

Wellness Watch

Special Advertising Feature

Enhance Your New Shape After Weight Loss

Patients who have lost a significant amount of weight either through dieting or bariatric surgery often find it difficult to rid themselves of the extra skin left behind. Dr. Brian Kent, a board certified plastic surgeon, has the extensive experience to help shape the body to pleasing results.

Since many areas of the body can be affected, there a number of procedures

that can help, such as:

Breast — augmentation, lift or reduction depending on the situation.

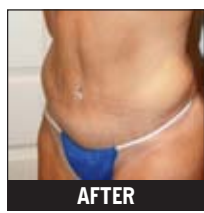
Abdomen — a full abdominoplasty is usually needed. Occasionally, a circumferential body lift is required.

Arms — an arm lift removes the excess skin from the upper arm.

Thighs — as the most difficult area to treat, Dr. Kent may liposuction the



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thighs first, and then perform a thigh lift several months later.

All the procedures can be performed as an outpatient. To schedule a consultation, call 918-994-4100.

NEW YEAR, NEW YOU

Plastic and Reconstructive Surgery



Brian Kent, MD

- Board Certified
- More than 20 plus years in practice
- Extensive experience with breast and body procedures.



Offices in Tulsa, Owasso & Claremore
918-994-4100
www.BrianKentMD.com



From left, Dr. David Hoexter, Pam Brewer, Dr. Irwin Smigel, Dr. George Freedman.

SkinMedic Founder Receives Honor

Pam Brewer RN MS, SkinMedic founder and managing consultant, was presented a fellowship in the International Academy for Dental-Facial Esthetics in New York City.

She received the honor from Dr. Irwin Smigel, who is noted as the "first father of esthetic dentistry" by the Smithsonian Institution.

The Academy is an honorary service

organization that fosters interdisciplinary education in facial esthetics.

Fellowship in the Academy is awarded to professionals who are committed to excellence through continuing interdisciplinary education in the field of facial esthetics and have received recognition within their professions.

Brewer founded SkinMedic in 1998. It is located at 1727 S Cheyenne Ave.

Knowing About Your Diabetes Makes Holiday Season Easier To Handle

The holidays are in full swing and with them come holiday parties. This time of year can be difficult for those with diabetes, but it doesn't have to be, said Vicki Karney, RN, certified diabetes nurse educator at Warren Clinic Diabetes Education.

"Knowledge is power when managing diabetes," Karney said. "The more a person understands the disease, the



easier it is to make good decisions — even through the holidays."

Warren Clinic Diabetes Education partners with those living with diabetes to help them lead a healthy life. Interactive group workshops and one-on-one sessions cover topics such as eating out, physical activity, emotional adjustment to diabetes and preventing complications.

To learn more, please call (918)-502-8378.

Don't Let The Winter Blues Get You Down

Feeling blue during the winter months can bring you down. Seasonal depression, also known as seasonal affective disorder (or SAD), is a mood disorder that can happen every year around the same time, generally beginning in the early winter months.

Some people with SAD experience mild symptoms and feel out of sorts. Others have debilitating symptoms

that interfere with relationships and productivity. People with SAD have many of the normal signs of depression, including fatigue, irritability, weight gain, increased desire to be alone and an increased need for sleep.

If you are experiencing these symptoms, it may be time to seek medical help. Call Dr. David Chorley at 918-710-4177.



Pre-Surgery Education Class Answers Questions To Put Minds At Ease

Before surgery, patients can easily become nervous and anxious about the upcoming procedure. To alleviate their worries, The Orthopaedic Center offers regular FREE Pre-Surgery Education Classes to answer questions and familiarize their patients with what will happen on the day of their surgery.

The classes are every Tuesday from 1 p.m. to 2 p.m. and every other Tuesday evening from 5:30 p.m. to 7 p.m.

No sign up is required to attend the class, which is held at the center's Utica location at 1809 E. 13th St. on the third floor. Light refreshments also are provided during the class.

The class is open to any person and

their care givers having surgery with an Orthopaedic Center doctor at any of their hospital affiliates.

Leaders will go over items such as layout of the hospital, what to expect upon arrival and answer any questions from the group.

For more information on attending the class, call Pam at 918-925-3274.

Pre-Surgery Education Class

FREE - Every Tuesday, 1pm-2pm
Every Other Tuesday Evening 5:30pm - 7pm

For more information please call Pam at (918) 925-3274.



