

WOMEN'S
Health
& WELLNESS

Today's independent, informed women

are driving much-needed changes in health care. They're becoming proactive participants in their pursuit of wellness. They're expecting personalized treatments. They're inquiring about traditionally taboo topics. And health practitioners are responding with smart solutions.

At the same time, medicine is advancing at unprecedented rates, and the internet is littered with conflicting claims. It's more difficult than ever to be accurately informed. So we consulted with experts in various fields of women's health to bring you information about the latest advancements, plus answers to questions you may have been afraid to ask – but that may change your life.



Getting the Facts on Fertility

When it comes to fertility, mum's the word. It's such an emotionally charged subject, we hesitate to discuss it with friends and doctors. We keep our fears about the 'fertility cliff' and our struggles to conceive to ourselves. As a result, many women are in the dark about their eggs. 'What I see every day is women who didn't know to check earlier, didn't know what



they could do to prevent having a fertility issue, and have a lot of regrets that they weren't aware of these things in advance,' says Millie Behera, M.D., of Bloom Reproductive Institute. Fortunately, it's now easy to get a peek at your fertility window. Women can take a simple blood test that measures anti-mullerian hormone (AMH) to determine how many eggs they have in the bank and the condition of their ovaries. 'It allows women to be more proactive about their health,' says Dr. Behera, who is board-certified in Ob-Gyn and reproductive endocrinology and fertility. 'They don't have to wait until Mr. Right comes along and then feel like they're behind and the clock is ticking and they have to go with more advanced, invasive and expensive therapies. Even if they don't go as far as freezing their eggs or seeing a specialist early, at least they know, and nothing sneaks up on them.' Women

can then make better choices about their fertility health, such as avoiding hormones in plastics and non-organic meat and dairy. They might opt for an antioxidant-rich diet, take supplements, and abstain from smoking and alcohol.

And if a woman does need therapies to get pregnant, Dr. Behera says, treatments today are less invasive and more successful.





“Now it’s all about what childbearing women see as the best experience for them, and for us as institutions to meet those needs within the range of safety and education.”

—Dr. Jill Bish, R.N.C., director of women’s services with IASIS Healthcare.

The Rebirth of Birth

Jill Bish has seen dramatic changes in childbirth during her 41 years in obstetrics and gynecology. In the past, women were almost passive participants in their labor, shielded from the sight of C-sections, separated from their newborns, and shuffled among staff who didn’t ask about their preferences.

“Now it’s all about what childbearing women see as the best experience for them, and for us as institutions to meet those

needs within the range of safety and education,” says Bish, R.N.C., director of women’s services with IASIS Healthcare. For example, many moms-to-be are presenting nurses and physicians with a “birth preferences” document that outlines their wishes for music, lighting, who she wants in the room, and more.

In addition, the “gentle C-section” is making moms more involved in cesarean births. Instead of putting up a drape, IASIS Healthcare offers

a setup that allows couples to watch the birth if they wish. Then, instead of whisking the baby away to a warmer and a nursery while the mother recovers – traditional protocol – the newborn goes straight to the mother’s arms, and they recover together. “People love the fact that the baby is not separated from them,” Bish says.

Bish is also excited about a newer offering at IASIS: nitrous oxide, or laughing gas. The self-administered, oxygenated blend



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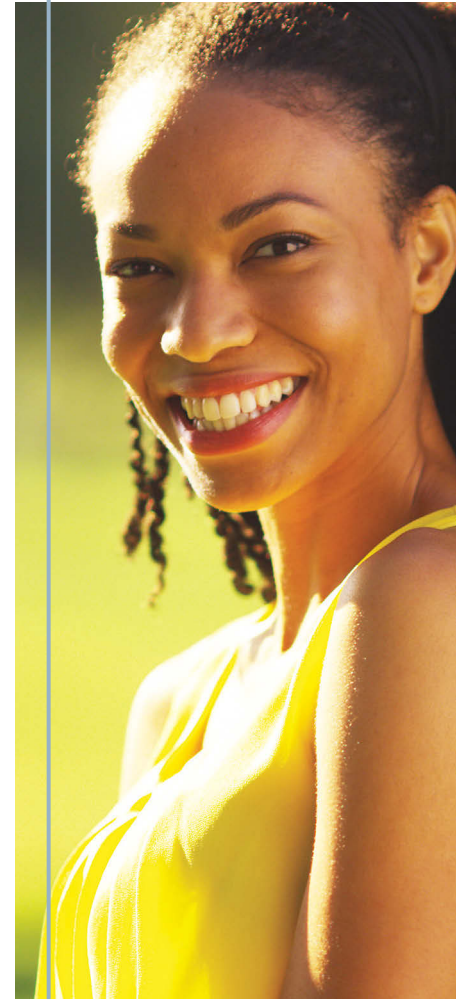
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prevents the mom from "going into la-la land," she says, while reducing pain and anxiety, making for a quicker, easier labor.

