



# Accentuating *Beauty* with Laser Precision



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## CHRISSEY'S JOURNEY

### Strength, Persistence and a *New Beginning*



#### Meet Chrissy, a 39-year-old career woman, mother, and colorectal cancer survivor.

When Chrissy came into our office, we asked our typical first question: "What brings you in?" - and we were shocked with what we heard next. Chrissy is different than most of our patients and her story is one of strength and persistence that we feel is very important to share.

At 38 years young, Chrissy went to two doctors with colorectal cancer-like symptoms. Two doctors assured Chrissy that it wasn't cancer, saying, "Don't worry, we don't even screen for colorectal cancer in anyone under the age of 50." Chrissy was concerned, but listened to her doctors. When her symptoms continued, a colonoscopy was scheduled and a tumor was found.

We've all heard the saying "your life can change in an instant," and for Chrissy, unfortunately, this was very true. Less than a month after being told not to worry, Chrissy

was given the grim diagnosis of Stage 3 colorectal cancer. Chrissy went into the hospital to have a port placed and she received her first chemotherapy treatment the very next day. Over the next six months, Chrissy received 12 rounds of chemotherapy.

Chrissy continued to work full-time, only taking days off when she felt incredibly sick or weak. She didn't want people to worry, or to pity her, so she kept her diagnosis a secret from many. The anti-nausea medication was not effective for Chrissy, and she became increasingly nauseous and fatigued as her six-month treatment carried on.

Two weeks after completing her chemotherapy treatments, Chrissy underwent her first surgery, followed by a second surgery eight weeks later. Finally, some light shining through - Chrissy responded well to chemotherapy and the remaining tumor was removed during surgery. There is currently no evidence of disease in Chrissy's body.

Looking back at the incredibly difficult year, Chrissy attributes her strength to her five-year-old son and her amazing friends and family. She truly feels that without their encouragement, love and support, she would not have made it through any of her appointments or surgeries.

Now that she is feeling better emotionally, Chrissy came to our office, as she wanted to feel better physically. She spoke to us about her "non-existent" skin care routine over the last year, as there simply was "no energy left for that." She spoke about her wrinkles being more pronounced and her skin looking "old and grayish" due to the medications and the weight loss after her surgeries. Chrissy looked at me and said, "I would like to feel radiant and healthy. I feel better

...continued on page 2

# Keeping Things IN PERSPECTIVE



On the cover of this newsletter, you read Chrissy's Journey. Meeting Chrissy has been one of the most moving experiences in the history of my practice. I ask that you take the time to read, or reread, her story as it exemplifies the true "Human Experience" and reinforces my belief that we can make life better simply by being there for each other. Random acts of kindness should never be overlooked and can never be overrated.

I was lost on the day I first heard her story...lost in my obligations, issues, and an influx of demands on an already demanding schedule. I was feeling, on that particular day, like the weight of the world was on my shoulders. When Chrissy came in, and told me her story, I was forced to snap out of my funk as I realized that I had completely lost perspective. No matter how "bad" my day was, I had absolutely no reason to complain. This brave soul never had a frown on her face as she told me her story. Her eyes were vibrant and I got a sense that every second of the day she breathed in life without a moment of self-pity.

I could not help but turn her story inward. I left the office early that night, and went home to play with my kids (as much as they would let me - given the fact they are teenagers). Taking a step back, being with my kids, and appreciating my life made me realize just how lucky I am. Meeting Chrissy did this for me. Without meaning to, she provided me with a lesson and a gentle reminder; and for that, I owe her an everlasting degree of gratitude. I am honored to work with Chrissy on her journey and I encourage you all to find a reason to be grateful, even during your worst days.

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Chrissy's Journey continued from page 1...

emotionally and I am slowly regaining my energy and I would love my skin to reflect that as well." She went on to show me several scars on her abdominal area and a scar where her port was placed.

There was no hesitation with what came next. I offered Chrissy a full restorative package. In-office skin-care treatments, including lasers and peels, topical take home treatments; fillers to restore volume and laser scar reduction for her scars - on the house.

Chrissy was truly shocked. WHAT SHE SAID TO ME LATER WILL ALWAYS STICK WITH ME... "Even though cancer will be part of me for the rest of my life and I can not change that, I welcome the idea of not being reminded of this ordeal every time I look in the mirror, have to change, or want to wear a bikini. Thank you."

We feel this story deserves attention for several reasons. Firstly - if you think something is wrong, or off - no matter what your doctor says, seek a second, third and even fourth opinion. This goes for any issue, across any field of medicine. Secondly, it's important to realize that sometimes, we have no idea what the person working alongside us is going through. Let's try to be a bit more caring, compassionate and perhaps less quick to judge those around us. Thirdly, be thankful for our health. We put our bodies through a lot of stress, and expect it to always recover. Take time to heal. We truly thank Chrissy for sharing her story with us, and with you, and we welcome you to follow her journey.

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*February Special* .....

