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April  
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## MID-FACE REJUVENATION

ERASE THE VISIBLE SIGNS  
OF AGING

## EXILIS "ELITE"

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*Perfect Body*  
CONTOURING OPTIONS

CORRECTING A

## GUMMY SMILE

CAN INCREASE YOUR SELF-ESTEEM

"THE BIGGEST LOSER" HOST

## ALISON SWEENEY

HER WINNING LIFESTYLE

## FRENCH LIPS TECHNIQUE

SEXY, POUTY LIPS  
CAN BE YOURS

## HEALTHY LIVING

CHOOSING WEIGHT LOSS SURGERY  
Many Effective Options

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Shows Us The Latest Fitness Apps & Gadgets

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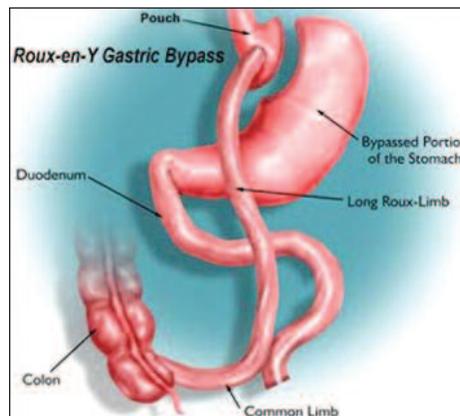
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APRIL / MAY 2014



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Karina Bibicheff, M.D.

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**Q: It's getting closer to summertime. Is there any kind of weight loss procedure or surgery that I can still do in the springtime that would enable me to be recovered by summer season?**

**A:** This is a great question. Often, patients ask about surgical procedures for weight loss that will enable them to be ready for a specific event, like a wedding or summertime gathering. The typical amount of time needed for recovery after undergoing a gastric bypass or sleeve gastrectomy is one month. A full month after surgery should enable one to resume the normal, less stressful activities that were being performed before surgery. On the other hand, I would recommend waiting two to three months before participating in more strenuous exercise and activity.

*(Answered by Dr. Charles E. Thompson III)*

**Q: I hear the word "Esthetician" used so often. What is the difference between an Esthetician and a Medical Aesthetician and how would I go about choosing the right person for my needs?**

**A:** The word "Aesthetician" comes from the Greek term, meaning "one versed in the theory of beauty and artistic expression". *Estheticians* are trained, licensed skin care specialists. As well as special training, an Esthetician must pass a written as well as a "practical" hands-on examination and be licensed by the state. They will help clients achieve beautiful healthy skin from the inside out. Their services are not only for visual purposes, but also for long-term health and wellness. A *Medical Aesthetician* has additional training and is able to work with patients whose skin has been affected by accident, trauma or a medical procedure. Medical Aestheticians generally work with plastic surgeons, dermatologists or other medical professionals providing a variety of services, procedures and products. It is critical to find a licensed, experienced Aesthetician qualified to treat your skin type and specific condition. Ask questions. Has the Aesthetician had additional training on other services such as laser, ultrasound or radiofrequency? Many Aestheticians offer free consultations. Take advantage of this and "interview" them. The relationship between an Aesthetician and her client is like that of a doctor and patient, ie: TRUST. As well as finding someone who is properly trained, licensed and certified, you should also look for someone who is friendly, kind and calm so you can easily relax in his or her hands and enjoy your treatment.

*(Answered by Annette Pennington,  
Medical Aesthetician and skin care specialist at Aesthetic Plastic Surgery, PC)*

**Q: Due to the hot sun, makeup can be so messy at the beach but I feel most comfortable in makeup. I have been contemplating permanent makeup but can it be used on every part of the face?**

**A:** If you want to look good in summertime, in the hot weather, by the pool or beach, at the gym, or practicing any sport, then, permanent makeup is the solution. The enhancement of eyebrows, very thin delicate eyeliners and soft lip color will make you look beautiful and natural, without having to worry about makeup smears. The purpose of permanent cosmetics is to enhance your natural features, to save you time in the morning and give you the freedom to do activities and enjoy the summer. For a special occasion, it's easy to change your look with the application of conventional makeup.

*(Answered by Olga Lucia of Permanent Cosmetics)*

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Well, the long, cold days of winter are finally behind us! I don't know how you handled this winter but I learned very quickly that I am absolutely not a cold weather gal and Florida is looking closer every day. Like a flower, I bloom in the spring and feel my very best entering the summer months. With this issue of IMAGE, I know that I am right where I want to be.

As we enter the spring season we cannot help but think about the fact that bikini season is right around the corner. This issue contains some really great articles about how we can take control right now to look and feel our very best heading into the summer. We always use the April issue to introduce you to a healthier way of living, and this year is no different. Our cover girl, Alison Sweeney, host of the hit reality TV show, *The Biggest Loser*, is the perfect choice for this issue. She inspires us with her story. She has struggled with her weight for most of her life and now is in the best shape of her life! She shares the ways in which she and her family maintain a healthy lifestyle. I know you'll appreciate her suggestions.

Katie Linendoll, Emmy Award-winning TV host, news correspondent and sports tech guru says technology is the key to a successful competitive workout and she shares the must-have gadgets and apps to exercise with. Josephine Fitzpatrick and Elyse Rosenfeld of Innovation Weight Loss and Fitness tells us how to handle the three stages of menopause from the fitness and nutrition standpoint. Jillian Panzella brings us easy recipes that incorporate the "super foods" to liven up our meals with extra nutritional benefit.

Unfortunately, when a person gets to the point of obesity it becomes too difficult to lose the weight by diet and exercise alone, so bariatric surgery then becomes the best solution. Well-known bariatric surgeon, Dr. Karim Paracha explains the right options available depending on one's individual situation.

Especially as we head into summer, we all want to look our very best. Now is your last opportunity to undergo aesthetic surgery or treatments that may need downtime. Dr. David Schlessinger shows us that a mid facelift may be just what the doctor ordered for a refreshing, rejuvenating appearance. Don't want to go to the beach all covered up this summer? Is it the tummy you're trying to hide? Well, you don't have to live that way anymore! Dr. Arnold Breitbart, a prominent plastic surgeon, explains how a tummy tuck may just be what you need to rid that cover-up once and for all. Not ready for surgery? Then you will be happy to know that Exilis Elite is an FDA approved, non-surgical device that can help reduce fat in the face, neck or body, tighten the skin and improve the skin quality without downtime. Read all about it in the article written by Dr. Stephen Probst.

So much more lies within the pages of this exciting spring issue. It's time to spend some good quality time outdoors after a frigid season of hibernation. So, find a peaceful place to enjoy your time. There is always so much to learn about your health and beauty options.



Editor-in-Chief

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PELVIC PAIN IS MORE COMMON THAN YOU WOULD THINK AND HAS IMPLICATIONS FOR YOUR HEALTH

**H**ave you ever felt a sensation in your stomach, a sharp pull in your lower abdomen, or stomach cramps? Do you assume the pain is triggered by gas pockets, or perhaps a pulled muscle — and will resolve itself over time? Yet, did you ever consider that the underlying cause may be pelvic pain?

Pelvic pain is more common than you would think and has implications for your health. As a first step, you should pinpoint the source of the pelvic pain to determine which medical specialist you should consult. If the origin of the pain is gynecological, the pain may stem from benign conditions — or may be more serious, requiring immediate medical attention.

### **What is Gynecological Pelvic Pain?**

By definition, pelvic pain occurs in the lowest part of your abdomen and originates lower than your pubic bone. In women, pelvic pain may refer to symptoms arising from the reproductive or urinary systems or from musculoskeletal sources. Depending on its source, pelvic pain may be dull or sharp, constant or intermittent. It may be mild, moderate or severe. Pelvic pain can sometimes radiate to your lower back, buttocks or thighs and can occur in sudden, sharp

bursts, and be acute or chronic. At times, pelvic pain (mild or severe) may be experienced when urinating or during sexual activity. If you suddenly develop severe pelvic pain, you may need immediate medical attention. Resist the temptation to self-diagnose and to assume that you're suffering from menstrual cramps or a urinary tract infection, or another benign condition.

### **What Are the Underlying Causes of GYN Pelvic Pain?**

Pelvic pain arising from the female reproductive system is extremely common and may be caused by these conditions:

- Pregnancy, Ectopic Pregnancy or Miscarriage
- Ovarian Cysts or Ovulation Pain
- Menstrual Cramps or Endometriosis
- Pelvic Inflammatory Disease (PID)
- Uterine Fibroids
- Ovarian Cancer

In order to arrive at a final diagnosis of your pelvic pain, your gynecologist will conduct a detailed interview on all aspects of your pain, inquire about your personal health history as well as that of your family, and may ask you to keep a journal of your symptoms.

### **Possible tests or exams that may be ordered include:**

**Pelvic exam.** This can reveal signs of infection, abnormal growths or tense pelvic floor muscles.

**Cultures.** Lab analysis for infections, such as chlamydia or gonorrhea.

**Ultrasound.** This test uses soundwaves to produce precise images of the ovaries, uterus and cervix within the pelvis.

**Other imaging tests.** CT scans or MRI help detect abnormal structures or growths within the pelvis.

**Laparoscopy.** A surgical procedure using a laparoscope that allows viewing your pelvic organs.

Finding the underlying cause of pelvic pain is a process, but in most cases, a clear explanation can be found. If you are experiencing pelvic pain and it is affecting your daily life, you should always seek the professional advice and expertise of an OB/GYN physician and take the right path to determining the cause of your symptoms.

It cannot be emphasized enough. If you have pelvic pain, be sure it's checked by an OB/GYN. As with any medical condition, early detection is important. **IMAGE**

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*Dr. Marc Behar, a board certified obstetrician and gynecologist, is founder and chief physician of FemmPro OB/GYN & FemmPro Wellness, in Garden City, Long Island. For more information, call 516.294.4700 or visit [www.FemmProOBGYN.com](http://www.FemmProOBGYN.com).*

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## REVERSE THE VISIBLE SIGNS OF AGING

**Invasive and Non-Invasive** Options for **Mid-Face Rejuvenation**

RECENT THINKING HAS SHOWN THAT MUCH OF A PERSON'S AGED APPEARANCE IS DUE TO DEFLATION AND DROOPING OF THE MID-FACE AREA

In the past, facial rejuvenation has concentrated on the eyelid and neck areas. Traditional surgery has evolved and eyelid surgery is very effective at reducing a tired, sad look by removing bags and extra skin. Traditional face lifting is useful for rejuvenating the neck and jowl area. However, more recent thinking has shown that much of a person's aged appearance is due to deflation and drooping of the mid-face area.

The mid-face is the triangular area between the lower eyelids and the mouth. During our youth, this area is high and round. As we age, the mid-face slowly shrinks and deflates. This aging process is primarily responsible for the hollow areas that develop below the lower eyelids (the medical terms for this is the nasojugal groove). Lower down on the face, this leads to deepening of the folds between the cheeks and the nose (known as the nasojugal groove).

