

Central Ohio
Plastic Surgery



June: The Month of Everything!

June is a very busy month around here, so we wanted to invite you into all we have going on (and we think you'll like it).

From Men's Health Month to Acne Awareness Month to Father's Day to the end of school and beginning of summer, we're here to help you make the most of the next 30 days.

So, we've packed this newsletter with lots of information, tips, ideas, and, of course, **some great specials** for you and the men in your life.

JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%
Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2
1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74.

80

ONLINE RESOURCES

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men's Health Blog
talkingaboutmentshealth.com

Women Against Prostate Cancer
womenagainstoprostatecancer.org



Tired of Living with Old Acne Scars?

Whether it's been a few years or a few decades since acne left its literal mark on your skin, there's no better time than now to do something about it.

Introducing one of the most effective yet gentle treatments currently available for acne scarring: nano-needling and infusion.

Here's what our aesthetician Krista has to say about it this new add-on to any of **our MediSpa facials**.

Results are incremental, which means it can take a few treatments to realize the full benefits of our newest treatment, nano-needling and infusion.

Our patients appreciate the affordability and effectiveness of the treatment and most say the best part is that, unlike painful micro-needling, all you'll feel is a little tingling.

"Nano-needling is a collagen-boosting treatment that can help improve the appearance of mild acne scarring. It involves the use of a derma pen, which creates nano-channels in the surface of the skin, kind of like little pin pricks. This tingling yet non-painful treatment also increases the skin's ability to absorb serums and nutrients, so we can target acne scarring and help our patients get a smoother, healthier looking complexion."

**Introductory
Special Price of
Just \$69
(a \$99 value)**

when you add on nano-needling
and infusion to any facial
treatment

BOOK NOW

KICK OFF SUMMER

WITH

*clear
skin*

\$159
(\$215 value)



\$299
(\$410 value)

Celebrate Acne Awareness Month
this June with our specially curated regimens
from Circadia and SkinBetter Science and
enjoy clear, glowing skin all year long!

Who Says Men Can't Get BOTOX?



While not Dr. Lichten's patient, we liked this real-life example of "Brotax" so much we just had to share. Keep in mind that Greg is an a real guy who really got **BOTOX®**—and what a real difference it makes.

If your dad, hubby, brother, bestie, or other guy in your life wants an easy, effective, and affordable way to look more youthful, we have good news ...

Bring him in for a free consultation with Dr. Lichten and you'll BOTH get \$50 off your next BOTOX treatment.

Limit one offer per patient. Treatment must be received no later than June 30, 2024.
Terms and conditions apply.

[BOOK HIS CONSULT NOW](#)

IT'S NOT A
"DAD BOD"
IT'S A
"FATHER FIGURE"



HAPPY FATHER'S DAY

**P.S. To the guys in our lives,
we love you just the way you are.**

Happy Father's Day to Dr. Lichten and all the dads, pops, paw-paws, step-dads, foster dads, not-yet-dads, wanna-be dads, and father figures in our lives. There's no one like you and we ♥ you to the moon and back.



Questions? Call us at [740-653-5064](tel:740-653-5064) or [email us](#).

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