



# VIP MedSpa Clinic News

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[VIPMedSpaClinic.com](http://VIPMedSpaClinic.com)

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## Medical News

### Could Pesticide Exposure Increase Risk of Diabetes?

A new study examined the role of environmental contaminants, including pesticides, in the risk of developing Diabetes.

### Could Aspirin Double GI Cancer Survival Rates?

A recent study examined the effects of post-diagnosis aspirin use in patients with various forms of gastrointestinal cancers.

### Could Having Multiple Chronic Conditions Increase Dementia Risk?

A recent study examined whether having multiple chronic conditions could increase the risk of mild cognitive impairment or Dementia.



## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D, FACP*

I have some exciting news to announce.

First announcement: I have been certified to do Migraine Botox. Botox is indicated for the prophylaxis of headaches in adult patients with chronic migraine (>15 days per month with headache lasting 4 hours a day or longer). Patients with chronic migraine are significantly more likely to be severely disabled than those with episodic migraine. Botox has helped many people. See if it

### **Could Powdered Ginger Suppress Seasonal Allergy Symptoms?**

A recent study examined the potential of ginger powder in alleviating symptoms of seasonal allergies.

### **Could Vitamin D Deficiency Hasten Cognitive Decline?**

A new study assessed associations between vitamin D status and change in cognitive function in older adults.

### **Diet and Exercise Best Options For Preventing Diabetes**

Researchers evaluated the long-term beneficial effects of lifestyle intervention versus medication on Diabetes prevention.

### **Could The Mediterranean Diet Decrease Breast Cancer Risk?**

Researchers evaluated the impact of a Mediterranean Diet with supplemented with extra-virgin olive oil on the rate of breast cancer onset in older women.

can help you too. Please make an appointment to discuss the Botox for Migraine if you are suffering from chronic migraine.

Second announcement : I am opening second location of VIPMedSpa Clinic next to Spa Blue in DelMar, open Fridays from 9\_5 pm. If you would like to book a complimentary cosmetic consultation with me, please call Joanne Berry at 858-345-5491.

Address: 2710 Via de la Valle suite B-270

Del Mar, CA 92014

in the Flower Hill Promenade

Third announcement: I have been certified to do Kybella ( Deoxycholic Acid) injection. Kybella is the first and only injectable drug for contouring moderate to severe submental fullness, a condition that is commonly referred to as a double chin.

Submental fullness can impact a broad range of adults, and is not limited to people who are overweight. This condition can impact men or women of average weight and can be caused by aging, genetics and weight gain. It is often resistant to diet and exercise alone.

Kybella is a non-human and non-animal formulation of deoxycholic acid, a naturally occurring molecule in the body that aids in the breakdown and absorption of dietary fat. When injected into subcutaneous fat, Kybella causes the destruction of fat cells. Once destroyed, those cells cannot store or accumulate fat. After the aesthetic response is

**NIH: Aggressive BP Management Significantly Reduces CV Risk**

A new study evaluated the effects of lowering systolic blood pressure in 9300 patients with increased risk of heart disease.

**Could Vitamin D protect Against Macular Degeneration?**

Recent research examined the relationship between vitamin D deficiency and age-related macular degeneration.

**Steroid Injections Offer Little Relief For Low Back Pain**

A recent study reviewed the safety and effectiveness of epidural corticosteroid injections in patients with radiculopathy and spinal stenosis.

**Study: Diet Beverage Drinkers Compensate With Unhealthy Food**

A new study examined how the types of beverages individuals choose to consume affects their food choices and calorie intake.

**Study: 50% of US Adults Have Diabetes or Prediabetes**

achieved, retreatment with Kybella is not expected.

Kybella is administered by injection into the fat under the chin.

Each in-office treatment session is typically 15-20 minutes.

Treatment with Kybella is customized by the physician to the patient's aesthetic goals for an improved chin profile.

Is Kybella safe?

Kybella has been the focus of a global clinical development program involving over 20 clinical studies with more than 2600 patients worldwide, of which over 1600 have been treated with Kybella.

What are the side effects with Kybella?

The safety profile of Kybella is well characterized. Side effects may include swelling, bruising, pain, numbness, redness or formation of small areas of firmness.

Kybella should only be administered by a trained healthcare professional.

Kybella is contraindicated in the presence of infection at the injection site.