## SKIN RESURFACING

Purchase a SKIN-RESURFACING PACKAGE and  
**save \$399** off of a LASER HAIR REMOVAL PACKAGE!

This **offer expires March 1, 2014** and is  
limited to the first 10 callers!

SAVE  
\$399

# Dr. Josh Recommends

## Satori Spa



Satori Spa is the perfect spot for acupuncture and massage treatments. This is my favorite spa, mainly due to the skill of Sandy Lussi, a gifted licensed acupuncturist. Sandy literally saved my ability to physically function after a near-death skiing accident 10 years ago. Her expertise in Eastern Medicine and Acupuncture allowed me to heal at a rate that shocked my Neurologist. Sandy's treatments helped me quickly return to work and be fully functional without taking any pain medications or muscle relaxants. Additionally, Satori Spa has a team of Massage Therapists that are extremely skilled in dealing with a variety of physical ailments and conditions. Established for 12 years, Satori is located at **171 Katonah Ave in Katonah**, right behind the Blue Dolphin. They can be reached via phone at **914-767-3303** or email at **Satoribewell@gmail.com**.

## NEWS you can use in Medicine and Aesthetics

### **ELECTRONIC CIGARETTES – STILL A HAZARD!**

Many people feel that e-cigarettes are a 'healthy' alternative to traditional cigarettes. However, e-cigarettes still produce secondhand smoke, according to a Roswell Park Cancer Institute online story on Nicotine and Tobacco research. The study reported that e-cigarette users exhaled significant levels of nicotine into the air. It is important to keep in mind that Nicotine, which is very much a part of e-cigarettes, can cause elevated heart rates and dizziness, and is most likely a cancer causing substance.



### **CAFFEINE AND ATRIAL FIBRILLATION**

According to Medscape online, and published online on January 6, 2014 in the *Canadian Journal of Cardiology*, Chinese researchers have concluded that there is an inverse relationship between regular caffeine consumption and atrial fibrillation risk. In fact, they conclude, habitual caffeine consumption may actually reduce AF risk. According to the author, the finding of this study is meaningful as first, there is no need for concern that habitual caffeine intake may increase AF risk and second, as atrial fibrosis is an important substrate for AF and caffeine has an antifibrosis property, the finding may pave the way for seeking effective antifibrosis agents for AF management or prompt development of caffeine as an agent for preventing AF. This does NOT mean that if you already have Atrial fibrillation or "A fib," that caffeine may not make it worse.

### **PLASTIC SURGERY BY THE NUMBERS**

According to Reuters, the global market for cosmetic procedures continues to grow. Surgical procedures such as liposuction and breast augmentations, as well as laser procedures and anti-wrinkle injections, totaled 4.4 billion euros (\$6 billion) in 2012 and around 4.9 billion euros in 2013. Asia saw the strongest growth, with procedures like eyelid and nose surgery boosting the market by 14%.



*inside this issue*

Chrissy's Journey - Pg 1 & 2

Keeping Perspective - Pg 2

February Special - Pg 2

Dr. Josh Recommends - Pg 3

News You Can Use - Pg 3

Breaking Up - Pg 4

*Breaking Up* IS .....  
**HARD TO DO**

Uh oh, it happened again. You went in the mall for one pair of pants, but you came out of the mall with a lamp, a movie, a pair of stilettos, and a bag of Oreos. And, you forgot the pants. This strategy is known as "retail therapy," and it's a way of coping with emotional stress. If you find yourself constantly driven to overspend or overeat (despite the fact that your wallet or your waistline just can't take it anymore), you may be a victim of this self-destructive behavior.

Luckily, we have the strategy to beat it (and it doesn't involve freezing your credit card in a block of ice!). It's called the 3D method: Determine, Distract, Delay.

*Determine:*

You leave your house determined to buy one pair of pants. You open the bag of Oreos determined to eat only one (okay, two, the serving size is two). You tell yourself that you're stronger this time - and that the past is the past. This is a new day! But then you see the cutest pair of shoes you've ever laid eyes on...and those cookies are. so. delicious. Sounds like it's time for a distraction.

*Distract:*

Put the shoes down, and step away from the Oreos. Distract yourself by setting out to accomplish what you originally intended to do. Find the pants you came for, try them on, or force yourself to think of something else for a little while. Remember: out of sight, out of mind. Finally...

*Delay:*

Repeat after me, "The Oreos aren't going anywhere." Exercise your self-discipline by forcing yourself to wait before you indulge. Start with just a 10-minute delay - if, after those 10 minutes, you still need a cookie (which I doubt), go for it. The same goes for the shoes. Promise yourself that you'll sleep on it, and if you still need those unreasonably high and uncomfortable (but to-die-for) stilettos in a day or two, you can always return for them. But, chances are, you won't.

The next time you're tempted to overindulge, think to yourself, "Do I need this?" and follow the 3D method. Trust me, your wallet and your waistline will thank you.