Traditional eyelid surgery

does not address the nasojugal groove and can actually make it look hollow. While traditional face-lift surgery may lift and stretch the skin, it does not address hollowness and can lead to a wind-swept look that looks "pulled too tight". Although the lines may be improved, the person undergoing surgery actually doesn't look younger.

There are now newer and better options available for mid-face rejuvenation. These techniques not only help you look younger, but also are quicker and safer and require less downtime.

The easiest and quickest way to rejuvenate the mid-face is through the use of dermal fillers. Previously, we were limited to products that weren't very effective. In order to adequately address this large area, thicker and longer lasting fillers are needed.

Radiesse is particularly good at filling the mid-face, since it is thicker and longer lasting. Perlane is a hyaluronic acid-based filler that quickly fills and has minimal to no bruising. It is very safe and can be injected all the way up to the lower eyelid without being lumpy. Sculptra is unique in that it isn't quite a filler, but a collagen-replacement treatment. Although it doesn't work

immediately, it does give long-lasting and natural results. Voluma is a new product that is specifically designed for injection in the mid-face. It has unique characteristics that allow it to feel soft, yet it's still long lasting. The selection of dermal filler is a discussion that needs to happen between the patient and an *experienced* cosmetic surgeon. In the proper hands, the results can be quite powerful and can prolong the need for surgery.

Because the lower eyelid is continuous with the mid-face, it cannot be addressed surgically without consideration of the surrounding areas. With age, bags develop in the lower lid, because the fat pads of the mid-face deflate and descend. While it is relatively easy to remove the fatty tissue of the lower eyelid, this can lead to further hollowing. My preferred approach is to attach the fat pad from the lower eyelid into the fat pad of the cheek. This fat grafting technique leads to a long-term rejuvenation that looks much more natural. In general, this can be performed in about an hour under light anesthesia. Bruising usually lasts about a week with a very quick return to normal activities.

Mid-face lifting is a surgical technique for addressing the



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deflated mid-face. There are several approaches to lifting the mid-face. An endoscopic mid-face lift is performed through small incisions in the scalp. With the use of an endoscope, the drooped fat pads of the face are lifted and then re-suspended with internal sutures. Another approach is through the lower eyelid. With this, the lower eyelid can be more easily blended into the mid-face through the use of simultaneous fat grafting. The choice of technique depends upon the patient's individual needs and the surgeon's preferred approach. Either way, the surgery can be performed in an office-based certified OR under local anesthesia or light sedation. Bruising usually resolves within a week, with most patients returning to full activities. As with all cosmetic surgery, there are risks involved. However, the vast majority of patients have great results with minimal downtime and minimal complications.

So, the next time you look in the mirror and notice that your face looks a bit older, imagine for a moment how you might look with a rejuvenated mid-face. That may be just what the doctor ordered for you. **IMAGE**

*David Schlessinger, MD is a board certified ophthalmic plastic surgeon. Schlessinger Eye and Face is located in Woodbury, NY. For more information, call 516-496-2122 or visit [www.schlessingereyeandface.com](http://www.schlessingereyeandface.com).*

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EXILIS DEVICE

**T**here's a new kind of facial and body contouring treatment in town. It has arrived at Perfect Body Laser & Aesthetics in Bay Shore, and it is called Exilis "Elite".

Exilis "Elite" is an exceptionally safe, non-invasive aesthetic device that is said to "redefine" both the face and the body – from head to toe. It reduces wrinkles, treats laxity, and reshapes the body. BTL, the makers of Exilis, brought the product to the U.S. aesthetic market in 2009. Recently released is the newest "Elite" platform, which is one of the first new devices that can both treat unwanted fat deposits as well as tighten skin in the same areas of the body during the same painless treatment. It also

complements pre-and post-treatment in invasive liposuction techniques. It can postpone or eliminate the need for invasive surgery, particularly in patients with mild to moderate fat deposits and who may not be candidates for lipoplasty. Now, this is a cause for applause!

Exilis "Elite" is intelligently engineered to allow customization of the delivery of powerful thermal energy and advanced cooling while monitoring skin temperature in real time. In this way, focused RF energy beneficially affects only the targeted tissue at the exact depth of penetration, engaging the cooling system to heat deep tissue and switching off the cooling to favorably influence the superficial skin layers to improve skin laxity and wrinkles. This treatment is cleared by the U.S. FDA for the non-invasive treatment of wrinkles and rhytids.

Exilis "Elite" was introduced at the American Academy of Dermatology in March 2013 as the next generation Exilis device. It has long had a well-defined position in our body contouring center. Now, with the Exilis "Elite" re-engineered to meet client demand for better, faster, and safer face and body rejuvenation in fewer treatment sessions, we expect more clients to seek out this innovative treatment.

I am encouraged by the fact that patient feedback and satisfaction with our previous Exilis product was outstanding. The new technological developments that come with the "Elite" will only create a more satisfactory endpoint.

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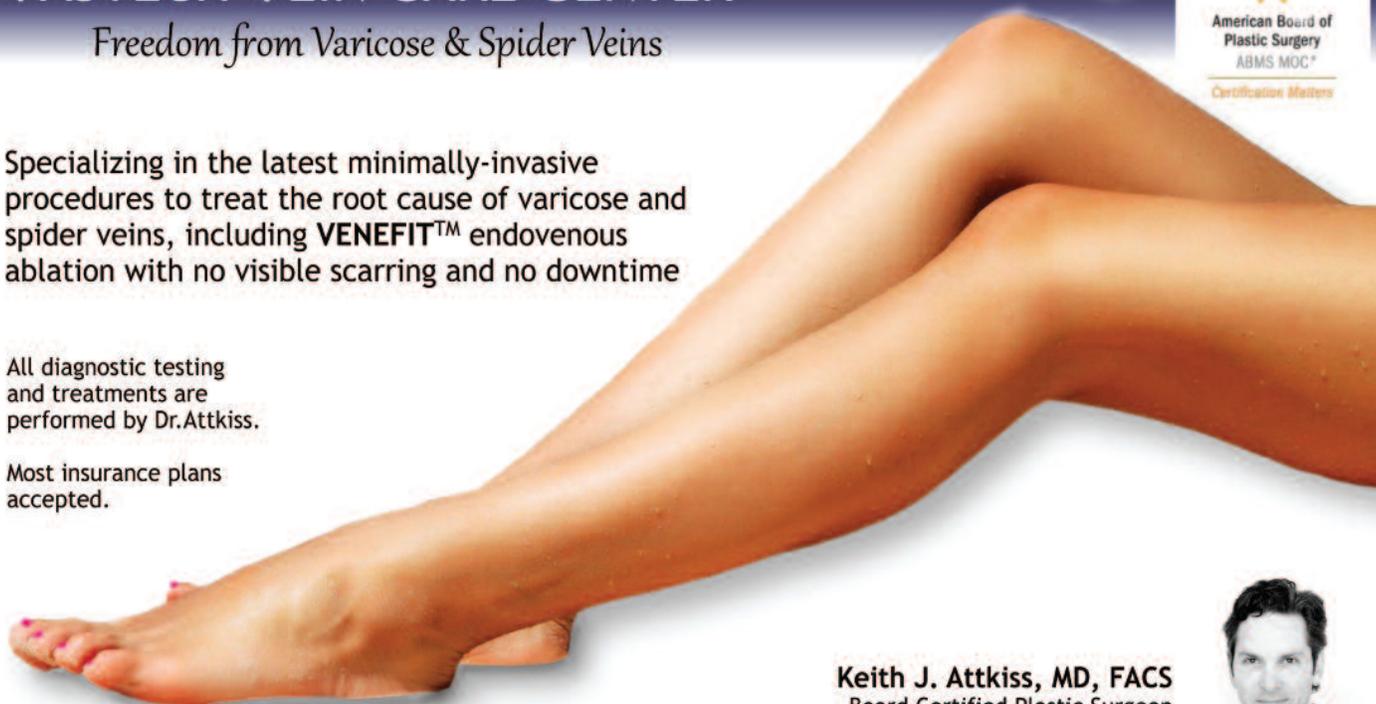
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ergy by nearly twice as much, requiring only two to three treatments to obtain desired results. This higher level of efficacy is achieved by delivering maximum power and speed of high frequency radio waves using BTL's proprietary Energy Flow Control™ and Impedance Intelligence™ breakthroughs. These features provide very precise and uniform distribution of heat to the entire treatment area. ELITE's advanced cooling also allows for layering of RF energy at various depths.

The deposit and distribution of this heat into the skin stimulates new collagen formation as well as strengthening and tightening of the connective tissue bands that support the skin's structure. The visual results to patients include tightening of lax skin, smoothing of fine lines and wrinkles and in some cases a lifting of the skin in the areas treated.

Each time I use this treatment for my patients, I commend the team at BTL Aesthetics for the development of this latest generation. Technologically speaking, the safety improvements coupled with the added benefits of more power and faster treatments puts the Exilis "Elite" ahead of any other RF device out there today.

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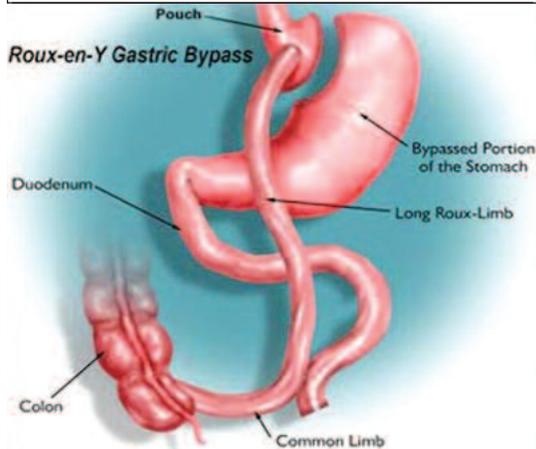
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**IMAGE**

*Stephen Probst, MD is a board-certified physician and private consultant with Perfect Body Laser and Aesthetics in Bay Shore, NY. For more information, visit [www.perfectbodyny.com](http://www.perfectbodyny.com), or to schedule a free, discreet consultation, call (631) 328-1100 or 1-888-363-0742.*



by KARIM PARACHA, MD



# MAKING THE DECISION TO CHOOSE WEIGHT LOSS SURGERY

Many **Effective Options** Now **Available**

FOR THOSE WHO ARE CHRONICALLY OBESE (SIGNIFICANTLY OVERWEIGHT FOR 4-5 YEARS), DIET AND EXERCISE ALONE ARE SIMPLY NOT AN EFFECTIVE AND SUSTAINABLE SOLUTION

**A** recent *Family Circle* magazine survey of American mothers reported that Moms aren't working out enough. **Fifty-Eight percent of those surveyed exercise once a month or not at all, and only 15 percent exercise at least once a week.** But that doesn't mean Moms don't care about losing weight. **One in four would take extreme measures, rather than dieting and exercise to drop pounds, if money were no object. Twenty percent said they'd have weight-loss surgery; 14 percent would pop an experimental pill to lose weight and 11 percent would try an extreme diet.**

Recent health studies pinpoint 67 percent of the US population as being very obese. For those who have been struggling with obesity for years, the frustration over dieting and exercise alone and the interest in weight loss surgery is clearly understandable. For those who are chronically obese (significantly



overweight for 4-5 years), diet and exercise alone are simply not an effective and sustainable solution.

