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# October Newsletter

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## ClearLift Laser!!

The ClearLift laser is a revolutionary skin treatment that offers improvement in the signs of aging such as: age spots, small veins, pigment and redness, fine lines and wrinkles. It works on all skin types and color of skin.

The best candidates are those with mild to moderate skin damage that are in good health and take care of their skin. The treatment itself takes as little as 20 to 30 minutes. For those of you who remember our Laser Genesis treatment,

this laser is 40% more effective!! We are the only clinic in Gig Harbor that currently has this laser!! It is very safe and thus far there have been no injuries reported with this laser. The laser works by delivering a controlled dermal "injury" to the skin without harming the overlying epidermis so that all stages of healing and skin repair occur under the intact epidermis.

The treatment is comfortable, there is no downtime, and is so quick it is also known

as the "Lunch Break Facelift". Optimal results in 3-5 treatments once every 3 to 4 weeks. Skin appearance continues to improve after each session with optimal results in as little as 3-6 months.

Call for your complimentary consultation today: See what options are right for you. This is the BEST time of the year to consider laser treatment.

253-858-2408

**5800 Soundview Drive,  
A-101**

**Gig Harbor, WA 98335**

- Office Hours
- Tuesday-Friday 9a-4p
- Saturday 9a-12noon
- Closed Sunday & Monday
- Phone: 253-858-2408
- [www.gigharborhealthclinic.com](http://www.gigharborhealthclinic.com)

## Exercise Corner

Do 2 rounds first week, then work up to 3 with a 2 minute break in between.

45 Jumping jacks  
15 Squats

5 Jump Squats  
50 Russian Twists  
30 Second plank  
10 Standing Calf Raises  
5 Kneeling push ups  
30 Second Superman

10 Lunges (each leg)  
40 Crunches

## Average American Woman's Waistline is 39 Inches

Americans' belt size continues to inch up and unfortunately, women's waistlines are widening faster than men's according to new government research.

The average waist size ballooned more than an inch from 37.6 inches to 38.8 inches between 1999 and 2012. Based on waist circumference, 54% of Americans were abdominally obese in 2012, up from 46% 13 years earlier. Waistlines larger than 35 inches for women and 40 inches for men are

considered abdominal obesity, a risk factor for heart disease and diabetes. More than one third of U.S. adults are considered to be obese.

No single reason for bulking up stood out. Researchers speculate that sleep disruption, certain medications and everyday chemicals known as en-



doctrone disruptors may possibly play a role. Insufficient sleep is often overlooked as a reason for increasing weight. It's important to get at least 6-7 hours of sleep at night. It may help to regulate hunger and help prevent weight gain. Also at least 150 minutes of physical activity per week is beneficial in increasing metabolism.

## No Reduction in Death Rate is seen with Bilateral Mastectomy, US Study Finds

Increasing numbers of US women with breast cancer are opting for double mastectomies, but the procedure is not associated with a lower 10 year mortality than breast conserving surgery with radiation, a study has found.

**Bilateral mastectomy is no guarantee of a lower mortality rate**

The study was reported recently in JAMA. The rate of bilateral mastectomy has increased dramatically from 2.0% in 1998 to 12.3% in 2011.

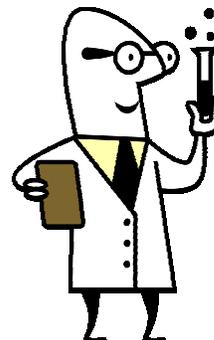
The increase was greatest in women under 40. In a time of increasing

concern about overtreatment, the risk-benefit ratio of bilateral mastectomy warrants careful consideration and raises the larger question of how physicians and practitioners should respond to a patient's preference for a morbid, costly intervention with dubious effectiveness.

## Depression Breakthrough- Blood Test Provides Definitive Diagnosis-

A new blood test is the first objective scientific way to diagnose major depression in adults. This is based on a study performed by Northwestern University Research Department. The test measures the levels of nine genetic markers known as

RNA markers in the blood. This blood test could also determine those who may respond better to



counseling. It is an exciting possibility that could, in theory, greatly enhance treatment efficacy and efficiency. Psychiatry is still a long way from having a reliable product to accomplish these goals

## Antibiotics Are Not Always the Answer

Patient insistence on antibiotic use, may stem from either little knowledge of or little regard for the health problems caused by unnecessary antibiotic use. For example, one study found that 19.3% of drug-related ED visits were related to systemic antibiotics; nearly 80% of those were for allergic reactions. With nearly 50% of antibiotic prescriptions considered inappropriate, the overuse of antibiotics creates unnecessary personal health risks and health care expenditures. Further, a more seri-

ous consequence of this overuse is the growing public health problem of antibiotic resistance. If an infection coincides with a chronic condition such as asthma or a immune disorder it is best to see a practitioner as soon as possible. However, there are times when waiting is more appro-



priate. Allergy flares in the sinuses can often feel like a sinus infection, but it's not. Any sinus worsening should be treated with OTC medications for two weeks. If there is a temperature over 101-102, a visit to the office is warranted.

## Ideal Protein Weight Loss

We would like to let our patients know that we will only be offering Ideal Protein until May of next year. We are not accepting anymore new patients and will only be accepting returning pa-



tients. If you have been on this diet in the past, you know how effective it can be.

It jumps starts the metabolism, and forces the body to utilize its fat for fuel. There is still time to lose those remaining

pounds. Make the commitment today, and you can possibly lose 8-10 pounds per month. The beauty of Ideal Protein is that you learn good eating habits while you are on the diet. There are three phases to the diet. The last two phases are very short. Call if you think you may want to lose those last stubborn pounds.

## Chia, the Edible Seed

Chia comes from a desert plant grown in South America, where "Chia" means strength. Chia seeds are a concentrated food source containing healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium. That is why it is known as the Superfood!

More fiber— improves digestive health. It swells up when mixed with fluids, which can aid in weight loss by keeping you fuller for longer.

More protein—get 14% more protein with each serving!

Great source of omega 3 essential fatty acid which is necessary for brain function.

Packed with calcium for healthy bones and teeth and helping with osteoporosis.