

## Newsletter

Lose 3 to 9 Inches--In Just 2 Weeks!

No Pain No Surgery No Bruising

ZERONA<sup>®</sup> is the new non-invasive (and painless) body sculpting Laser, to remove fat and contour your body without surgery--in just 2 weeks!

° Featured on TV on "The Doctors, 20/20, NightLine, and Rachel Rey" with incredible results.

° ZERONA<sup>®</sup> patients simply continue their daily activities without any pain, wounds, or garments.

° ZERONA<sup>®</sup> uses the Erchonia<sup>®</sup> Laser Scanner, which is FDA Cleared for laser assisted liposuction.

° The Laser opens a pore into your adipose (fat) tissue, which passes harmlessly through your body.

° ZERONA<sup>®</sup> was proven through a double-blind, randomized, multi-site, and placebo-controlled study.

Cheryl Thode, Dr. Lee, and Joey Sjostrom, Registered Dietitian

Call 938-0190 now for a Free Consultation.

TOO Hairy?

See Becky Stout of Bare Radiance Hair Electrolysis who recently joined us here for permanent hair removal.

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

Thermography Scans

NOW AVAILABLE For Breast & Body!

Horizon Ridge Wellness Clinic is Proud to Announce  
the FIRST Body Thermography Center in Nevada!

This is a fantastic non-invasive technology for breast screenings (no squeezing!) and overall preventative body screenings from the Longevity Center of Nevada. The infrared camera visualizes functional and vascular patterns present in the body, such as breast concerns, arthritis, sinus and dental concerns, thyroid and immune function, lymph congestion, digestive disorders, heart disease, varicose and pain patterns.

Call Cheri-lynn at 702-553-0331 for your Appointment Today!

Yes--Try Personal Training FREE

Yes--we now have On-Site Personal Trainers: Beth, Dave, & Amanda! Vaughan Personal Trainers will either go to your home or train you and your body here at the Horizon Ridge Wellness Clinic.

My White Smile

Teeth Brightening

Yes--You Too May Have Brighter Teeth--Right HERE ! Dr. Lee got 5 shades brighter in 30 minutes.

Welcome--Aesthetician Lucia Gaier

We are delighted to announce Lucia Gaier, our new Aesthetician, from Romania. Lucia trained at the Christine Valmy Cosmetology School, acknowledged as one of the top Cosmetology Schools in the country. She then worked for eight years at Bliss Salon in Manhattan, the World Famous Salon often cited in fashion magazines, where she had many

famous clientele including Halle Berry, Ellen Degeneres, Rene Zollinger, Matt Lauder, Jennifer Lopez, Reba McEntire, Natasha Richardson, etc. Lucia specializes in Ultra-Fine Anti-Aging European Oxygen Facials and Waxing, including customized Brazilian Waxing, and Precision Microdermabrasion.

#### Face Lift . . . or Liquid Lift?

We now have more choices to look younger: traditional plastic surgery, and now, what many are calling the "liquid face-lift," in which BOTOX is used in the upper face and cosmetic fillers in the lower face to look years younger, almost instantly. Of course, BOTOX and cosmetic fillers do not constitute a face-lift, but amazingly, many of the same effects may be achieved without surgery. For those who are experiencing the financial effects of the economic slow-down, cannot take prolonged time off work, or just don't want to take the risks of anesthesia or surgery, this could be the ideal choice. Many are taking advantage of this combined with the latest Thermage NXT (radio-frequency) technology, whereby Thermage is done in the morning, followed by BOTOX and cosmetic fillers in the afternoon--for a complete non-invasive makeover. Remember, your face is your greatest accessory.....

#### Don't Forget--Alzheimers

Remember--Alzheimer's disease and dementia. . . They say 10% of those over age 65 and 50% of those over age 85 will have it. These numbers are staggering, but there are some things you can do to minimize your risks. At the July 2008 Alzheimer's Association International Conference<sup>1</sup> in Chicago, the research presented associated high risk with metabolic syndrome<sup>2</sup>, severe head trauma, stroke, depression, and cigarette use. So keeping the following metabolic syndrome factors low makes sense: triglycerides, blood pressure, fasting blood sugar, and abdominal fat--for men, a waist less than 40", for women a waist less than 37" is suggested. Other pro-active choices to consider are: wearing seat belts in cars and helmets on motorbikes (better yet--don't) to minimize risk of head trauma, seeing your psychiatrist and psychologist for depression, and quitting smoking.

