



Liquid Lift, Botox & Injectable Fillers:  
Tracey Gregory, FNP-BC  
I enjoy the blend of science and art and the ability to be creative. I truly love creating natural beauty and empowering my patients with self-esteem. Neurotoxins such as Botox, Dysport and Xeomin are first on my list for improving wrinkles between the brows, around the eyes, forehead, and bunny lines, lifting the corners of the mouth and improving neck

bands. Neurotoxins have been used for many years and have been proven to be safe for both cosmetic and therapeutic treatments in most cases. Neurotoxins can be injected to look very natural and reflect a more rested appearance.

Dermal fillers are another great favorite that can be used to improve overall volume loss and soften lines that are present at rest. Hyaluronic acid fillers such as Juvederm Ultra XC, Juvederm UltraPlus XC, Juvederm Voluma XC, Restylane Silk and Restylane Lyft are my other go to products and my favorites for this category. These fillers can plump up anything from fine lines to deflated cheeks and restore lip volume. With this treatment, you can expect to see your result right away but as a couple weeks go by, surprisingly, it seems to improve! Volumizing lines or entire areas of the face are not to be feared. This treatment can be done achieving very natural results.

Nonsurgical treatments are leading the way in aesthetic medicine. It's important to seek a specialist, highly educated, and actively practicing in which areas you are interested. Consult with your provider to see what option is best for you.



Health Skin Care: Raven Elosiebo-Walker, MD  
While researching treatment options the top on a patients list should always be healthy skin care combined with, at a minimum, yearly full body skin checks with your dermatologist. We make a point to convey to our patients who are not on a routine skin care regime that we would rather see them expend their efforts on improving their skin quality rather than trying to fill a

few lines or erase a frown line. As a board certified dermatologist, I treat skin of all ages, male and female, and their personal conditions and concerns. No treatment will ever provide the most optimum results possible when skin lacks luster, glow and not in an overall healthy state. ASC favorites, and clinically proven to improve the skin texture and protect the skin, are topical vitamin C, Retin-A and a titanium based sunscreen/SPF. A few of our favorite non-surgical options cover patient concerns from eyes to thighs. ...



## Ask the Expert

Andrea asks, "Melody, I have some art and other wall hangings and accessories that are special to me I've been wanting to display. I've considered grouping them together but I don't know where to start so that it doesn't look random. Can you help?"

Melody says "I love when a client wants to display rather than store important objects! One thing we strive for with our clients is a "collected" look. We like it to feel as if you have accumulated furnishings and accessories over time, instead of looking like you just moved in and purchased everything brand new (even if you did!). Creating vignettes with dissimilar items is a great way to achieve that aesthetic in your design. While the look is one of not being too contrived, it is important to really plan your composition. Balance is the overarching goal to keep in mind so remember that whatever you do in one area must be reflected on the opposite side. While the objects are dissimilar, look for similar qualities to mirror image each other. Most of the elements to consider when achieving balance in design can be described as "visual weight". For example, actual color is not as important as identifying the color as light or dark, soft or intense. Other similarities to look for are scale, shape and sheen or light reflection as with mirrors, glass and metal. Keep these details in mind and lay it out before you start hanging and you will have a well-designed and unique composition. Happy decorating!"



Send in your Interior Design questions and receive a \$25 gift card to a local restaurant!  
[melody@uptowndesigns.com](mailto:melody@uptowndesigns.com)

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# SPONSOR SPOTLIGHT

Aesthetic Specialty Centre has had the luxury of caring for patients in and around the Roswell area for 15+ years. Marc E. Yune, MD, a double board certified facial plastic and reconstructive surgeon, along with Raven Elosiebo -Walker MD, a board certified dermatologist, and their team of experts offer a wide array of products and services that will satisfy not only your individual medical/clinical concerns but also help you achieve your personal goals when addressing anti-aging and the overall maintenance needed to achieve and maintain healthy, ageless skin. Our dedicated and caring staff will ensure that every experience you have in our office not only meets but exceeds your expectations.

"Whether you're treating the most minimal of dermatological skin issues or researching your options with plastic surgery, our team will assist in guiding you through your many options as you begin your journey," says Dr.Yune.

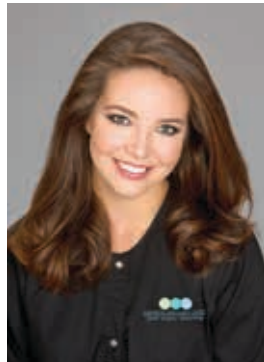
"These are exciting times in aesthetic medicine. There are so many options for today's patient wanting to appear more rested

and refreshed, hoping to delay cosmetic surgery a few years or those exploring their non-surgical possibilities. Our grandmothers and even some of our mothers never had this opportunity, as we do, to benefit from all of these progressive cosmetic treatments. When thinking about improving our overall appearance, and choosing to look the best that we can for our age, this can mean we are not necessarily looking to change what we look like, but merely seeking noninvasive treatments and /or procedures that assist in maintaining a more youthful, vibrant, The Best Us Possible appearance," says Tracey Gregory, FNP-BC.

Our society has created a certain stigma of what we should look like. This unfortunately can lead us down a path of unrealistic expectations and feeling unhappy about ourselves. As providers, our goal is to help our patients with these expectations, and during our comprehensive consultation we will discuss realistic expectations that both the patient and we as providers are trying to achieve while outlining an in depth treatment plan to meet the individual needs of our patients.