Another international research study involving almost 800 people was recently quoted by *Bloomberg Media*, citing important new evidence that "weight loss surgery is more effective than diet and exercise as a treatment for obesity." "Bariatric surgery led to significant weight loss after two years, compared to non-surgical treatment, which included diet, exercise, behavioral therapy and medicines, according to an analysis of 11 studies of 796 obese people." The research was published in the *British Medical Journal* (Oct. 2013).

For those who qualify for surgery, the decision to have surgery doesn't seem to be as hard as choosing a procedure. In truth, all bariatric surgeries have the potential for significant weight loss if appropriate meas-

ures are followed. This is important because studies have shown that morbidly obese individuals live on average 10-12 years less as the result of co-morbidities of their obesity. However, to be successful, the patient must understand that "surgery is just a tool." For lasting success, the patient must enhance the benefits of the surgery with significant lifestyle changes. Though the current available bariatric procedures can achieve the same goal, patients must understand their differences before choosing a particular procedure.

The Roux-en-Y gastric bypass was first performed in the 1967 and has a long track record of sustainable weight loss, as well as resolution of obesity-related medical conditions such as high blood pressure, diabetes, reflux, etc. With the advent of laparoscopic surgery in the 1990s, the laparoscopic Roux-en-Y gastric bypass has become the "Gold Standard" of bariatric procedures. Therefore, if you have a lot of weight to lose, logically, it's the first procedure to consider. Unlike the gastric band and the sleeve gastrectomy, which are purely restrictive procedures, the bypass has a double mode of action. The first component is restrictive, where the upper part of

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the stomach is cut and a small gastric pouch or reservoir is created. The second component is malabsorptive, where the small bowel is rearranged and connected to the gastric pouch. When a bypass patient eats, the pouch will fill with just a few bites, giving the sensation of fullness. The ingested food will then bypass a portion of the small bowel, decreasing the absorption.

There are other subtle differences between the laparoscopic Roux-en-Y gastric bypass and other bariatric procedures. On average, gastric bypass patients will lose around 70 percent of their excess weight. Sleeve gastrectomy patients will lose around 60 percent, and gastric banding patients will lose around 50 percent. All these are sustainable weight-loss procedures if the patient follows up and works on all the necessary lifestyle changes that must occur to make them permanently successful.

Patients who undergo a gastric bypass typically lose five to seven pounds a week in the beginning stages, and will reach their expected weight-loss 12-15 months after their operation. For patients seeking rapid weight-loss, this is likely to be the right procedure.

Adjustable gastric banding procedures have more variable results, ranging from those with loss of 60 percent of their excess weight compared to some that will lose almost no weight. The band is more patient-

dependent and requires more intense follow up. Because bypass patients do not require adjustments, there aren't as many follow-up visits needed. This could be a factor to consider if the patient lives far from the doctor's office or if it is difficult to get time off from work for appointments.

Bypass patients are advised to avoid certain foods. If a patient eats something "they are not supposed to" like sugary meals, they will likely experience "dumping." This is a series of symptoms that include palpitations and sweating, followed by abdominal pain, dizziness and oftentimes, severe diarrhea. Many patients feel that the fear of developing "dumping" helps them stay away from those foods that may have caused them weight problems in the past. Patients with the gastric band or sleeve gastrectomy do not experience "dumping", so they need to be more disciplined in their food choices when it comes to sweets.

For patients who fear having a foreign body inside their body, the band would not be suitable choice. The Roux-en-Y gastric bypass would be a better option. Another element for consideration is the reversibility factor. The gastric bypass is theoretically reversible; the band is easily removable. The sleeve gastrectomy is not reversible.

Some patients fear gastric bypass because it is more "invasive." Although the bypass is more techni-

*(Continued on page 48)*



# FITNESS GADGETS TO HELP YOU GET IN SHAPE

TECH/FITNESS EXPERT KATIE LINENDOLL TIPS US OFF

by JILL S. COHEN

If you're up to the minute on tech topics, then you know Katie Linendoll. If you don't, then it's time to start paying attention to what she has to say.

I caught up with Katie, who is an Emmy award-winning TV personality (as associate producer for *ESPN SportsCenter*), sports - technology expert, TV host, producer and contributor to *ESPN*, *CNN* and *The Today Show*, just after she returned from this year's Consumer Electronics Show. She was filled with excitement about the "next best stuff" combining tech and fitness

and couldn't wait to share her knowledge with me and our IMAGE readers. Katie is one of the most respected voices in the tech industry, and a favorite in the fitness world, so take note.

Thirty-one-year old Linendoll has been a techie since the age of twelve. She earned her networking certificates before graduating from high school. (Yes, she admits to being a nerd from an early age.) She then went on to earn a bachelor's degree in Information Technology New Media from the Rochester Institute of Technology.

Technology and sports have always been her passion. She's been a techie for most of her life and an athlete for her whole life. She claims to be obsessed with working out. She's constantly testing out new ways to infuse technology into her workouts and knows how to source through the myriad of apps and gadgets to see what works, what doesn't and why. "We are in a time in which it seems that everybody cares about what technology can do for them," she commented.

This holds incredibly true in the area of fitness. Katie believes that technology is vital to fitness for a couple of reasons. Firstly, technology provides challenge. It is a real-time matrix for obtaining

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your own results and statistics. You will see if you're working at an intensity of only 58% for example, so the technology pushes you to become more competitive. Secondly, with some of the new technology, others can look at your postings so your friends and family can challenge you, pushing you harder.

So what does Katie use and recommend? She generally tests a product for seven to ten days before she will go on air to talk about it. Her goal is to find out what is the easiest device to use. For her to like it, it has to be intuitive, fun and simple. If it has too many bells and whistles, it's too complex for the average consumer. Here, she shares a few of her go-to fitness favorites that she feels are essential for everyday consumers.

One is the Armour39® heart rate monitor, which is the first-of-its-kind performance monitor that tracks heart rate, calories, real-time intensity, and WILLpower™. This boils your workout down to a single score 1.0-10.0. And, unlike other heart rate monitors that only average your heart rate data, Armour39® precisely captures every heartbeat, no matter what kind of workout it is -- from endurance running to interval training. With this, you won't just see yourself getting better...you'll be keeping score. Katie loves this because it shows her the data in real-time.

She also likes Jawbone UP, an integrated system that helps you understand how you sleep, move and eat

so you can make smarter choices. The new app displays movement and sleep details from your UP24 or UP band and delivers insights, celebrates milestones, and challenges you to make each day better. To embrace your competitive edge, you can share accomplishments with friends by teaming up in the UP App.

According to Katie, everyone needs a good pair of headphones (or sports bands) too. It has to be comfortable and stay in well. JayBird BlueBud X and HMDX - JAM Fusion On-Ear Headphones are her faves. Since I am often overwhelmed by the fitness footwear choices, I asked Katie for her expert opinion. One of her choices is Adidas Energy Boost sneakers, for their cushioning and support. She is also enthusiastic about HOKA ONE ONE, a new niche brand of running shoes. She likes Adidas ClimaLite workout apparel because it's comfortable and you should feel good at the gym.

What's Katie's life like, in between her many work gigs? She works out six days a week. Three to four days are for cardio workouts, legs get a workout twice a week and arms get the focus twice a week. She says she "hits it pretty hard" and has done very intense cardio activity this past year. Her preference is getting in nature, where "nothing beats a trail run".

Her fitness advice is simple: Give yourself a two-week challenge. Get out there and work out for two weeks, with no excuses. At the end of the two weeks,

*(Continued on page 48)*



# The Biggest Loser Host, Alison Sweeney's Winning Lifestyle

*Proud of Her Body, and Works Hard for It!*

by JILL S. COHEN

I recently interviewed this issue's cover celebrity, 37-year-old Alison Sweeney, who is host of the hit weight loss reality television series *The Biggest Loser* and a 21-year veteran actor of the Emmy-award winning daytime soap opera series *Days of Our Lives* (in the role of Sami Brady).

This issue of IMAGE celebrates spring, which is finally coming around after such a punishing winter. We are transitioning our clothing from more layers to fewer layers. And we're getting ready to spend more time outdoors too. Even our meal choices will change.

Speaking of seasons, Alison suggested that we "follow the seasons". Let springtime motivate us to go outside more and also to spring-clean the pantry. Perhaps your kitchen has been stocked with the kinds of goodies that help get us through the winter... hot cocoa, pasta, chips leftover from Super Bowl Sunday or a few remaining chocolates from Valentine's Day. Now is the time to remove what shouldn't be there and fill it up with good stuff that will be healthy for our body. "Go to a farmer's market and buy items that are full of good nutrition," she added.

That was just for starters. Ms. Sweeney is quite candid about the fact that she has struggled with her weight loss throughout most of her life. Now, in her best shape ever and feeling great, she has made it her mission to help others learn how to lead a healthier lifestyle.

One of her biggest tips may seem rather obvious, but many people are still guilty of not following it. That is, don't jump on the bandwagon of a fad diet or an extreme version of weight loss. (She laughs as she remembers all the unsuccessful fad diets she embarked on back in the day). You'll end up feeling deprived. Don't limit yourself to eating only certain kinds of foods, because that's not good for you. The key is to stick to a well-balanced diet, finding the right nutrients that you need in your daily diet and moreover, eating better portion sizes. "Balance is healthy for your

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whole life, she states,"

The philosophy that Alison applies to not only herself, but believes to be true for all of *The Biggest Loser* contestants, is: You can't lose weight for other people. You *have to want to do it for yourself* and you *have to do it for yourself*. The key is that magic inside of you. You have to decide that you don't want to live this way anymore. Then, the beginning of a successful weight loss and lifestyle change begins.

Since the age of sixteen, when she began acting on the set of *Days of Our Lives*, she has always been surrounded by thin, gorgeous actresses. It made her feel very insecure. Eventually she realized that she had to stop comparing herself to the others in Hollywood, and set realistic goals for her body. Instead, she wanted to be healthy and live a healthier life.

