

Dr. J's JOURNAL

FROM THE HEART

Dr. Joseph Jensen, D.O.

Summer is here and there the topic is legs, legs, LEGS! There's no way around it, it's time to get your legs ready to bare, or sweat the circumstances. As you peel off those winter tights, you may see some surprises you didn't expect, such as hairy, dry, scaly legs. You may uncover even bigger issues, such as varicose or spider veins. But, don't worry, with our help, those getaway sticks will be beach ready in no time!

While varicose vein treatment can restore beauty on the outside,

stories of charitable giving can revive your insides. This month, I am delighted to report on my amazing trip to Guatemala with Utah Medical Outreach. Then, I will give you tips on how to get the sleek and sexy legs you desire, like varicose vein surgery, toning exercises and cosmetic fixes you can do at home. I've even included a delicious recipe that will nourish your skin and impress your friends. Have a good read and let your legs loose for the summer!

JUNE 2016 ISSUE



An Exciting Journey Begins!

Ready for both you and your friends to receive 10% off Dr. J's services?

DR. J'S REFERRAL PROGRAM

Because art is best enjoyed when shared.



Learn more about Dr. J's Referral Program at:
DrJosephJensen.com/referral-program/
(385) 393-1311

THE ART OF WELLNESS

Don't Ignore Those Varicose Veins!



Varicose veins are not only unsightly, but they can lead to other, more serious and even dangerous health problems.

Varicose veins are caused when blood pools in the vein. The pooling creates swollen and bulging veins that, left untreated, can cause pain and discomfort or even become ulcerated. But how can you tell if you have a serious or dangerous condition? Patients experiencing pain, heaviness, and fatigue in legs could be experiencing a condition called superficial

vein thrombosis, or SVT. One in four patients with SVT also has DVT, deep vein thrombosis. DVT can cause blood clots that can be life threatening. These conditions are serious and if you are experiencing these symptoms, it's best to see a specialist.

For more information visit our blog. If you are experiencing varicose veins or any of the symptoms listed, please, call Dr. Jensen today and schedule your consultation. At the very least, you can get those veins treated, and you may even avoid serious health problems.

STATE OF THE ART



GET LOVELY LEGS WITH THE LATEST TECHNOLOGY

Dr. Joseph Jensen offers the latest technology in varicose vein treatment. To tackle the larger veins, he often uses Endovenous Ablation. Performed using a catheter, endovenous ablation is an outpatient procedure, which means you walk out of the office and recover at home. Sclerotherapy, considered the icing on the cake, may then be used to finish up with those smaller veins. And, just like that, beautiful legs!



FREEZE THAT FAT AWAY!

As another tool in his arsenal of the latest and greatest technology, Dr. Jensen now offers CoolSculpting. This revolutionary fat removal system is easy, non-invasive, requires no needles, requires no surgery and is very safe and very effective. Stubborn fat cells are frozen, destroyed and eliminated over the next few weeks. You kick back while the procedure takes place, then go back to your life with no down time! Simply watch that fat melt away! Check out website for more information.

UpBEAT

5 Simple Steps To Sexy Summer Legs

It's time for shorts, dresses and sandals...how do your legs look? These tips can help you get the sleek, sexy, summer legs you will be proud to show off!

1. Tone: Hit the Barre

Go to the barre! Barre workouts are sweeping the nation and shaping beautiful legs. Using ballet moves and simple toning exercises, these workouts are designed to create long, lean muscles as well as to enhance balance and flexibility. Check our blog for barre moves you can do at home!

2. Exfoliate: The Dry Brush

There are many ways to exfoliate your skin. Have you tried dry brushing? Dry brushing can have a lot of health benefits such as stimulating the lymphatic system, unclogging pores, and decongesting skin. See our blog for more details!

3. Smooth It Out: Laser Hair Removal

Laser hair removal can permanently remove unwanted hair from your legs and bikini area. This simple procedure is offered at Dr. Jensen's office.



4. Get Your Glow On: Best Self Tanners

Self tanning issues, such as streaking, tan hands, and orangeness have come a long way. Make certain you choose a healthy option that is paraben free, contains no oxybenzone or diazolidinyl urea and DMDM hydantoin which release formaldehyde as they break down.

5. Don't Forget Those Snaky Veins: Varicose and Spider Vein Removal

Varicose veins and spider veins can not only ruin your leg's looks, but they can be a potential health risk! Read our article, check out the blog, or call our office for more information!

