



*...a dedicated center of excellence*

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[www.alabamaveincenter.com](http://www.alabamaveincenter.com)

**August 2020 Ed.**

**6-7** August Specials!



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**5** Link between blurry vision and hormones



# ALABAMA VEIN & RESTORATION MEDSPA

4721 Chace Circle, Hoover, AL 35244

P:(205) 823-0151 \* F:(205) 823-5218 \* [www.alabamaveincenter.com](http://www.alabamaveincenter.com)

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



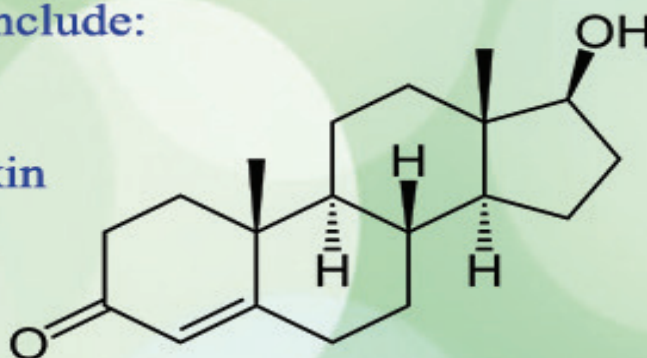


## *We also offer Hormone Replacement Therapy*

As the levels of hormones decline, so do our physical and mental capabilities. We lose our energy, vitality, strength, physique and health. By restoring these hormones to their youthful levels, it is possible to restore our zeal and energy as well as to strengthen and bolster our bodies and minds.

### Hormonal Deficiency Symptoms Include:

- Weight Gain
- Loss of Muscle Mass
- Wrinkling and Thinning of the Skin
- Depression and Stress
- Loss of Sex Drive
- Fatigue
- Sleep Disorders



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# Sun, Surf & SculpSure

## SculpSure®

A Smarter Way to Sculpt™

### Get summer ready with SculpSure treatments.

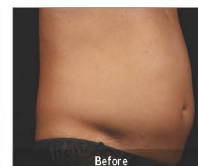
SculpSure treatments help you safely reduce stubborn fat in problem areas such as the belly, love handles, back and thighs—with a treatment plan that is customized to the results you desire.



Before



8 weeks after 2<sup>nd</sup> SculpSure series



Before



12 weeks after 2<sup>nd</sup> SculpSure series

AREAS TREATED: Upper & lower abdomen, left & right love handles  
*Courtesy of B. Katz, MD*

AREAS TREATED: Upper & lower abdomen, left & right love handles  
*Courtesy of S. Doherty, MD*

 **ALABAMA VEIN  
& RESTORATION MEDSPA**

Advertisement. Model for illustrative purposes only. Individual results may vary and are not guaranteed. SculpSure is intended for non-invasive fat reduction of the submental (under the chin) area, abdomen, flanks, back, inner and outer thighs. SculpSure is not a weight loss solution or for people who are obese.

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# Link between Blurry Vision and Hormones<sup>5</sup>



## **Women, hormones, and eyes**

Women's hormones fluctuate frequently. Menstrual cycles, puberty, pregnancies, aging, birth control pills, perimenopause, and menopause all significantly change your levels, and your eyesight fluctuates right along with those shifts. Here are a few of the changes that affect your eyes:

### **Dryness**

When your estrogen level declines, so does the lubrication produced by the oil glands in your eyes. This causes dryness and sometimes blurry vision.

Extremely high levels of estrogen can have the same effect. When you're pregnant, for instance, you may experience temporarily blurry vision.

### **Eye shape**

Hormone shifts can also lead to changes in your cornea's shape, which may make your contact lenses suddenly feel like they don't fit anymore.

Hormonal changes may make your cornea more elastic, which alters the way light travels through your eyes and may cause blurry vision.

## **What to do when hormones are blurring your vision**

Your eye health is extremely important, and blurry vision can be a symptom of several different ocular conditions. Make sure you visit your ophthalmologist regularly to keep your eyes sharp and healthy.

But when hormones are to blame for your blurry vision, Dr. Hunt can help. Through bioidentical hormone replacement therapy (BHRT), he restores the optimal levels of estrogen, testosterone, and progesterone, thyroid, and melatonin in your system.

Bioidentical hormones are plant-based and are a perfect chemical match to the hormones your body produces. Once Dr. Hunt determines your deficiencies, he can develop a custom treatment plan specifically for your unique needs.

With BHRT, you may also notice that some of your other health issues are resolved as well, such as insomnia, weight gain, low sex drive, fatigue, and depression.

If your vision isn't what it used to be, check in with your ophthalmologist and then come see us in case your hormones are the culprit. Call us today at any of our five locations throughout Alabama, or request an appointment using our online booking tool.

# August Specials

OWN YOUR  
LOOK!

GET \$50 OFF\*  
BOTOX® COSMETIC



## BOTOX

*\*Limited-time offer.*

*Supplies are limited. Valid for new and existing Brilliant Distinctions® members.*

*One per customer.*

**JUVÉDERM LIPS**  
JUVÉDERM VOLBELLA XC  
JUVÉDERM ULTRA XC  
GET **\$75 OFF**  
YOUR NEXT TREATMENT\*

Plump it. Pout it. Enjoy \$75 off  
a treatment. Find out why  
JUVÉDERM® is the world's #1  
selling dermal filler collection.