IASIS is also recruiting perinatologists, who specialize in high-risk or problematic



pregnancies. "So parents can be prepared for a less-than-optimal outcome and get the resources they need," Bish says.

Speaking of preparation, Bish recommends all women considering having a baby get a pre-conceptual evaluation, "so we can make sure she's in the optimal physical condition to become pregnant."

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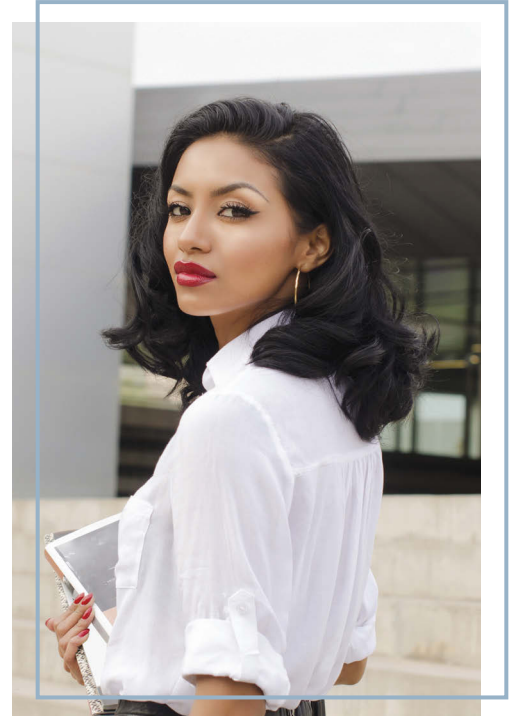
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An About-Face on Aging

For decades, doctors blamed facial sagging and creasing on the wrong culprit: gravity. In recent years, they discovered the real offenders: the loss of fat pads, the shrinking of bones, and the thinning of skin due to decreasing water, collagen and hyaluronic acid.

"So historically, the focus was on lifting with surgery," says Kelly Bomer, M.D., of Rejuvent Medical Spa & Surgery. "But now because we understand that the bones are shrinking and the fat pads are shrinking, it makes a lot more sense to restore that volume."

Volumizing is a challenging art. To achieve a natural look for her clients, Dr. Bomer – who is



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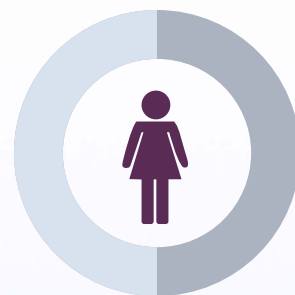
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board-certified in otolaryngology-head and neck surgery – draws on her background in art. As an undergraduate art student, she studied facial anatomy and painting. Today, she analyzes her clients' features through photographs of their face at rest and in dynamic positions, since normal movement is essential for a natural result. She asks clients to bring photos of themselves in their 20s and early 30s so she can assess how their facial volume has changed over time.



She then tailors the hyaluronic fillers to the individual, plus creates a long-term plan for layered volume restoration as the client ages.

"It is critical," Dr. Bomer says, "that the injector understands the physiology of aging and the three-dimensional anatomy of the face, and has the eye of an artist to accurately see the shapes of the face and how they can be restored into the curves of youth with natural-looking volumization."

Dr. Bomer also recommends – and follows – a regimen of medical-grade skin care products, an anti-inflammatory diet, sun protection, and skin treatments such as chemical peels to promote healthy and youthful-looking skin.



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Better Living Through Light

Cynosure is harnessing the science of light to zap away muffin tops and love handles, plus improve gynecologic health. Thanks to light-based technology, procedures that were previously impossible or required surgery are now "easy, quick and simple," says Deborah Wilson, M.D., an eight-time PHOENIX magazine Top Doctor in gynecology.