We hope these tips have inspired you to start the process of taking those legs from scary to stunning!

Success Stories

“ My legs were really ugly with sore, bulging veins ... I just finished my last procedure Tuesday and they're already looking amazing. After a few months they'll be perfect... [Dr. Jensen] has been fantastic. ”



~TerryAnne



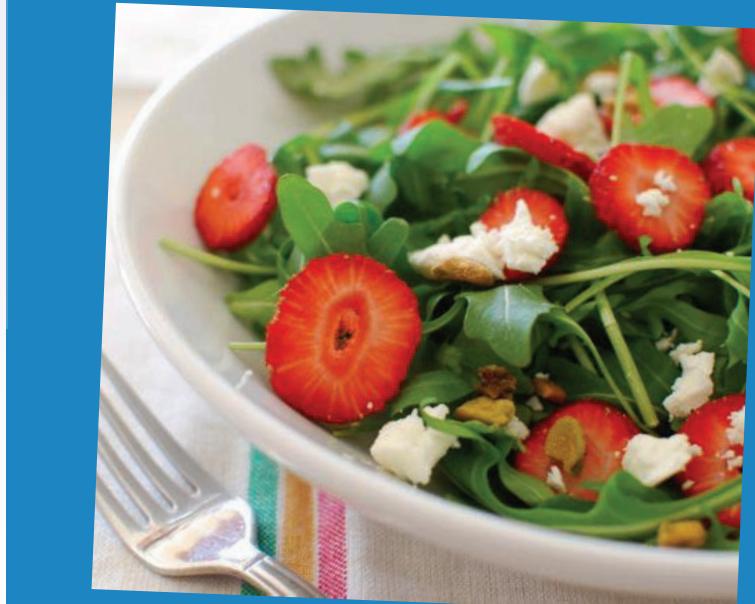
What can Dr. Jensen do for you? He can take care of your varicose and spider veins, that's what! The procedure is safe and simple and your legs could be vein free with just one treatment. From bulging, unsightly, varicose veins to smooth, sexy legs... just imagine!

Take a look at our before and after vein treatment gallery and see for yourself! And don't wait, call now and schedule your consultation!



CALL TODAY! (385) 393-1311

“PALETTE” PLEASERS



Simple Summer Salad Sensation

Summer salads are just the best! Light and healthy, this recipe is sure to please the palate. A combination of fresh, seasonal baby arugula, summer strawberries, tangy goat cheese and the salty crunch of pistachios are topped with a homemade balsamic vinaigrette. This recipe will delight your friends and family and satisfy your summer salad cravings.

INGREDIENTS:

Salad:

4 c. baby arugula
1 c. strawberries, sliced
1/2 c. pistachios
1/2 c. goat cheese, crumbled

Dressing:

1/2 clove minced garlic
1 (generous) Tbsp. balsamic vinegar
A pinch of salt and pepper
1 1/2 Tbsp. olive oil

DIRECTIONS:

1. Combine the salad ingredients in a large bowl.
2. In a small jar or container with a tight-fitting lid, combine all of the balsamic vinaigrette ingredients. Cover and shake well to combine.
3. Drizzle salad with the vinaigrette and toss well to combine. Serve immediately.

Photo courtesy of RecipesHubs.com

Recipe courtesy of FamilyFoodOnTheTable.com

Visit FamilyFoodOnTheTable.com for the full recipe

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BEHIND THE SCENES

Dr. Jensen Reaches Out!



During the last five years, Dr. Jensen has had the privilege to join Utah Medical Outreach, a nonprofit organization, along with other medical and professional volunteers, to provide much-needed medical aid to needy children, individuals, and families located in Central America. "It's always an honor to participate," Dr. Jensen said of the mission. "I always return with amazing stories and life-changing experiences."



For many people in Guatemala, medical care is difficult to impossible to find. Here is one such story.

One of the patients that made a big impression on Dr. Jensen was a woman with a badly burned hand. Scar tissue from the burn had fused her pinky to the rest of her hand, not only limiting her dexterity but causing her a lot of pain and discomfort. Dr. Jensen was able to surgically separate the finger and amputate the nonfunctional finger. You can see from the photos that Dr. Jensen and his patient are happy and hopeful!

"We owe a lot of credit for our success to the fact that we had ample medical supplies which we were able to acquire through generous donations," Dr. Jensen explained. He would like to invite you to consider donating to this worthy cause by visiting the website www.utahmedicaloutreach.org.