

Dr. J's JOURNAL

DR. JOSEPH
JENSEN the Heart
and Art
of Surgery

APRIL 2016 ISSUE



FROM THE HEART

Dr. Joseph Jensen, DO.

Spring is the season of rebirth, newness and revitalization. When most people think spring, they think of cleaning, or making things new again. With this newness, many people also find it's time to make a change in their appearance. Whether it be a new beauty regimen, a haircut, or even adding a few pieces to your wardrobe, these changes make us feel new again. In our office, we see an increase in people wishing to have laser hair removal treatments, Cellulaze Cellulite treatments, and SmartLipo before the summer swimsuit season. Each of these treatments is part of their spring revitalization process.

Part of my personal revitalization each year is participating in a medical mission to Guatemala, where I am able to provide surgical procedures for children in need. In our next issue, I will be able to report on my experiences and share photos of the people I was able to help this year. I look forward to this trip each spring as a time to not only help others, but to help me remember the reason I became a doctor. My hope is that in this season of rebirth, you will also take some time for you to feel revitalized.

We Have a
**LUCKY
WINNER!**

Congratulations to Tina Slade our lucky Laser Hair Removal giveaway winner, who will receive FOUR FREE Laser Hair Removal sessions on her underarms.

Even if you were not our grand prize winner, you are still in luck because our \$199 underarm special is still going! Get four treatments on your underarms for only \$199! Learn more about Laser Hair Removal at:
DrJosephJensen.com/Laser-Hair-Removal-Utah

(385) 393-1311

REFERRAL REWARDS PROGRAM

DR. J'S
REFERRAL
PROGRAM

Because art is best enjoyed when shared.

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Ready for both you and your friends to receive 10% off Dr. J's services? When you send a friend with a referral card:

- They get 10% off a service of their choice
- You get a credit in the amount of 10% of their pre-discounted bill

Get more information and download your own referral program card at www.drjosephjensen.com/referral-program.

STATE OF THE ART

Leonardo Da Vinci created his masterpiece, and now so have surgeons who specialize in advanced robotic surgery. With robotic grade precision and minimally invasive procedures, the Da Vinci surgical system makes surgery a work of art.



THE DA VINCI SURGICAL SYSTEM

The name Da Vinci and art go hand in hand. Now, that art is available in the form of advanced robotic surgery with Dr. Jensen and the Da Vinci surgical system. This system allows surgeons, like Dr. Jensen to perform minimally invasive surgery and change the surgical experience and healing process.

By using the Da Vinci system, Dr. Jensen is able to combine his surgical skills with the precise and accurate movements of an advanced robotics system. The robotics systems provides Dr. J with a 3D image of the area he is working in, and gives him 100% control while acting like his hand. Due to the small incisions, recovery time is shortened allowing you to get back to your life.

While surgery can be difficult to think about, with Dr. J and the Da Vinci system, even your surgery is a work of art!

THE ART OF WELLNESS

Botox injections are a popular service, with their popularity rising each year. Even with its rise to fame, there are still many questions surrounding Botox and Dr. Jensen is here to answer them.

How Does Botox Work?

As we age, the muscles in our face that contract during smiling or laughing can cause our skin to fold and produces what some people know as 'dynamic wrinkles.' Botox injections block signals from the nerves to the muscle which results in a temporary paralysis of the muscle, and allows the wrinkles to relax and soften in appearance.

Where is the Most Common Place for Botox to be Injected?

Botox is used primarily where lines of expression are formed-specifically forehead lines, furrow lines between the eyebrows, and crows feet-soft lines formed on the sides of the eyelids.

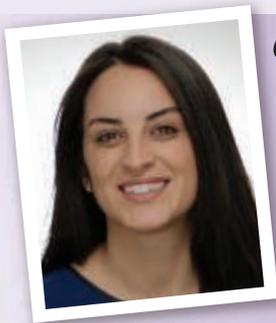
How Long Does Botox Last? When Will I Notice Results?

Typically, results will be noticeable anywhere from one to two weeks after the injection, and will last for three to six months. At that time, the lines may begin to reappear as the muscle paralysis wears off, but will be less noticeable. To keep the lines at bay, we will schedule a follow up injection.

For more answers to questions surrounding Botox, visit our blog.



Success Stories



“Am I happy with my results? What do you think?!... For me the whole process was quick. After my treatment I was back to my life...”

There was really minimal downtime.”

~Brooke



BEFORE



AFTER

Botox is quickly becoming one of the most requested procedures in both men and women to help reduce the appearance of fine to moderate lines and wrinkles. Botox injections are approved for use in 78 countries, and have sold over 10.9 million vials since 2002 in the U.S. alone! Targeting the underlying muscle activity that causes wrinkles allows Botox to work from the inside out and temporarily reduce their appearance. Say goodbye to your frown lines and crows feet, and hello to smoother, younger looking skin! Visit our website for more information.



AFTER



BEFORE

CALL TODAY! (385) 393-1311

“PALETTE” PLEASERS



yummy/healthyeasy.com

Southwestern Edamame Salad

INGREDIENTS:

- | | |
|--|----------------------------------|
| 1 (1-lb) package frozen edamame | 1 cup cherry tomatoes, halved |
| 1½ cups frozen corn | Juice from ½ lemon |
| 1 (15-oz) can garbanzo beans, drained and rinsed | 1 garlic clove, minced |
| 1 cup black beans, drained and rinsed | ¼ cup olive oil |
| 4 green onions, sliced | ½ Tbsp. Dijon or honey mustard |
| ½ cup chopped cilantro | ⅛ tsp. onion salt |
| | ½ tsp. salt (or more, for taste) |
| | Pepper, to taste |

DIRECTIONS:

1. Fill a large pot with water and boil on high heat. Add frozen edamame and cook for 3 minutes. Add frozen corn and cook for 2 minutes. Drain water from vegetables and set aside.
2. In a medium sized mixing bowl, combine beans, onions, cilantro and tomatoes.
3. In a small bowl, whisk together lemon juice, garlic, olive oil, mustard, salts and pepper. Pour over vegetables and beans. Toss to combine.
4. Add in cooled edamame and corn. Toss together. Can serve right away or place in fridge until cooled and flavors blend. Enjoy!

Note: Salad lasts 1-2 days refrigerated in a sealed container.

Photo/Recipe Source: www.yummyhealthyeasy.com

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BEHIND THE SCENES

Mission Possible: Humanitarian Trip

Imagine being born with 12 toes, and not be able to wear shoes. Now, imagine receiving the surgical care needed to make shoe wearing a possibility. This became a reality for a young girl in Guatemala when Dr. Jensen went on his last mission trip with Utah Medical Outreach, and is one of his most memorable experiences on his missions.

Utah Medical Outreach is a nonprofit that organizes semi-annual trips to provide much-needed surgical care to disadvantaged families, individuals, and children in Central America. Dr. Jensen looks forward to these trips every year, and is thankful to be able to give back by helping people receive the surgical care they need to live more productive lives. His next trip is this month, and we look forward to more stories and great experiences that will be highlighted next month!

