

RADIANT YOU

A WELLNESS MAGAZINE FOR WOMEN

Reclaim your sexual health.

Restore your well-being.

Revive your relationships.

Take back control with

THERMiVa®

ThermiVa® treatments use radiofrequency energy to gently heat tissue to rejuvenate collagen, without discomfort or downtime. A recent study documented multiple benefits for patients who complained about vaginal laxity and other issues associated with vulvovaginal youthfulness and well-being. *

*Alinsod, Red. "Temperature Controlled Radiofrequency for Vulvovaginal Laxity." PRIME, International Journal of Aesthetic and Anti-Ageing Medicine (July 2015): 16-21. Print.

Ask your doctor if ThermiVa may be right for you.

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THERMI

EMOTIONAL EATING

WHY WE DO IT, AND HOW TO STOP

FIFTY SHADES of the GRAYING VAGINA

TARGETING Belly Fat

Interested In Feminine Rejuvenation?

DR. EVAN SHAPIRO



NEW HYDE PARK, NY

Spotlight on



Dr. Evan Shapiro *Making a Positive Difference in Patients' Lives*

Quality of life is a nebulous term, but what it really comes down to is the difference between thriving and merely surviving. Good health – both mental and physical – plays a key role in achieving a rewarding quality of life. Dr. Evan Shapiro, co-founder of Women's Health & Wellness, is

committed to helping his patients achieve better health and wellness and, by extension, greater enjoyment of life. "I truly get great satisfaction helping my patients feel better; feel better about themselves and by improving their quality of life," explains Dr. Shapiro.

Women's Health & Wellness is a medical practice that focuses on providing all of the medical services a woman needs such as OB/GYN, Bone Density Testing, Bioidentical Hormone Replacement, Menopause and Peri-Menopausal Services. Additionally, Women's Health and Wellness also offers a large complement of cosmetic services such as Anti-Aging Medicine, Laser Hair Removal, Vaginal Rejuvenation, and Botox, among others. Our mission is to provide women with the services and medical expertise of board certified physicians and healthcare professionals, as well as offer the less invasive medical spa services that provide our clients with enormous emotional benefit; all without having to visit multiple facilities. What busy woman wouldn't prefer having all her needs met at one facility? Women's Health & Wellness is committed to providing top-notch service along with the highest level of patient care.

Doctors Evan Shapiro and Steven Cohen are both Fellows, American College of Obstetrics and Gynecology. They have been partners for nearly two

decades and share similar philosophies with regard to promoting improved patient health and quality of life. Prior to founding Women's Health & Wellness in 2003, Dr. Shapiro served in a number of prestigious medical positions, including Division Chief of OB/GYN at ProHEALTH Care Associates, LLP; and he has been a clinical instructor for Albert Einstein College of Medicine since 1993. Dr. Shapiro is a pioneer in non-surgical treatment of uterine fibroids.

Dr. Cohen is also a member of the American Society for Colposcopy and Cervical Pathology and the Nassau and Queens Gynecological Societies. He specializes in operative laparoscopy and hysteroscopy, colposcopy and ablative procedures to treat fibroids and heavy bleeding. Abdominal and vaginal surgeries, as well as high-risk obstetrics, were among his special surgical training.

Dr. Jordan Pritzker, another member of this team, is a board certified obstetrician/gynecologist. He specializes in gynecologic ultrasound, cancer screening, alternatives to a hysterectomy, management of

chronic pelvic pain and vulvo-vaginal disorders, management of abnormal vaginal bleeding and management of menopause. He has published numerous articles in medical literature and has served as editor for a number of medical journals and websites.

Ina Lutin, RN, BSN, CPCP, FAAM, has been with the organization since day one. She is the Director of Aesthetics at Women's Health and Wellness. Ms. Lutin specializes in microdermabrasion, laser hair removal, IPL photofacial treatment, Botox, dermal fillers, and all phases of skincare.

Wendy Frost, MS, OGNP has been a key staff member since 2008. She provides diagnosis, treatment and follow-up on acute women's health care problems, collaborating with staff physicians and other health professionals as needed. She handles all calls regarding obstetrics and gynecology, resulting in assessment, diagnosis, treatment and, if necessary, referrals.



The staff at Women's Health & Wellness is committed to providing state of the art patient care in a warm and caring environment. In Dr. Shapiro's words:

"Dr. Cohen and I have created this practice to provide a total approach to women's health and wellness. It's our goal to provide our patients with better overall health and quality of life. We continually evaluate new technologies and treatment modalities and incorporate those that allow us to provide our patients with the best available health and life enhancing treatments possible. This led us to ThermiVa®."

ThermiVa is an ideal treatment modality for many of the problems plaguing perimenopausal and menopausal women, such as incontinence, painful intercourse and loss of vaginal lubrication. This procedure can also help women who have had vaginal births if they're looking to tighten the vagina. Many women, especially breast cancer survivors, are not candidates for hormonal-based treatments. The ThermiVa procedure provides a non-hormonal treatment

modality with excellent results. It also improves the appearance of the vulvovaginal tissues.

Other medical services provided by Women's Health & Wellness include: bioidentical hormone therapy, bone density testing, OB/GYN services, menopause & perimenopausal treatment, sonograms and surgery.

At Women's Health & Wellness, treating the whole patient is paramount. While physical ailments often bring the patient into the office, the emotional or psychological implications of those ailments impact healing. For women especially, physical appearance is tied to a sense of well-being. Everyone wants to look and feel their very best. To help address these concerns, Women's Health & Wellness established their cosmetic services branch. Services include Botox, Restylane, Juvederm, Radiesse, laser hair removal, skin tightening, spider vein treatment, fotofacial skin rejuvenation, microdermabrasion, and dermal fillers.

Physical appearance has a dramatic effect on a woman's self-esteem and her self-confidence. A woman's body and her

sense of self evolve with age. What was desirable in her twenties may cause her regrets in her forties. A tattoo is a prime example. Women's Health & Wellness offers laser tattoo removal and lightening. That peer pressure induced or impulsive decision to get a tattoo shouldn't continue to cause you embarrassment when it can be harmlessly and effectively removed with laser treatments. Contact Women's Health & Wellness for a free consultation and evaluation of your tattoo. According to Dr. Shapiro, "Removal of an unwanted tattoo makes a huge positive difference in a patient's life."

There is no need to continue suffering from the all too common health and self-image issues related to menopause and aging. Contact Women's Health & Wellness to schedule your consultation. They have two locations, New Hyde Park and Woodbury, to serve you. The New Hyde Park office is located at 1300 Union Turnpike, Suite 206, New Hyde Park, NY 11040. Telephone: 516-208-7600. The Woodbury office is located at 155 Froehlich Farm Blvd., Woodbury, NY 11797. Telephone: 516-921-5900.



Women's Health & Wellness

A comprehensive approach to women's health care



Services

MEDICAL SERVICES

- Bioidentical Hormone Therapy
- Bone Density Testing
- HER Option/ Novasure
- Gynecological
- Menopause & Perimenopausal
- Obstetrical
- Sonograms
- Surgery
- Painless Non-Surgical Vaginal Rejuvenation
- Abnormal Bleeding

COSMETIC SERVICES

- Anti-Aging
- Anti-Wrinkle Fillers
- BOTOX
- BELOTERO BALANCE®
- FotoFacial Skin Rejuvenation
- Hyperpigmentation
- Juvederm
- Perlane®
- Laser Hair Removal
- Microdermabrasion
- Radiesse
- Restylane
- Spider Vein treatment

LASER SERVICES

- Laser Treatments
- Tattoo Lightening Or Removal
- Nail Fungus Treatment

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