

Women's Health Update



PRINCE WILLIAM OB/GYN ASSOCIATES—RENEWAL MEDSPA

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Prince William welcomes EMR



An example of the Fujitsu tablets being used at PW OB/GYN

In November of 2007, Prince William OB/GYN skyrocketed into the "information age" with its implementation of **electronic medical records (EMR)**. Our goal with the EMR is to improve patient safety and quality of care. You will see the staff and physicians carrying small "tablets" to enter medical information into our system. There may be

some initial delays and glitches as we adapt to the new process.

Our records will all be legible and accessible to the doctors from home, office or hospital any time of day or night. Communication among all members of the care team will be improved. We can easily send letters and records to your primary care physician or a referral physician. We will be able to more easily review our past performance in order to make improvements in care.

We plan to eliminate the problem of misplaced paper charts and reports that become separated from charts. The task of scanning all the old charts into the new system and data entry will take

some time and effort, but we believe that ultimately it will be worth the effort.

We will also offer the ability to fax or email most prescriptions directly to your local pharmacy.

Please bear with us as we transition from paper to digital. This first year will be the most difficult for us. This time next year we all hope to be computer experts with your best interests in mind.

Washingtonian's Top Docs

Congratulations to Michelle Fegley, MD; JoAnne Gutliph, MD and Amy Kang, MD for being named among the 2008 Washingtonian Top Doctors.

Introducing "In Office Surgery"

We are pleased to announce that beginning in May of 2008 Prince William will be performing minor surgical procedures in our office for the convenience and economic benefit of our patients. We will be performing **Essure** for sterilization and **Novasure** for treatment of

heavy vaginal bleeding as well as diagnostic hysteroscopy. These procedures can be performed with anesthesiologists in attendance providing conscious sedation so that surgery will be pain free or under local anesthesia as per your choice.

Most patients will have mini-

mal down time after these procedures and have significantly reduced payments compared to hospital procedures. Please talk to your health care provider if you are interested in these procedures or have any questions.

Special points of interest:

- IN OFFICE SURGERY NOW AVAILABLE
- EMR TO IMPROVE QUALITY OF CARE
- TREATMENT OF HEAVY PERIODS
- BOTOX SAFETY EXAMINED
- LASER HAIR REMOVAL TIPS

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Women's Health Update

New Options for Treatment of Heavy Menses



The **Novasure** wand inside of the uterine cavity.

“ONE IN FIVE
WOMEN
EXPERIENCE
UNUSUALLY
HEAVY PERIODS”



Excessive menstrual bleeding is a common problem. One in 5 women experience unusually heavy periods.

Common treatment options include hormone therapy (oral contraceptives, progestins, Mirena IUD), dilatation and curettage, endometrial ablation, and hysterectomy.

The endometrial ablation most commonly performed by the doctors at PW OB/GYN Associates is the **NOVASURE** endometrial ablation. This procedure can be performed in the office or outpatient surgery facility. The **NOVASURE** reduces (and in some cases eliminates) menstrual bleeding by permanently removing the lining of the uterus. A mesh device contained in the wand is opened and conforms to the shape of the uterine cavity. Electrical energy is delivered

through the mesh for approximately 90 seconds.

Endometrial ablations are not done on women that may want to become pregnant. Chances for pregnancy are reduced after this procedure, but some form of birth control should be used.

Excellent results have been reported with this procedure and 95% of women having the **NOVASURE** procedure would recommend it to a friend.

Another procedure that is being performed more frequently is the **laparoscopic supracervical hysterectomy (LASH)**. This is a procedure that uses laparoscopy alone to remove the uterus but leaves the cervix intact. This usually requires 3 small incisions in the abdomen.

The advantages of this approach are in less pain, minimal scarring and a

shorter recovery time. Most women are home from the hospital within 24 hours and resume most normal activities in one week.

Some research suggests that by preserving the cervix the risk of pelvic floor prolapse is decreased. This may also minimize sexual problems that sometimes occur after a total hysterectomy. Because the cervix is retained, pap tests will need to be continued.

No longer is major surgery required for treatment for many cases heavy menstrual bleeding. Please talk to your health care provider to see if you are a candidate for these procedures.

Cough, Laugh— Leak

Urinary incontinence is a very common problem affecting approximately 11 million women in the United States. On average 20% of women between the ages of 15 to 64 suffer from incontinence and half of women over the age of 65 have episodes of incontinence. The physicians at Prince William OB/GYN are able to perform new types of minor surgery for stress urinary incontinence. This type of incontinence typically presents as a loss of urine

with sneezing, coughing and, often, any level of activity. Minimally invasive surgery for this problem can lead to a more active lifestyle for women without the worry of embarrassing leaks.

The **Monarc Subfascial Hammock** treats female stress urinary incontinence by placing a narrow strip of mesh in the body to support the urethra (bladder neck). Narrow mesh carriers are passed through small incisions near the groin. The mesh is then attached and

pulled into place under the urethra and acts like a hammock. This procedure can be performed in the hospital or out patient setting. Most patients are continent immediately following the procedure and can resume normal, non-strenuous activities within a few days.

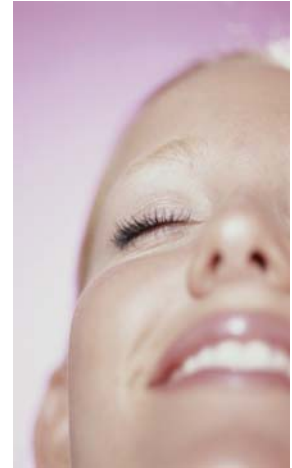
At Prince William we do complete urinary incontinence evaluation and testing in our office.

