



### 10-Minute Liposuction Procedure Melts Fat from Chin and Neck

Dr. Roger Bassin, plastic surgeon and Medical Director of the Bassin Center for Plastic Surgery, performs a ten-minute SmartLipo LaserLift during your lunchtime. The procedure is an ideal alternative to invasive surgical procedures such as a neck or facelift. The SmartLipo LaserLift works by inserting a very small cannula with a laser fiber into a pinpoint hole underneath the chin. The cannula is moved back and forth as the laser's energy is delivered directly to the fat cells, making them rupture and easy to drain away. For most patients, typically only one treatment is required. ♦



### Champagne: A Toast to Health

Findings have shown that this beverage can help protect the brain against neurological injuries that are obtained during a stroke. It also protects the brain from the degenerative effects of Alzheimer's and Parkinson's disease. The reason champagne is a health benefit is because of the high level of polyphenols that are found in it. These are antioxidants that assist in avoiding cell death when there is a presence of oxidative stress. ♦



### A Strawberry Boost

Strawberries contain a range of nutrients, such as Vitamin C, Vitamin K, potassium, riboflavin, Vitamin B5, Vitamin B6, and omega-3 fatty acids. They also contain significant levels of phytonutrients and antioxidants, which fight free radicals. The antioxidant properties are believed to be what makes the strawberry bright red. ♦



## Ask Dr. Clark

Email your health questions or concerns to Orlando Plastic Surgeon Dr. Clifford Clark: [info@orlandoai.com](mailto:info@orlandoai.com)

Dr. Clark—

Q: Can stretch marks be removed?

A: Stretch marks are one of the most challenging skin issues to improve. A stretch mark is really a fracture in the dermis, or the deep collagen layer of the skin that has resulted in dramatic thinning of the skin in that area. Most often stretch marks are associated with rapid weight gain, although genetics and hormones seem to play a role. Many "potions" have claimed to be a cure for stretch marks but none have actually delivered, so buyer beware. Some of the laser technologies offer promise, with the fractional lasers such as Fraxel showing nice results. Currently we are working on a variety of solutions, but there is no single cure.

Q: How long do breast implants last?

A: The older silicone implants (prior to 1990's) lasted about 12 years. The newer generation of silicone implants should last considerably longer. I tell my patients a good estimation is about 20 years. The important point is that implants don't last forever and need to be checked periodically by your plastic surgeon. ♦

“Many “potions” have claimed to be a cure for stretch marks but none have actually delivered, so buyer beware.”