

## Prevent diving-related injuries

Every year there is a seasonal increase in the number of diving-related injuries to children.

A new study concluded that each year, more than 6,500 diving-related injuries are reported. Boys and girls 10 to 14 years old are the most frequent victims. The authors assert prevention efforts to

reduce injury should include:

- Education to prevent young divers from jumping or diving into the shallow end of the pool.
- Due to the high number of cases involving diving board interference, the improvement of diving board safety education could be beneficial.



ARA CONTENT

# The medspa movement

## More women opting for alternative procedures over traditional surgery

BY TANIA BAZALDUA  
GateHouse News Service

In the past, women hid at home after plastic surgery until the telltale bandages and bruising were gone. Patients now have the luxury of getting aesthetic work done without visible scars or taking time off to heal with growing advances in medspa procedures.

The number of nonsurgical procedures performed in the U.S. increased by 81 percent between 2000 and 2007, according to the International Association for Physicians in Aesthetic Medicine. More than 11.7 million procedures were performed in 2007, Botox being the most frequent. This rise in nonsurgical procedures has ignited the medspa industry.

"It's a bigger advantage choosing nonsurgical procedures because you can keep a natural look versus a dramatic change," said Dr. Ronald Lawton, owner and medical director of Nourish Medspa in Lombard, Ill. "On top of that, you get a spa-like setting and continued maintenance of your skin with the combination of spa treatments and medical treatments."

In addition to the basic facials, most medspas offer everything from acne-scar and sunspot removal to plumping lips and erasing every girl's worst nightmare — cellulite.

Check out our guide for a few of your medspa alternatives to the operating table:

• **Traditional** Corrugator muscle excision involves the clipping of the muscle responsible for drawing the eyebrows downward into the frowning position, creating the vertical lines between the eyebrows, according to About.com.

• **Alternative** Botox works by temporarily relaxing the muscles into which it is injected. Cosmetically, it's used to minimize movement of specific facial muscles, according to Nourish Medspa.

• **Traditional** Liposuction is the removal of fat from deposits beneath the skin using a hollow stainless-steel tube with the assistance of a powerful vacuum, according to LipoSuction.com. The procedure is accomplished either with the use of general anesthesia or with heavy IV sedation.

• **Alternative** Nourish Medspa's LipoDissolve is a procedure for reducing fat and improving shape without surgery. A combination of naturally occurring compounds are administered through a series of microinjections directly into fat. The unwanted fat is broken down and metabolized away.

This procedure is not approved by the Food and Drug Administration,



Tricia Valenti of Nourish MedSpa in Lombard, Ill., administers a facial on Kelly Scheffert of Lombard. The medspa industry has seen an influx of customers who are choosing to have aesthetic procedures in a spa rather than operating room setting. PHOTO BY ERICA BENSON/GHNS

and Dr. Rick Izquierdo of Plastic Surgeons Associated said there are no long-term, follow-up studies with LipoDissolve.

• **Traditional** A face lift, also called a rhytidectomy, is a procedure that can remove excess fat, tighten muscles and redrape the skin of the face, according to Ehealthmd.com.

• **Alternative** ReFirme Skin Tight-

ening is a nonsurgical method for tightening wrinkled and sagging skin on the face, neck and body, according to Nourish Medspa. It works by using a combination of bipolar radio frequency and light energies to heat dermal tissues. This then stimulates collagen production and produces a firming effect in the skin.

### IN THE NEWS

## Cheer up, stop and smell the roses

According to a recent Harvard Medical School and Massachusetts General Hospital study, people who made a point of looking at flowers in the morning reported feeling cheerier and even more energetic throughout the day.

Considered a natural remedy for a range of ailments, lavender's scent and lush color can prompt your body to produce a calming compound, improving sleep and promoting relaxation.

Lilac is another stress-relieving scent. This flower is found to have a calming effect, which can promote a feeling of well-being and also increase relaxation.

For a floral pick-me-up, classic red roses, sunflowers and orange daisies awaken the senses and increase energy through their vibrant colors and potent aromas.

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