

Body Sculpting Using Laser Liposuction

By Holly Vitchers

MILFORD — Did you know that you can lose as much as one gallon of fat with each liposuction session, a procedure that removes and sculpts fat while you are awake? If you have areas of fat that will not respond to diet and exercise, then laser liposuction may be a great choice for you.

Dr. Richard E. Buckley of MilfordMD Advanced Dermatology Surgery and Cosmetic Laser Center in Milford, PA says "the Laser Liposuction Body Sculpting is a fantastic option for people who want to eliminate unwanted fat, get a more toned look and address specific problem areas. All procedures at MilfordMD are performed in on-site office based procedure rooms utilizing FDA approved devices and utilize the benefits of tumescent numbing of

treatment areas.

We use safe local tumescent anesthesia instead of general anesthesia, so the patient is awake and comfortable. The fat is gently melted by the laser and then removed using microcannular liposuction. Stitches are not needed and people typically return to work in a couple of days. Since the fatty cells are dissolved and cannot reproduce, the reduction in total fat cell number is believed to be permanent. The liposculpting lasers also tighten skin, so you are less likely to have loose sagging areas after the fat has been removed."

Dr. Buckley says "Laser Liposculpting is ideal for a wide variety of problem areas such as a paunch or rolls in the tummy area, saddle bags, inner thigh problems or a double chin. Laser Liposuc-

tion is also used to treat the jaw line, neck, arms, hips, buttocks, knees and calves and for female and male breast reduction.

Do you exercise regularly but just can't seem to see the results you are looking for? Laser lipo can help sculpt away the fat above those six-pack abs you have been working so hard to achieve.

Living fat and stem cells that are removed during a liposculpting session can be used to augment other areas of the body such as the face, breasts and hands.

How much does laser liposuction cost?

Decisions about liposuction should not be based merely on cost. Laser Liposculpture is a hand-crafted art form which is different in every facility because each physician's approach to sculpting is unique. By meeting

with a surgeon you will come to understand his or her approach, skill, artistry and experience.

Laser liposuction must not be confused with traditional liposuction alone or laser lipo alone. It is the combination of a surgeon's artistry with specific lasers plus micro cannular liposuction that can give you the best result. Costs start at about \$5,000.

Dr. Richard Buckley, the aesthetic consultants and entire staff of Advanced Dermatology Surgery and Cosmetic Laser Center would love to meet you and help you understand modern options for improving your appearance.

Laser Lipo consults are complementary. For more information on laser liposculpture and other procedures, please call (570) 296-4000 and be sure to visit the website: www.milfordmd.com/lipo.

Orange Regional Hosts Seminar

MIDDLETOWN — Orange Regional Medical Center will host a free educational seminar "Bariatric Weight Loss Surgery" on Tuesday, October 19 at 6 p.m. at the Lodge at Rock Hill, 283 Rock Hill Drive, Rock Hill. Orange Regional's Bariatric Support Group will meet immediately following the seminar. This support group is for both pre- and post-op weight loss surgical patients and is open to the general public. The topic that will be discussed at the support group will be social - fashion for a changing new body.

Join Janet Kovler, M.S., R.D., C.D.N., C.D.E., Orange Regional's Bariatric Surgical Services Coordinator, for this information-filled seminar where obesity treatment options including non-surgical approaches and gastric bypass and gastric banding surgery will be discussed by one of Orange Regional Medical Center's Board-certified, Fellowship-trained bariatric surgeons. For more information, or to register for both the seminar and the support group, please call the Orange Regional Health Connection at 1-888-321-ORMC (6762).