She started one step at a time and maintained a weight loss of about thirty pounds. Her husband Dave greatly helped her change her attitude towards her weight. He told her that she was already beautiful, but if she really wanted to do something about it, she should go ahead and do it. In essence, he taught her not to link her self-worth to what she eats. The two decisions that changed her thinking were the decision to stop chasing "being skinny" and super-model thin and the decision to embrace the idea of health – emotionally and physically. When she joined *The Biggest Loser* in 2007, being part of the show had a huge effect on the way she tackled her issues. She found the inspiration to change her body for good.

Here are some thoughts that come to Alison's mind when she's conversing about healthy weight, lifestyle and fitness:

- **Switch your thinking to a more positive one.** For example,

on vacation, consider it great that you have an hour to work out, not making it something that you "have to do" even though you're on vacation. Think of taking a 90-minute yoga class as an exciting opportunity that you're lucky to have.

- **Nobody can take care of your body for you.**

- **Don't use a scale.** There are other healthier ways to stay in check. Alison knows that she can eat 1500 calories a day and she doesn't lie to herself about what she's eating. If her clothes don't fit, she cuts out the extra stuff and exercises more.

- **Make conscious, positive choices every day.**

- **Learn the important lesson that your body changes as you go through life.** Throw the switch. Be proud of your body and all that it has helped you get through.

- **Believe in transformation.** Find that in yourself.

- **Try not be stressed.** Having confidence in yourself is a great thing, and having confidence in your body is too. Try not to be a victim of body image issues.

- **Manage your portions.** When eating something that is not as good for you, make it a side dish or share a portion.

- **It's a mistake to "lighten" the regular foods that you like.** Instead, learn to choose healthier foods, instead of just lightening the classic comfort foods. Replace them with new delicious recipes.

- **The motivation factor to lose weight is huge.** When you decide for real that you want to lose weight, it begins to happen. It becomes more rewarding than the comfort zone of eating.

- **Be honest about your limitations.** Be honest about the parts of your body you are unhappy with. Pat yourself on the back for what you do well. Evaluate what you need

(Continued on page 48)



by JOSEPHINE FITZPATRICK AND ELYSE ROSENFELD



# THE BIG M....MENOPAUSE

How exercise and **proper nutrition** can combat the symptoms.

YOU CAN GET BACK TO FEELING LIKE YOUR OLD SELF OR EVEN A NEW AND BETTER VERSION

**W**hat once was a taboo word that no one wanted to speak or hear about, became the number one excuse for being out of shape, overweight and tired.

And for those of you who are aged forty and over, the excuse is not only legitimate, but the symptoms of perimenopause (the beginning of menopause) become more and more real.

The good news is that proper nutrition and exercise can alleviate these symptoms and get you back to feeling like your old self or even a new and better version of you.

During the “peri” stage, the best exercises are yoga and cardio. Start thinking about balance, working the core and maximizing your calorie burn. Pick any relaxing exercise styles and follow them up with a heart pumping dance class or your choice of any aerobic activity. This will begin your process of feeling rejuvenated.

When you enter menopause, the symptoms can become more intense, and can include weight gain, headaches, sleeplessness, hot flashes and more. You will also begin to notice a rounded belly appear-

ance known as the “meno-pot”. The best way to combat these symptoms is with good old-school exercises. When you combine calorie-burning aerobics with strength training, you’ll get the very best results.

Focus on low impact cardio exercise for longer durations and try adding more days. Try to increase your aerobic activity to one hour. Make sure you are in your target heart rate zone, burning the maximum amount of calories. Think “cardio” to burn calories; think “strength training” to keep your bones healthy and strong; Think “stretching” to keep you flexible and reduce soreness. All three are key to keeping you healthy and fit.

Be patient as you wait for the results, as the body is undergoing many hormonal changes and the process of weight loss can be slow. However, the more consistent the exercise and the clean eating, the quicker your body will show results. In a few weeks time, you should begin to notice a real difference in the entire body, especially the abdomen and hip area. You will find that you’re not only losing body fat, but you’re losing inches as well.

For those who are in the “post-meno” stage, the symptoms might lessen, but we have to still be careful of the onset of osteoporosis. Weight-bearing exercises are key for keeping your bone density in a healthy state. The best aerobic activity for this stage would be walking, dancing, aqua exercise or any non-impact activity. Consider weight training,

aerobic movement and stretching.

Regardless of what menopause stage you are in, it’s always important to watch your diet. As your body changes, so does your appetite. Stick to a high-fiber, low-fat diet. Healthy high-fiber fruits, vegetables, and clean proteins are the keys to keeping weight in check and to keep the “meno-pot” from forming. Apples, berries, grilled chicken and fish are the basic staples of a healthy diet. Try to aim for three healthy meals and three snacks daily so that you are constantly fueling your body. Water is a great necessity for our bodies. Think water, water, water as you hydrate yourself throughout the day. We tend to get very dry throughout our menopause stages. Being dehydrated will show your age and make you feel sluggish, hungry and tired. Keep a water bottle with you at all times. When you are properly hydrated, you will notice your skin glowing and looking plump. You will also feel less hungry and your body will be more energized.

The stages of menopause can last for 8-10 years. If you do nothing to help yourself, that’s a very long time to not feel well. Keep yourself healthy, active and fit and those 8-10 years can be a positive experience instead of a negative one. **IMAGE**

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For more information, contact Innovation Weight Loss and Fitness at 516-802-5055 or visit [www.innovationweightlossandfitness.com](http://www.innovationweightlossandfitness.com).

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# SPRINGTIME SUPERFOODS THAT CHARGE UP YOUR NUTRITION

## Delicious Recipes To Get You Back In The Kitchen

by Jillian Panzella

**L**ooking to boost your diet for the months ahead? If so, look no further than to some of the healthiest "superfoods" out there, all of which will not only liven up your diet, but add superior nutrition to enhance your health as well.

Superfoods are those that offer extra special nutritional benefits that go beyond what most other foods do and are basically must-haves in your diet approach. Four of the best superfoods of the spring months right now include asparagus, salmon, strawberries, and kale.

Let's walk through their nutritional benefits and provide a few recipes to get you started incorporating them into your diet protocol.



### Asparagus

Asparagus contains a wealth of nutrients including vitamin K, folate, vitamin A, copper, vitamin B1, selenium, vitamin B2, vitamin C, vitamin E, manganese, potassium, zinc, iron, and vitamin B6.

Clearly, it's like a multivitamin in itself! What's more is that it contains a mere 40 calories per cup, so it's an easy add to just about any diet plan.

Asparagus is going to be ideal for offering anti-inflammatory benefits, keeping your body functioning optimally and free from disease. It can also help to assist heart health and stabilize your blood glucose levels, while helping with energy generation due to the high content of B vitamins this food contains.

Finally, the antioxidants found in asparagus also make it perfect for helping to ward off cancer, keeping you as healthy as possible.

Try this recipe for delicious asparagus.

### Parmesan Roasted Asparagus

- 10 asparagus spears
- ½ tbsp. olive oil
- 1 tbsp. light Parmesan cheese
- ½ clove garlic, minced
- ½ tsp. oregano

Preheat the oven to 425 degrees. Next, place the asparagus spears, olive oil, Parmesan cheese, garlic, and oregano in a Ziplock bag and toss to coat. Lay on the baking dish and bake for 12-15 minutes. Sprinkle a little more Parmesan cheese on top before serving if desired.

### Strawberries

Nothing screams spring like strawberries! This fruit is packed with vitamin C, excellent for boosting your immune system

and will also help to provide some folate, fiber, and vitamin B6. Strawberries will help keep your heart strong and also provide excellent anti-cancer benefits. With so many ways to serve them up, you'll never be at a loss for ideas.

Try this protein packed strawberry parfait.



### Strawberry and Dark Chocolate Parfait

- 1 cup sliced strawberries
- ½ cup low fat Greek yogurt
- 2 tbsp. slivered almonds
- 1 tsp. shaved dark chocolate

Layer the strawberries and Greek yogurt into a tall glass and then top with slivered almonds and dark chocolate to finish off.

### Salmon

Of all the protein sources that you should be eating, salmon cannot be overlooked. Salmon is rich in both high quality amino acids as well as omega 3 fatty acids, which most people are not getting enough of in their daily diet.



Omega 3 fats will help to combat depression, strengthen your immune system, decrease inflammation, enhance insulin sensitivity warding off diabetes, provide anti-cancer benefits, and help to improve your lean body composition. All in all, you should eat salmon at least twice per week!

Try this healthy recipe to get started.

### Grilled Salmon with Peppers and Onions

- 1 tbsp. rice vinegar
- 1 tbsp. grated fresh ginger
- 4 tbsp. olive oil
- 2 medium onions, cut into wedges
- 1 red pepper, diced
- 4 4oz. salmon steaks

Combine the rice vinegar, ginger, and olive oil in a bowl. Place salmon in the marinade and let sit for 2-3 hours.

Place salmon on the grill along with onions and peppers, brushing with left over marinade. Cook for 4-6 minutes per side and then serve immediately.

### Kale

Finally, don't overlook the benefits of kale. Kale is ranked in as one of the healthiest foods that you can eat – period – demonstrating just how powerful it is. It has a huge antioxidant potential, helping to reduce any free radical damage that may start to impact your body over time. It's also a leafy green that's high in iron, so it's a great choice especially if you're not consuming enough red meat.

Try these baked kale chips for a light and quick low-calorie snack.



### Simple Baked Kale Chips

- 1 bunch kale
- 1 tbsp. olive oil
- 1 tsp. sea salt

Preheat your oven to 350 degrees and place some parchment paper on a baking sheet.

Next, slice the kale into smaller pieces (or tear it apart, whichever you prefer). Place in a Ziplock bag and drizzle with oil, then top with salt. Shake to coat.

Lay on the baking sheet and bake for 10-15 minutes until crispy. Serve immediately.

*So don't overlook these superfoods this coming spring. If you want to optimize your diet, they deserve a place in your day.*

*Jillian Panzella is a health and fitness professional. For more information, call (888) 513-4777 or visit [www.jillianpanzellanutrition.com](http://www.jillianpanzellanutrition.com)*

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# SALAMANDER RESORT & SPA



## A Countryside Retreat of Great Spa, Great Food, and Great Fun

by ASHLEIGH GARRETSON

If you haven't vacationed in the countryside, you are missing out on a truly incredible and relaxing experience. As you look for a new place to escape to this spring, why not consider the one that was listed as #2 on Forbes' list of Most Anticipated Hotel Openings of 2013?

That's the Salamander Resort and Spa. Although it is a newer hotel, it has gotten quite a lot of attention. Just 40 miles outside the hustle and bustle of Washington DC, it is the quintessential getaway destination. Located in the heart of Virginia wine country, Salaman-

der exudes a relaxing and upscale vacation feeling. Rustic furnishings, stress-relieving outdoor trails, spas, infinity pools, shopping, and award-winning dining ...what more could a girl ask for?

The Salamander Resort and Spa is located on a spacious Virginia estate. Rooms are equipped with balconies overlooking acres of wine country and equestrian land. Personally-designed linens and throws, gas fireplaces, marble tables, body jet showers and pedestal tubs all add to the elegance and plush comfort of each room.

