

IMAGE

ENCOURAGING OPTIMAL HEALTH & BEAUTY

JENNIE GARTH

JENNIE GARTH SPEAKS FROM THE HEART ABOUT HEART HEALTH AWARENESS

Complimentary Issue

REJUVENATE YOUR SKIN WITH A **HYDRAFACIAL**

A REASON TO SMILE
AESTHETIC CORRECTION FOR A **GUMMY SMILE**

BARIATRIC SURGERY
NEW WEIGHT LOSS SURGERY TECHNIQUES

THE ROBOT
LESS INVASIVE-LESS RECOVERY TIME FOR GYNECOLOGICAL SURGERY

HEART HEALTH MONTH

- Lowering your risk of developing heart disease
- Screening and prevention techniques
- Can your heart survive the perfect storm?

IMAGE *Event*



Book Signing at Barnes & Noble, Manhasset

Dr. Frederick N. Lukash recently published a wonderful book that was many years in the making entitled, "The Safe and Sane Guide to Teenage Plastic Surgery." He was at Barnes & Noble in December and presented a valuable lecture on the growing number of teenagers,

especially girls, who are seeking to enhance their appearance. Over 50 people were in attendance with ears wide open, carefully hanging on every word as he talked about what is physically and more importantly, emotionally involved in the decision for your child to have plastic surgery. In society today, the emphasis is placed high on appearance and this is a critical topic of discussion. After the presentation, everyone walked away with a signed copy of Dr. Lukash's book and I highly recommend it to anyone who has children. This book will take you from the decision making to the procedure and all the questions you may have in between. Available at Barnes & Noble