

# IMAGE

4th Anniversary Issue

OCTOBER  
NOVEMBER 2012

ENCOURAGING OPTIMAL HEALTH & BEAUTY

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## JACLYN SMITH

A MULTI-TALENTED ACTRESS,  
ENTREPRENEUR, PHILANTHROPIST  
& BREAST CANCER SURVIVOR

## DIMPLES BELONG ON YOUR FACE

FINALLY A TREATMENT  
TO RID UNSIGHTLY  
CELLULITE

## METABOLISM & BODY WEIGHT

UNDERSTANDING THE CORRELATION

## EXPLORE YOUR OPTIONS FOR CREATING YOUR FAMILY

TODAY'S FERTILITY  
TREATMENTS CAN HELP  
FULFILL YOUR DREAMS

## BREAST CANCER AWARENESS

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## REGRETS, I HAVE A FEW...

**Tattoo removal** is now safe and effective with **revolutionary laser technology**

### MANY PATIENTS CHOOSE TO HAVE TATTOOS REMOVED FOR EMPLOYMENT-RELATED REASONS

**M**aybe you were drunk, rowdy, underage, or peer-pressured, and you went for it. When you opened your eyes there it was, in living color, a tattoo with your boyfriend's name, "Joey." So here you are, fast forward twenty years later, still opening your eyes every day and seeing "Joey" on your arm. You loved him at sixteen. But now? Not at all! Or maybe you just want to look at something different now. Your taste has changed from twenty years ago and you would like something more sophisticated. Thankfully, you can now have a clean slate with Q-Switched Laser Tattoo Removal.

So where did this idea of marking our bodies begin? The word tattoo comes from the Tahitian word "tatu," meaning "to mark something." Tattoos have existed since the year 12,000 BC, and have varied from culture to culture. In some cultures, women tattooed symbols on their forearms to indicate their skills. If a woman wore a symbol indicating she was a skilled weaver, her status as prime marriageable material was increased. Tattoos were used to indicate so-

cial status, such as girls coming of age or women who were married.

Tattoos around the wrist and fingers were believed to ward away illness. Tattoos have been used to indicate membership within a group, such as Hell's Angels. Traditionally, it has been believed that wearing an image calls to the wearer the spirit of that image. Thus, today we see the proliferation of tigers, snakes, and birds often in tattoo artwork.

Today, tattoos are more popular than ever. It is estimated that one in five people in the United States between the ages of 18-25 have some form of body art. Although tattoos are known to be permanent, people have always been fickle and prone to changing their minds. Because of this, there have always been methods of tattoo removal dating back to ancient times. Ancient forms of tattoo removal included applying wine, lime juice, garlic, and even pigeon excretion.

The most common way to remove tattoos was to traumatize the skin with abrasive agents and then apply irritants to draw out the tattoo ink. Dermabrasion, another form of tattoo removal, is associated with a high risk of scarring and loss of skin pigment.

Tattoos are becoming more mainstream and gaining social ac-

ceptance partly due to innovations in laser tattoo removal. Many patients choose to have tattoos removed for employment-related reasons. The U.S. economy has shown some signs of recovery in recent months, but many people are still struggling to find employment. A study conducted by CareerBuilder.com found that 37% of Human Resource Managers cited tattoos as the third physical attribute that would most likely limit career potential (first on the list was body piercings, closely followed by bad breath). Most U.S. jobs today are in service-related businesses, ranging from fast food to health care companies. Bans on body art are especially common in the service industry, where tattoos are viewed as unsightly or unprofessional.

Laser tattoo removal was revolutionized in the late 1980s when pulsed lasers were developed, making it plausible to use lasers to perform medical treatments. The first procedures to remove tattoos were performed using a Q-switched laser. This type of laser was designed to eradicate tattoos using a single wavelength of light with very rapid, short pulses (nanoseconds) to obliterate the ink without damaging the skin. Certain colors of light are absorbed by specific colors in the tattoo ink. The

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light energy vaporizes, or fragments, the ink particles. Your body then absorbs these ink particles naturally, and the color then fades over the next couple of weeks.

The single most important aspect for an effective Q-switched laser to have in order to vaporize the ink particles is power. A Q-switched laser with a minimum of two joules of power is necessary to do the job correctly. Most treatments only require a short amount of time for an approximate three-inch tattoo. Most people tolerate treatment without any topical anesthetic cream. Treatment is described as a stinging effect or a snapping of a rubber band. Following the procedure, an ointment and protective dressing is applied to keep area moist. Treatments should be spaced several weeks, usually more than eight weeks, apart to minimize scarring and hypo pigmentation, a whitening or blanching of the skin.

Today, laser tattoo removal is widely performed throughout the United States. Modern technology used by experienced professionals makes laser tattoo removal a safe and effective way to significantly fade or completely remove an unwanted tattoo.

**IMAGE**

*Ina Lutin is an expert in all Laser Therapies, including tattoo removal. For more information call 516-921-5900 or 718-281-1800.*

## CREATIVE CUPS RETURNS TO LONG ISLAND



Next March, the Adelphi University ballroom will be filled with more than 100 mannequins wearing Creative Cups—bras that have been turned into works of art—to be auctioned off as a benefit for the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

Creative Cups is a popular, life-affirming event held every other year. Men, women and children use their creativity making Creative Cups to help the Adelphi program help those with breast cancer.

The themes are varied. Creative Cups in previous years included artfully arranged mah jong tiles for "Bra Jong," beautiful silk flowers for "I Beat My Bloomin' Cancer," "Wonder Woman," and a knit bra called "Unraveled." Says

Hillary Rutter, the director of the program, "I am amazed by the imagination of the hundreds of people who participate each year."

Submitted creations must be received by October 15, 2012, to be included in the auction/gala that will be held on March 14, 2013 at Adelphi University in Garden City, and in the coffee table book. Pat Battle, anchor/reporter for NBC 4 New York who is a breast cancer survivor, will host the event.

Creative Cups™ celebrates the lives of those living with breast cancer and those we have lost to this terrible disease.

For more information, guidelines and to register, visit [www.adelphi.edu/creative-cups](http://www.adelphi.edu/creative-cups) or call (800) 877-8077.