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SEPT 2023 **HORIZONS HEALTH & WELLNESS** ISSUE 9

MONTHLY NEWSLETTER

In this issue, we bring you:

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- *Suicide Prevention*
- *Gynecologic Cancer*
- *Hereditary Breast & Ovarian Cancer*

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Announcements

Polycystic Ovarian Syndrome Awareness Month

Polycystic ovarian syndrome affects 5-10% of women, and is a leading cause of infertility. Symptoms often are seen in teenagers, and the diagnosis is usually confirmed by age 30. Only 2 out of the following 3 symptoms are necessary to make the diagnosis: irregular periods, evidence of high androgens (male hormones) such as acne/unwanted hair growth), and multiple cysts seen on ultrasound of the ovaries.

Treatment of PCOS includes balancing hormones, managing insulin resistance, and (for most people), sustained weight loss.

The top 10 symptoms of PCOS are:

1. **Irregular Menstrual Cycles:** PCOS often leads to unpredictable and irregular periods, with variations in cycle length and timing.
2. **Excess Hair Growth (Hirsutism):** Increased androgen levels can result in unwanted hair growth on the face, chest, back, or other areas.
3. **Acne and Oily Skin:** Higher androgen levels can contribute to the development of acne and excessively oily skin.
4. **Weight Gain:** Many individuals with PCOS experience weight gain or struggle to maintain a healthy weight, in part due to insulin resistance.

Ovarian Cancer Awareness Month

September is National Ovarian Cancer Awareness Month.

Ovarian cancer is the 5th most common cancer in US women. 1 in 78 women will be diagnosed with ovarian cancer, compared with 1 in 12 for breast cancer.

I am often asked if there are any good early detection tools for ovarian cancer. Unfortunately, there are not. There are no imaging or blood tests to reliably detect early stage ovarian cancer, therefore most ovarian cancers are diagnosed late stage.

The top 10 symptoms of ovarian cancer are:

1. **Bloating:** Persistent and frequent bloating, often accompanied by a feeling of fullness, even after eating small amounts.
2. **Pelvic or Abdominal Pain:** Chronic pain or discomfort in the pelvic or abdominal region, which may feel like pressure, aching, or cramping.

5. **Thinning Hair:** Hair on the scalp can become thinner due to hormonal imbalances.
 6. **Insulin Resistance:** PCOS is linked to insulin resistance, which can lead to higher blood sugar levels and an increased risk of type 2 diabetes.
 7. **Mood Swings:** Hormonal fluctuations in PCOS can contribute to mood swings, depression, and anxiety.
 8. **Fatigue:** Managing PCOS-related symptoms and hormonal imbalances can lead to increased fatigue and reduced energy levels.
 9. **Fertility Issues:** PCOS is a common cause of infertility due to irregular ovulation and disrupted hormonal patterns.
 10. **Skin Darkening:** Some individuals may experience skin changes, such as darkening of certain areas like the neck, groin, or underarms, known as acanthosis nigricans.
3. **Difficulty Eating:** Loss of appetite or a sense of early fullness while eating, leading to unintended weight loss.
 4. **Urinary Changes:** Increased urgency to urinate or more frequent urination, often accompanied by a feeling of incomplete emptying of the bladder.
 5. **Fatigue:** Unexplained and persistent fatigue, even after getting adequate rest and sleep.
 6. **Digestive Issues:** Changes in bowel habits, such as constipation or diarrhea, that persist without clear explanations.
 7. **Back Pain:** Chronic lower back pain that doesn't improve with usual treatments or therapies.
 8. **Painful Intercourse:** Discomfort or pain during sexual intercourse, known as dyspareunia, which can be an indicator of ovarian cancer.
 9. **Menstrual Changes:** Abnormal menstrual cycles, such as heavier bleeding or irregular periods, especially in post-menopausal women.
 10. **Unexplained Changes:** Any unexplained changes in your body, such as sudden weight loss or a noticeable change in your overall health, should be discussed with a healthcare professional.

[Learn More about PCOS](#)

InBody

See what you're made of

Are you on a weight loss journey? Do you wonder if you are losing water or fat or muscle? There's an easy, painless way to find out: come into our office for a body composition analysis. It takes 5 minutes and costs \$35 and feels like you are standing on a fancy scale. You will receive a printed report with your number of pounds and percent for body water, muscle, bone and fat, and you can track your progress over time to determine if

[Learn more about ovarian cancer](#)



Horizons Wellness Academy

Dr. Aslami has created an online academy to provide in-depth knowledge,

your are gaining/losing water, muscle, bone or fat. This is important information for anybody on a weight loss journey, because the goal is fat loss for health optimization, not muscle loss...and a regular scale doesn't tell you what kind of weight you are losing.

