

CitiScapes

NORTHWEST ARKANSAS

Metro Monthly



NWA HEALTH BRIEFS

Notable health happenings in Northwest Arkansas and beyond

HOT TOPICS

- ▶ Online Medical Records: The flourishing field of health information technology
- ▶ Concussion: The silent brain injury

FROM THE EXPERTS

Area health care specialists weigh in on a variety of topics

7 EASY WAYS TO FEEL GOOD FAST

Mental health breaks for short-attention-span people

SUPER WOMAN

Getting to know Dr. Janette Nesheiwat

HEALTHY LIVING

also:

- ▶ Batter Up: NWA Naturals 2010 Season Preview
- ▶ Hot Music, Cool Summer Starts Soon at The AMP
- ▶ Exploring Fayetteville's Clinton House Museum
- ▶ Going Native In Your Garden

APRIL 2010
\$2.50 VALUE

GET WELL, STAY WELL, LOOK WELL

Physician-supervised medical spas growing in popularity

With day spa services such as massages and facials, and medical spa treatments like clinical skin analysis, advanced medical facial and laser procedures, and cosmetic injectables gaining in popularity, it is important to understand the differences between traditional day spas and physician-supervised medical spas, and why some treatments and procedures are best left to trained medical professionals. Here, Dr. Wade Fox answers a few frequently asked questions.

Q: What is the difference between a day spa and a medical spa?

A: A day spa generally offers hair and nail services in addition to massages and facials. A medical spa is different in that they also offer medical procedures such as laser treatments and injections, and they have a physician onsite to oversee it all. It is very important for clients to ask if their spa has a doctor onsite, because often physicians are not available to oversee treatment if procedures cause an adverse reaction. When receiving treatments, be sure to always ask about who is doing the treatment, their certification, and how many years experience they have performing the procedure. This will ensure that you will receive treatments from highly trained and certified technicians.

Q: What are the most common procedures people seek at a medical spa?

A: Injectables such as Botox®, Radiesse® and Juvederm®, as well as laser treatments, are perhaps the most common specialized procedures. These procedures require a high level of training and expertise, so it is important to seek out highly trained technicians and a facility with a medical doctor onsite at all times. Clinical skin assessment and customized skin care treatments are also popular requests.

Q: What is Skinprint®, and why would you choose this skin care line versus others available in the market?

A: Skinprint® is a specialized and customized skin care line that starts with a Skinprint® Analysis, consisting of high-resolution medical images of the face and a clinical skin assessment. Available in Northwest Arkansas only at WellQuest, this assessment captures seven biometric measurements: oil, hydration, pH, elasticity, barrier function, melanin and erythema. The interesting thing about Skinprint is that customized products can be made specifically for each client based on the measurements revealed in their analysis, thus allowing the products' active ingredients to work appropriately in maximizing their effectiveness and achieving the client's desired results. If a client chooses not to order the customized products, the Fundamentals line can help clients choose the products that will best fit their needs.

Q: Why is it important to have a good daily skin care regimen?

A: Because your skin is a living, breathing part of your body and fulfills several major functions including temperature regulation, protection from the external environment and acting as a mechanical barrier to infections, you need to care for it so it works at its optimal level and continues to be healthy into your advanced age. ■



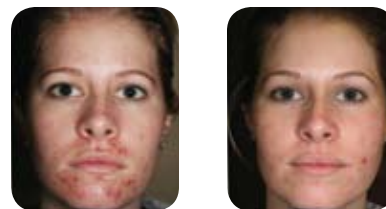
DR. WADE FOX

WELLQUEST MEDICAL CLINIC AND SPA

Dr. Wade Fox is the founding Medical Director of WellQuest Medical Clinic and Spa in Bentonville, Ark. Dr. Fox is a board certified family practitioner and a member of the American Medical Society and the Arkansas Academy of Family Physicians. He is committed to blending the best of integrative and traditional medicine to provide the highest level of quality care. In addition to the medical spa services mentioned above, WellQuest Medical Clinic also offers full-service physician medical care for the entire family, as well as nutritional counseling, lifestyle and behavior education, sophisticated laboratory testing for vitamin, mineral and hormone deficiency, and a "Proper Weight" program utilizing cutting-edge technology for advanced body composition analysis. For more information, visit www.wellquest.md or call (479) 845-0880.



RADIESSE® PROCEDURE BEFORE & AFTER



SKINPRINT® BEFORE & AFTER

This content is for informational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.