

# ALABAMA VEIN & RESTORATION MEDSPA

*... a dedicated center of excellence*

Prattville - Tuscaloosa - Birmingham - Oxford - Cullman

1.877.268.8346

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

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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

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# HORMONE REPLACEMENT THERAPY

## HOW AND WHY WE AGE



### HORMONAL DEFICIENCY SYMPTOMS INCLUDE:

- Weight Gain
- Loss of Muscle Mass
- Degenerative Diseases (Diabetes, Cancer, Heart Disease, Osteoporosis)
- A Compromised Immune System
- Wrinkling and Thinning of the Skin
- Depression and Stress
- Cognitive Decline
- Insulin Resistance
- Loss of Sex Drive
- Fatigue
- Sleep Disorders

Replenishment of hormones to optimal, physiological levels (not exceeding normal limits) has been shown to alleviate these age-related changes.



**Zimmer**  
MedizinSystems  
**enPulsPro**



## IMPROVE YOUR SEXUAL HEALTH AT ALABAMA VEIN & RESTORATION MEDSPA

### WHAT CONDITIONS CAN WE TREAT?

#### Men & Women Sexual Health Conditions

Symptoms of:

- Erectile Dysfunction
- Incontinence and External Vaginal Rejuvenation
- Peyronie's Disease

#### Other Conditions

- Cellulite Reduction
- Plantar Fasciitis

### WHO CAN WE TREAT?

We can treat men and women of all ages suffering from the above conditions. Find out more on the next page.





## How does the treatment work?

This treatment utilizes a low-intensity extracorporeal shockwave therapy using the Zimmer enPuls Pro, a handpiece that creates a mechanical pressure wave. Shockwave therapy involves the transfer of acoustic waves into your body. The energy from the acoustic waves promotes two processes in your soft tissue that are vital to healthy erections. The first process, called angiogenesis, consists of the repair and growth of existing blood vessels. The second process, called neovascularization, involves the generation of new blood vessels.

## What are the benefits of the treatment?

Increased blood flow for a more sustained erection

Improved sensation and heightened feeling during sexual intercourse

Relief from the symptoms of Peyronie's disease, a condition involving local fibrous scarring that can change the shape of the penis

The procedure is safe, non-invasive, painless, and free of drugs and side effects. Call the office or request an appointment online for a consultation.

205-823-0151



## Why the Icon Laser is a Top Choice for Facial Skin Rejuvenation

### **How the Icon laser works**

The Icon laser is a state-of-the-art laser designed for skin resurfacing and the treatment of commonly bothersome issues affecting the face. Its laser technology delivers broad-spectrum light energy deep into your skin, which stimulates regeneration. This process can help minimize a range of skin issues, including:

- Acne scars
- Age spots
- Facial lines and creases
- Facial blood vessels, or spider veins
- Surgical scars
- Melasma

### **What makes the Icon laser a top choice?**

The Icon laser's amazing capabilities for facial skin revitalization make it a great choice when you're considering rejuvenation procedures. Here's why:

- No surgery or lengthy downtime
- Useful on all skin types
- Usable on more than one issue and area per treatment
- Increased confidence

If you'd like to look closer to the age you feel than the age you look, contact the Alabama Vein & Restoration Medspa office today.  
You also can request an appointment online.

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# SPORTS



colorescience®



## UV PROTECTION

Provides Broad Spectrum  
SPF 50/PA++++



## POLLUTION DEFENSE

Provides protection from pollution exposure



**BLUE (HEV) LIGHT**

Protects against  
blue light



## INFRARED RADIATION

Helps minimize damage  
caused by infrared radiation



# May Specials!

May is skin cancer awareness month.  
In honor of this,  
Alabama Vein & Restoration Medspa is  
offering the following specials



## ***Colorescience Specials (limited time)***

***Sunforgettable Total Protection  
Body and Face Sunscreen  
Bronzing Kit only \$79***



### ***Lip Shine***

***~moisturizes and smooths lips~  
with or without color, SPF 35  
(15% OFF)***



## ***SkinCeuticals Specials (limited time)***

***CE Ferulic Antioxidant  
with FREE sunscreen only \$166***

***Fill Mom with Love this Mother's Day  
Save \$75 OFF one syringe of Filler when you sign up with  
Brilliant Distinctions***