[Learn about body composition analysis](#)

tools and training to help you attain your health goals.

"Intimate Health & Satisfaction" explores all aspects of improving sexual relations, including libido, arousal, orgasm, and pain.

"Trust your Gut" explores how to address chronic health symptoms by improving the function of your gastro-intestinal system.

[Explore Intimacy Mini-course](#)

[Explore Gut Health Course](#)



PRICE REDUCTION!!! SAVE \$600! OUR NEW SIX MONTH WEIGHT LOSS PROGRAM IS NOW \$399!

[Explore Weight Loss Course](#)

WEIGHT LOSS PROGRAM PRICE REDUCTION!

We have completely redesigned our weight loss program to make it 60% LESS expensive, more time efficient, more convenient, and more comprehensive! Our new program is built on 5 pillars:

- **online self-paced 6 month curriculum
- **weekly Zoom coaching calls
- **FaceBook private support group
- **optional membership after 6 months
- **monthly medical appointments (billed to insurance)

Recipe of the month



Avocado, Chicken & Tomato Sandwich

Time: 5 minutes prep, 5 min total
1 servings

[Get Recipe](#)

Ingredients

- 2 slices multi-grain bread
- 1/4 avocado
- 3 oz sliced cooked chicken
- 2 slices tomatoes

Nutrients per serving

- calories: 347
- fat: 12g
- saturated fat: 2g
- carbs: 28g
- sugars: 5g
- added sugars: 2g
- protein: 31g
- salt: 258mg
- potassium: 647mg
- fiber: 8 grams

Skincare & Monthly Specials

BEAUTYCOUNTER®

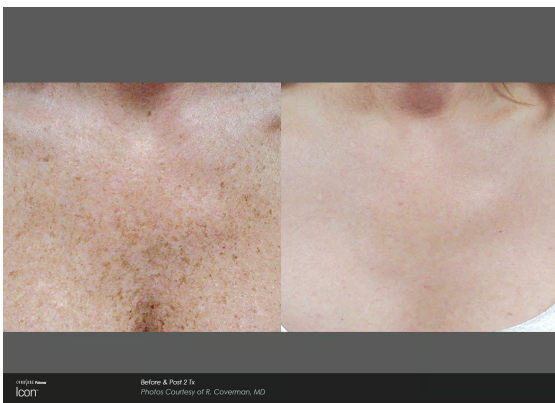
Most skincare and cosmetic products contain a variety of chemicals called "endocrine disruptors" (meaning hormone disruptors). These contribute to a wide variety of medical problems in women (and men and children!) Many other ingredients in skincare products are also toxic to the environment to produce. BeautyCounter has eliminated all of these chemicals from their products.

CBD for pain management

CBD products can be used as part of a comprehensive treatment approach for chronic pain. CBD products come in many forms, including topical rubs, patches, pills and even vaginal products! One of my favorite products is Solace Lavendar Comfort Cream from Athena's. Rubbing it into my aching neck muscles provides decent pain relief after a day on the computer. Athena's products are free from THC (the active ingredient in marijuana that makes people high). Athena's CBD

[Learn about BeautyCounter](#)

Erase skin aging



Its not too late to erase the signs of sun damage such as sun spots, freckles and red patches. Showcase your natural glow by using photofacials!

[Learn about photofacials](#)

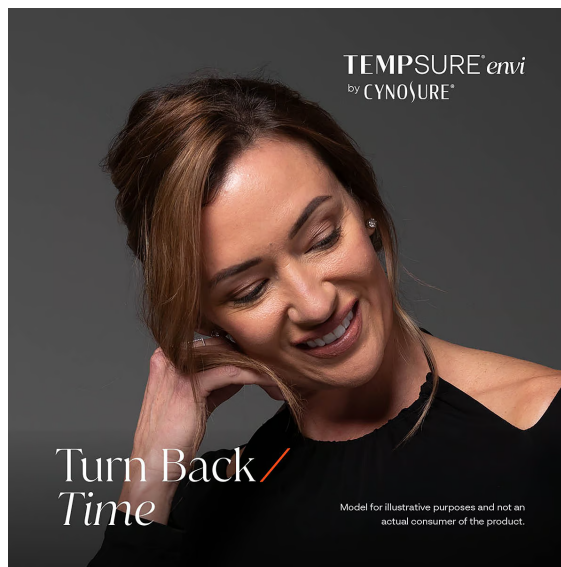
[See anti-aging specials](#)

Laser Hair Removal

products are also sulfate free (which is great for people with sulfa allergies), as well as free from hormone disrupting chemicals (such as phthalates).