Many post-menopausal women, pre-menopausal breast cancer survivors, and women who've had hysterectomies experience problems with vaginal dryness. When ladies lose estrogen, the vaginal epithelium thins out, loses moisture, and becomes easily damaged and vulnerable to friction. Even walking can be uncomfortable, and sex is painful. In the past, menopausal women were given vaginal estrogen, which can be messy and annoying. Breast cancer patients - who can't take hormones - had no options.



Enter Cynosure's MonaLisa Touch. With three five-minute treatments, the laser rejuvenates the vaginal epithelium, promoting the development of new vascularity, moisture and elasticity. "So women with vaginal dryness don't have to suffer anymore," Dr. Wilson says.

"There hasn't been anything prior to this, and we're very glad to be able to offer it." In addition, Cynosure's SculpSure laser treatment is a non-invasive way to say sayonara to stubborn fat. In 25 minutes, the procedure removes 25 percent of a problem area's fat cells. Applicators send warming energy into the tissue, disrupting the cell membranes. The body naturally eliminates the cells over the next several weeks. Dr. Wilson not only offers SculpSure at Dr. Deborah Wilson & Associates, she's had three treatments herself. "I'm 64 years old, I've had four kids, and I can now wear a crop top," she says. "I think it's very important for my patients to know that I stand behind something [I offer], that it's worked for me."



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Optimizing Health, Inside and Out

Keep Calm and Carry On was originally meant to motivate Brits during WWII, but it could be the worldwide motto for womankind. Whether it's low energy, brain fog, blah sex, bladder problems, or vaginal pain, we tend to brush it off or cope with characteristic female fortitude.

At Scottsdale Center for Women's Health, Dr. Russell Bartels and Dr. Burt Webb don't want women to settle.

We're about going above and beyond, trying to dig deeper to go where other doctors have failed to solve these patients' problems, says Dr. Bartels, a board-certified gynecological surgeon.



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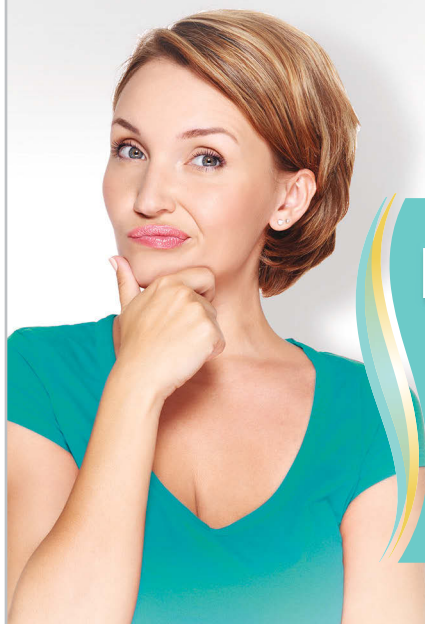
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For women suffering from fatigue, low libido, memory fog, aches and weight gain, the doctors conduct a thorough hormonal evaluation – even if other doctors have told the women they’re ‘in the normal range.’ If low estrogen, progesterone, or testosterone is reducing their patients’ quality of life, the doctors offer plant-based Vitality Bioidentical Hormones. ‘It’s amazing how many women’s hormones are off, and they put up with it,’ says Dr. Webb, who is board-certified in obstetrics and gynecology. ‘We can really help them feel better in a very safe fashion.’

To boost vaginal and bladder health, the center offers technologies that utilize lasers, stem cells and platelet-rich plasma (PRP) – a technique long employed in orthopedics to regenerate joint tissue. For women suffering from vaginal dryness, painful intercourse and leaky bladders, the FemiLift laser stimulates regeneration of vaginal tissue to relieve problems in three painless, five-minute procedures. For ladies experiencing sexual difficulties such as loss of sensation or trouble achieving orgasm, the doctors offer the O-Shot. With just one treatment, the injection uses PRP to create a healing cascade that stimulates collagen production, blood flow and nerve sensitivity.

‘These procedures are really relationship savers,’ Dr. Bartels says of FemiLift and O-Shot. ‘It’s definitely helping couples stay happy and young.’



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Break Up with Frequent Bathroom Breaks

When Hillary Clinton returned late to a Democratic debate because she had to schlep so far to the ladies room, we felt her pain. Isn't the women's restroom always farther away? For some women, this is more than an occasional inconvenience. These ladies feel like their bladder has staged a coup and taken over their lives.