***Enhance your injectable results with SkinCeuticals  
H.A. Intensifier and save 20%!  
(Delivers long lasting hydration to visibly improve skins texture  
and reduces the look of lines and wrinkles)***



# Chicken Enchiladas with Creamy Green Chile Sauce Recipes

Recipe by CathyM at allrecipes.com

Ready  
1hr 10m



## Ingredients:

- 12 corn tortillas
- vegetable oil for pan-frying
- 3 cooked boneless skinless chicken breast halves, shredded
- 10 ounces shredded Monterey Jack cheese
- 3/4 cup minced onion
- 1/4 cup butter
- 2 cups chicken broth
- 1 cup sour cream
- 1 (4 ounce) can chopped green chiles, drained
- 2 ounces shredded Monterey Jack cheese
- 1/2 cup chopped green onion
- 1/2 cup chopped fresh cilantro

## Directions:

Preheat oven to 375 degrees F (190 degrees C).

Heat 2 tablespoons of oil in a skillet over medium-high heat. Fry tortillas (one at a time) for 5 seconds on each side to soften and make them pliable. Add more oil to pan as needed. Drain between layers of paper towel and keep warm.

Divide chicken, 10 ounces of Monterey Jack cheese, and onion among the 12 tortillas. Roll up each tortilla and place seam side down in a greased baking pan.

Melt the butter in a saucepan over medium heat. Add the flour and whisk until mixture begins to boil. Slowly add the broth, stirring with a whisk until thickened. Mix in the sour cream and chiles, heat thoroughly but do not boil, stirring occasionally. Pour mixture over the enchiladas.

Bake in pre-heated oven for 20 minutes or until heated through. Top with remaining Monterey Jack cheese and bake for 5 more minutes. Garnish with chopped green onions and cilantro.

Vasculera is one of many treatments offered at  
Alabama Vein & Restoration Medspa!

Others include Ultrasound Guided Therapeutic Sclerotherapy, Microphlebectomy, Veinwave Thermocoagulation, Varithena, Endovenous Laser Thermal Ablation, Venaseal Closure System, Sclerotherapy, and Compression Hose Therapy. Visit [www.alabamaveincenter.com](http://www.alabamaveincenter.com) for more information on all our treatments and how we can help you!

## Promotes Venous Competency to Avoid Progression to CVD



Chronic Venous Disease (CVD) is a chronic, progressive disease of the veins that can lead to a variety of health issues such as leg edema (fluid retention), varicose veins, leg ulcers, stasis dermatitis (skin disease leading to ulcers) and hemorrhoids.

Vasculera addresses the metabolic changes that occur on the biochemical pathway, triggering the inflammatory processes that can effect the integrity of the vein walls.

The purified diosmin (diosmiplex), a flavonoid that manages the body's microcirculatory system works on the vein walls to avoid inflammatory damage. The inflammation can lead to swelling and leg pain that may affect quality of life for patients.

*Vasculera is dispensed by prescription and is to be used under a physician's supervision.*

# Mother's Day Celebration

## Sunday, May 12



## 9 Ways To Make Your Mom Feel Extra Special on Mother's Day

When you lose your mom, you lose your fan club. That's why it's important to celebrate your mom while she's still in your life!

Moms are special people. Some days she may drive you crazy, but ultimately, your mom cares for you, gives you support and has your best interest at heart. So in honor of Mother's Day, here are a few ways to make your mom feel extra special.

1. Give "favor coupons"
2. Call her via Skype
3. Create a custom gift basket
4. Make it a party
5. Make a Mother's Day Card
6. Compile a family photo book
7. Gift personalized jewelry
8. Make her breakfast
9. Schedule time together





According to New Beauty magazine, BOTOX® Cosmetic has been included in their “Best In-Office Treatments That Get Results.”

BOTOX® Cosmetic is the first and only treatment FDA-approved to temporarily make moderate to severe frown lines, crow’s feet and forehead lines look better in adults. So you look like you, only with less noticeable facial lines.

It’s a quick 10-minute treatment with minimal downtime. You may begin to notice results within 24 to 48 hours, with results lasting up to 4 months for moderate to severe frown lines.

Call to book your appointment today! 205-823-0151

## Recommended Businesses in our Spotlight:



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**Brookwood  
Baptist  
Health™**

**Primary & Specialty Care Network**

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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