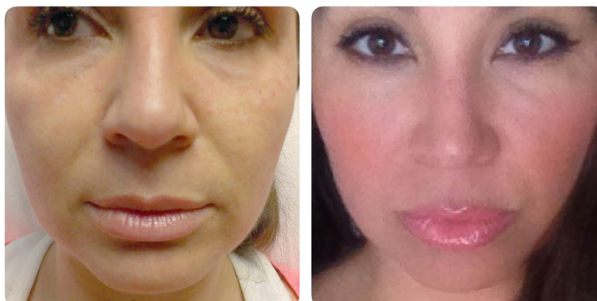


Personalized Plan Restores Youthful Appearance by Mariel Bird, D.O.

Looking youthful is a trend that never goes out of style, and full cheeks are a quintessential sign of youth and beauty. Although some of us are lucky enough to be born with naturally high cheekbones, there are multiple ways to achieve a sculpted look if you're not one of them. As a part of the normal aging process, complex structural changes occur in the face including muscle atrophy, bone resorption and fat loss. This overall volume loss changes the curvature of the cheeks from round and youthful to flat and sunken. Volume

The patient stated: "Dr. Bird has the eyes and the hands of an artistic sculptor. She has a way of restoring youth in a subtle manner that yields extraordinary results that are natural, making you look like your best self"

loss combined with gravity then causes the skin to sag and can create more pronounced jowls, under-eye hollows, and nasolabial folds (the deeper lines



See the difference in the features of a 38 year old female before and after three syringes of Juvederm Voluma and one syringe of Juvederm Ultra

along the sides of your nose and mouth).

To restore volume lost with age or provide definition, injectable gels made of hyaluronic acid, a naturally occurring complex sugar, can be placed along the cheekbone. The trick is for your doctor to balance your existing features with the volume that will be added so that the result is a natural looking, youthful contour. The goal is that you will still look like you, only refreshed! The injections take less than 20 minutes, and because there is no surgery - there is no downtime. You can expect some

tenderness and possibly bruising, but makeup can be applied if needed.

A variety of injectables are available which can produce varying effects, depending on the level of the skin in which they are placed. A personal consultation with your doctor will determine which products and how much volume will be needed for you. Because hyaluronic

acid is naturally occurring in the skin, the body will slowly break down the substance over time and repeat sessions will be needed. However, results can be seen for up to two years with optimal treatment.

If you have any questions regarding the cosmetic services offered at Thunderbird Internal Medicine or would like to schedule your personal aesthetic consultation with Dr Bird, please call 602-396-2114.

Free Service Through April With Injectable Purchase

From now through April 30th, purchase two syringes of JUVÉDERM XC® or JUVÉDERM VOLUMA® and receive a complimentary:

- Single area treatment of BOTOX®, OR
- Three chemical peels

Simply ask for the Quarterly Special when scheduling at 602-396-2114. BOTOX® available while quantities last.



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