[Shop Athena's CBD cream](#)

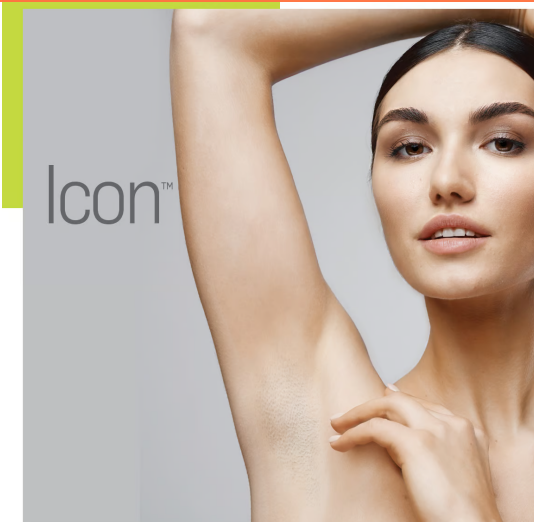
Wrinkle Reduction



Wrinkles occur over time due to loss of collagen below the skin surface. Adequate nutrition, hydration, sleep and toxin avoidance are necessary to reduce and delay the appearance of wrinkles. But once they appear, smoothing them out can be challenging. TempSure Envi treatments obtain beautiful results without injecting fillers. Most people require a series of treatments to reverse existing wrinkles, and then occasional maintenance treatments.

[Learn about wrinkle reduction](#)

[See wrinkle reduction specials](#)



Model for illustrative purposes and not an actual consumer of the product.

Permanent hair removal is possible! Laser hair removal in our Bridgewater office is one of our most popular services. Most people require 6-10 treatments spread out over several months. Buying packages can save you time and money, and winter is the best time to start laser hair removal and enjoy a summer of no shaving!

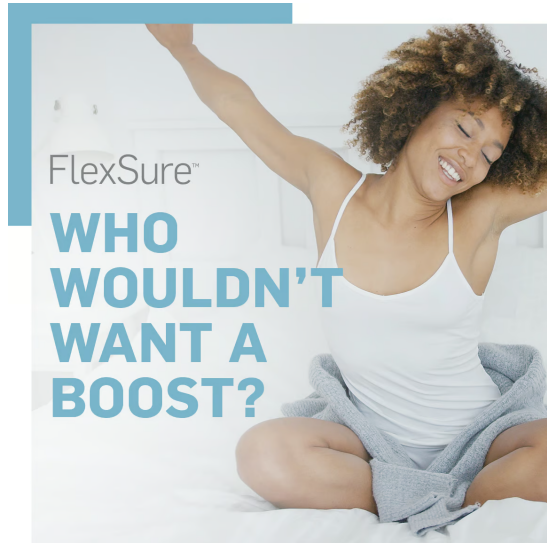
[See laser hair removal specials](#)

Cellulite Reduction



Cellulite is a type of scar tissue, and

Body Contouring



Model used for illustrative purposes and not an actual patient.

Did you know we offer body contouring in our Bridgewater office? These treatments can reduce stubborn belly fat, shrink annoying love handles, and tighten loose skin that appears after losing weight. Most people require a series of treatments (not just 1) to obtain desired results

[Learn about body contouring](#)

[See body contouring specials](#)

can be a frustrating process to reverse. Most people need repetitive treatments to smooth out the appearance of cellulite, followed by occasional maintenance treatments. We offer cellulite reduction packages using a unique radio-frequency energy device.

[See cellulite reduction specials](#)



Model for illustrative purposes and not an actual consumer of the product.

Sexual Health



The amazing MonaLisa Touch Laser revitalizes the vagina, and corrects the loss of elasticity, moisture and sensitivity that comes along with menopause and causes sexual pain.

[Learn about MonaLisa Touch](#)

SOLá PELVIC THERAPY

Clovana
SOUND SCIENCE FOR BETTER SEX

Trouble with decreased libido? Decreased sexual arousal? Decreased satisfaction? Delayed, absent or blunted orgasm? Oftentimes, this is due to vascular aging. Cloviana is a painless in-office treatment which uses high frequency ultrasound to improve genital blood flow, sensation and function.