## JUVÉDERM

*\*Limited-time offer.*

*Supplies are limited. Valid for new and existing Brilliant Distinctions® members.*

*One per customer.*

**FREE** Colorescience Lip Shine (\$30 value) with  
\$100 gift card purchase

**Purchase 2 SkinPen Face treatments, get a FREE  
Colorescience product customized to your skin type!  
(savings of up to \$125!)**



**three for me**  
LASER TREATMENTS

Before & After 4 Tx  
Courtesy of S. Chilukuri, MD

**ICON 3 For Me  
(3 treatments)**

+

**Skinceuticals Brightening  
System for**

**\$2500**



# HEY BEAUTIFUL

★ 1 hour Signature Facial or ★  
Microdermabrasion *only* \$50! normally \$60

Add Lightstim to any Facial for *only* \$10!

### Benefits of Lightstim:

- Improves blood circulation
- Reduces redness & inflammation
- Heals skin after microdermabrasion, peels, waxing, and lasers
- Protects skin from UV damage
- Diminish scarring
- Tightens skin
- Treats wrinkles



Schedule Sclerotherapy treatment for both your legs during August, receive a **FREE pair of Compression Hose!**  
For New and Existing patients!!

**Print or show** this coupon during your visit to claim your free compression hose.

Expiration 8.31.2020





We offer CBD product formulas for pain relief, inflammation, sleep and relaxation, and by itself in different dosages to maximize benefits of CBD oil all in easy to use tinctures, capsules, or rub in formulas!

**ALABAMA VEIN  
& RESTORATION MEDSPA**

## ABOUT CBD

Cannabidiol, more commonly known as CBD, is by far one of the most studied compounds of the 116-plus known cannabinoids found in industrial hemp.

Being a natural compound of the plant, it can comprise up to 40 percent of hemp. Unlike THC, CBD is non-intoxicating, which means it will not get you high.

CBD is often regarded as the single most crucial cannabinoid ever discovered. With on-going research, the list of uses continues to grow, giving more and more hope to those looking to enhance their overall quality of life.

Whether it's to maintain general well-being or becoming more proactive with a daily wellness routine, there are various ways in which CBD oil is useful.

Based on your needs and preferences, you can apply CBD and other cannabinoids through different methods. Your choice of administration can affect how CBD works with your body; common ways of administering CBD is through ingestion, sublingual, inhalation, and topical.

Your body's absorption of CBD from the application area into the bloodstream is known as its bioavailability – maximizing bioavailability means allowing more CBD to be readily available for bodily use. Taking CBD through various means changes its bioavailability; however, choosing the best method of use for your needs will help ensure that you'll receive the most support from properly sourced CBD.

# Maple Salmon

Recipe by STARFLOWER on allrecipes.com

Prep  
10 min

Cook  
20 min

Ready  
60 min



## Ingredients:

- 1/4 cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

## Directions:

In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.

Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.

Preheat oven to 400 degrees F (200 degrees C).

Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

*Purchase Nuface Mini and Primer Gel for \$213*



*(savings of \$88!)*



*Mini benefits w/ Gel :*

- *The mini delivers unparalleled professional results and is easy to use in as little as 5 minutes per day.*
- *Improve facial contour, facial tone, and reduce the appearance of fine lines and wrinkles.*
- *Gel Primer ensures optimal conductivity during NuFACE microcurrent treatment. Hyaluronic Acid and Phytomoist Complex help revitalize and replenish dry skin. The lightweight and velvety texture glides effortlessly across skin and absorbs easily after treatment to reveal a flawless finish.*




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**SELF CARE**  
**ANYWHERE**

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*Purchase Nuface FIX and Fix Serum for \$173.50*



*(savings of \$98.50!)*



*FIX benefits w/ Serum :*

**Smooth + Tighten + Brighten**

- *Targets fine lines and wrinkles around eyes, mouth, forehead, and nasolabial folds by instantly plumping, smoothing, and tightening the look of skin*
- *FIX Line Smoothing Serum energizes skin during treatment and brightens up your look anytime - even over makeup!*
- *Pen-size device with USB charging cable so you can get Your FIX on-the-go anytime, anywhere*



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injection

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up to \$160 per year

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\*patients eligible once every 90 days

BEFORE



AFTER



PRP Intimate Shot for Him and Her!  
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:



Baha Burger  
Contact Info  
Website : [baha-burger.business.site](http://baha-burger.business.site)  
Phone: (205) 682-6980  
Address: 4745 Chace Cir  
Hoover, AL 35244



Ashley Mac's  
Phone: (205) 259-5044  
Address: 4730 Chace Cir, #100  
Hoover, AL 35244



Menard Plastic Surgery  
Menard John w MD  
Phone: (205) 391-9038  
Address: 401 Towncenter Blvd  
Tuscaloosa, AL 35406



Prestige Medical Spa  
Shelley H. Ray, MD  
Phone: (256) 241-6772  
Address: 1419 Hamric Drive E.  
Suite 102  
Oxford, AL 36203

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