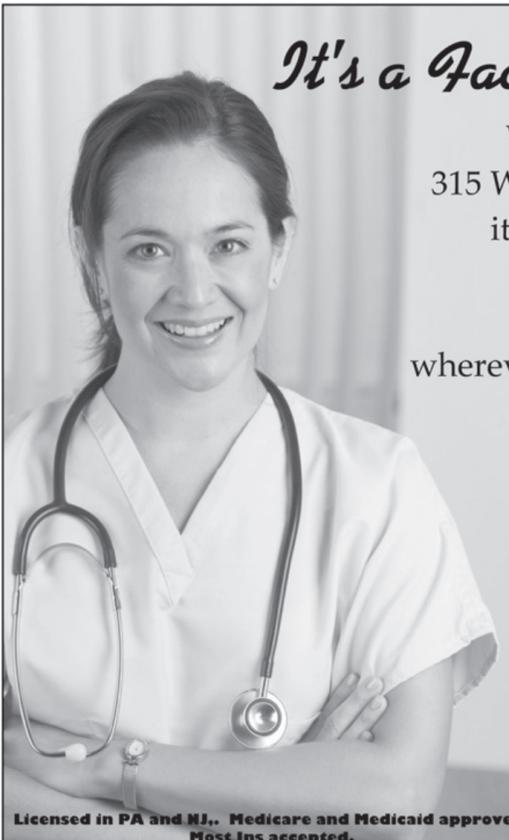
Reducing The Need For Glasses

SPARTA, NJ — Refractive surgery has achieved remarkable success in reducing the adult need for glasses and contact lenses, liberating patients to enjoy water and snow sports, recreational and daily work activities without the blur requiring prescription lenses. LASIK, using a laser to sculpt the corneal shape, allows a change of focus and improves vision without glasses.

Using a laser to create a special flap, the all-laser technique known as iLASIK provides safety and accuracy well beyond any previous method. This is the same procedure used by NASA and military aviation for their astronauts and pilots needing excellent vision without glasses. This same procedure is available in Sparta, New Jersey (30 minutes south of Milford) by Dr. Jeffrey Liegner, a Board Certified ophthalmology and Refractive Surgeon. Using highly sophisticated tools and custom measurements, which are then imported into the laser's programming, Dr. Liegner carefully performs the procedure in a State Certified surgery center, which enjoys pre-

cise temperature and humidity controls that enhance the laser's accuracy.

For patients with older eyes (needing reading glasses) and early cataracts that cause visual blur, the implantation of a multifocal intraocular lens (MFIOL) permits both excellent distance vision and very good reading/computer vision without glasses. Remarkably, 90% of patients receiving the MFIOL report never ever using glasses, and don't even own a pair of "cheaters." Dr. Liegner frequently uses the MFIOL for his cataract patients, and occasionally combines LASIK with MFIOL for extreme prescriptions requiring a more complicated dual "bioptic" technique. Dr. Liegner's practice, located at 350 Sparta Ave in Sparta, offers FREE screening evaluations for patients consider a refractive procedure or who seek to know if they are a candidate for improved uncorrected vision (without glasses or contacts). His office phone and refractive surgery coordinator can be reached at 973-729-5757, or through his website www.liegner.md.



It's a Face, Not a Place

While we have an office at 315 W. Harford St, Milford, PA. it's our faces you will see in residences, hospitals, and nursing facilities... wherever a patient calls "home".

Hospice Care is Living as Fully as Possible; Surrounded by Family and Friends, Through the end of life.

Please call 800-882-1117

Karen Ann Quinlan Hospice
www.KarenAnnQuinlanHospice.org
YOUR HOME, OUR HEART SINCE 1980

Ask for us by name, there is a difference

Licensed in PA and NJ. Medicare and Medicaid approved. Most Ins accepted.

Mothers And More October Meeting

The topic for the October meeting on October 12, is "Let's Feel Our Boobies" in honor of Breast Cancer Awareness month.

Please note the change in meeting time & venue this month. From 6:30-8:30 p.m. at Maidenform's retail store in Old Lafayette Village, Lafayette, NJ (www.lafayettevillageshops.com) we will enjoy some snacks & soft drinks while getting professionally measured and fitted for our undergarments. We will also enjoy a 30% discount off of all purchases made that night. Drop in anytime, get measured, and relax with the ladies of our chapter. Pick up some health promotion materials and start getting committed to your monthly breast self-exam! Please feel free to invite friends & family to this event, and contact us if you are interested in setting up a carpool.

Newton Hosts Flu Shot Clinics

NEWTON — Beginning next week, Newton Memorial Hospital will hold several flu-shot clinics throughout the region to help the community prepare for this year's fall and winter flu season.

The clinics will be held:

- From 1 to 5 p.m. on Friday, Oct. 15 at Newton Memorial Hospital, Pavilion Conference Rooms 1 & 2.
- From 2 to 5 p.m. on Wednesday, Oct. 20 in the conference room at Milford Health & Wellness Center in the conference room.
- From 9 a.m. to 12 p.m. on Saturday, Oct. 23 in the conference room at Sparta Health & Wellness Center.
- From 4 to 7 p.m. on Thursday, Nov. 4 at Newton Memorial Hospital in Pavilion Conference Rooms 1 & 2.
- From 3 to 6 p.m. on Wednesday, Nov. 10 in the conference room at Milford Health & Wellness Center.