**ThermIRF®:** Marc E. Yune, MD  
Double Board Certified Facial Plastic & Reconstructive Surgeon  
Thermi® is a versatile treatment used for aesthetics, dermatology and women's health and well-being. Providers are able to treat hyperhidrosis (excessive sweating) – skin laxity (for the face - neck & body) and offer vaginal rejuvenation for women experiencing urinary leaking – feminine dryness – discomfort and laxity concern – by using non-invasive radio frequency while providing optimal patient satisfaction with little to NO down-time with these in-office procedures.



**Cellfina** – Allie McAllister, FNP-C  
Cellulite is a top complaint from most of my female patients and affects what over 90% of women see when they are looking in the mirror. With Cellfina we finally have a treatment that smooths dimples in a quick, minimally invasive in office procedure with modest downtime. Your body will thank you; let's face it: dimples are just not that cute on all cheeks!



**Aesthetic Specialty Centre**  
1825 Old Alabama Rd, Suite 201  
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770.393.9000  
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**Ultherapy:** Kim Donahue, PA-C  
If you're looking for a noninvasive way to tighten and lift your skin, Ulthera may be perfect for you. Through the use of hyper-focused, ultrasonic heat, Ulthera revitalizes your existing collagen and promotes the production of brand new collagen in your skin. Ulthera has become one of the most popular anti-aging technologies across the country because it is safe, noninvasive, and is associated with minimal to no down time. This procedure can make your skin look younger while slowing the aging process. Ulthera is most commonly used on the brow area, eyes, face, neck and décolleté; however, it is also used to tighten and lift the skin of the abdomen, buttocks, and above your knees. Aesthetic Specialty Centre has been named the #1 provider for Ultherapy in Georgia.

**CoolSculpting** – Kimberly Palmieri, LMA-CLT  
Even patients who are working out, who are within their target weight and take their diet serious can have stubborn areas left behind. CoolSculpting targets and addresses those areas of unwanted fatty tissue of the abdomen, inner & outer thigh, love handles, flanks, bra fat and even the unwanted double chin now with the new Cool Mini applicator. Both male and female patients alike have found Coolsculpting to be the ideal go to treatment for sculpting. You truly can love what you see in the mirror from every angle.

Aesthetic Specialty Centre – Plastic Surgery & Dermatology Centre – truly offers a treatment for every patient concern from head to toe and every area in between.

For the only skin you will ever have – entrust it to the experts.

# THE RISK OF SITTING



## A Sedentary Lifestyle Can Be Dangerous

By N2 Staff  
Writer,  
Elizabeth  
McCabe

Unfortunately, sitting has become a popular pastime in recent years. Let's face the facts, walking and bicycling are not used for transportation as much as they were in decades past. With the rise of instant communication (such as social media platforms, texting and email), face-to-face encounters are becoming less frequent. After all, why get up from your office chair if you don't have to? This translates into more time on your rear end. Factor in screen time (television, videogames and hand-held devices), and it's easy to see why sitting is becoming today's go-to choice.

According to the World Health Organization's 29, 515-day estimate, 29.7% of the time over a person's lifetime is spent sitting while only 0.69% of the time is spent exercising. That's less than 1% of time spent in motion! The perils of passivity are problematic. Increased risks for high blood pressure and even risks for certain

forms of cancer are just a couple of the more severe medical conditions that can result from prolonged sitting. The World Health Organization has actually labeled physical inactivity as the fourth-leading risk factor for death globally. In addition, the risk of developing Type 2 diabetes increased by 90% for those who sat for a minimum of eight hours a day. Not to mention that sitting may give you the blues; people who sit more are more likely to be depressed. If those reasons aren't enough to get up and move, consider that cubicle dwellers and couch lovers might suffer from tight hips, soft abs and even an inflexible spine.

Americans spend a staggering nine hours a day sitting. For those glued to the tube, consider that in an eight-and-a-half-year study, people who watched the most TV had a 61% risk of dying (in comparison with those who tuned in for an hour each day).

Fortunately, it's never too late to change. Even sitting on a stability ball will activate your core muscles. Or consider purchasing a treadmill desk. Walk while you work to burn calories, boost endorphins, improve circulation, and avoid the pitfalls of sitting. If that isn't an option, get up every 30 minutes to stretch your legs. Take a trip to the water cooler, fetch a document from the printer, or just connect for some real face time with co-workers. Consider even having work meetings while walking if that's a possibility.

Simple changes today can result in better health tomorrow. Maintain an active lifestyle as much as possible. In an age of increased sedentary activity, why sit when you can stand? Or better yet, walk or even jog? The point is to just get moving. Improve your health by putting your body in motion!



## rock chastain 2016 3RD ANNUAL BENEFIT CONCERT

Saturday, October 15th  
Chastain Park Amphitheatre

Featuring:  
Ed Roland (of Collective Soul) & The Sweet Tea Project  
Drivin' N' Cryin'  
Whiskey Gentry  
Brian Collins

Tickets available via Ticketmaster  
chastainparkconservancy.org

This is the primary fundraiser for the Chastain Park Conservancy, a non-profit organization whose mission is to restore, enhance, maintain, and preserve Atlanta's largest regional park.