[Learn about Cloviana](#)

Topical arousal creams can be a low cost solution to the "I feel dead down there" complaint many post-menopausal women have. A high quality arousal cream can be very effective for enhancing sexual pleasure. The Athena's line does not contain any hormones, hormone disrupting chemicals, and are made in the USA.

[Topical Arousal Creams](#)

Are you experiencing pelvic floor muscle pain? Sharp, shooting pains in your vagina? A deep aching pain in your pelvis? Endometriosis pain? SoLa pelvic therapy is a painless, infra-red laser treatment for chronic pelvic pain. Treatments take less than 5 minutes, 2-3 times/week for a total of 9 treatments, with 80% of patients experiencing significant pain relief.

[Learn More about SoLa Pelvic Therapy](#)

Confused about where to start to jumpstart your sex life? Too many options here? Dr. Aslami created an online 3.5hr class which you can take from the privacy of your own home. This class will present you with all of the available information for treating low libido, low arousal, sexual pain, orgasm dysfunction, dryness, boredom and yes...how to use sex toys to enhance your sex life.

[Learn about Dr. Aslami's Sexual Wellness Class here](#)

SoLa^{PELVIC} THERAPY

If you have pelvic floor pain...
 minimize stress, get plenty of sleep, and consider an anti-inflammatory diet.



Featured Topics



World Suicide Prevention Day: 9/10

According to the Centers for Disease Control and Prevention (CDC), around



September: Gynecologic Cancer Awareness Month

45,000 Americans die by suicide annually.

Disturbingly, suicide is the second leading cause of death among individuals aged 10-34. Rates vary by demographics, with higher numbers among males, veterans, and specific ethnic groups.

These statistics are a stark reminder of the urgent need for comprehensive mental health support, prevention programs, and accessible treatment. Understanding the data can guide policy decisions and resource allocation to address the underlying factors contributing to this tragic loss of life.

[Learn about Suicide Prevention](#)

[DIAL 988 FOR SUICIDE PREVENTION HOTLINE](#)

For immediate access to resources regarding suicide prevention, visit the national suicide prevention site:

[988LIFELINE.ORG](https://988lifeline.org)

1. **Ovarian Cancer:**

- Symptoms: Bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly, urinary urgency or frequency, changes in bowel habits.

2. **Cervical Cancer:**

- Symptoms: Abnormal vaginal bleeding, especially after intercourse or menopause, unusual vaginal discharge, pelvic pain.

3. **Uterine Cancer (Endometrial Cancer):**

- Symptoms: Abnormal vaginal bleeding, especially after menopause, pelvic pain or discomfort, pain during intercourse.

4. **Vulvar Cancer:**

- Symptoms: Itching, pain, or tenderness in the vulvar area, changes in skin color or texture, a lump, ulcer, or wart-like growth on the vulva.

5. **Vaginal Cancer:**

- Symptoms: Abnormal vaginal bleeding, pain during intercourse, a lump or growth in the vagina, changes in vaginal discharge.

It's important to note that these symptoms can also be caused by other conditions. If you experience any persistent or unusual symptoms, it's recommended to consult a gynecologist for proper evaluation and diagnosis. Early detection and timely treatment can significantly improve outcomes for these cancers.

Gynecologic cancers are usually treated by highly trained physicians called gynecologists. These are gynecologists who completed many years of additional surgical training to remove gynecologic cancers, lymph nodes and surrounding affected tissues. A general gynecologist can help make a diagnosis of a gynecologic cancer by performing appropriate biopsies, but the gyn oncologist would usually take over the care once the diagnosis is made.

[Learn about gynecologic cancers here](#)

Hereditary Breast and Ovarian Cancer Awareness Month

Hereditary breast and ovarian cancer are a result of specific genetic mutations, most notably BRCA1 and BRCA2 genes, although other genes have also been identified. These mutations increase the risk of both ovarian and breast cancer significantly, prompting proactive measures for those with a suspicious family history. Genetic testing and counseling empower individuals to make informed decisions about their health. Early detection and risk-reduction strategies, like increased imaging studies or preventive surgeries and medications, offer a chance to avoid and/or defeat these cancers, even when faced with an 80% chance of a cancer diagnosis with these mutations.

Through knowledge and action, lives can be saved and futures secured. To find out if you should be tested for hereditary breast and ovarian cancer genes, take the quiz below.

[Take the quiz about adult hereditary breast and ovarian cancer here](#)

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