

# Women's Health Update



PRINCE WILLIAM OB/GYN ASSOCIATES—RENEWAL MEDSPA

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## Congratulations to Drs. Fegley, Kang and their families



Dr. Michelle Fegley and  
Georgia Clair Ealy  
Born: 9/7/2008

Dr. Amy Kang and  
Clara Jane Kang  
Born: 7/19/2008

We are delighted to announce the two newest members of the PW OB/GYN family-

Georgia Claire Ealy and  
Clara Jane Kang

Both delivered at Prince William Hospital's Birthing Cen-

ter by PW OB GYN obstetricians.

Thank you for your patience during the difficult time of appointment scheduling that the maternity leaves and pregnancies entailed. Your support is greatly appreciated.

[www.pwobgyn.com](http://www.pwobgyn.com)  
**Check it out!!**

We would like to invite you to check out our newly renovated website. Please give us your feed back how we can improve its usefulness to you. Thanks-

## "New and Improved" OCPs

Over the past few years, we have been inundated by "new and improved" oral contraceptive pills. Some, such as Loestrin24/Fe and Yaz have extended the active pills in the fourth week resulting in a decrease in the heaviness and length of menstrual bleeding. Research has shown that it is not medi-

cally necessary to have menstrual cycles monthly. Products such as Seasonique and Seasonale provide three continuous months of active hormones followed by a week of placebo to hopefully give patients a menstrual cycle only every three months. Lybrel gives continuous hormones throughout the

year with no hormone-free period. Although Lybrel may be associated with breakthrough bleeding, it may result in a complete lack of menses. In addition to the benefits of shorter, lighter or non-existent cycles, these new pill types may also decrease the likelihood of menstrual headaches and premenstrual symptoms.

### Special points of interest:

- PROGESTERONE FOR PREMATURE BIRTH
- OCP UPDATE
- INTRODUCING SMARTLIPO
- RENEWAL SPA TRADITIONS HAND AND FOOT TREATMENT!

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# Women's Health Update

## Pelvic Organ Prolapse



“PROLAPSE AFFECTS HALF OF ALL WOMEN OVER THE AGE OF 50”

Pelvic organ prolapse is a very common condition affecting half of all women over the age of 50. This is a condition where the support structures which hold the bladder, uterus and rectum in position become stretched or damaged allowing the organs to protrude or bulge into the vagina. At times the organs may even protrude outside the vaginal opening causing significant irritation or pain. Depending on its severity, prolapse can cause pressure-like discomfort and disturbances in normal bladder and rectal function.

The main causes of pelvic support problems are pregnancy and childbirth. Other contributing causes

are age related loss of muscle tone, menopause and estrogen loss, obesity, previous surgery, repeated heavy lifting, chronic constipation, coughing and certain medical conditions such as diabetes or connective tissue disorders.

Pelvic organ prolapse is diagnosed by a pelvic exam by your physician. A pelvic sonogram or urodynamic tests to evaluate bladder function may also be recommended.

This condition is treated either medically or surgically. Medical treatments include Kegel exercises and a pessary. A pessary is a device that is inserted into the vagina to help support

the pelvic area and relieve mild symptoms.

Pelvic reconstructive surgery can be performed to correct the defects noted. This may or may not include removal of the uterus. During the procedure, the surgeon will reposition the prolapsed organ(s) and secure the surrounding tissues and ligaments. Sometimes this will be reinforced by a special synthetic mesh material.

If you feel you might have this common condition please schedule a consultation with one of our physicians for an evaluation.

## Progesterone to Prevent Preterm Delivery

Twelve percent of all births in the United States occur before 37 weeks. While the ability to identify risk factors for early delivery has improved, the incidence of preterm birth has actually increased. There is mounting evidence that progesterone supplementation can reduce rates of preterm birth in high risk women and is safe for the mother and fetus. When used, the weekly injections are started anytime after 16 weeks and are usually continued until 36 weeks. The American College of Obstetricians and Gynecologists

currently recommends that progesterone supplementation be restricted to women with a history of preterm birth at less than 37 weeks gestation.

Studies have shown that supplemental progesterone reduced the incidence of recurrent preterm birth 33%. Use of this hormone is also being studied in women with an episode of preterm labor which was successfully stopped, and in cases where ultrasounds done between 20 and 25 weeks of pregnancy show that the length of the cervix is abnormally

shortened.

There is currently no evidence that supplementary progesterone prolongs pregnancies with twins, or in cases where fetal fibronectin test for preterm delivery is positive.

While much more needs to be done to eliminate preterm births, the use of progesterone in reducing recurrent preterm births appears to be very promising and is available at PW OB/GYN.

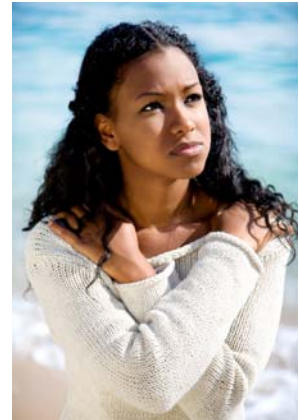


### Botox and Fillers for the Holidays!

Put your best face forward this holiday season with Botox and Fillers from Renewal MedSpa! Botox Cosmetic is made from injectible botulinum toxin type A, which was approved for cosmetic use in 2002. When injected into facial muscles in tiny amounts, Botox acts as a nerve blocker and causes temporary muscle "freezing." This results in a softening of moderate to severe frown lines, particularly the lines between the eyebrows which are sometimes referred to as the "11s" when they appear

as two vertical lines. Side effects are typically very mild. Most patients have no swelling or bruising at all. Results begin to appear in a few days and last up to four months. We also offer three different types of fillers: Juvederm, Restylane and Perlane. Fillers are injectible gel forms of hyaluronic acid, which is a natural hydrating substance that already exists in the human body. These gels are injected into facial tissue to replace lost volume and plump up moderate to severe wrinkles and folds,

such as the lines from your nose to the corners of your mouth (nasolabial folds). Side effects are generally mild, and can include redness and swelling for several hours after the treatment. Join us for your complimentary consultation with a physician or Nurse Practitioner who will discuss which filler(s) would be right for you. Call **571.261.2886** to set up your appointment today. **Call and inquire about the Restylane \$100 rebate! Going on now through Jan 4th! 571.261.2886**



