

FEEL GOOD NEWS

Insider Tips for Healthy, Wealthy & Happy Living

SPRING 2010

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Join Us For Our First Anniversary Open House On Saturday April 24

friends quality cosmetic surgical procedures, safely and affordably. We are truly grateful for you, our patient, and the opportunity to do what we love to do in this new office.

grade product lines, participate in a drawing for a \$1000 gift certificate, take advantage of our new low prices on Botox, Dysport and dermal fillers, (Juvederm, Restylane), or schedule a consultation with me. Bring a friend!

“ We are having an open house to celebrate our first anniversary in our new office.”

It's hard to believe that a year has gone by since we moved into our beautiful new accredited facility in the Arrowhead Corporate Center. In stark contrast to the dark shadow the current recession has cast over all our lives this past year, our new office has been a tiny bright spot, a place offering you, our

On Saturday, April 24, 2010 from 11 am-5pm, we are having an open house to celebrate our first anniversary in our new office and you are invited. If you haven't seen our new office yet, this will be an ideal time to tour it, enjoy some good food and conversation, see our new physician

Give us a call if you are planning to attend, particularly if you want to schedule some Botox, filler, or a consultation. We'd love to see you.



For more information about cosmetic surgery go to www.PeoriaCosmeticSurgery.com

15396 N. 83rd Ave #A301 Peoria, AZ

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When Quality Counts...Experience Matters!

Dr. Fisher's Corner

In each "Feel Good News," Dr. Fisher makes himself available through this column to answer any questions you may have related to cosmetic surgery. So, if you have a question for Dr. Fisher to address, please fax it to **623.876.8159** or email it to **rfisher@peoriacosmeticsurgery.com**. Dr. Fisher will answer one or two of your questions each newsletter.

Q. I have heard that there is a new "BOTOX" available called Dysport. Can you give me any information on this new treatment.

A. Finally, after a long reign as the only botulinum toxin in town, Allergan's BOTOX Cosmetic has competition: Dysport, distributed by Medicis Aesthetics Incorporated. The active ingredient in Dysport is botulinum toxin, Type A, the same as in BOTOX Cosmetic. Botulinum toxin, Type A injected carefully into certain facial muscles of expression particularly around the forehead and eyes, relax these muscles temporarily, reducing the wrinkles there. Although the botulinum toxin molecules in these two products are slightly different, they are essentially identical in their cosmetic effects and duration. As is the case with most other who administer these injections, we see no substantial difference between them at this time.

The manufacturers of Dysport are going all out to court your business. In their 'Love it or Leave It' program, they offer you a \$75 rebate for the first time you use it and \$75 for your second treatment of Dysport or the other botulinum toxin if you don't want it again. For further details visit their website at **www.DysportUSA.com**. The future is bright for the neurotoxin consumer as many more of these drugs are on their way to the marketplace affording more and more choice.

Thank you for reading my **FEEL GOOD NEWS** newsletter. Your constructive feedback is always welcome.

Did You Know...?

www.lumosity.com is a wonderful free site devoted to exercises and games for your brain, improving your memory, mental flexibility and speed, focus, math skills, and verbal fluency.

Introducing Our New Skin Care Line by Clayton Shagal



We are very pleased to offer our patients a new skin care line of products by La Maison Clayton Shagal. These unique cosmeceuticals, made in Canada and offered only in select physician's office contain pure extracted collagen and elastin, proteins critical to skin health and integrity. Compatible with human skin, the collagen and elastin in Clayton Shagal's gel extracts are able to penetrate the dermis and replenish the skin deficient in these necessary constituents resulting in a very noticeable improvement in skin tone and texture. All of us here are currently using these products and find the results so far very pleasing. We are confident that you will too.



Our emails will serve to update you on any new manufacturer rebates and offers, as well as our new products and services.

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When Quality Counts...Experience Matters!

Coffee: Finally Something Good is Also Good For You!

Have you been trying to kick the coffee habit? Well, before you say good-bye to your favorite morning drink forever, you may be interested in hearing coffee may not be so bad for you after all. In fact, it's been linked to a variety of



health benefits. Did you know that one study shows even one cup of coffee each day can cut your risk for Parkinson's disease in half?

Coffee's full of healthful components like magnesium, potassium and vitamin B3. And coffee is the American's number one source of antioxidants, says one 2005 study from the University of Scranton. Another study published in the American Journal of Clinical Nutrition showed that one-cup of coffee can have more antioxidants than a serving of blueberries or oranges. Antioxidants play a key role in reducing the inflammation associated with many health problems ranging from heart disease to rheumatoid arthritis.

It may be the high level of antioxidants that helps coffee protect the heart. Researchers from Norway looked at data involving more than

27,000 women in the Iowa Women's Health Study and found women who drank 1-3 cups of coffee each day had a 24 percent reduction in risk of heart disease compared with women who didn't drink coffee at all. Women who drank as much as five cups a day showed up to a 19 percent decrease in risk of death from all causes.

Analysis of a collection of studies from the Journal of the American Medical Association showed evidence that consuming coffee can lower the risk of developing type II diabetes. Studies that looked at decaffeinated coffee showed similar results. The benefits increased with the amount of coffee drank.

Coffee is not only good, it's good for you. And if you find that caffeine is troublesome, you can switch to decaffeinated coffee and still enjoy the same health benefits of regular coffee.

Cosmetic Surgery During the Recession



It's good to know the economic downturn isn't leaving Americans down in the mouth—or tick in the thigh, for that matter. Statistics released Tuesday by two cosmetic surgery groups found no lack of takers for Botox, liposuction, face-lifts and other cosmetic surgical procedures.

According to the American Society for Aesthetic Plastic Surgery, procedures declined only 2% last year, despite the recession. The most popular

surgical procedure was breast augmentation, followed by liposuction. Rhinoplasty or “nose jobs” increased 74% in 2009, however.

