

FOCUS ON HEALTHCARE

Concepts Sensory Introduces UltraShape®

An FDA-cleared non-surgical procedure for fat cell destruction.

There are two types of fat in the body – visceral and subcutaneous. Visceral fat, which surrounds the organs, increases your risk of chronic conditions such as diabetes and heart disease. Visceral fat can be reduced with diet and exercise.

Subcutaneous fat, which is found just below the layers of your skin usually around your abdomen and thighs, isn't harmful. However, for those who want to look slim and trim, subcutaneous fat can be extremely frustrating because often diet and exercise alone won't reduce this fat.

For years, people with subcutaneous fat who want to look slim and trim have turned to surgical methods to remove this unwanted fat, which involves an incision, swelling, discomfort, and up to six week recovery time. And it is quite expensive.

A few years ago the world was introduced to a non-surgical procedure called CoolSculpt® which uses cold energy to freeze the fat cells which then die and are absorbed

by your body over time. It is similar to a mammogram in that the fatty area is squeezed between two metal plates. This body sculpting method eliminated many of the drawbacks of surgical procedures; however, it may be uncomfortable and painful.

Looking to bring something new and unique to Berks County, Sandy Wagner, L.M.T., owner of Sensory Concepts in Wyomissing, began researching non-surgical fat reduction options and discovered UltraShape®. Wagner and her team are currently the only certified UltraShape® technicians in Berks County.

UltraShape® is a non-surgical FDA-approved procedure, but instead of freezing the subcutaneous fat cells, UltraShape® uses focused ultrasound waves that don't generate heat or cold to remove the fat cells. Pulse points are delivered to each individual fat cell without touching the tissue - e.g., blood vessels or nerves – around the fat cells. The fat cells die and are absorbed into your body and eventually passed out. Your skin is left smooth, without any capillary damage or rippling.



With UltraShape®, clients require three sessions spaced out over approximately four weeks. Each session lasts 45 - 60 minutes. There is no prep time and no recovering time. There are no incisions, anesthetics, pain, swelling, numbness, or bruising during or after the session.

UltraShape® is most effective for men and women with a BMI of 30 or less. A higher BMI may require more sessions. Wagner says, "UltraShape® is perfect for anyone who has that one area of stubborn fat and/or who struggle to take off that extra weight that has crept up on them." Women who are nursing or pregnant or have any type of liver disease are prohibited from using UltraShape®.

Wagner reminds women that none of these procedures are a replacement for a good diet and exercise, and they will not remove visceral fat. They are meant to help shape or contour your body. She says, "If you don't maintain a healthy lifestyle after any of these procedures, new fat will replace the fat that was removed."

Sensory Concepts Orthopedic & Medical Massage is located in Wyomissing and offers orthopedic and therapeutic massages, reflexology, esthetics/facials, waxing, and UltraShape®.

If you would like more information about this topic, please contact Sandy Wagner L.M.T. at 484.509.5505 or email at SensoryConcepts@aol.com..

Don't Ignore Your Gut!

Medical research is increasingly showing that the health of your digestive system has a multi-faceted effect on your overall health and wellbeing. In many ways, that's not surprising. We all know that a tummy ache, acid reflux, constipation, diarrhea, bloating and other issues, can make you feel miserable. What you might not realize is how your digestive system, your emotions and your physical wellbeing are all closely connected.

The PMA Gastroenterology Center in Limerick is dedicated to helping patients make the connection between better digestion and better health, by offering a full range of digestive health services, from office visits, to testing and outpatient procedures. The AAAHC accredited, state-of-the-art center is staffed by a team of highly skilled, board-certified physicians and providers, anesthesiologists and medical personnel focused on diagnosing digestive disorders, providing relief and helping guide patients on the path to better health and wellbeing.

An additional benefit is that procedures available at the PMA Gastroenterology Center offer a cost-effective alternative to procedures performed in area hospitals. This is due to the fact that out-of-pocket costs are usually lower at the Limerick center when compared to procedures performed in a hospital.

One special note to individuals 50 and older: It's time to schedule a colonoscopy! Early detection saves lives. The PMA Gastroenterology Center offers this procedure. So, you can have it done close to home, by an exceptional team.

Don't let digestive issues slow you down. The PMA Gastroenterology Center is located at 420 W. Linfield-Trappe Rd, Suite 101 & 102, Limerick. Learn more by visiting pmaoctor.com or 484.938.4030.

time for a Gut Check?

Better Digestion = Better Health.

Did you know that a healthy digestive system is essential to overall wellbeing?

It's true – so don't ignore what your gut is trying to say. PMA gastroenterologists are here to help with the services you need, all in **one convenient Limerick location.**

We're experts in diagnosing and treating multiple gastrointestinal problems, including the following common conditions:

- Acid Reflux
- Barrett's Esophagus
- Celiac Disease
- H. pylori and Ulcers
- Ulcerative Colitis
- Crohn's Disease
- Inflammatory Bowel Disease (IBD)
- Irritable Bowel Syndrome (IBS)
- Liver Conditions
- Hep C & Abnormal Liver Tests



Over 50? Time for a colonoscopy. EARLY DETECTION SAVES LIVES!

pmaoctor.com

Accredited by AAAHC

420 W. Linfield-Trappe Road, Building B, Suites 101 & 102
Limerick, PA 19468 | 484-938-4030

PMA cares about your health. Let us help you feel your best...from the inside out!



UltraShape®

Focusing on Results



Painless • Visible Results • No Down Time

3 Comfortable Treatments 2 Weeks Apart 1 Slimmer You
UltraShape is the first and only FDA-cleared non-surgical procedure that uses pulsed, focused ultrasound for fat cell destruction. Painlessly & permanently destroys fat cells without harming surrounding skin, nerves, or blood vessels. Call us to schedule a consultation today!



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