### SMARTLIPO IS COMING SOON TO RENEWAL!

Renewal is thrilled to announce that we will be offering Smartlipo beginning in January! Smartlipo is an office-based lipolysis that uses a laser to dissolve fat tissue and over time tightens skin to reveal a smoother appearance. Join us on December 11th for a Smartlipo seminar to learn more about the procedure including areas that can be treated and the cost associated with treatment.

Separate consultations can be booked beginning December 12th. Exclusive offers for multiple areas will be offered on this evening. Spaces for seminars can be reserved in advance by calling the spa at 571.261.2886 Tuesday-Friday between 10am-7pm and Saturdays from 10am-3pm. **Seminars will be held on December 11th at 5:30pm, 6:30pm and 7:30pm.** Additional

times may be added at a later date. Call early to insure your space. Smartlipo is performed only by a licensed physician. JoAnne Gutliph, MD has many years of experience as a Gynecologic Surgeon and specializes in women's health. She has been the owner of Renewal MedSpa for two and a half years.

[www.smartlipo.com](http://www.smartlipo.com)

### Retail Spotlight— Skin Medica-NouriCel MD-TNS Recovery Complex

Skin Medica's Nouricel-MD was discovered through wound healing research. It is a mixture of multiple human growth factors, soluble collagen, matrix proteins, antioxidants, and other ingredients which deliver visible improvement in dyspigmentation, the appearance of wrinkles, and an overall increase in skin firmness and resiliency. **TNS Recovery Complex** is the

only product containing a professional concentration of NouriCel™. These compounds have been shown to help diminish the visible signs of aging such as wrinkles, fine lines and uneven skin texture. Prior to the launch of TNS Recovery Complex with NouriCel-MD more than 90 volunteers participated in safety and efficacy studies of various concentrations and

regiments of NouriCel. These studies showed up to an 80% reduction in the number of wrinkles, a 44% reduction in wrinkle depth, and a 62% reduction in the appearance of fine lines. **For more information on NouriCel-MD and TNS Recovery Complex, please contact Renewal at 571.261.2886**

[www.skinmedica.com](http://www.skinmedica.com)

#### HOLIDAY

GIFT CERTIFICATES ARE NOW AVAILABLE AT THE MEDSPA OR ONLINE AT [WWW.RENEWALMEDSPA.COM](http://WWW.RENEWALMEDSPA.COM) INSTANT GIFT CERTIFICATES CAN BE DOWNLOADED STRAIGHT TO YOUR PRINTER!



## Women Caring for Women

PRINCE WILLIAM OB/GYN ASSOCIATES—RENEWAL MEDSPA

Prince William OB/GYN  
8640 Sudley Road  
Suite 303  
Manassas, VA 20110

7508 Gardner Park Drive  
Gainesville, VA 20155

Phone: 703.361.7778  
Fax: 703.392.6231  
Email: pwobgyn@pwobgyn.com

Renewal MedSpa  
7500 Gardner Park Drive  
Gainesville, VA 20155

Phone: 571.261.2886  
Fax: 571.261.2337  
Email: info@renewalmedspa.com

**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](http://www.renewalmedspa.com)

[www.pwobgyn.com](http://www.pwobgyn.com)

Renewal MedSpa is proud to be a collection site for Toys for Tots this holiday season! Drop off a new, unwrapped toy beginning November 28th and receive a gift certificate that can be used towards a spa service!



### RELIEVE YOUR STRESS WITH MASSAGE THERAPY AND RENEWAL'S NEW HAND AND FOOT TREATMENT!



Massage Therapy is one of the most popular gifts to give a friend, loved one or co-worker at the holidays! Renewal MedSpa offers Massage Therapy with only licensed and insured practitioners. Several different kinds of therapy is offered including Swedish, Deep Tissue, Aromatherapy, Hot Stone, Prenatal massage and coming soon: our **new Renewal Spa Traditions Hand and Foot Treatment!** Massages are offered in 25, 50, and 80 minute treatments. Hot Stone is offered in 50 and 80 minute treatments. For many years, massage therapy was thought of as something that was done solely for relaxation purposes but today,

massage therapy is used for pre and post surgery patients, prenatal patients, and to improve and maintain overall health.

Massage Therapy has several benefits including but certainly not limited to:

Decreasing the effects of anxiety and depression; shorter, easier labor for expectant mothers; improved circulation; reduction of spasms and cramping; improved condition of the skin; enhance immunity by stimulating lymph flow; decrease inflammation; increases body awareness; improves posture; reduces blood pressure; and leads to better sleep pat-

terns.

Renewal MedSpa is thrilled to introduce our new line body care products: **Spa Traditions**. Spa Traditions combines the benefits of earth's minerals with the most fragrant herbs and botanicals of France, Mexico and Korea. Come in and try our new **Renewal Spa Traditions Hand and Foot Treatment (50 min) beginning December 12th!** This delectable treatment allows you to choose your scent and then lose yourself in the lap of luxury. Retail products will be available beginning December 11th!

**Call Renewal at 571.261.2886 to reserve your appointment today!**