Pneumonia vaccines will also be available to eligible individuals. You must be over 18 years old to receive a flu or pneumonia shot and must make an appointment in advance. If you have Medicare Part B, there is no charge. You must bring a copy of your Medicare card with you. For all others, flu shots cost \$38 each and pneumonia shots cost \$55 each.

For more information, or to schedule an appointment, please call (973) 579-8340.

Bodies By Rick
AFFPA, Certified Personal Trainer • (American Fitness Professionals & Associates)

FREE CONSULTATION
Call For Appt • Seniors Welcomed

Special Group Rates For 2 Or More Clients
Strength, Resistance and Flexibility... Tailored For The Individual

Do It For The BEST Of Your Life
Rick Bolden • 570-409-6572 • rbbold@ptd.net

Quality Healthcare, Experienced Providers, Affordable Services for **Everyone** in our Community




- Diagnosis and treatment of acute and chronic conditions
- Well-child visits
- Nutrition and diabetes counseling
- EKG
- Suturing of minor lacerations
- Minor surgery
- CDL Exams
- Childhood and adult immunizations
- School and sports physicals
- Smoking cessation
- Joint injections
- Preventive care
- Women's health services available
- Blood draws, X-ray, mammography, and home health services available

Pike County Family Health Center
750 Route 739, Lords Valley, PA

Get Rid of Toenail Fungus
in a **ZAP!**

Breakthrough Laser Therapy
For Thick, Discolored Toenails

- Painless
- In-office procedure
- FREE Consultation

• See our website for a special offer!

THE FRANKEL Foot & Ankle CENTER
Marc R. Frankel, DPM
Board Certified
518 Routes 6 & 209, Milford (570) 409-0123
frankelfootandankle.com

FROM NEWBORNS TO SENIORS

Board-certified Family Physician **Dr. Caress Christian** (Above) treats patients of all ages.

Board-certified Internist **Dr. John Weisenreider** (Right) treats young adults through seniors.

Eileen Aronson, CRNP, treats patients age 12 and up.

Primary Care 570-775-7100
Women's Health Care Center 570-775-8838
Wayne Memorial Hospital Services 570-775-4278
Wayne Memorial Home Health/Hospice 570-775-4266

We welcome our new ob/gyn in Pike County Schedule your next mammography at PCFHC with mammo tech




WAYNE MEMORIAL COMMUNITY HEALTH CENTERS
A Clinical Affiliate of Wayne Memorial Health System, Inc
www.wmb.org

WMCHC is a federally qualified health center, funded in part through a grant from the US Health Resources and Services Administration, Bureau of Primary Health Care. WMCHC accepts Medicare, Blue Shield, First Priority, Geisinger, PA Access and most other insurances. Sliding fee scales also available.

JOANNE PELLICANE, MD
ELLEN SCARISBRICK RT (Mammography)

MAKE YOUR WEIGHT-LOSS GOALS A REALITY!

Lose 2-5 lbs per week

Once you make the decision to lose weight and improve your health, this program is **fast, easy, and nutritious.**

Best of all, we offer free personal support **without program fees** and I will be with you every step of the way.

To Learn More:
contact: Regina
1-845-252-3326
Email: bttrimnft@gmail.com

Safe & effective
Clinically proven
No counting calories, carbs, or points
Fast results

Helping people get healthy and stay that way!

MILFORDMD
ADVANCED DERMATOLOGY SURGERY & LASER CENTER

Experience, Artistry & Skill



LASER LIPOSUCTION
IN-OFFICE WHILE AWAKE

Laser liposuction is ideal for liposculpting unwanted fat while helping to reduce cellulite and tighten loose skin:

- face • neck • arms • back • chest-breasts • abdomen
- waist • flanks • hips • buttocks • thighs • knees

FREE Consult: Call 570-296-4000
Information and registration online at: www.milfordmd.com/lipo

Richard Buckley, MD Marina Buckley, MD
303 W. Harford Street • Milford, PA 18337
www.pikedispatch.com