

June 2019 Ed.



## ZIMMER Z-WAVE

Treats symptoms of:

- erectile dysfunction
- female sexual dysfunction
- incontinence and menopause
- peyronie's disease

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# ALABAMA VEIN & RESTORATION MEDSPA

*...a dedicated center of excellence*

8 June Specials!



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6 Stretch marks be gone! These treatments can get rid of them



# 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 \* Francie Gillespie, PA-C





# 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.

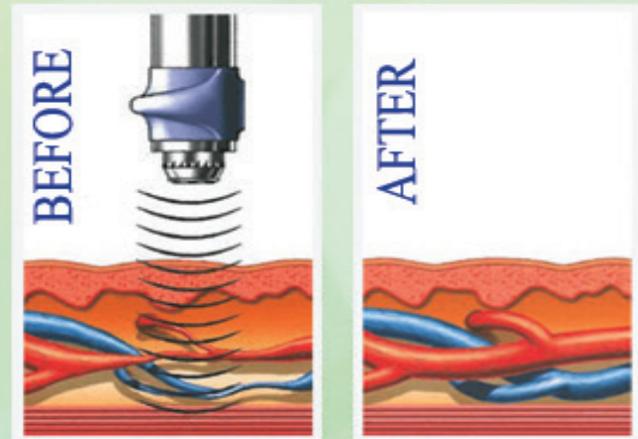
# ALABAMA VEIN & RESTORATION MEDSPA

## *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.

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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

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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

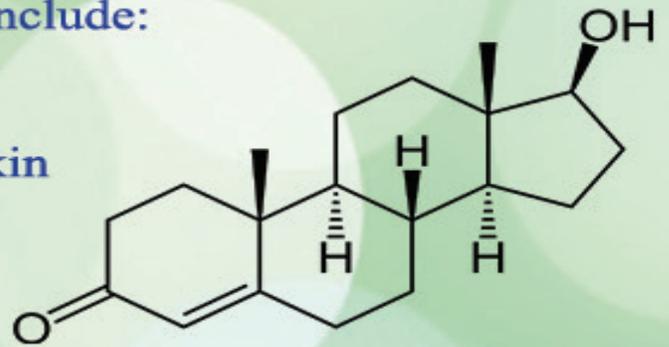


## *We also offer Hormone Replacement Therapy*

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



Alabama Vein & Restoration Medspa  
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## Stretch marks be gone! These treatments can get rid of them

Stretch marks can form due to a variety of changes to your body, from pregnancy to weight gain. Though they're not dangerous, they change the appearance and feel of your skin — and you may want to get rid of them. There are a number of treatment options available to address stretch marks, and there's one that's right for you.

### **What are treatments for stretch marks?**

Many home remedies claim to diminish stretch marks, but these have varying degrees of effectiveness. However, there are a number of medical interventions that are much more potent, and Dr. Charles Hunt, II of Alabama Vein & Restoration Medspa can help you find the one that is right for you.

#### **Collagen creams**

Creams can moisturize and strengthen your skin and can help restore collagen, a protein that makes your skin more elastic. These creams thicken your skin, allowing healing in the stretched areas.

#### **Microdermabrasion**

Microdermabrasion is a treatment that uses tiny crystals to polish your skin, allowing the fresher, newer skin underneath to show. It also encourages collagen production in your skin, prompting the skin to contract the stretch marks, making them smaller and less noticeable.

#### **Laser therapy**

Nonablative laser therapy using the Icon™ Laser System works to remove the layer of damaged skin. This procedure also stimulates the development of fresh tissue, giving you new, smooth, healthy skin.

#### **Microneedling**

With microneedling therapy at Alabama Vein & Restoration Medspa, the SkinPen®II employs very tiny needles to prick the skin. This creates microchannels in your skin and generates new collagen and skin tissue, giving your skin a fresher appearance.

 SculpSure®

Nail Father's Day

*This Year*



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

**Hit the nail on the head with a gift card for SculpSure treatments.**

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.



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

AREA TREATED: Under the chin  
Courtesy of L. Bass, MD

**Save an additional \$200 OFF when you purchase a SculpSure Package in the month of June**

# JUNE SPECIALS!



## SculpSure®

Save an additional  
**\$200 OFF**  
SculpSure when you  
purchase a package!



Before



12 weeks after 2nd SculpSure series

**Avene Skincare 15% OFF**  
Purchase 3 Avene  
products totaling \$50 +  
& receive a **FREE** beach  
bag, while supplies last!