The most popular non-surgical procedure was Botox injection followed by hyaluronic acid injection. Men make up 9% of the customer base. Only 7% of the procedures are among people age 65 and older.

Another group, the American Academy of Cosmetic Surgery, found its most common surgical procedure was liposuction. Tummy tucks and eyelid surgery, however, are gaining ground.

The most common age for Botox is 47, and the most common age for breast augmentation is 36. As for cost, face-lifts are more than \$7,000, on average, while tummy tucks are usually more. Hair transplants are a whopping \$6,000, on average. Either the recession isn't that bad or Americans really like their hair.



Sunscreens We Really Like

Over the years we have tried many different brands of sunscreen, looking for that ideal one to offer our patients, one that is affordable (only \$30 for 4 oz), effective, and pleasant to use. We finally found such a product line: Ti-Silc®, manufactured by Procyte. You can purchase Ti-Silc® in our office in two formulations, the Ti-Silc® GT Sunblock SPF 60+ and the Ti-

Silc® Sheer Sunblock SPF 45+. For normal or dry skin, both contain micronized titanium affording superior protection from harmful UVA and UVB rays. They are water resistant and sweat proof, blending quickly and naturally without a chalky or greasy residue. With summer quickly approaching, it's now time to start thinking about protecting your skin properly.

We Want Your Email Address!

We have recently started sending out email blasts notifying you of valuable special offers and other information about our services and products. To maximize using this venue to communicate with you, we want to enter as many of our patients' email addresses in our database as we can. Should you care to have us contact you in this manner, email your email address to rfisher@peoriacosmeticsurgery.com. As a thank you, we will reply with a \$15 office credit that can be used for any of our products or services. Rest assured, your email address will not be sold or shared with anyone else and you can unsubscribe from the list if you no longer want to receive our emails.

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When Quality Counts...Experience Matters!

A Full Facelift And Necklift For The Unbelievable Price Of \$3999!!!

Our all-inclusive price of \$3999 for a complete lower face and necklift is unheard of. Done under local anesthetic with additional conscious sedation, the recovery time is amazingly short and the results spectacular. Within a week, you can return to work with a younger rejuvenated face and a new outlook on life.

Many of our patients find the procedure nothing short of life changing. Other cosmetic surgeons in major metro areas charge up to \$25,000 for the very same procedure.

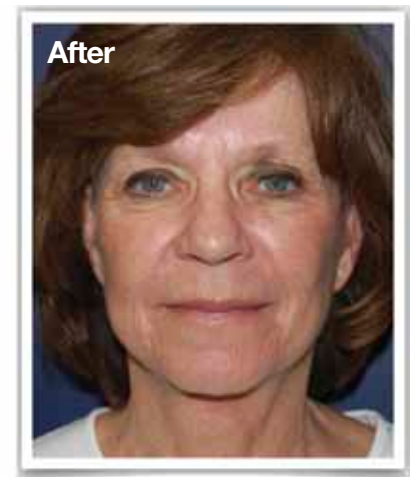
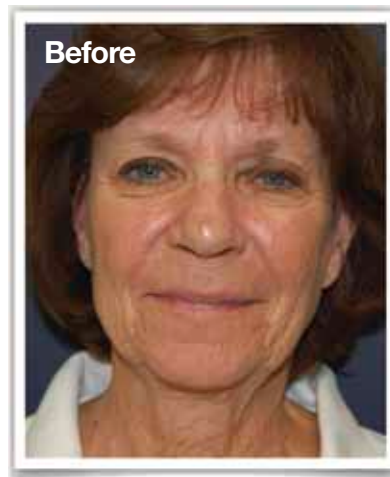
Now you can treat yourself to this one-time opportunity to turn back the clock at our AMAZING price. Act quickly, as this offer expires May 31, 2010. Visit our website at peoriacosmeticsurgery.com, read all about our facelifts and view our before and after photos.

Included in our one low price of \$3999:

- All preoperative laboratory and other testing to insure your safety
- Your procedure performed in our AAAHC accredited office-based surgical suite
- Our wonderfully safe and easy anesthesia (local with conscious sedation)
- The most modern and effective facelift/necklift surgery performed by Dr. Fisher

- Facility fees (except in certain cases if the procedure is financed)
- All pre and postoperative supplies
- Anesthesia fees
- All post operative follow up visits

(Eyelid surgery, browlift, lip augmentation or laser skin resurfacing can be done at the same time for a small additional charge. Discount coupons are not valid for this offer.)



...Our New Low Prices on BOTOX Cosmetic, Dysport, and Dermal Fillers (Juvederm, Restylane, Perlane, etc.)



We have substantially lowered our prices on BOTOX Cosmetic, Dysport, and dermal fillers such as Juvederm, Restylane, Perlane, and Radiesse. Now you can get BOTOX Cosmetic at \$9 per unit, Dysport at \$3 per unit (3 units of Dysport is equivalent to one unit of BOTOX), a savings of \$75-\$100 for an average treatment. The prices of our dermal fillers have been reduced to \$399 per syringe and continue to be

administered by Dr. Fisher! Other offices we surveyed offer their dermal fillers for \$500 per syringe and up, and are usually administered by non-physicians. A “liquid facelift,” a facelift done with dermal fillers, one with no downtime, usually requiring three or four syringes is now much more affordable. Please note, our prices are so low, that any discount coupons are not valid for these treatments.

“ Quotable Quotes: ”

“Government ‘help’ to business is just as disastrous as government persecution... the only way a government can be of service to national prosperity is by keeping its hands off.”

Ayn Rand

Word Of The Month:

NUGATORY
adjective of no importance, worthless, futile, useless

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