They're constantly worried about finding a bathroom in time. They're chronically sleep deprived because they have to pee so many times during the night. They shun exercise and fear sneezing or laughing, in case it causes leaking. They always wear dark clothes and pads. They're embarrassed to get intimate.

"Incontinence, infections and overactive bladder aren't life threatening, but they're a drag on your quality of life," says Matthew Karlovsky, M.D., of the Arizona State Urological Institute. "Some of these women feel like they're trapped in the house. They don't want to go out with their friends. They become introverts. It's a terrible tragedy."

Fortunately, there are numerous solutions, from over-the-counter options to holistic remedies to surgery. But it's important to do your research. "Always choose a physician who is board-certified in the specialty and, if surgery is necessary, look for a physician

WOMEN'S *Health* & WELLNESS

who has successfully performed the procedure numerous times," advises Dr. Karlovsky, who is double board-certified in urology and female pelvic medicine and reconstructive surgery. He also specializes in treating women experiencing complications with vaginal mesh from previous surgery.

Though many women silently suffer through bladder disorders, getting treated can mean freedom: "It frees them up to travel, it frees them up to work, to eat and drink the things they want, to have sex, to sleep through the night," Dr. Karlovsky says. "You're kind of giving them their life back."



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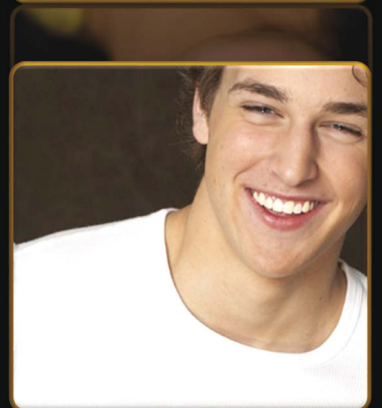
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Relieving Baby Boomers' Burdens

Life is no picnic for the Sandwich Generation. *Sandwiched* between caring for their children and their aging parents, these women (yes, they're mostly women) are burdened by stress, guilt, time constraints, and financial difficulties.

That's where we come in, says Dee Urdiales, director of operations at Selective Medical Services. *We take a holistic approach when it comes to our clients. We make sure they're getting the care they need from all of the disciplines involved: the doctors, the therapists, the home health agencies, the pharmacies.*

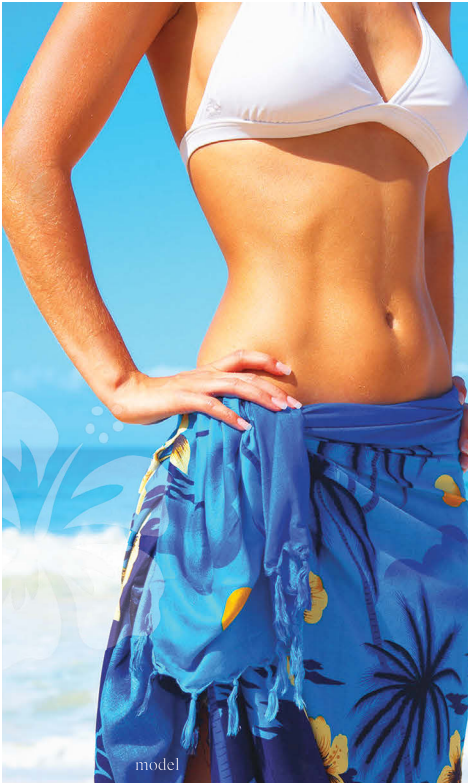
Selective Medical Services'

highly trained nurses and social workers offer care to the aging parent(s), which might involve coordinating with physicians and care managers to clarify treatment plans; assessing the individual's activities and cognitive, behavioral and social support; monitoring adherence to medication; arranging transportation; and much more. If home help is involved, they don't replace that caretaker but bring in their significant resources to ensure the individuals are receiving comprehensive care, and that home help is coordinating with doctors.

For the *sandwiched* adults, they provide education, resources for financial and other issues, and guidance in making difficult

decisions, such as whether their parents should be in a nursing home.

