

Dr. J's JOURNAL

DR. JOSEPH
JENSEN the Heart
and Art
of Surgery

FEBRUARY 2016 ISSUE



FROM THE HEART

Dr. Joseph Jensen, DO.

Legend has it that St. Valentine was a Catholic priest in 3rd century Rome who was secretly performing marriages against the emperor's wishes. The emperor, in an attempt to build his army, had declared that single men made better soldiers than those with wives and families and therefore outlawed marriage. Valentine defied this law and helped young lovers be bound together in matrimony. Centuries later, Valentine's

Day is celebrated as a day of love, and according to the Greeting Card Association, a time to express the feelings of the heart through written word with over one billion Valentine's being sent each year.

At our office, we also celebrate love. While we are not performing secret marriage ceremonies, we do help our patients find a new love for their bodies. Just like the millions of pounds of chocolates sold for Valentine's Day, we think it

is sweet to help people become a better version of themselves through our procedures. During this month of love, it doesn't matter if you are single or spoken for, take the time to show yourself some love by visiting our office. Whether through laser hair removal, spider vein treatment or fat removal through SmartLipo liposuction, we will help you be a better you. This month, fall in love with you!

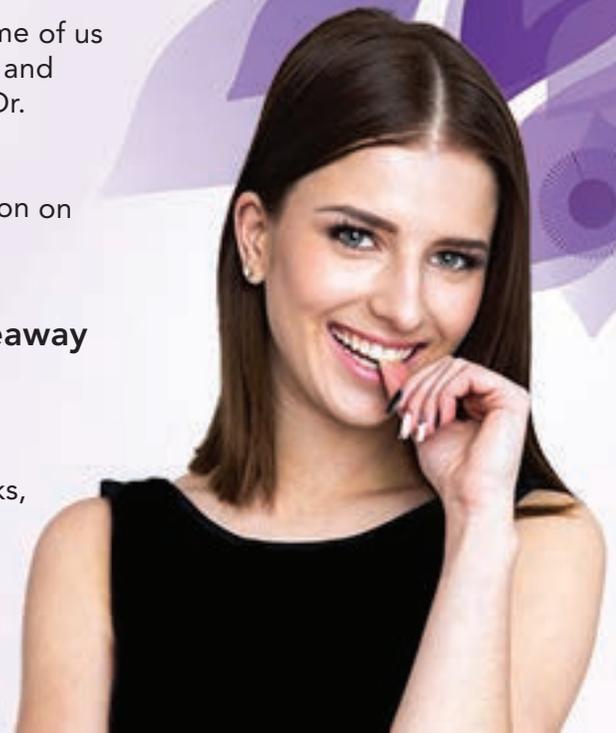
SMARTLIPO GIVEAWAY!

Whether from pregnancy, genes, or complex health conditions, some of us unfortunately struggle with unwanted fat despite hours of exercise and hardcore diets. But fortunately for you, your luck can change with Dr. Jensen's FREE Laser Liposuction Giveaway!

On March 15th, one LUCKY winner will win a FREE SmartLipo session on one area* of choice.

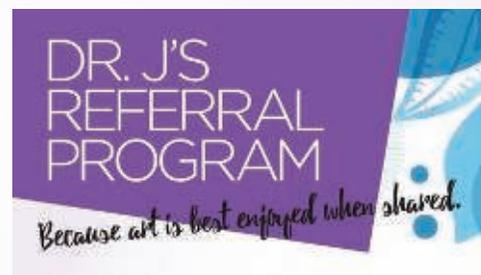
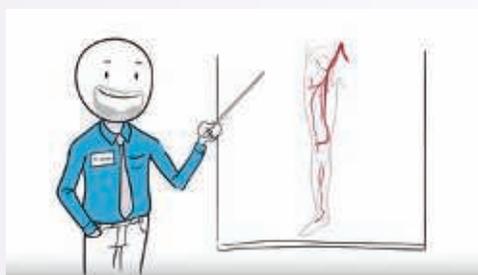
Enter to win at:
drjosephjensen.com/lipo-giveaway

*an area refers to the upper abdomen, lower abdomen, flanks, jowls, neck, upper arms, thighs, knees, or buttocks



STATE OF THE ART

Because your body is a work of art, trust it to none other than Utah's longest practicing robotic general surgeon, Dr. Jensen. With the latest in laser technology, we are helping you become a happier version of yourself.



VEIN TREATMENT

Whether you are like Elaine and sick of your varicose veins, or more like Kelly who is sick of her bowl full of jelly, Dr. Jensen's treatments will leave you confident again, and of your decision to see him you will say Amen! So come see us today for a free consultation, You'll be so glad you did, you'll want to tell the whole nation!