Best of all, this luxurious spot is only a car ride away. The Salamander has indoor and outdoor pools, both with private cabana services. When you are ready to leave the pool area, you may want to go watch equestrian events such as polo, or even partake in horseback riding lessons yourself. All equestrian related events are open to the public.

Afterwards, how about afternoon tea to top off the day's activities? Yes, Please! Located in the main dining room, surrounded by rustic wood beams, elegant white chaises and country accents, it promises to be an experience of ultimate relaxation.

Yes, Virginia is for lovers, *especially spa lovers*. If aroma-infused steam rooms, vitality pools with Hydrotherapy Jets, heated loungers, indoor and outdoor pools with cabanas, a fitness center, and an endless list of all natural spa services aren't enough to make you start to pack your bags, I don't know what will. The spa treatment menu at Salamander is as long as it is diverse, with treatments based in practices originating from the Philippines, Morocco and India. Spe-



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cial treatments are available for golfers (the QUIROGOLF massage), and horseback riders (the Rider's relief). These two massages target muscles that are used in both strenuous activities. However, all basic and advanced treatments provide therapeutic relief to the toughest aches and pains.

Are you a Foodie Traveler? If so, there's good news here for you.



Globally selected, Salamander resort has won a spot among "the best new hotels to dine at in 2013." Executive chef, Todd Gray, owner and executive chef at Equinox restaurant in Washington DC will cook you an unforgettable meal. The Culinary Garden, The Market, and the Cooking Studio all specialize in Farm to Table sourcing. Todd Gray believes in maintaining a "chef's garden" and ensuring that the majority of food products are organically and locally produced. After dinner, Jason Reaves, Food Network cake decorating challenge first place winner and award-winning pastry chef will make you something both beautiful and delicious. Private cooking classes are also available with



any of the award-winning chefs at Salamander. These classes specialize in vegan, vegetarian and low fat meals.

If you ever find the strength to leave the spa or the private cabanas, explore what else surrounds this remote escape. Boxwood Winery is just a few miles away from the resort. In its short run, it has won three *Decanter Magazine* World Wine Award medals. Relax in the breathtaking country while drinking this wonderful wine. You may also want to visit the other nearby equestrian areas previously frequented by Jackie Kennedy. In addition, unique boutiques, shops and restaurants are located a few miles into town. For those truly adventurous, take a quick 40 mile trip into our nation's capital, Washington DC. Visit some historic landmarks and if you're lucky, you might even see the famous cherry blossom trees begin to bloom.

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# LIP AUGMENTATION FOR YOUTHFUL, BEAUTIFUL LIPS

You can have sexy, **pouty lips** with the new "French Lips" technique

ACCORDING TO THE AMERICAN ACADEMY OF FACIAL AND RECONSTRUCTIVE SURGERY, LIP AUGMENTATION USING INJECTABLE FILLERS WAS ONE OF THE MOST COMMON FACIAL PLASTIC PROCEDURES PERFORMED IN 2012

Throughout the past several decades, there has been a dramatic increase in cosmetic surgery with a focus on achieving aesthetic ideals and maintaining a youthful appearance. Full, pouty lips have become increasingly desirable as they are considered both appealing and beautiful.

The problem is that lips age with the rest of the face, and aging clients may experience atrophy of the lips, where tiny vertical lines appear and the graceful 'Cupid's Bow' (curve of your upper lip) begins to flatten. Younger clients who are born with naturally thin lips often want a more defined 'Cupid's Bow' and great lip volume to balance the other features of their face.

According to the American Academy of Facial and Reconstructive Surgery, lip augmentation using injectable fillers was one of the most common facial plastic procedures performed in 2012. There are two major types of in-

jectable fillers for lip augmentation – those that are permanent and synthetic, such as silicone, and those that are temporary and are made of a protein or a sugar that the body can reabsorb. Because permanent fillers can be rejected by the body, temporary fillers such as hyaluronic acid and collagen are a safer bet. Hyaluronic acid fillers tend to last longer than collagen and the gold standard of hyaluronic acid on the market is Restylane. But, there are different versions emerging -- including Juvederm and Perlane -- which promise to be more stable and last longer.

The way in which these injectable fillers are placed in the lips is as important as is the type of material used. The traditional technique currently favored by plastic surgeons and dermatologists worldwide involves injecting filler into the lip border, which can make the lip look unnatural and over-stuffed. This is a problem that plagues celebrities and socialites from Park Avenue to Rodeo Drive. To deliver a more natural-looking result, I created a technique called French Lips.

French Lips is a new lip augmentation technique that uses hyaluronic acid to deliver sexy, pouty lips that look completely natural. This customized technique targets approximately 15 different anatomic zones of the lip. Injec-

tions are made into the philtral columns (the two vertical lines above the lips), the center part of the 'Cupid's Bow' to accentuate its curvature, and the outer half of the lips toward the corners, which rolls the lip out slightly. Lipstick bleed lines and downturned lips can also be corrected at the same time. The cost of the French Lips procedure is approximately \$1,000 and, according to our study, lasts about 5 to 6 months. The procedure can be performed on a client's lunch hour and there is essentially no downtime.

For individuals with naturally thin lips who are seeking a permanent solution, plastic surgeons often perform surgical procedures that require a week or two to recover. These include fat transfer, a technique called V-to-Y lip augmentation, and lip lifting.

Fat transfers are performed by liposuctioning some fat from the abdomen or thighs and transferring it with specialized syringes and instruments into the lips. Fat injections are placed in the same subunit zones as described above. This procedure takes five to seven days to recover from bruising. These results can last up to three years.

The V-to-Y lip advancement surgery procedure delivers permanent, voluptuous lips like those of Angelina Jolie. This technique uses small imperceptible incisions in



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the corners of the mouth and the inside of the lips. The lip is rolled out from the inside out, making it pouty and full. Because the incisions are on the inside of the lips, there are no visible scars. Also, this procedure creates a permanent result and does not need to be repeated.

The most popular lip lift procedure targets your upper lip, elevating it to reveal a broader smile and increasing both the volume and the vermilion. One popular type of upper lip lift is called the Bull's Horn Lip Lift. During this procedure, your surgeon makes an incision just beneath your nose. He or she then removes a tiny strip of skin and tissue, and raises your upper lip to its new position. This cut-out is crafted like a 'Cupid's Bow' to reshape your upper lip. With this lip lift, your scar is virtually undetectable.

Other upper lip lift types vary based on where the incision is placed. For example, a Gull Wing Lift removes a strip of skin above the border of your upper lip. The cut-out is M-shaped to advance the border of your upper lip. The incision is made where the pink part of your lip meets the skin of your top lip. This lip lift leaves a visible scar and, so, is not as desirable.

The decision as to which lip enhancement procedure is right for you is based on your aesthetic goals and your anatomy, along with your surgeon's expert opinion. In general, an upper lip lift procedure can be performed in a cosmetic surgeon's office using local anesthetic and takes one to one and a half hours to

complete. There will be some swelling in the first few days after your surgery, and any non-dissolvable stitches are typically removed within a week.

Protect yourself by choosing an experienced, board-certified, facial plastic surgeon who has performed many of these procedures and follow his or her instructions. He or she will make sure you are an ap-

## THE V-TO-Y LIP ADVANCEMENT SURGERY PROCEDURE DELIVERS PERMANENT, VOLUPTUOUS LIPS LIKE THOSE OF ANGELINA JOLIE

propriate candidate for the procedure, and that the benefits outweigh any risks. This is the primary way to minimize complications and maximize the cosmetic results of your upper lip lift.

**IMAGE**

*Dr. Andrew Jacono is a board-certified facial plastic surgeon and medical director of The New York Center for Facial Plastic and Laser Surgery. He has practices in both Great Neck and Manhattan. For more information, call 516-773-4646 or visit [www.newyorkfacialplasticsurgery.com](http://www.newyorkfacialplasticsurgery.com).*

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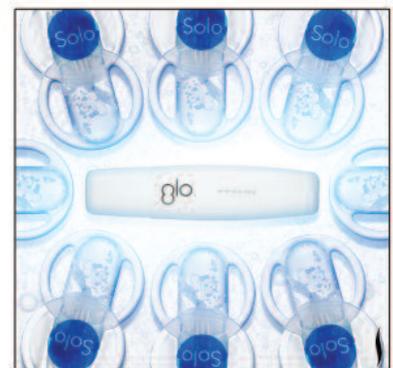
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After SmartLipo®

# TUMMY TUCK OR LIPOSUCTION? WHICH IS BEST FOR YOU?

## Weighing The Options **For The Best Possible Results**

FOR PATIENTS AT A RELATIVELY GOOD WEIGHT WITH NICE ABDOMINAL SKIN TONE BUT WITH DISPROPORTIONATE AREAS OF EXTRA FAT, LIPOSUCTION ALONE CAN BE VERY EFFECTIVE, AND CAN EVEN BE THE TREATMENT OF CHOICE

**M**any patients come to my office seeking an improvement in their tummy shape. The patients include women post-pregnancy, women or men after a substantial weight loss, or patients with that extra fullness around the middle. For some patients, a tummy tuck is clearly indicated. For other patients, liposuction is the procedure of choice. For others in a “gray” area, a tummy tuck may give the better result, but liposuction would also make a significant improvement. As a board-certified plastic surgeon with over twenty years of plastic surgery experience, I can review various options for body contouring, and offer my patients a complete array of procedures to provide them with the best possible result.

### **The Tummy Tuck Patient**

As women are well aware, pregnancy can leave lasting ef-

fects on the tummy, including stretched out skin and muscle. Skin can be loose and even hanging, and can interfere with activity and proper fitting of clothes. Substantial weight loss may cause similar effects on the body. For patients with such significant skin and muscle laxity, a tummy tuck is the best option to achieve the most optimal shape. Liposuction alone would not address substantial skin and muscle laxity and may even make the loose skin look more pronounced. A tummy tuck removes extra skin and fat, tightens the loose muscle, and pulls the skin tighter. Scars are placed low to be hidden by underwear or bikini. The surgery is performed as an out-

patient procedure, in which case the patient goes home the same day. Patients can usually return to work within one to two weeks, and resume full exercise activity within four to six weeks.