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Local Dentists, Philanthropists Provide Dental Care For Less Fortunate

During the past eight years, beginning in 2003, Eastern Oklahoma Donated Dental Services has frequently given updates about their local charitable dental care and the philanthropists who fund it.

"While approaching the holiday season, some significant developments deserve recognition," said Gary D. Burnidge, DDS, MS.

EODDS is a group of 279 local volunteer dentists who deliver free dental care in their offices without compensation of any kind. Philanthropic support funding is used only to fund a staff to screen and triage applicants who apply for free dental

GARY D. BURNIDGE, DDS, MS



care and to pay for prosthetic laboratory costs.

EODDS leads the nation in such voluntary dentistry by going from \$2.4 million of donated dental care in 2008 to \$3.2 million in 2010.

In this sluggish economy, some observations are in order. While the board of directors of EODDS does not disclose the amount of money donated by our philanthropic supporting

organizations, we're always proud to recognize these Tulsa families and community organizations who fund our project: The George Kaiser Family Foundation, Anne and Henry Zarrow Foundation, Maxine and Jack Zarrow Foundation, Hardesty Family Foundation, Chapman Charitable Trust, Oxley Foundation, Mervin Bovaird Foundation, Grace and Franklin Bernsen Foundation, Carl C. and Mary Jo Anderson Foundation, Hille Family Foundation, Cox Connects Foundation, Charles and Pauline K. Flint Foundation, Delta Dental Oral Health Foundation of Oklahoma, INCOG/TAAA, Eastern Oklahoma

Development District/EODD and Tulsa Area United Way.

Like most families, the philanthropic names above sustained investment losses during the last three years. Yet our supporting organizations have raised their contributions from \$499,000 in 2008, to \$556,000 in 2010.

"They have all truly fulfilled the French ideal of noblesse oblige," Burnidge said.

In a similar manner, EODDS volunteer dentists have increased their free dentistry, even though their paying patients are fewer because of this economy. So, even in difficult times, the less fortunate are not forgotten.

Veneers Provide An Affordable Way to Improve Your Smile

Are your teeth discolored, crooked or oddly shaped? Do you have a chipped tooth or gaps between teeth? Dental veneers can vastly improve the appearance of your smile. Bert Johnson D.D.S. explains the benefits of dental veneers.

"Veneers are thin pieces of porcelain that are cemented over the front of your teeth to change their color or shape," Dr. Johnson said. "Little to no anesthesia is needed, and patients instantly see drastic

differences in the appearance of their smile."

Typically, veneers require at least three appointments: diagnosis and treatment planning; preparation; and bonding. Patients usually come back after two to three weeks for a follow-up visit.

"What's great about veneers is that they look like natural teeth," Dr. Johnson said. "No one will know that you have



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veneers. Cosmetic procedures like this are more affordable than ever."

Bert Johnson D.D.S. has gift certificates available. The gift of a new smile could change a person's life forever. Call Dr. Johnson's office for more information or to schedule a consultation: 918-744-1255.

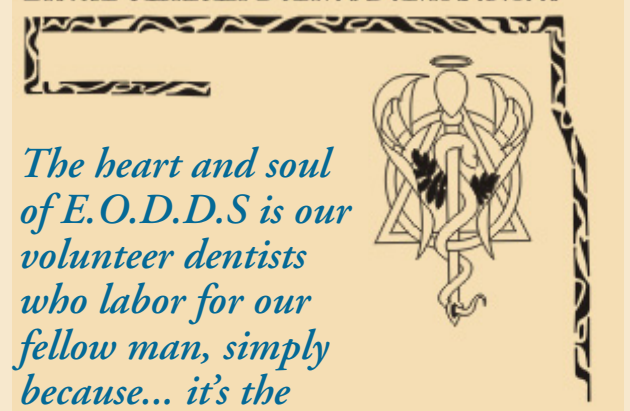


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Bert Johnson D.D.S. is a family-owned, full-service dental practice in south Tulsa that provides services for the entire fam-

ily — from a child's first dental exam to specialized care for seniors. Bert Johnson D.D.S. is located at 4715 E. 91st St.

Eastern Oklahoma Donated Dental Services



The heart and soul of E.O.D.D.S is our volunteer dentists who labor for our fellow man, simply because... it's the right thing to do.

E.O.D.D.S. was created to deliver free quality dental services to qualified indigent residents of Oklahoma. All services are rendered free of charge by practicing dentists in their private offices.

www.eodds.org

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