimulates the growth of new blood vessels. This increases the blood flow to the area and improves sexual function. In addition, the Zwave procedure activates the growth of new nerve tissue which enhances sensitivity.

In 6 to 12 sessions each taking between 15 to 20 minutes, Zwave treatments do the following:

- Stimulate the release of growth factors in tissue, resulting in the generation of new blood vessels
- Break up plaque formation in existing blood vessels
- Activate dormant stem cells, leading to new cell growth

It's a safe and effective treatment that is drug free, surgery free, totally non-invasive, performed in-office and provides long-lasting results.

Call to schedule your consultation today! 205-823-0151

A non-invasive and therapeutic treatment option, massage therapy is an important complement to a healthy and active lifestyle. The MedSpa services here at Alabama Vein & Restoration Medspa will be sure to keep your body feeling rejuvenated.

Benefits of Massage Therapy

- It is very relaxing, which decreases the stress hormone cortisol in the body
- Reduce stress, regular massages over time can boost energy levels and can have a positive impact physically and emotionally
- Reduce blood pressure, a consistent massage regimen has been found to reduce blood pressure levels
 - Helps improve circulation and muscle relaxation
 - Helps boost the body's immune system



Why Varicose Veins Should NOT Be Ignored



Painful varicose veins can get worse, and as they worsen, you can develop new complications as a result. Hidden dangers to be aware of if you don't treat varicose veins include:

Leg Swelling – As pressure builds within the veins, fluid from the blood can leak into the surrounding tissues, causing swelling. Signs of swelling can include a tight sensation in your skin, or an impression left in your skin after removing your socks or shoes. The skin may even leak a clear or yellowish fluid. If the swelling persists, it can lead to changes in the skin, such as hardening, change in skin color, and skin breakdown.

Skin Ulcers – Varicose veins can cause swelling, which over time can result in skin changes. When this occurs, skin can become less likely to heal from even minor injuries. This happens because the swollen tissue can limit the flow of nutrients and oxygen to the involved tissue, both of which normally aid the healing process. The constant tension on the tissues can prevent healing as well, creating non-healing ulcers.

Skin Infection – When the tissues are stretched from swelling, this interferes with the body's natural defense against infection. Bacteria that are normally present on our skin can get into the body, causing a skin infection called cellulitis. The swelling may increase and there will generally be a distinct area of redness and warmth.

Bleeding – There is a larger than normal amount of blood in varicose veins, sitting right below the surface of the skin. If the vein is hit or cut, there can be a significant amount of bleeding, more than you would normally expect. Or, if the skin isn't broken, there may be distinct bruising. It can also take longer than normal for bleeding to stop if the injury is large.

Thrombophlebitis – Blood is more likely to clot in a varicose vein. The area becomes painful, warm to the touch and the vein can become hard.

Deep Vein Thrombosis – Occasionally, people who develop blood clots in varicose veins, the clots will develop in deeper veins. Deep vein thrombosis is a serious medical condition that requires immediate medical treatment. The leg can be swollen, warm, red and painful. The biggest risk is that part or all of the blood clot may break off and move to the lungs, causing a life threatening condition called pulmonary embolism.



How Microblading Creates the Perfect Brow

Microblading is a cutting-edge aesthetic treatment that enhances your eyebrows with strategically placed pigment in your brow area that looks like tiny, individual hairs. While microblading might sound like you're getting an eyebrow tattoo, it actually uses a completely different tool and very specific techniques to achieve more natural-looking results.

When you have microblading, we use a special pen-like tool with sterilized microneedles to draw single strands that look like eyebrows, one "hair" at a time. This approach uses less pigment and doesn't penetrate as deep into your skin as a traditional tattoo. It also gives us exceptional control, so we can create realistic and natural results. In fact, it's often hard to tell the difference between your natural eyebrow hairs and the pigmented lines we create with the latest microblading techniques.

WarmSculpting™
with SculpSure®

Back to School

Back to you!

Model used for illustrative purposes only and is not an actual patient.

Take 25 minutes out of your day to focus on you.

WarmSculpting with SculpSure treatments help you safely reduce stubborn fat in problem areas such as the belly, love handles, back, thighs and under the chin—with a treatment plan that is customized to the results you desire.