### **The Liposuction Patient**

For patients at a relatively good weight with nice abdominal skin tone but with disproportionate areas of extra fat, liposuction alone can be very effective, and can even be the treatment of choice. Local anesthesia is injected into the fat and the extra fat is suctioned using a thin tube called a cannula. This procedure is also done as an outpatient procedure, and can be performed either under local or sedation



Before a Tummy Tuck



After a Tummy Tuck





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anesthesia, using tiny hidden incisions. For the past several years I have been using the SmartLipo laser liposuction technique, where a laser device is first used during the procedure to treat the fat. The laser helps to soften and melt the fat, making it easier to then suction. It also works under the surface of the skin, to get some skin tightening. My patients having

FOR SOME PATIENTS WHO HAVE  
BORDERLINE INDICATIONS FOR A  
TUMMY TUCK, A LESS INVASIVE  
MINI-TUMMY TUCK PROCEDURE  
MAY BE INDICATED, AND CAN BE  
COMBINED WITH LIPOSUCTION

tummy liposuction often have one or more other areas treated at the same time, including flanks (love handles), thighs, knees, arms, back, and neck. The recovery time after liposuction is fairly quick, with most patients returning to work within two to three days, and resuming full activities in less than a week.

#### **Tummy Tuck or Liposuction?**

There are patients with extra tummy fat and some abdominal skin laxity who prefer the less invasive liposuction procedure. Although a tummy tuck may give a more optimal tummy shape, these patients do not want the more extensive surgery and recovery time of a tummy tuck. As long as the patient's skin laxity is only moderate, they can still get substantial improvement with liposuction alone, particularly using the SmartLipo laser liposuction to get some skin tightening in addition to the liposuction fat removal. For some patients who have borderline indications for a tummy tuck, a less invasive mini-tummy tuck procedure may be indicated, and can be combined with liposuction. During the initial consultation I evaluate my patients and discuss expectations of a tummy tuck, mini-tummy tuck, and liposuction. I then offer them the exact procedure to help them realistically achieve their body contouring goals. **IMAGE**

*Arnold Breitbart, MD is a board-certified plastic surgeon, certified by the American Board of Plastic Surgery, and specializes in cosmetic surgery of the body, breast, and face. He has practices in both Manhasset and Manhattan. For more information, call 516-365-3511 or visit [www.drbreitbart.com](http://www.drbreitbart.com).*

by Jill S. Cohen

## SMART CHANGE: FIVE TOOLS TO CREATE NEW AND SUSTAINABLE HABITS IN YOURSELF AND OTHERS

Dr. Markman Teaches How To Change Destructive Behaviors



**H**as anyone ever failed to follow through on a goal? Of course. Millions of Americans aspire to lose weight, quit smoking, find a meaningful career, or embark on any number of other goals. However, as we know only too well, old habits are stubborn and they don't always want to leave. Often, we feel frustrated in our efforts and we give up.

In his new book, *Smart Change: Five Tools to Create Sustainable Habits in Yourself and Others* (Pedigree Trade; \$25), psychologist Art Markman, Ph.D. offers a powerful framework of profound behavioral change, which works to create a more satisfying life. His advice comes from years of high-level research in the field of cognitive science. His principles can be used to find a romantic partner, lose weight,

advance at work and even change the behavior of a partner, child or co-worker. He teaches the reader how to combat temptation using the "five pressure points" of human behavior, based on a more sophisticated understanding of habit formation.

In *Smart Change*, Art Markman introduces the concept of The "Go System," your own personal habit creation machine that seeks out ways to achieve your goals and turn routine actions into habits. Alternately, the "Stop System" requires mental effort to prevent a behavior. Generally speaking, in the face of temptation, you need a plan which would lighten the burden on your Stop System. The plan reminds you to avoid the temptation, but then it provides a way of redirecting the Go System.

Dr. Markman believes that a key element of the motivational system is the set of goals that people pursue. Behavior is goal-directed. Given the structure of the habit system, there are five key tools for creating lasting behavior change:

**1. Optimize Your Goals**  
Changing your behavior requires developing a new set of goals and learning to link them with your environment.

**2. Tame the Go System**  
In order to change your behavior, you have to establish a plan for getting things done, generating specific ideas of how to confront likely obstacles head-on.

**3. Harness the Stop System**  
In the face of temptation, you need to redirect the Go System and create new goal. Create some distance—the farther you get away psychologically, socially and physically from the temptation, the easier it is to overcome it.

**4. Manage Your Environment**  
The more you understand the aspects of your environment that trigger your habits, the better that you can modify it to change your behavior.

**5. Engage Your Neighbors**  
There are three kinds of relationships that you have with people around you: family, strangers, and neighbors—these relationships can be leveraged to dramatically shape behavior change in your everyday life.

This book is well-written, engaging and provides direct action plans for the reader's use. Dr. Markman is insightful and practical, giving readers a real way to begin to change their behaviors and influence the habits of others. **IMAGE**

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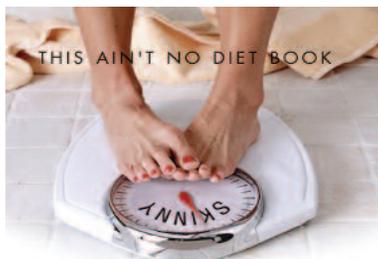


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by Jill S. Cohen

## NOTHING TASTES AS GOOD AS SKINNY: AFRAID TO STEP ON A SCALE? AUTHOR GIVES A BIG SERVING OF TOUGH LOVE



### NOTHING TASTES AS GOOD AS SKINNY

Judy Condon



Author  
Judy Condon

The first phrase most readers will notice about Judy Condon's new book, *Nothing Tastes as Good as Skinny* (Marsh Homestead Country; \$17.95) is the statement on its cover: "This ain't no diet book."

Why the disclaimer? Because, according to Condon, the word "diet" implies a beginning and an end. It suggests that when you reach your target weight, you are finished and can return to your former eating habits.

However, Condon's program for weight loss is best described as "a new way of eating you can live with forever." In addition to adopting a new way of eating, Condon also urges readers to adopt a new way of looking at themselves and their bodies, a way based on total honesty and total accountability.

"We can't pull punches when we examine our bodies and the bodies of our loved-ones," says Condon. "We need a little blunt language. Only when you see a thing for what it really is are you then able to change it into something truly better."

Once the reader completes an honest self-assessment and accepts total responsibility for his or her condition, Condon lays out the three essential stages to achieving lasting weight loss:

#### 1. KISS - Keep It Simple Stupid

The first stage lasts seven days. Only eat protein and reduce fat consumption, as the body's burning of protein actually assists in the burning of the body's fat cells, so you achieve weight-and size-reduction by the end of the first week.

#### 2. Go for the Gold

This is your food plan until you achieve your target weight, which can take anywhere from 2-to 3 weeks or 6-to 8 months, depending on the amount of weight you need to lose. Here you should begin to add variety to your meals. For two days, eat protein only, as you followed in the KISS stage. Every third day, eat proteins and

vegetables. Avoid vegetables high in sugar and carbohydrate content, such as carrots and corn.

#### 3. Celebrate You

Now you have reached your target weight, so your menu opens up to more choices. By this point, sound and healthy ways of eating and managing food have become established. Your weekly plan consists of two days of protein only, five days of protein, vegetables, fruits and processed carbohydrates. Any one day during the week may be designated as a 'free day' where you are free to experience any foods of your choice.

After winning a lifelong 50-year struggle with her own weight, Condon says she became inspired to put her experiences and successes in a book, in order to empower others with enough information to take control of their food and their lives.

"Successful weight loss often requires a lot of 'tough love' - don't be afraid to use it," Condon says. "Come along if you dare."

Judy Condon is a native New Englander who has authored more than twenty-five books.

For more information, visit [www.asgoodasskinny.com](http://www.asgoodasskinny.com)

**IMAGE**

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**D**o you look in the mirror and see a tired, aged version of yourself? Do you have stretch marks or scarring that you wish were smoother looking? Would you like to welcome back the skin that you used to have? Do you have discoloration or hyper pigmentation due to sun damage and age spots?

Well, now you can turn back the clock without undergoing invasive and expensive laser treatments or surgery.

Rejuvapen Therapy is a medical-grade, state-of-the-art precision medical device available only through medical professionals. This therapy is based on Fractional Collagen Induction Therapy (FCIT), also referred to as micro needling. It is the procedure by which the body's natural response to healing is used to increase the amount of extracellular matrix (such as collagen or elastin) in the skin.

Important milestones in the development of micro needling

stem back to the 1950's, with Dr. Michel Pistor, the founder of mesotherapy. He came up with the concept that pricking skin would promote collagen formation. In 1995, subcision, a new method of subcuticular undermining for the treatment of scars and wrinkles was introduced, creating the new connective tissue of the skin using the wound healing response intended to remove skin that became tight due to scarring.

As a result, scars were immensely improved in texture, appearance and color. In 1998, Dr. Des Fernandes of South Africa presented his findings on needling at a conference in San Francisco. He introduced a needling device -- a small needle stamp -- to induce collagen and used this as a regular treatment in his surgical practice.

Over several decades, many different devices were introduced and until now there hadn't been any other device that could perform with such precision as the Rejuvapen System. The Rejuvapen Automatic Therapy System utilizes nine precisely spaced micro needles in a small cartridge to create invisible, vertical, micro perforations into the epidermis and the top layer of the dermis. As a result, the skin shifts its natural repair mechanism into high gear and starts producing collagen and elastin to repair these micro-perforations. The self-repairing property of the skin is a 100% natural

form of skin renewal from the inside out. It not only activates cell regeneration, but also enhances the skin's absorption of active ingredients of RP Complex skin during the treatment, before the skin closes. For the patient's comfort, a topical anesthetic is applied to the treated area. The procedure should take about an hour. Recovery is less than 24 hours and visible skin redness can be covered with makeup the same day as the procedure. Rejuvapen Therapy can be used in conjunction with other treatments such as chemical peels and microdermabrasion. Four to eight treatments are recommended every 14-30 days.

With this treatment, your skin will become firmer and regain elasticity. Fine lines and wrinkles will be visibly reduced. Pores become finer, circulation is stimulated and your skin shows overall improvement. The best part is that this treatment can be performed all year-round, especially in the summertime when we should refrain from chemical peels and lasers that would make us very sensitive to UV damage.

This may be the approach to try, especially with summer on its way.

**IMAGE**

---

*Kathy Tsapelis is the founder of Cavi Med Spa, Garden City. For more information, call 516-941-1600 or visit [www.cavispa.com](http://www.cavispa.com).*

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Bird's Nest

# BIRD'S NEST FACE MASK... A NEW, EASY WAY FOR FACIAL REJUVENATION

An Ancient Asian Tradition Now Available

MY GOAL IS TO MAKE BEAUTY AFFORDABLE TO ALL MEN AND WOMEN. BIRD'S NEST IS ONE GREAT WAY TO OFFER THAT

I am a 55-year-old Long Islander. This past Memorial Day, I took my four children to Rogers Beach in Westhampton. Several adults told me I had beautiful grandchildren. This took me aback and caused me to ponder why I now look so much older than my true age. While my children are age sixteen and younger, I truly do not want to continue for the next two decades or so looking like their grandfather.

That said, I now join the ranks of those who are seeking the fountain of youth. I then set out to try just about every over-the-counter product and facial treatment available in New York City and Long Island. Not one product or treatment yielded any meaningful results.

