

4 & 5 November Specials !

6 World Diabetes Day Nov 14

9 Thanksgiving Pumpkin Pie!

ALABAMA VEIN & RESTORATION MEDSPA

...a dedicated center of excellence

*Happy
Thanksgiving!*

November 2020

Clanton - Tuscaloosa - Hoover - Oxford - Fultondale

1.877.268.8346

www.alabamaveincenter.com

ALABAMA VEIN & RESTORATION MEDSPA

4721 Chace Circle, Hoover, AL 35244

P:(205) 823-0151 * F:(205) 823-5218 * 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



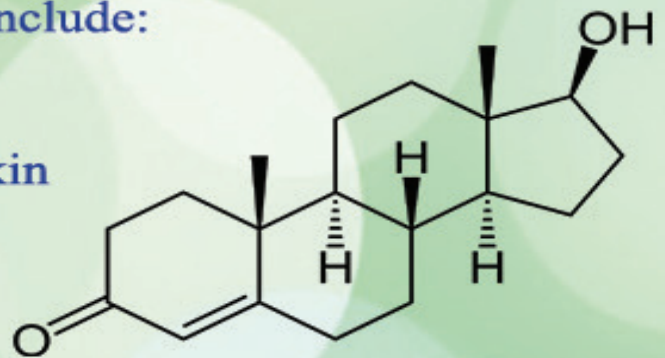


We also offer Hormone Replacement Therapy

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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FALL^{into} **GREAT SKIN** **ALL NOVEMBER**

Mix & Match Deal! **Skinceuticals / Revision / Avene**

Buy 1 skincare item from above listed skincare brands get
10% OFF, Buy 2 get 20 % OFF, Buy 3 get 30% OFF

ISclinical Facial / Dermaplane

Buy an ISclinical Fire & Ice Facial w/ Dermaplane
package for \$125 and get a 2nd Facial of your choice
w/ Dermaplane **50% OFF**

ThreeForMe Package

Purchase package of 3 for \$2275,
get **FREE Skinceuticals Brightening System**
(savings over \$1000)

NeoStrata Skincare

Buy 1 Get 1 50% OFF
*while supplies last

Dysport

Dysport \$9/unit (save an additional \$50 when
you purchase a minimum of 50 units)

SPIDER VEIN Treatment

\$50 OFF (limit 5)

LIPO B12 Shots

\$10/each (limit 15)



REJUVENATION PACKAGE

- 1 syringe of Restylane Filler
- 50 units of Dysport
- FREE Dysport Lip Flip (\$50 Savings!)



+ Receive another \$50 OFF with Rebate for minimum 50 unit Dysport purchase

TOTAL package price \$1000 (savings over \$150!)

RESTORE PACKAGE

- 2 syringes of Restylane Filler
- 20 units of Dysport
- FREE Dysport Lip Flip (\$50 Savings!)



TOTAL package price \$1230 (savings over \$200!)



NOVEMBER PACKAGE SPECIALS

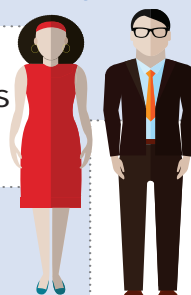
World Diabetes Day, for more resources and to get involved visit
<http://www.idf.org/wdd-index/index.php#>

November 14

EYES ON DIABETES

THE ISSUE

415 MILLION ADULTS WITH DIABETES
640 MILLION BY 2040







THE CHALLENGE

1 IN 2 ADULTS WITH DIABETES IS **UNDIAGNOSED**. MOST OF THESE CASES ARE TYPE 2 DIABETES






WHAT DOES THIS MEAN?

MANY PEOPLE WITH UNDIAGNOSED TYPE 2 DIABETES ALREADY HAVE **COMPLICATIONS**:

-  RETINOPATHY
-  CARDIOVASCULAR DISEASE
-  KIDNEY DISEASE
-  NEUROPATHY



SYMPTOMS OF DIABETES INCLUDE:

-  EXCESSIVE THIRST
-  WEIGHT LOSS
-  FREQUENT URINATION
-  LACK OF ENERGY
-  **A** BLURRED VISION

A SOLUTION

SCREENING FOR TYPE 2 DIABETES IS IMPORTANT TO ENSURE EARLY DIAGNOSIS AND TREATMENT



DIABETES RISK SCORES ARE SIMPLE AND COST-EFFECTIVE METHODS OF IDENTIFYING PEOPLE WITH UNDIAGNOSED TYPE 2 DIABETES

ACT TODAY TO CHANGE TOMORROW

www.worlddiabetesday.org



**International
Diabetes
Federation**



world **diabetes** day
 14 November

Top 5 reasons to choose permanent makeup

If you've heard of permanent makeup, you're probably curious about the procedure and wondering whether you should invest in some for yourself. Luckily, we're here to help you decide! Do one of these statements describe you? If so, permanent makeup could be a great option for your lifestyle!

1. You're the queen of the snooze button

You just earned 20 minutes of extra sleep! Woohoo! The number one benefit of permanent makeup is the convenience of it. With less required mirror time, you can be out of bed and off to work looking nice and polished in a few minutes flat.



2. Your skin says “No, thanks” to makeup

Itchy skin and red eyes are kind of a distraction from a beautifully made-up face. If you have trouble finding products that work with your sensitive skin and eyes, permanent makeup could be an easy way to get the look you want without all the discomfort.

3. Your natural brows need a little boost

Whether you have naturally thin hair or you've suffered hair loss from aging or medication, your brows might be a bit thinner than you want them. A natural-looking eyebrow fill could be just the thing to take your look to the next level.

4. The frustration just isn't worth it

Makeup artists can make applying the perfect eyeliner look like a breeze, but we all know it's a lot harder than that. Add in complications from arthritis or poor eyesight, and your beauty routine can quickly turn from fun to majorly frustrating just like that. Skip the irritation and go with permanent makeup instead.