It's a particularly good service because sometimes the adult children are in one state, and the mother and father are in a different state, says CEO Marisa Gladen. *It's hard to manage their care and make sure every aspect of their care is being met from far away. So we come in and fill in the gaps. In addition, Selective Medical Services provides support for women with high-risk pregnancies. We love to be there and support the women, especially first-time mothers,* says Urdiales. *If they have complications in their pregnancy, they're scared, they need that guidance and support.*



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Addiction's Gender Divide

There's a dark side to the Superwoman ideal expected of women: addiction. Some ladies drink to escape the tyranny of perfectionism. Some boost their energy with drugs so they can "have it all." Some seek oblivion to smudge away shame.

Whatever the reason, substance abuse is different for women than it is for men. Because of stigma, women hide their addiction better. But it harms us more on the inside, damaging our cardiovascular systems more and hitting us with higher doses of depression and anxiety. We also have different needs in recovery. For these reasons, seeking help at an all-female treatment center is important, says Patricia Henderson, CEO of

Women in New Recovery. The Mesa center combines evidence-based and holistic therapies, plus a community of graduates built up over 23 years.

Research reveals that women in an all-female treatment environment are more likely to achieve long-term recovery. In coed groups, women are less likely to share stories. But among a legion of ladies, "females immediately settle in like a family," Henderson says. "They develop friendships and a support network. Healing, I believe, goes faster." However, women have tendencies that must be overcome during recovery. "Women are wired to take care of others, and a lot of times we view our care for ourselves as less important," Henderson observes.

"That needs to be reversed in the process of recovery. You need to develop a sense of yourself as a person – not as a mom, not as a wife or a member of something. You need to work on confidence and seeing yourself as worthwhile."

Achieving this is not only possible, Henderson says, it's probable. "There are millions of people who have recovered from this disease. So I'd like to offer hope for women going through this. You don't have to be alone anymore, and you don't have to be ashamed."



Are you missing out on life because of back or neck pain?

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3 Learn All Your Options

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4 Get A Second Opinion

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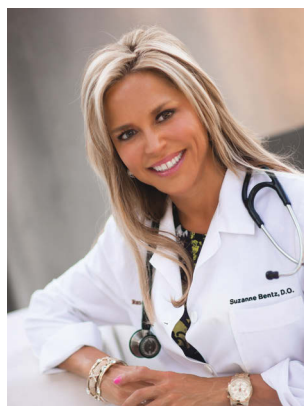
Q As I approach middle age, I've noticed it's much more difficult to lose weight. I've cut out many of the foods I used to eat, mainly carbohydrates. I am exercising more than ever and I just can't get the scale to move in the right direction. Sometimes I feel like giving up! Is there a better option?

A Yes! Seeking medical help is the first step in successfully reaching your weight-loss goals. At a certain age, many of us find it very difficult to lose weight. This can be due to many factors such as poor eating habits, hormonal imbalances, thyroid disorders, chronic illness, or high cortisol levels due to the stress of our daily lives.

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It's my mission to help people get to the beautiful smile perfect for their situation. There are affordable options that can improve the overall esthetics of your smile. Replacing discolored fillings or simple teeth bleaching can brighten up your look. We take pride in the full mouth smile makeovers that define our practice. It is heartwarming to see someone's face light up after seeing their striking smile makeover using porcelain veneers. Recently the all on 4 or teeth in a day procedure has become a great option for people who are dentally frustrated and may have stayed away from the dentist for any reason and have gotten to the point where a beautiful smile seems hopeless. There may be some embarrassment related to this state of oral health,

but there is no judgment from my team. Instead we work together to get you a healthy picturesque smile.

In an era where every dentist is a cosmetic dentist and the dental procedures range from simple bleaching procedures to porcelain veneers, the fact is it may be limitations of your selected provider that keep you from your desired smile. Dentists are often limited in the procedures, techniques, materials and even laboratories that they can use by 3rd parties the like insurance companies and corporations that dictate protocols. Aside from that, the education and experience of your dental provider may limit the options. As technology advances so does Dental Studio. We have all the latest advanced equipment. With the added benefit of our in house cosmetic dental laboratory and autonomy to choose the best dental materials our patients reap the reward of optimal care from an extraordinary team.

Don't be afraid to ask questions to your provider regarding experience and continuing education. The best in every field are lifelong learners. Choose a general dentist who also has a great network of specialists to ensure you receive excellent comprehensive care. A top dentist always has their patient's best interest at heart.



Dr. Megan Boyle

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