**4721 Chace Circle
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www.alabamaveincenter.com



Before
6 weeks after 2nd SculpSure series
Courtesy of D. Marciano, MD



Before
7 weeks after 1st SculpSure series
Courtesy of S. Gertzman, MD



ALABAMA VEIN & RESTORATION MEDSPA

August Specials! Call Today!

877-268-8346



Zimmer Zwave Therapy 6 treatments for only ~~\$3000~~ \$1200

Repair Summer Sun damage with a SkinPen Package of 3 Face & Neck for only ~~\$1000~~ \$875 w/ Avene SOS post procedure recovery kit and as a bonus you get the Decollete area FREE! Great to do all year! Minimal downtime

Moms need pampering too now that the kids are back to school, treat yourself to a customized relaxing facial for \$75 and receive a FREE iSClinical Trial Kit with your facial. (\$20 value)

*IPL package of 3 for only \$750 and receive a FREE Avene Post Care Kit
3-for-Me package of 3 for only \$2200 and receive a FREE Avene Post Procedure Kit*

*30min VI Peel for only \$250 and includes a FREE MiniFacial;
add a dermaplane for \$25*

*Back to School savings with Botox
\$10 / unit this month only!*

*First Time patients receive \$50 OFF your Botox treatment when you sign up for Brilliant Distinctions ownyourlook.com
(must sign up 36 hours prior to your procedure to get your discount)*

Crab-and-Avocado Eggs Benedict Recipes

Recipe by Martha Stewart at marthastewart.com

Ready
35m
Servings
4



Ingredients:

- 3 Tbsp fresh lemon juice
- 2 large egg yolks, plus 4 whole eggs
- Coarse salt and freshly ground pepper
- 1 avocado, halved, pitted, and peeled
- 8 ounces jumbo lump crabmeat
- 1 tsp Dijon mustard
- 6 Tbsp unsalted butter
- 1 Tbsp white vinegar
- 2 English muffins, split
- 1 tsp minced fresh tarragon

Directions:

1. Whisk together lemon juice, Dijon, egg yolks, and 3 tablespoons water in a heatproof bowl. Melt butter in a saucepan over medium-high. When it boils, reduce heat to medium; simmer until foamy. Continue cooking, stirring occasionally and scraping bottom of pan, until foam subsides, butter turns golden brown with a nutty aroma, and milk solids separate into brown specks that sink to bottom, 2 to 7 minutes. Remove from heat. Very slowly drizzle into lemon mixture, whisking constantly, then season with salt and pepper. Return to saucepan; set aside.
2. Bring 1 inch water and vinegar to a simmer in a nonstick skillet over medium-high. Meanwhile, mash avocado in a bowl; season with salt and pepper. Toast muffins and spread avocado onto split sides; top with crab. Gently crack eggs into simmering water. Simmer until whites are set but yolks are still runny, 3 to 4 minutes. Transfer to a paper towel-lined plate with a slotted spoon; let drain 30 seconds, then place atop crab. Warm Hollandaise over low, whisking constantly (do not let boil), until thickened slightly and heated through, 1 minute. Remove from heat, stir in tarragon, and spoon evenly over eggs. Serve immediately.



PRP Intimate Shot for Him and Her!
Now available at
Alabama Vein & Restoration Medspa!



What Benefits Can a Woman Have from the PRP Intimate Shot?

- Decreased or completely resolved pain during sex (dyspareunia)**
- Increased ability to have vaginal orgasms**
- Greater arousal from clitoral stimulation**
- A tighter more elastic vaginal canal**
- Decreased or resolved overactive bladder and/or urinary incontinence**
- Stronger and more frequent orgasms**
- Increased natural lubrication**



What Benefits Can a Man Have from the PRP Intimate Shot?

- Increases hardness of erection**
- Increases sexual stamina**
- Improves circulation and blood flow**
- Increases sensation and pleasure**
- Reduces the time between erections**
- Restores self-confidence**
- Improves or eliminates urinary incontinence**
- Enhanced appearance**
- Increases size and girth, results may vary**

Recommended Businesses in our Spotlight:



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Thank you for all of your loyalty and support. Without you all we would not be where we are today. We are very grateful to every one of you and hope that we can continue to provide vein care for you and and your loved ones. If you have any problems, questions, or concerns, you can contact us anytime. Have a great month! 205-823-0151