I have always been able to find the solutions to many challenges in my life, I was determined to find some way to "look good" for my age without enduring the ravages of surgeries, Facial Fillers or Botox. Dozens of women in my life wished me luck and encouraged me not to be disappointed with the "high hopes" of beauty treatments and products. Unfortunately, 99% of all the products I tried did not work. So, bound and determined, I continued my quest to find the solution to looking less aged.

The answer was – a Bird's Nest Face Mask. Here's how it happened. I happened to meet a Vietnamese woman, Rose, in the Hamptons. I guessed her age at 28 years old. When I found out she was in her mid 40's I did not believe her and actually verified her age. I had to find out why Rose looked so much younger

than her age. I convinced Rose to reveal her beauty treatment and to help me with my "age defense" issues.

Rose told me that the best way to turn back the clock is to go back to the simplest organic method. Rose and her family have used "bird's nest" for hundreds of years as both a medicine and rejuvenator. The extract of bird's nest has been clinically proven to be rich in proteins and epidermal growth factors that give the skin a youthful look and return its elasticity. This natural miracle also helps with roughness, wrinkles and brown spots by promoting regrowth at the cellular level.

Imagine all of these benefits and none of the side effects caused by the chemically laden treatments offered by the new wave of pharmaceutical products. The extract of the Swiftlet nest is used in the face mask powder. The nest is constructed entirely by its saliva and is commonly termed as "whole nest".

Since the Swiftlet feeds on different foods, the saliva and the nest differ in color, varying from mainly white, yellow, red and purple. The whole nest gives the best nourishing and replenishing effects to humans.

Bird's Nest has been recognized as a royal food, and skin treatment with the ability to nourish the yin, strengthen kidneys, alleviate the yang, advance spleen, moisten lungs, beautify the skin and prolong lifespan. Consider the previous Olympics in Beijing. It happens that the Olympic stadium was a Bird's Nest. Clearly, China holds Birds Nest as the food of the rich and is more expensive than gold.

I used the face peel to remove the dead skin and applied the Bird's Nest face mask for 30 minutes once a week for 12 weeks. Then it finally happened. People were referring to me as my chil-



Rose Nguyen and Doug Schmieder

dren's father, not the "grandfather". Then, strangers were guessing my age to be 46 to 48, instead of sixty years old. The Bird's Nest helps the neck, in addition to the face.

You can only guess what happened next. Now, about twenty-five women are begging me to give them some of the Bird's Nest face mask powder. I convinced Rose to give a few treatments to some friends and they were absolutely amazed at the results. Now, the personal supply brought over from Vietnam by Rose's mother is depleted. I decided to become the sole importer of the Bird's Nest Face Mask, a product never before available in the United States.

My goal is to make beauty affordable to all men and women. Bird's Nest is one great way to offer that. You may even want to see the research, as it appeared on the Discovery Channel special about Bird's Nest in February 2014.

A limited supply of the product will be available in the best, hand-selected salons by the end of 2014. For those who want to try it sooner, my new shipment will be available on April 1, 2014. **IMAGE**

*For more information or to order the product, call 516-313-6601.*



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# WHY IS YOUR SMILE NOT THE BEST SMILE?

You Might Have a “Gummy” Smile, But It’s Correctable

THERE ARE MANY REASONS FOR A GUMMY SMILE AND A CONSULTATION WITH YOUR DENTIST WILL DECIDE WHICH CATEGORY YOUR MOUTH FALLS INTO

**H**ave you ever looked at your smile and told yourself that you don’t like the way it looks? Perhaps you’ve even tried to bleach your teeth, believing that if they were whiter they would look better.

Well, the problem may not be your teeth at all! It could be your gums! Some people have a “gummy smile”, which could be why your smile is not the smile you want. If your teeth appear to be short, they may not be short at all. They may be covered by too much gum tissue. There are several reasons why a person may have a gummy smile. Sometimes the gums don’t recede the way in which they are supposed to when the tooth is coming into the mouth. The condition could also be from inflammation due to poor oral hygiene, which is very common in teenagers who wear braces. A gummy smile could also be the result of poor tooth alignment or jaw positioning. And, in

other situations it could be caused from medications one might be taking.

There are many reasons for a gummy smile and a consultation with your dentist will decide which category your mouth falls into. A review of your medical history and all medications you’re taking is the first step to determine your overall health and determine whether or not any of the medications could be causing the excessive gums. It will also help the dentist determine if any surgical corrective procedures are needed and that you are healthy enough to undergo such procedures. Then, a comprehensive cosmetic evaluation will be done. This looks at your facial structures, symmetry of your face, the profile of your lips, your smile line, the type of gum tissue you have, and the measurement of the bone under your gums. All are necessary in order to get all the clinical information. After completing the evaluation, a diagnosis can be made. From there, several treatment options can be given to you to correct your specific needs.

In some cases, just reducing swollen gums will allow the gums to shrink and will make the teeth appear longer. This is

usually done by having a cleaning by a dental professional and doing some homecare with a toothbrush. For others, putting the teeth into a better position with braces may be all one needs. But for some, a surgical approach might be necessary. The extent of the surgical procedure can be determined by your dentist. It could be as simple as removing some of the excess gum tissue. In other situations, the gum may need to be lifted into a higher position. For some patients undergoing dental work, crowns or veneers are done in conjunction with the gum corrective procedure to create that beautiful smile. In certain cases, it may not be the teeth or the gums at all, but the lip. Today Botox is being used around the lip to “lower” the lip line and give the patient a less gummy smile.

If you are not happy about how your smile looks, call your dentist for an evaluation. He or she will be able to determine how to make your smile the best it can be. **IMAGE**

---

*Aaron Elkowitz, DMD practices cosmetic, implant, general and advanced restorative dentistry in Manhasset, NY. For more information, call 516-365-5595 or visit [www.drelkowitz.com](http://www.drelkowitz.com).*

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to work on.

A typical day of fitness for Sweeney includes some sort of workout – cardio, spin or a hike. Once a week, she does strength and resistance training. Her eating regimen consists of healthy, natural, whole foods. She is very fond of cooking and thinks it's important for people to remember to “get back in the kitchen and make food for yourself”. She loves agave, nectar and cinnamon. She loves oatmeal for breakfast, a fruit snack in the morning. Lunch is a salad or open-faced sandwich with either chicken or tuna. Dinner can be grilled salmon or steamed foods and vegetables. She snacks on almonds or a bit of dark chocolate or almond butter on apples, and uses spices, especially cinnamon, regularly. Her weakness is homemade desserts. And Alison admits that a glass of wine on occasion can be good for your “mental health”!

Alison told me that she has tremendous sympathy for children these days. “Being a kid today is so, so hard. The signals that society is giving us about beauty lead to a lot of peer pressure. If kids are not armed with inner strength, they risk getting sucked into a really scary path,” she said.

She and her husband Dave have two children, nine-year-old Ben and five-year-old Megan. She teaches her children about healthy choices in a very natural way, though it can be challenging since kids are surrounded by temptation or excuses to eat certain foods. She arms them with the truth, explaining why a food is good and bad for you. They've also been taught moderation. The family may go out and share a frozen yogurt, so it becomes a fun family experience and everyone gets a taste. At home, her kids happily reach for a bowl of blueberries or sugar snap peas or other nutritious foods. By the same token, they are not deprived. They get mac 'n cheese too as small, side portions. Everyone wins, according to Alison. There's even dessert.

When asked about her job hosting *The Biggest Loser*, Alison's passion was evident. “I love everything about the show,” she said. “I love celebrating transformation. Walking along with the contestants on their journey makes it a joy to be part of the show. The makeover episode is really a special one for me. It's very moving. I love how the contestants show up and they put themselves first. The show has remarkable reach and impact, helping contestants lose weight and feel inspired. It also informs the audience and gives them tools and lessons that can be applied in their own life. Everyone is encouraged to take personal responsibility to make success happen.”

Last year, Alison wrote her first novel, *The Star Attraction* (Hyperion Books). Her second novel, *Scared Scriptless: A Novel* (Hyperion Books) is soon to be released. Her previous books were *The Mommy Diet* (Gallery Books; 2010) and a memoir, *All The Days Of My Life (So Far)* (Kensington Books; 2005).

I often ask our celebrities how they view aging. Alison hopes to emulate her mother's qualities. Her mother, who is in her 70s, is an accomplished equestrian, still competing and winning awards. She is always complimented on how amazing she looks, and how she radiates her love of life. (And of course, both apply sunscreen before they go outdoors.)

In closing the interview, I asked, “Do you like your body?” With a moment's pause, she responded, “Yes, I am proud of my body. I work hard for it. It's a body that can carry my child when we're skiing and it can support my kids.” That's the payoff.

For sure, Alison looked healthy and ravishing as she hosted the season finale of *The Biggest Loser* in February. She's a great reminder of the power of making the choice to live a healthier lifestyle. **IMAGE**

cally challenging, the reality is such that all bariatric procedures are safer than many elective procedures. The complication rates are low, and weight-loss surgery has NEVER been safer than it is today.

Insurance carriers typically authorize patients to undergo bariatric surgery if they meet the criteria of a Body Mass Index of more than 40 or a Body Mass Index of 35 or more with an obesity-related medical problem such as high blood pressure, diabetes, etc. Patients with a lower BMI of between 30-34 with an obesity-related medical problem can only receive the Gastric Band at this time. The insurance company will authorize the procedure that the patient and surgeon have requested, so the patient doesn't have to worry about dealing with this when choosing a procedure.

In summary, if you meet criteria for weight-loss surgery, consider the Roux-en-Y gastric bypass as a first choice. It has the longest track record of all currently available procedures, with excellent resolution of medical problems and minimal complications. Think long-term and have a discussion with your bariatric surgeon to find out which procedure will make your weight loss dream come true.

**IMAGE**

---

*Karim Paracha, MD is a fellowship-trained bariatric surgeon practicing at Long Island Laparoscopic Doctors in East Setauket. For more information, call 631-237-8977 or visit [www.JourneyToTheNewYou.com](http://www.JourneyToTheNewYou.com) or [www.LiLapDoc.com](http://www.LiLapDoc.com).*

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## FITNESS GADGETS TO HELP YOU GET IN SHAPE

(Continued from page 21)

ask yourself, “Do I feel better, Did my fitness improve”? She truly believes that you can get fit with the help of apps and tech gadgets.

What's the next wave in technology and fitness? The “wearable category” is hot right now and getting hotter. This is when, believe it or not, gadgets are actually embedded in the clothing. Also, she believes that the baseline devices that we have now will become more even more accurate in their next generation models.

In addition to being a guru in the world of tech and fitness, her obsessions go beyond that. She is crazy about her volunteer work with Candlelighters NYC, an organization which helps get through the difficult times when a child is diagnosed with and being treated for cancer. She loves helping the children engage in some fun and games to offset the rest of their experience.