Skin Rejuvenation at Renewal MedSpa

What was your New Year's Resolution? Do you want to look younger? Do you want your skin to regain that youthful glow you lost somewhere along the way? We have found your answer! The Advanced Skin Care Rejuvenation Packages at Renewal MedSpa. Our Skin Rejuvenation program is one of the most scientifically proven ways to non-surgically en-

hance your skin's condition and offer you a more youthful appearance. All of our packages begin with **Microdermabrasion**, which gently exfoliates and removes the top layer of skin while at the same time vacuuming the dead skin cells away. When you combine this treatment with one or more laser treatments, results are more dramatic, are

achieved faster, and last longer. The laser is able to penetrate deeper, thereby enhancing your results. When you add the benefit of at home care with our **Obagi** or **SkinCeuticals** product lines, results are that much more dramatic. Set up your complimentary consultation with our certified Esthetician today by calling **571-261-2886**



The Facts about Laser Hair Removal

Do you hate to shave, pluck, wax or use Nair—again and again?? Renewal MedSpa offers permanent Laser Hair Removal with the Cutera XEO Coolglide or the Cutera Pro-Wave 770 hand piece. Join us for a complimentary consultation to see which one would be most beneficial for your skin type. Skin types are determined by the Fitzpatrick scale which ranges from 1-6. With our system

we are able to treat all skin types—Caucasian, Hispanic, Indian, Asian and African American. Renewal offers Laser Hair Removal for the following areas; Bikini (line, Brazilian or full), Underarms, Legs, Arms, Upper Lip, Chin, Full Face, Neck, Lower or Upper Back, and Full Back. Services are offered individually, however, we recommend at least 5-9 sessions for each area to receive the full

benefits of hair removal. Contact the spa today to set up your complementary consultation and to inquire about any specials. As always, your safety is our top priority. All of our laser services are performed by either a physician or registered nurse who is specially trained with the Cutera laser.

www.Cutera.com

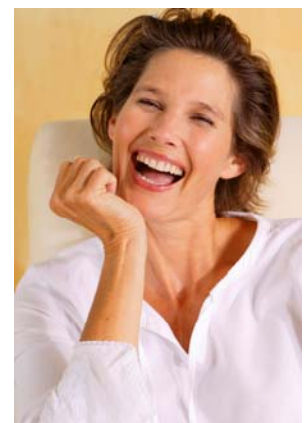
“SAFETY IS ALWAYS THE TOP PRIORITY— ALL OF OUR LASER SERVICES ARE PERFORMED EITHER BY THE MEDICAL DIRECTOR OR A REGISTERED NURSE”

Retail Spotlight— Obagi Elastiderm Decolletage System

Do you ever wish that you had something to help reduce sun spots, age spots and hyper pigmentation on your neck and chest (also known as your Decollete)? We would like to introduce the Obagi Elastiderm Decolletage System. This system includes a proprietary Restorative Elasticity Complex in the Wrinkle Reducing Lotion which not only helps replenish elasticity,

but also helps to stimulate the production of collagen for improved strength and resiliency. The Skin Lightening Complex works to correct, restore and maintain the radiant, youthful glow of décolletage skin. Sun exposure and the aging process can make the vulnerable skin of the neck and chest even more prone to discoloration and

wrinkles. Because it is a highly visible area, it's important to treat the décolletage to improve and maintain its appearance. Call or stop by Renewal to purchase your Obagi Elastiderm Decolletage System while they last. Systems can also be delivered to the Manassas OB/GYN office with 24 hours notice.



Women Caring for Women

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Renewal MedSpa: *Helping to restore and maintain good health and appearance through medically principled treatments in a nurturing, aesthetic environment. Our care will be professional, result oriented and yet at all times be focused on the individual and service. Our treatments may include both conventional and complementary therapies and spa services to promote overall wellness. The emphasis will be on scientifically proven and safe therapies. We will be especially inclusive of Prince William OB/GYN's patients and have become a premiere facility for prenatal spa services.*

Renewal MedSpa: *Restore and sustain your Good Health and Appearance*

We're on the web!

www.renewalmedspa.com

www.pwobgyn.com



Botox Injections— Are they safe?

Botox and Medical Spas in general have been targeted in the news recently as being considered unsafe for consumers. Without having appropriate background information on who is performing this procedure for you and what it does, there is some truth to that. Botox is completely safe when used according to FDA guidelines. More than 13 million aesthetic procedures with Botox Cosmetic have been administered since the product was first approved in 2002 in the US for temporary treatment of moderate to severe glabellar lines (the vertical “frown lines” between the eyebrows) in adults 18 to 65.

Botox is a medical product that contains tiny amounts of highly purified botulinum toxin protein refined from a bacterium. The product is administered in small therapeutic doses by injection directly in the affected area, and works by blocking the release of acetylcholine (a neurotransmitter that signals the muscles to contract). Botox relaxes the muscles in the forehead, resulting in the decreased appearance of deep lines and wrinkles. At Renewal, Botox is used solely for cosmetic purposes. Even if you decide to go elsewhere for your procedure, and no matter where, ask questions about who is performing your

services. Make sure that person is qualified to be doing so. Take the time to know the statistics. According to the American Society of Aesthetic Plastic Surgery, “Botox is ranked number 1 on the list of Top 5 Surgical and Non-Surgical Physician Administered Cosmetic Procedures.” Here at Renewal MedSpa, only our Medical Director JoAnne Gutliph, M.D. and our Nurse Practitioner Christine Kennedy are certified to perform these procedures. Both of our providers have had extensive training and experience administering Botox.

www.botoxcosmetic.com