



Aesthetic Medical Associates
of the Central West End

Health—Wise

Prevention Is the Best Medicine



Hi! I'm Dr. Melissa Hollie

And, as a physician, I am deeply aware that prevention (of disease) is by far the best medicine and prevention starts with YOU!

The best ways to start a Prevention Program is to get educated about YOUR body. The goal of this newsletter is to educate and keep you informed about how you can be proactive about your health.

My goal, as your physician, is for all of my patients to

achieve and maintain the highest level of wellness possible. One of the best ways to achieve high level wellness is to know the difference between what empowers health and what depletes it.

In this publication we will explore how our lifestyles impact our health and how we can make changes that support and vitalize us.

My staff and I hope you will enjoy reading this and feel free to pass it along to others.

Together, we can make a difference. We can enjoy life by having the highest level of health possible.

We hope you enjoy our Premiere Issue!

Family Practice Hours :

- ◇ Mon & Tues 9-5;
- ◇ Wed 10-5;
- ◇ Thurs 11-7; Fri 9-3
- ◇ 1st and 3rd Saturdays

Closed Holidays



Mineral based cosmetics -Available at AMA-CWE

Prevention Kidney Disease Affects More African Americans

According to the results of the largest and longest study of chronic kidney disease - the African American Study of Kidney Disease and Hypertension (AASK) from the National Institutes of Health, kidney disease substantially worsened in about one-fourth of the par-

ticipants despite good blood pressure control and use of kidney-protecting medications. The patients affected either lost half their kidney function or reached kidney failure (also known as end-stage renal disease). Despite these

sobering results, blood pressure control is still vital in kidney and many other diseases. What this research clearly shows is the importance of **preventing** kidney disease.

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YOGA Practice

Mondays 6-7PM

Cardio-Defense Training

Tuesdays 7-8PM

Massage Therapy by Appointment

Tuesday thru Friday

and the 2nd and 4th Saturdays

Closed Holidays

Prevention

Kidney Disease Affects More African Americans

The AASK Cohort Study observed about 750 African-Americans from 2002 to 07, who were on the recommended therapy for chronic kidney disease. Increases in the incidence of high blood pressure and diabetes in our aging population means more people than ever have kidney problems. About 13 percent of the U.S. population, up from 10 percent in 1994, now have chronic kidney disease.

Diabetes and high blood pressure are the leading causes of kidney disease, which runs in families-especially African-Americans. Blood and urine tests are the only way to find kidney disease early, when treatment is more likely to significantly delay or prevent kidney failure. Therapies to reduce delay or eliminate risk of developing kidney disease all in-

clude lifestyle management of **DIET and EXERCISE**. Now you can wait until some tests declare that you have kidney disease or **YOU can become PRO-ACTIVE**. Give the kidneys a rest limit

Give the kidneys a rest!

1. **Limit the amount of red meat and dairy products**
2. **Limit the use of prepackaged foodstuffs**
3. **Limit your salt intake**

the amount of red meat, dairy products, prepackaged foodstuffs and salt. Protect your good health by taking control of your health and ultimately your life!

NEED HELP WITH....

Diet—We offer **NUTRITIONAL COUNSELING** with a Registered Nurse

Exercise—We offer **YOGA and Cardio Defense Training**

Lifestyle Modification -

Learn Meditation-Referrals to teachers of TM[®] other styles of meditation.

Supplements—You can purchase the **Juice Plus** line of supplements in our office.



WHAT ELSE WOULD YOU LIKE TO SEE??

Featured Teachers

Jane Fitzgerald Yoga Specialist

Jane has been teaching the Iyengar yoga method since 2003 and YOGA since 1998. She has studied extensively in India with Sri HS Arun and at the Ramamani Iyengar Memorial Institute in Pune, India.

The yoga program emphasizes correct alignment and the use of props to modify the postures so that even the most rigid body can benefit from yoga.



Ali Jenkins Cardio Defense/Martial Arts Trainer

Nationally acclaimed Ali instructs and conducts self-defense seminars. He has received International recognition for his skills, Ali's goals are to help improve the physical fitness, confidence, and harmony of others, while uplifting the spirit of the community by instructing others on how to become masters of their physical and mental attributes.

Scientific research has shown that the practice of meditation can help reduce stress that leads to hypertension, anxiety, insomnia and other stress related disorders.

Rev. Yogini is a sought after teacher of meditation the world over and she resides here in St. Louis.



Rev. Gilda Yogini

We're Here to Please

NORMA E. HARNACK,
RN, BSN, LMT, HTP, CTFHIT



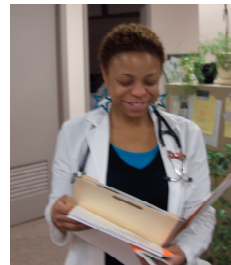
Coordinates our massage therapy and nutritional counseling. Norma shares over 30 years of knowledge as a nurse, health advocate and holistic practitioner. Providing massage and combining other integrative therapies such as "Touch for Health" for your health and well-being.



TONI CRUZ
Office Coordinator



Denese Gaines
Registrar



Well, here we are at the end of our first issue!

I hope you enjoyed reading how you can prevent Kidney Disease.

Thank you for letting us help you obtain the highest level of Wellness!