What helps? Try increasing your good cholesterol, the HDL, since a low HDL is a factor for metabolic syndrome. You can do this with regular cardio exercise: walking, treadmill, swimming, soccer, etc. The Chicago conference also found something quite interesting: people living in a committed relationship at middle age cut their risk of cognitive impairment by a whopping 50%. Those who were widowed and did not remarry were at the highest risk. Researchers theorize that a committed relationship was somehow protective of the brain. (Hint: all you singles). Another Chicago research paper reported physical activity (yes--exercise) could be protective. Also, researchers at the University of Michigan<sup>3</sup> reported in the Journal of Neurology<sup>4</sup> that the use of "statins" such as Zocor or Lipitor were associated with a significant decline in dementia and cognitive impairment. Hence, if you are asked to treat your cholesterol with statins, you have another strong reason to use them.

Remember . . . what use is living longer--if you can't?

1 American Medical News, August 18, 2008, p. 2.

2 Metabolic Syndrome- otherwise known as 'syndrome X' or 'insulin resistance' or MSX (metabolic syndrome X); according to U.S guidelines, if a person has 3 of the following 5 symptoms, he falls into this category: a. elevated triglycerides b. low HDL cholesterol c. elevated blood pressure d. elevated fasting blood sugar or e. excess abdominal fat. The risk for being included in the metabolic syndrome category increases by 40% when a man's waist reaches 40 inches; 37 inches for a woman.

3 Medical Economics, August 15, 2008, p. 52.

4. Journal of Neurology 2008;71:344-350 (July 29, 2008).

#### Spider-Veins?

Tired of those Ugly Spider-Veins on you legs? Want to wear shorts, skirts and bikinis? Dr. Lee was a Clinical Instructor for the National Procedures Institute and taught many physicians and nurses how to treat spider veins with sclerotherapy. On SALE NOW for only \$697.00, Dr. Lee expects you will have at least 70-90 % improvement--in time for SUMMER!

#### The Spa...

to Relax, Rejuvenate, and Refresh Yourself!

A great idea at any time, but especially for the New Year--our Gift Certificates are always a hit--and don't expire for a whole year! Compare us to anyone else and you will be amazed at the value we offer. Where else--can you get so much for so little? Moreover, the level of skill here is truly amazing. Aesthetician Director Luchia Gaier is so good she worked for the World Famous Bliss Salon in New York and had clientele such as Halle Berry, Ellen Degeneres, Rene Zollinger, (she also does Brazilian Waxing); Massage Therapists here include: Raina Snow and T.J. Merryman (the only guy, but what a nice one!). Once you find the therapist(s) you like, ask them about buying a series of three (or more) massages or facials--for an even greater value. Or ask Nona Sylvia, our Multi-Talented Office & Spa Manager, who actually went to the same school--Punahou--as Barack Obama. Remember, what good is it all--if you don't take the time for the three R's. Relax, Refresh, and Rejuvenate your body, mind, and soul . . .

### Which One?...

Restylane, Juvederm, Perlane, Radiesse, Sculptra, Artefill, or Implants?

With so many choices among the cosmetic wrinkle fillers, which one should I use? Dr. Lee recommends the two great hyaluronic acid fillers: Juvederm and Restylane. Hyaluronic acid is simply the sugar which binds the cells in your body together, consequently, since you already have this naturally in your body, you don't need to do allergy testing for this, like we did for the old product, collagen, (which was made from an animal, bovine collagen = cows). People had allergic reactions to collagen, but the biggest problem was that it was expensive and didn't last very long (about one or two months?).