**\*\* 20% OFF ICON laser scar & stretchmark packages \*\***

**\$50 OFF Bioidentical Hormone Replacement Consult**

**Zimmer, a safe, non-invasive treatment for the symptoms  
of Erectile Dysfunction & Female Sexual Dysfunction  
Call today to schedule your consult!**

**877-268-8346**

**Zimmer  
Z-wave for  
cellulite  
Buy one  
area, get  
the 2nd  
area 50%  
OFF**

**before ZWave**

**after ZWave**



After treatment series

# S'more Ice Cream Pie Recipes

Recipe by Chef John at allrecipes.com

Ready  
5h 50m



## Ingredients:

- 1 1/2 cups finely crushed graham cracker crumbs
- 1/4 cup white sugar
- 6 tablespoons butter, melted
- 1 (28 ounce) package chocolate ice cream, slightly softened
- 2 cups miniature marshmallows, or enough to cover the top

## Directions:

- 1- Place graham cracker crumbs into a bowl, add sugar and melted butter, and mix until well combined. Transfer mixture into a 9-inch pie dish. Gently press graham cracker mixture into the bottom and up the sides of the pie dish using a spatula. Pat the edge and inside of the crust smooth with your fingers.
- 2- Refrigerate crust until thoroughly chilled, at least 30 minutes.
- 3- Fill crust with chocolate ice cream using a small ice cream scoop. Smooth the ice cream with a spatula. Place a ring of mini marshmallows around the inside of the crust and cover top of ice cream with remaining marshmallows. Gently press marshmallows into the ice cream.
- 4- Freeze until very firm, at least 2 hours.
- 5- Use a propane blow torch to toast the marshmallows, moving the torch quickly to brown the marshmallows. Marshmallows should have small charred spots. Return to freezer to chill the marshmallow topping, at least 3 hours; slice and serve.

# Veinwave

Veinwave is an electrical desktop device which uses a needle holder and a footpedal. The practitioner identifies the area for treatment and inserts an ultra-fine insulated needle into the needle holder.

It is a revolutionary device used primarily for the treatment of small veins of the face, ears, and nose. The device can also be used for very small red colored spider veins of the legs. Based upon a brief pulse of thermal energy, this device works well to compliment the injection sclerotherapy program for treatment of spider veins.





## Planning for Fathers Day - June 16th

1. Think about what makes your dad happy. How you celebrate Father's Day will largely come down to knowing what your dad likes and what will make the day most enjoyable. That can mean planning a grand adventure, or simply taking care of all the chores around the house so dad can relax.
2. Get others involved. If you have siblings, you could get them involved in planning something nice for your dad. Having all of his kid's celebrate father's day with him will make it even more special. If you don't have any siblings, you could also ask your mom or grandparents to help you
3. Plan a party or an outing for your dad. If your dad isn't the gift type but enjoys nothing more than spending time together with family, then plan some type of activity where your dad gets to do something he loves.
4. Talk with your dad. This is a straightforward one, but it should not be overlooked. In our daily lives, it can be effortless to miss out on spending quality time together. On Father's day, make it a point to spend time just talking about things. Tell him about some things going on in school you haven't told him, tell him about things that are going on in your life
5. For even more great ideas <https://www.wikihow.com/Celebrate-Father%27s-Day>

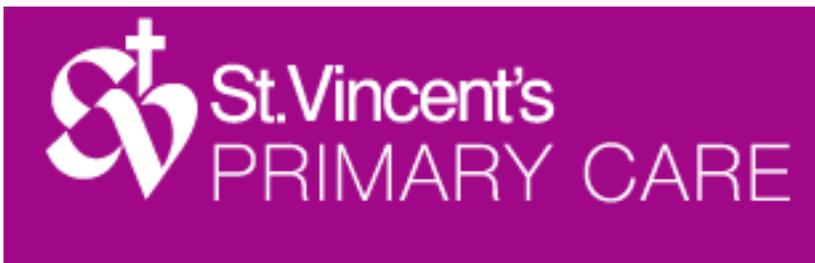


**Facial Happy Hour**  
**Monday through Thursday**  
**3-5pm**  
**Get a mini facial for**  
**only\$30!**

## Recommended Businesses in our Spotlight:



Chace Lake Family Dentistry  
 Contact Info  
 Website : [chacelakefamilydentistry.com](http://chacelakefamilydentistry.com)  
 Phone: (205) 989-0090  
 Email: [chacelakefamilydentistry@gmail.com](mailto:chacelakefamilydentistry@gmail.com)  
 Address: 1871 Chace Dr  
 Hoover, AL 35244



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 Carrie Huner, MD  
 Phone: (205) 948-2999  
 Address: 3056 Healthy Way, Ste 100  
 Birmingham, Alabama 35243



Contact Info  
 Michael Hanna, MD  
 Anniston Medical Clinic, PC  
 Phone: (256) 236-5631  
 Address: 1010 Christine Avenue  
 Anniston, Alabama 36207

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