5. Stepping out of the pool with runny makeup isn't a great look

Can you imagine camping, jogging and even swimming with a perfect makeup look staying intact? With permanent makeup, it's possible! For anyone dedicated to living an active lifestyle and looking good while doing it, permanent makeup is an option to consider.

What Is Platelet-rich Plasma (PRP)?

Blood is a liquid (plasma) that contains red and white blood cells, and platelets. Platelets help clot blood and also contain hundreds of proteins called growth factors important in the healing of injuries.

Platelet-rich plasma (PRP) has 5 to 10 times more platelets than what is typically found in blood. The concentration of platelets—and growth factors—has important implications in healing, and can potentially regenerate tissue and cartilage.

What Conditions Can Be Treated With PRP?

For our practice we are using it especially for Venous Ulcers. It can also be used for some cases of ACL tears and injuries, tennis elbow, and rotator cuff injuries

How Does PRP Work?

Blood is drawn from a patient into a test tube, and then placed in a centrifuge for a “spin.”

Plasma and platelets

White blood cells

Red blood cells

Low gravitational force separates the plasma and platelets from the red and white blood cells. The increased concentration of platelets is then combined with the remaining blood.

PRP can be carefully injected into the injured area or inflamed tissue, or by preparing the PRP in a way that allows it to be stitched into torn tissues.

What You Should Know

While more clinical research is needed, the risks associated with PRP therapy are minimal: There may be increased pain at the injection site, but the incidence of other problems appears to be no different from that associated with cortisone injections.

Considering PRP treatment?

Contact us today to schedule a consult and for more details! visit alabamaveincenter.com for additional details and services we offer

Infographic courtesy of the

AAOS
AMERICAN ACADEMY OF
ORTHOPAEDIC SURGEONS

Recipes

Recipe from foodnetwork.com

Ginger-Coconut Pumpkin Pie

Happy Thanksgiving!

Total Time: 3 hr 55 min

Prep: 30 min

Inactive: 2 hour

Cook: 1 hour 25 min



Crust Ingredients:

- 6 ounces gingersnap cookies (about 23 cookies)
- 1 Tbsp chopped crystallized ginger
- 1 Tbsp packed light brown sugar
- 4 Tbsp unsalted butter, melted

Filling Ingredients:

- 1 15ounce can pure pumpkin puree
- 1 cup canned unsweetened coconut milk
- 3/4 cup granulated sugar
- 2 large eggs, lightly beaten
- 1/2 tsp pure vanilla extract
- 1/2 tsp ground ginger
- 1/4 tsp salt

For the topping:

- 3/4 cup heavy cream
- 1 Tbsp packed light brown sugar
- 1/4 tsp pumpkin pie spice, plus more for the topping

Directions:

Make the crust: Preheat the oven to 325 degrees F. Pulse the cookies, crystallized ginger and brown sugar in a food processor until finely ground. Add the melted butter and pulse to combine. Press the mixture into the bottom and up the side of a 9-inch pie plate. Bake until set and slightly dry around the edge, 10 to 12 minutes. Transfer to a rack and let cool.

Make the filling: Whisk the pumpkin puree, coconut milk, granulated sugar, eggs, vanilla, ground ginger and salt in a medium bowl until smooth. Pour into the cooled crust. Bake until the filling is set and no longer looks wet, 1 hour 15 minutes. Transfer to the rack and let cool completely, at least 2 hours.

Make the topping: Beat the heavy cream, brown sugar and pie spice in a bowl with a mixer on medium-high speed until stiff peaks form, 3 minutes. Spread on the pie; sprinkle with more pie spice.

5 Body Areas WarmSculpting with SculpSure Can Slim Down

10



WarmSculpting with SculpSure treats these 5 key body parts

Although many have tried, there's no such thing as spot reducing through diet and exercise. That means you can't choose where your body will lose weight; your body decides for you, and it may decide to hold on to extra fat in certain places despite your efforts. That's where WarmSculpting with SculpSure comes in, and here are the stubborn places it works.

1. Muffin tops

If belly fat is your chief complaint, WarmSculpting with SculpSure is your solution. While you lie on your back, we place the SculpSure applicators on your upper and lower abdomen. You feel a warming sensation as the energy penetrates your skin and seeks the fat cells deep in your tissues.

2. Love handles

There's not much to love about love handles, those bags of fat on the sides of your torso. Also called your flanks, these not-so-lovely bulges ruin an otherwise lovely physique. But WarmSculpting with SculpSure zaps the fat cells in these spots and smooths the contours of your waist.

3. Saddlebags

Appropriately named after the pouches hanging on either side of a horse's saddle, fat that hangs on your outer thighs resembles those lumpy tote bags. WarmSculpting with SculpSure not only slims down your outer thighs, it also works on your inner thighs at the same time. We place four applicators to treat both legs at once, inside and out.

4. Back bulge

Men often struggle with getting rid of fat in their back, and women know it as the dreaded "bra fat." It's tough to target with exercise, but easy to banish with WarmSculpting with SculpSure.

5. Double chin

A quick scan of any gym makes it clear that there are no machines or routines that address your double chin. The pocket that forms under your jaw, called submental fat, typically runs in families and is almost impossible to reduce without surgery or WarmSculpting with SculpSure.

Recommended Businesses in our Spotlight:



Baha Burger
Contact Info
Website : 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



Brandi Carbonie, CRNP
Phone: (205) 682-6077
Address: 5295 Preserve Pkwy
Suite 210
Hoover, AL 35244



24e Health Club
Phone: (205) 824-4243
Address: 1550 - B Montgomery Hwy
Hoover, AL 35216

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