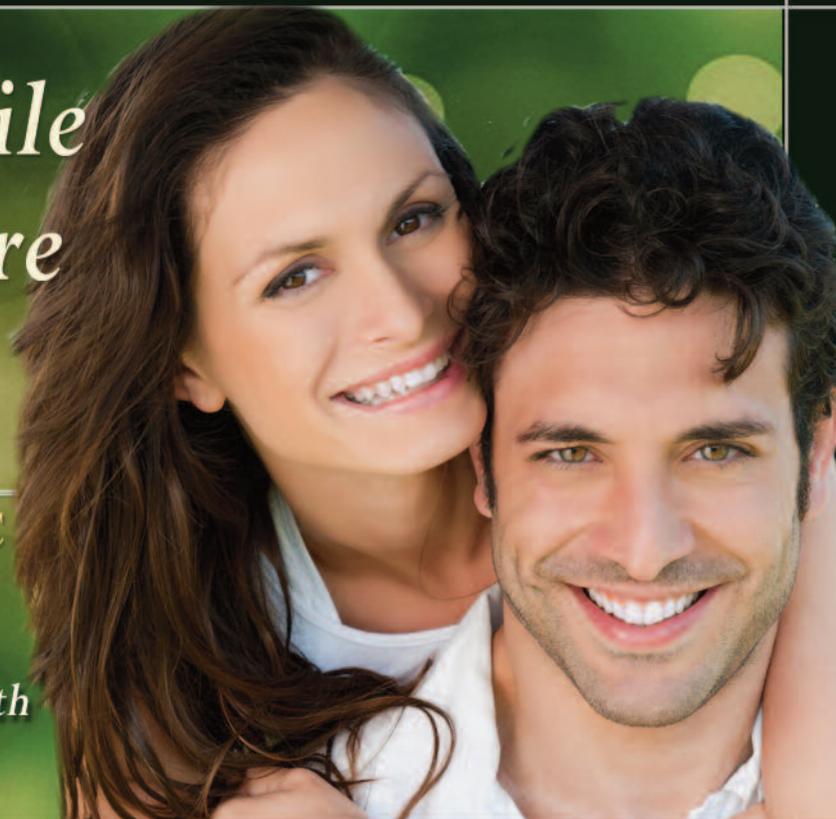
So, next time you see Katie on TV, take her words to heart, and move your fitness forward! **IMAGE**

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On November 3rd, Long Island plastic surgeon Dr. Arnold Breitbart ran the New York City Marathon, his 30th marathon. He has been running marathons for over 30 years, and runs for various charitable causes. He ran this particular marathon to support both the Sheba Medical Center Burn Unit, and the Blue Card, an organization providing services to destitute Holocaust survivors. For more information on the Sheba Medical Center Burn Unit, visit [www.shebamedical.org](http://www.shebamedical.org). For more information on Blue Card, visit [www.BlueCardFund.org](http://www.BlueCardFund.org).



**Dr. Arnold Breitbart**

**4TH ANNUAL CYCLE FOR SURVIVAL RETURNS TO LONG ISLAND FOR MEMORIAL SLOAN KETTERING CANCER CENTER WITH FOUNDING PARTNER EQUINOX**

On Saturday, March 1st, over 800 people gathered at Equinox for Long Island's fourth annual Cycle for Survival, a high-energy indoor team cycling event that raises money for rare cancer research. 100% of every donation goes to Memorial Sloan Kettering Cancer Center and is allocated to pioneering rare cancer clinical trials and research studies within six months of the events. Instructors from Cycle for Survival's founding partner, Equinox, led participants in this family-friendly event that is committed to making more treatment options available to help patients and their families by helping fill the funding gap. Cycle for Survival is one of the fastest-growing athletic fundraisers. Since 2007, the movement has raised over \$50 million to fund 85 clinical trials and research studies. This year more than 16,000 riders will participate in events in 13 cities nationwide. For more information or to donate, visit [www.cycleforsurvival.org](http://www.cycleforsurvival.org)



**Honoree, Karen Murray, Event Chair, Stella Mendes and Honoree, Carmelina Oliveira**



**Emcee Lauren Scala and Medical Co-chairs, Dr. Jean Cacciabauda and Dr. Stacey Rosen**

**THIRTEENTH ANNUAL LONG ISLAND AMERICAN HEART ASSOCIATION "GO RED FOR WOMEN" LUNCHEON**

More than 900 people from across Long Island joined a "movement" on Wednesday, February 12, 2014 by attending the hugely successful American Heart Association Go Red For Women Luncheon at The Crest Hollow Country Club in Woodbury. The American Heart Association's Go Red For Women movement encouraged everyone in attendance to "Speak Red" to help save lives and take charge of their cardiovascular health and share the life-altering and life-saving information of the day with women they know. This year's 13th Annual Go Red For Women Luncheon honorees were Carmelina Oliveira, President, Oliveira Contracting, Inc. and Karen Murray, President, VF Sportswear. Stella Mendes, President, First National Bank of New York was chair of the luncheon and Dr. Jean Cacciabauda, Chief of Cardiology at Southside Hospital and Dr. Stacey Rosen, V.P. Katz Institute For Women's Health were the Medical Co-Chairs. The 2014 American Heart Association Go Red For Women Luncheon is nationally sponsored by Macy's and the North Shore LIJ Health System is the Cities Go Red Sponsor. The networking portion of this year's luncheon was the

most successful to date. During this time, attendees were able to view and bid on silent auction items and purchase tickets for the hundreds of fabulous prizes that were available. Cardiovascular disease is the number one health threat facing women today. For Go Red For Women information call the American Heart Association at 516-450-9131 or visit [www.goredforwomen.org](http://www.goredforwomen.org).



**Damon Wise, Justin Smillie, Gretchen Witt, Jonathan Benno, Shane McBride**

**CHEFS FOR KIDS' CANCER EVENT IN SUPPORT OF COOKIES FOR KIDS' CANCER**

On Tuesday, February 25, over 40 of New York City's top chefs came together in support of Cookies for Kids' Cancer - an organization funding research for pediatric cancer treatments - at its "Iron Chef" style inaugural benefit, "Chefs for Kids' Cancer." Hosted by Cookies for Kids' Cancer Founders Gretchen and Larry Witt, the evening raised more than \$900,000 for pediatric cancer research. Chefs Dan Kluger (ABC Kitchen) and Jonathan Benno (Lincoln Ristorante) served as Co-Chairs, recruiting an all-star chef roster including Marc Murphy (Benchmarc Restaurants), Nick Anderer (Mialino), and more, each of whom prepared a multi-course meal for individual tables of guests. PDT's Jim Meehan mixed cocktails, while Christina Tosi (Momofuku Milk Bar) led an assembly of 15 pastry chefs, including supermodel Karlie Kloss (Karlie's Kookies). Notable guests included Mario Batali, Christy Turlington and Paul Rudd, and the evening concluded with an acoustic set by Barenaked Ladies.



**Chefs for Kids Cancer**



**Paul Rudd, Gretchen Witt**

All proceeds benefit Cookies for Kids' Cancer's mission of supporting pediatric cancer research, one of the most underfunded forms of medical research in the country. To date, Cookies for Kids' Cancer has raised more than \$8 million, funding nearly four-dozen research projects, seven of which have become treatments available for children fighting the disease today. To learn more about how you can make a difference in the fight against pediatric cancer, visit [www.cookiesforkidscancer.org](http://www.cookiesforkidscancer.org).

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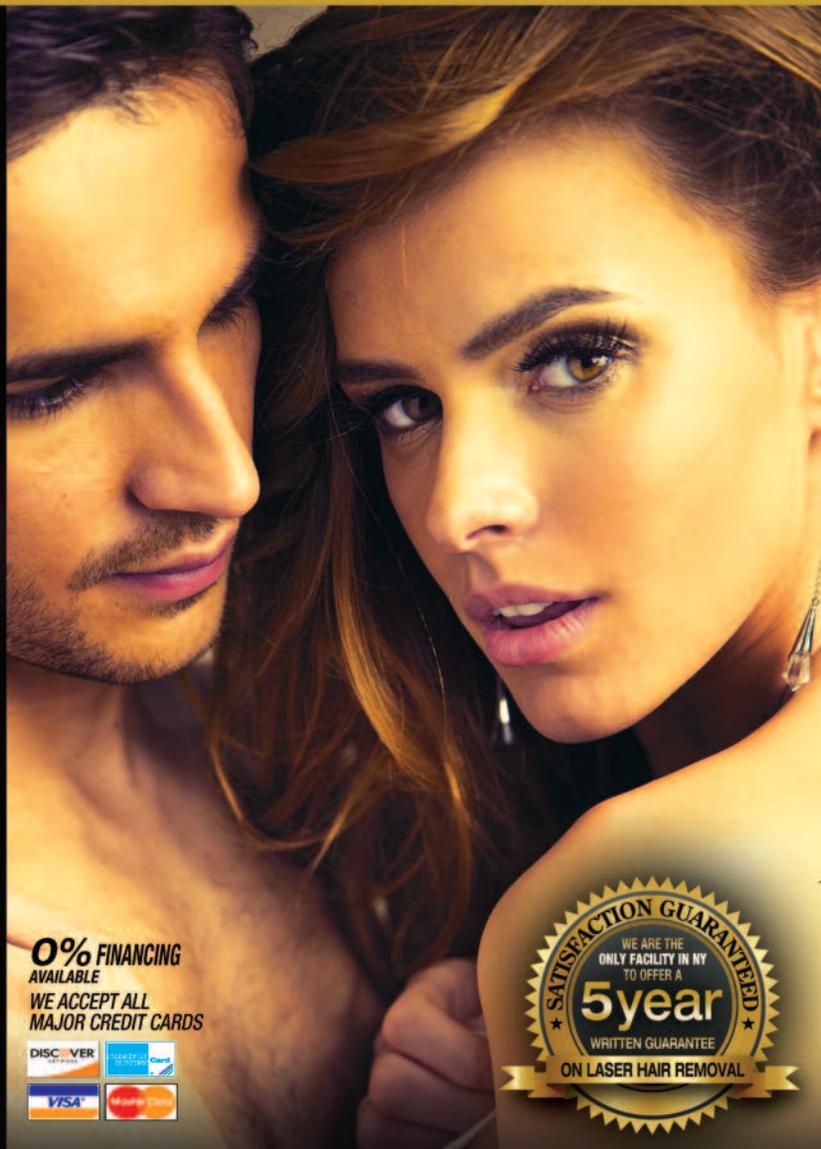
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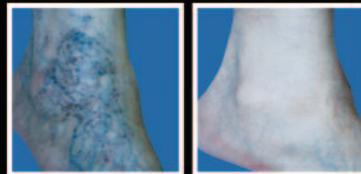
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