

GET THE *Halo Glow!*

Ageless Beauty Center is very proud to be the first in mid-Michigan to offer the Halo Pro hybrid fractional laser treatment. With over a year of experience using this laser and over 18 years in the cosmetic industry, we have perfected our skills!

What is the Halo? It is the world's first hybrid fractional laser. It is actually two lasers in one. One laser heats the deeper layers of your skin to stimulate collagen, and the other addresses the superficial layer to improve texture, pore size, and give you that Halo glow. This treatment is also great for hyperpigmentation, fine lines, and scars.

So why the Halo? Over time, your skin can lose its youthful glow due to sun exposure and your body's natural aging process. Previous lasers couldn't effectively remove this damage because they were either too shallow or too deep. Halo eliminates years of damage by precisely targeting the right depth to restore the luminous glow you used to have.

2111 University Park Dr. Ste #400, Okemos, MI 48864 | (517) 203-5052 | agelessbeautycenter12@gmail.com



The Halo treatment is very comfortable with minimal down time. Other lasers, such as the CO₂ laser, can result in weeks of redness and swelling before you see results. The Halo recovery time is usually less than seven days, and the results are much more noticeable. You can even wear makeup the next day! Halo simply produces healthy, beautiful skin that will last for years to come.

Call Ageless Beauty Center for a complimentary consult!

Lansing Rheumatology:

More than a medical practice



My name is Iris Zirk and in August 2016, my husband and I opened an Early Arthritis Intervention Clinic in East Lansing, Michigan. The vision of the clinic was sparked by the overwhelming need of the community, fueled by my 16 years as a rheumatology nurse practitioner and my concern with a dream that recently has turned into reality.



I am opportunity to travel on a weekly basis to rheumatology conferences, participate in advisory boards with other key opinion leaders within the industry and present lecture materials so that other rheumatology experts can provide high quality evidence-based care to their patients. As I travel nationally and lecture to groups of healthcare professionals,

say former employer, Dr. Nitin Thakur, a previous partner of Dr. Beals, along with my deceased mother told me that my purpose in life was to open an arthritis clinic to serve the underserved. It sounds funny, but this dream sealed the deal. We moved forward with our plan.

With the support of an amazing network of nurses on the Rheumatology Board of Directors and the physicians from the Association of Women in Rheumatology, Lansing Rheumatology has responded. So far we have served more than 400 patients.

We are helping people every day. I have had the opportunity to serve young mothers who could barely drag their infant or climb stairs. I have seen them get better with medications. I have had veterans thank me for allowing them to perform simple tasks such as opening a water bottle, for giving their life back to them.

In March of this year, after being approached by several area physicians to take over two different rheumatology practices in the Lansing area, my thoughts were racing. I considered their offers, developed a plan and prayed about it. Then, I had a dream. In my dream, Dr. Carol Beals,

Michigan has the eighth highest arthritis prevalence in the country. According to the Arthritis Foundation of Michigan, about 2.4 million out of the 10 million Michigan residents suffer from arthritis conditions. Currently, there are just over 100 practicing rheumatologists in the state creating a waiting upwards of six months for patients wanting to see a practitioner. Few of the state's rheumatology practitioners are willing to accept Medicaid or Veterans insurance, further reducing access to healthcare for an entire slice of the population. It is not uncommon for patients to drive two to three hours within the state to see an arthritis specialist.

Over the past two years, as president of the Rheumatology Nurses Society, I have had the

UNDERSTANDING CONCUSSION

BY AMANDA CARR

Gaining a better understanding of concussions leads to better diagnostics, treatment and prevention of this injury. Concussion symptoms may appear mild, but can lead to significant, life-long impairment affecting an individual's ability to function physically, cognitively and psychologically. Appropriate diagnosis, referral, and education will help individuals with concussions achieve optimal recovery and to reduce or avoid significant consequences of the injury. Origami's Concussion Care Clinic provides expert assessment and education designed to help you better understand how to respond to your unique injury.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury (TBI) that occurs from a direct or indirect hit to the head. It may or may not involve a loss of consciousness.

GROUPS AT GREATEST RISK OF CONCUSSION

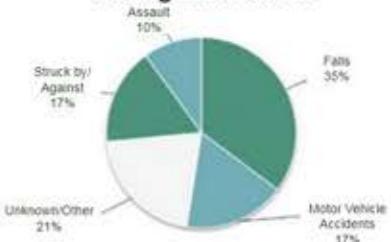
- Infants and children (ages 0 to 4)
- Adolescents and young adults (ages 15 to 24)
- Older adults (ages 75 or older)

SIGNS AND SYMPTOMS OF CONCUSSION

Physical	Cognitive
Headache	Feeling "foggy"
Nausea	Problems thinking
Balance problems	Feeling slowed down
Dizziness	Difficulty concentrating
Visual problems	Memory problems
Fatigue	Confusion
Sensitivity to light	Answers questions slowly
Sensitivity to noise	Repeats questions
Numbness/Tingling	
Dazed/Stunned	
Emotional	Sleep
Irritability	Drowsiness
Sadness	Sleeping less
More emotional	Vomiting
Nervousness	Sleeping more
	Trouble falling asleep

- Symptoms may not seem that significant initially, but may continue to evolve and become more severe with time.

Leading Causes of TBI



- If someone shows any signs or symptoms of concussion, they should not return to play, work, or activities until they are properly evaluated. "When in doubt, sit them out."
- After a concussion, individuals need to be monitored for at least the first 24-48 hours. Seek medical help immediately if symptoms change or worsen.

PROPER FIT OF A HELMET

- The pads touch the forehead and cheeks
- The back clears the nape of the neck
- It fits snugly, but you can slip one finger under the chinstrap
- The front brim sits about two finger widths above your eyebrows
- There is little or no space between goggles and helmet's front edge

WINTER SAFETY TIPS

- Taking proper care in the snow and ice can prevent or reduce injury.
- Thoroughly and regularly salt driveways, sidewalks and stairs.
- Walk carefully across parking lots and provide children and seniors with additional support.
- Ensure proper footing when shoveling snow or scraping ice off the car.
- Wear shoes with good rubber tread for traction to reduce slipping.
- Wear a helmet and protective equipment during winter sports.
- No head first sledding.

Amanda Carr is an Occupational Therapist, Certified Brain Injury Specialist, and Clinical Manager at Origami Brain Injury Rehabilitation Center. Contact Amanda Carr at Amanda.Carr@OrigamiRehab.org or 517-455-0274.

Concussion is a serious injury.
Seek serious help.



Origami's Concussion Care Service offers comprehensive, individualized concussion assessment and treatment.

Trust the area's brain injury experts for your concussion care.



(517) 336-6060
OrigamiRehab.com