It was the best we had until the FDA Approved Restylane in December of 2003. It revolutionized the industry, because it would typically last about three months in lips, four months above lips, and five to six months in the nasal-labial and marionette lines on each side, respectively, of your nose and mouth. Hence one could look years younger--without surgery--with a quick and easy procedure with no down time, with as little as two treatments a year. Restylane proved to be a great product and dominated the market until Juvederm gleened FDA Approval in June 2006. Juvederm, made by Allergan, the BOTOX maker, proved to be smoother to the touch than Restylane, but came only in a 0.8 cc syringe (instead of the standard 1.0 cc syringe Restylane comes with). The current cost here for Restylane is \$395/1.0 cc and \$425/0.8 cc for Juvederm, so Juvederm is more expensive per syringe--and you get 20% less product per syringe than Restylane--but because Juvederm is ~90% cross-linked and Restylane is ~80% cross-linked, more Juvederm actually persists. Moreover, the FDA allowed Juvederm to re-label in June 2007 that it lasts up to 12 months--and our patients report that it really does last longer. So, though you (apparently) get less and it is more expensive, it lasts longer than Restylane. Restylane responded by bringing out their own smoother product recently, called Perlane. Our experience is that it is the smoothest of the three, but that it usually needs a touch-up treatment about a week after the initial treatment. Consequently, Restylane is the least expensive but can be just a trifle bit lumpy; Juvederm is smoother, lasts longer, is a little more expensive, and is our only recommended choice for the superior results we get with lips and tear-trough (the hollows below the eyes) treatments.

Finally, be cautious of the more permanent cosmetic fillers. We also do Radiesse which may last up to 1 1/2 years, but--in our experience-- really needs two successive treatments about six weeks apart to last that long. Consequently you need two treatments and will be charged for this, and we have had patients complain about granulomas (rock-like lumps) from their Radiesse treatments elsewhere. Sculptra is also done here, but you really need three successive treatments at about \$900/treatment, over a period of six months to see good results, though it may, indeed, last up to two years. Last, be very cautious about Artefill and the implantable permanent fillers. The human face changes in contour as we age, and we have often found the permanent fillers which look great when young, may actually accentuate your wrinkles as you age--requiring the surgical excision of your permanent implant.

### Dr. Lee's . . . Restaurant Review

We visited the incredible Sunday Sterling Brunch at Bally's Casino with friends--Dr. & Mrs. Schumacher. Set in an older hotel and famous for being the most expensive (\$75.00/person) Las Vegas buffet, but what a spread! Try the exquisite lobster & Boursin cheese omelet (I went back for seconds); the Alaskan King Crab claws; the tenderness of the high quality cut of prime rib, Filet Mignon, & New Zealand lamb; and ooohhh . . . the delectable deserts. Make sure you save space for it! Restaurant Review--A Grade.

Next time--we describe "a hole in the wall" where you can get the best pasta in town!

### Nevada Academy of Family Physicians Aesthetic Workshop

Dr. Garry R. Lee of the Horizon Ridge Wellness Clinic taught the Nevada Academy of Family Physicians Aesthetics Workshop on August 7, 2009, and the Golden Nugget Hotel & Casino in Las Vegas. The Annual Summer Continuing Medical Education (CME) conference was to keep 80-90 Family Physicians up-to-date on the latest in Medicine. The Aesthetics Workshop featured Botox, Juvederm, Restylane, and Sclerotherapy (spider vein) Demonstrations as well as the new Botox competitor, Dysport. Also introduced was the TMR Comfort System, the FDA Cleared Device which allows Pain-Less injections, including laboratory blood draws and vaccinations. Imagine . . . Pain-Less Flu Shots!

### WANT TO JOIN US?

We have just a little space available for rental and are looking for someone who is compatible with everyone else, who truly cares for their clients, and who does something we do not currently have here--and who does it well. This would be ideal for someone who is starting a new business but wants to keep their overhead low. As you know, we have lots of clients and patients who just love to be here because of the sense of peacefulness and tranquility, the convenience of so many great services, and because they feel we treat them--more like friends and family. Call 938-0190 and ask for Dr.

Lee to interview with us.  
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Dr. Lee & Belly Dancer Leila Sas at Henderson Chamber of Commerce Mixer