SMARTLIPO LIMITED-TIME SPECIAL

\$2500 1st area

\$1500 2nd area

If you're not our lucky giveaway winner, we still have an amazing value for you or someone you know.

Call to schedule a consultation!

DR. J'S REFERRAL REWARDS

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

For more information, visit our blog.

THE ART OF WELLNESS

Valentine's Day is over and all the diamonds, roses, chocolates and Valentine cards have been given. Whether you were flooded with love or drowned in sorrow for the day, there is still time to fall in love with yourself and look your best.

If you are suffering from painful or unsightly varicose or spider veins, there are several treatment options available. To keep spider veins or varicose veins from getting worse, refrain from:

- Extended periods of standing
- Excessive sun exposure
- Gaining excessive amounts of weight
- Inactivity--DO try to perform exercises that improve leg strength

- Crossing legs for extended periods

These simple lifestyle changes help prevent varicose veins from getting worse along with elevating the legs when resting or sleeping. For further support, you may choose to wear compression stockings which place pressure on the legs to increase the bloodflow to the heart.

If trying these lifestyle changes hasn't done anything to improve the appearance or pain caused by your veins, there are other treatment options available. While some doctors may tell you vein stripping is the way to go, this procedure is invasive and has a recovery time of 3-6 weeks. This

procedure involves your doctor removing your veins through a series of incisions.

Luckily, for today's varicose vein sufferers, there is a better way. Using only local anesthetic, Dr. Jensen can perform a minimally invasive procedure known as endovenous ablation in which he uses radio frequency to painlessly cauterize and close varicose veins. In short, Dr. Jensen can have you loving your body again in no time. Even though Valentine's Day has come and gone, the gift of loving yourself lasts throughout the year.



Success Stories

“ I came to see Dr. Jensen for the laser lipo on my chin and neck. I’ve always hated the double chin that I’ve had and no matter how much weight I lost I couldn’t get rid of it... There was zero pain.”

~Suzette



SmartLipo is bringing traditional liposuction procedures to the 21st century! By treating the area with a laser first, collagen production is increased which helps the skin appear firmer and tighter giving you results in a matter of days.

Choosing SmartLipo gives you a faster recovery time with less bruising and virtually no pain. Say goodbye to your trouble zones and hello to the sculpted body of your dreams!



CALL TODAY! (385) 393-1311

“PALETTE” PLEASERS



BBQ Steak Strips

Protein is a must for those looking to keep up energy and minimize weight gain. This recipe features 44g of protein per serving, and satisfies the palates of steak lovers everywhere!

INGREDIENTS:

- 4-1/2 Tablespoons Vegetable Shortening
- 3 pounds Steak Chuck Lean/fat
- 3 cups Onion sliced, 1 cup
- 3 Tablespoons Vinegar
- 3 Tablespoons Worcestershire Sauce
- 1-1/2 teaspoons Chili powder
- 1-1/2 teaspoons Salt
- 3/8 teaspoon Pepper
- 1-1/8 cups ketchup
- 1-1/8 cups Water

DIRECTIONS:

1. Slice onions. Cut steak into thin strips, brown quickly in shortening.
2. Transfer strips to casserole saving drippings. Add onions and the rest of the ingredients to pan drippings, bring to a boil.
3. Pour this over steak strips and cover tightly. Bake in a slow oven until steak is tender and sauce is thickened.

Note: This dish may be simmered on a very low heat on top of the stove. This dish is excellent on top of mashed potatoes and served with a vegetable!

Source: www.womenfitness.net

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BEHIND THE SCENES

Dr. Jensen Appears on KSL's Studio 5



Dr. Jensen appeared on KSL Studio 5 recently talking about the benefits of SmartLipo. He explained the struggles people face trying to lose unwanted fat whether it be due to pregnancy, genes or more complex health issues, and how SmartLipo may be the answer they have been looking for. When faced with a choice between traditional liposuction and SmartLipo, the choice is simple as SmartLipo is a minimally invasive procedure and leaves the patient with less bruising, increased collagen production for tighter looking skin, and faster recovery.



After explaining how SmartLipo works, Dr. Jensen also shared details about the SmartLipo giveaway ending March 15, and his current special pricing. While other providers start their SmartLipo procedures at \$6,000, Dr. Jensen is currently offering the promotional pricing of \$2500 for the first area, and \$1500 for the second. The added bonus is that if you proceed with the promotional pricing now, and are selected as the winner of the drawing, your payment will be refunded to you.

To enter the SmartLipo giveaway, or for more information on the procedure, visit: <http://drjosephjensen.com/lipo-giveaway/>