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Fountain of Youth Fall Newsletter



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Hand Therapist

Why You Should Insist on a Consult with a Hand Surgeon

Our hands serve many purposes. Hands help us eat, dress, write, earn a living, create art, and do many other activities.

To accomplish these tasks and activities, our hands require sensation and movement, such as joint motion, tendon gliding, and muscle contraction.

When a problem takes place in the hand, care must be given to all the different types of tissues that make function of the hand possible. Hand surgeons are specifically trained to give that care.

A hand surgeon is able to diagnose and treat a wide

variety of disorders that involve the hand, wrist and forearms. Initially, a hand surgeon is a trained plastic surgeon or orthopedic surgeon and goes on to complete additional training in the treatment of common and complex problems of the hand. After intense specialized training and education physicians are required to pass a rigorous certification process in order to gain the title of hand surgeon. Common problems treated by a hand surgeon include; fractures of the fingers, hand and wrist,

nerve and tendon injuries, arthritis, carpal tunnel, tendonitis of the wrist and elbow, tennis elbow, trigger fingers, congenital problems and Dupuytren's disease. It is not always necessary for hand problems to be treated with surgery. A hand surgeon can treat some problems more conservatively with medications, injections, splinting, or with hand therapy. When surgery does become necessary, you will receive the most skilled and technologically advanced treatment available.

Healing Through Therapy

Therapy of the hand and wrist requires specialized treatment. A hand therapist initially trains as an occupational or physical therapist then requires several thousand hours of additional education, supervised training and a certification exam in order to achieve CHT (Certified Hand Therapist) status. Hand therapy assists people with a

hand or wrist problems in regaining flexibility and mobility. In some cases therapy may mean the difference between being fully independent in your activities of daily living. Whether a patient has a traumatic injury, a repetitive work injury or a congenital disorder, hand therapy can offer the tools and guidance to increase their present level of function in daily activities,

work responsibilities and leisure skills.

Dr. Gabriel has been in practice as a hand and plastic surgeon in Carson City for more than 15 years. Angie Fluitt, OTR/L, CHT has been his hand therapist for 11 years. Angie specializes in custom made splints and can evaluate and assist you with your hand therapy needs. She is in the office Monday- Friday by appointment.

Holiday Hand Safety 101

Never cut towards yourself. One slip of the knife can cause a horrific injury. While carving a turkey or cutting a pumpkin your free hand should be placed opposite the side you are carving towards. Don't place your hand underneath the blade to catch the slice of meat.

Keep your cutting area well-lit and dry. Good lighting will help prevent an accidental cut of the finger. Making sure your cutting surface is dry will prevent ingredients from slipping while chopping.

Keep your knife handles dry. A wet handle can prove slippery and cause your hand to slip down onto the blade resulting in a nasty cut.

Novel Niacin-Based Therapy Repairs Damaged Skin



“By enhancing cell repair, the aging process is slowed down and damage to the skin is reduced”

NIA-24 and your skin...Repair is never as good as prevention, particularly in skin care. Tap into skin’s own self-protective powers 24-hours a day with patented NIA-24. This MicroNutrient Delivery System brings a continuous-release form of Niacin to the skin. Outside, skin’s barrier is restored, signs of damage dramatically reversed. By enhancing cell repair, the aging process is slowed down and damage to the skin is reduced.

What does MicroNutrient Delivery mean?

MicroNutrient Delivery allows ingredients known to be beneficial to go beyond topical application, penetrating the epidermis in a slow, continuous-release, allowing time for the molecule to bio-convert to its working form. By nature, Niacin increases circulation to help generate more vital cellular regeneration.

Who is it for? NIA-24 is ideal for any patient, both female and male with signs of premature aging, from lines to age spots. NIA-24 improves hyperpigmentation and wrinkles on the face, chest and neck areas. NIA-24 also reduces rosacea-like redness and evens skin tone, promotes texture, firmness and moisture. NIA-24 results are proven to energize skin to promote healthy skin function and a more vital appearance.

The Therapon Skin Reveal



“Want soft and smooth skin right now?”

Therapon skin care combines the principles of simplicity and effectiveness... Therapon provides simple solutions to complex skin problems.

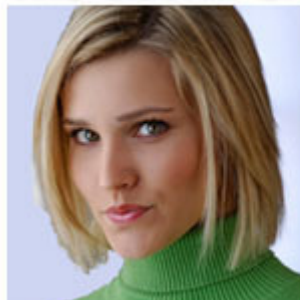
The Theraderm Skin Renewal System was developed by a Plastic Surgeon. This restorative maintenance system promotes skin that is smooth, has even coloration and restores a youthful appearance. There are four

critical components for healthy skin: cleansing, exfoliation, free radical protection and restoration of natural oils. Twice-daily use of the Theraderm Skin Renewal System will guarantee more beautiful, radiant and younger looking skin.

Want soft and smooth skin right now? The Therapon NuPEEL natural peeling gel combines research principles with cell biology to provide

an amazing product. NuPEEL instantly removes rough, dry keratin surface cells. Papain and carica papaya extracts loosen glue-like attachments of dead cells to allow visible, painless shedding, leaving behind soft, smooth, pliable skin. For a skin evaluation contact Kristy Swirczek or Marie Trimarchi.

Theraderm Skin Renewal System



Our total skin health system that promotes healthy, younger looking skin. Reduce fine lines, rough, dry skin and sun damage with Theraderm Skin Renewal Products.



Cosmetic Services

Latisse™
(bimatoprost ophthalmic solution) 0.03%

BOTOX®
—Cosmetic
onabotulinumtoxinA

Juvederm®
INJECTABLE GEL

*****Now offering Latisse, Botox and Juvederm Holiday Specials
contact the office for details as supplies are limited*****

Ancillary Services

Botox (Botulinum Toxin)
Juvederm
Theraderm Skin care products
Cosmoderm
Latisse
NIA 24 Skin care products

❖ Breast –Cosmetic

Breast Enlargement (Augmentation Mammoplasty)
Breast Lift (Standard Mastopexy)
Breast Lift with Implants
Male Breast Reduction (Gynecomastia)

❖ Breast- Reconstructive

Breast Reduction (Reduction Mammoplasty through Liposuction)
Breast Reduction (Reduction Mammoplasty)
Breast Reconstruction after Mastectomy
Inverted Nipple Correction
Removal and Replacement of Breast Implants
Removal of Breast Implants
Revision of Breast Enlargement (Capsulectomy and Implant Replacement)

❖ Body Contouring

Liposuction (Power Assisted Liposuction)
Body Lift (Circumferential Belt Lipectomy)
Upper Arm Lift (Brachioplasty)
Tummy Tuck (Abdominoplasty)
Mini-Tummy Tuck
Thigh Lift

❖ Facial

Eyelid Lift/Upper & Lower (Blepharoplasty)
Facelift (Rhytidectomy)
Brow Lift
Neck Lift