



Our First Newsletter of 2013!

It has been a long time since our last newsletter (so much for my monthly goal). As usual, November and December were a very busy time of the year for us. Lots of people like to use the holiday time to recover from surgery. Not much time to record my musings.

Hopefully, all of you have been enjoying a Healthy and Happy 2013 so far. This year, in the interest of not clogging your inboxes, I will settle for newsletters every two months. So, for the first one, I thought it would be important to share some of our exciting specials with our existing patients. Be sure to check out the info below about our first Ulthera seminar and our Cellulaze Love Handle Special.

If you have any ideas of topics that you would like me to address in future newsletters or comments about this one, drop me an [email](#) and let me know!

It's our Anniversary!

This month marks 2 years since we began performing Ultherapy in the office and to celebrate we are having a special event in our office on the evening of February 28th. We were the first in San Antonio to begin using this exciting technology and have seen some great results. A lot has changed in the 2 years, the biggest being the software update to the machine which really lowers the amount of discomfort with the procedure.

You might be wondering why a 2 year anniversary is so special. Well, based on the initial clinical research, it was felt that the effect of Ulthera would last about 2 years. So now would be the time for all of our early patients to start getting re-treated. Interestingly, the patients we treated 2 years ago still look significantly better than they did back then!

Kim Petross, RN from the Ulthera company will be joining us for a special seminar on the 28th. If you are coming up on your 2 year anniversary for treatment or you are just interested in learning more about Ulthera this would be a good opportunity to learn

about what has changed and to get special event only pricing on Ulthera. Space is limited so call today to reserve your seat!

Join us for an Anniversary Celebration!

Two Years of Ultherapy

Celebrating the only FDA Approved Non-Invasive procedure to lift and tighten the neck, chin and brow. Not a toxin. Not a filler. No surgery - **It's Ultrasound!** Come learn if it's right for you!

Thursday, February 28th
5:30 pm check in

Discounts on ALL Purchases
Enter to Win an Ultherapy Upper Eye Treatment (a \$1000 value) and other Door Prizes
Appetizers & Drinks will be served.

RSVP Today
Space is Limited!

210.499.5900

At our office:
423 Treeline Park
Suite #300
San Antonio, TX 78209
www.DrKoneru.com

Advanced Concepts in Plastic Surgery
Experienced, personalized care for beautiful results • BURESH KONERU, MD

Ultherapy®
SEE THE BEAUTY OF SOUND™



Valentine's Day Special Offer

One of the most common problem areas that I hear about are love handles that just won't go away. No matter how much some people diet and exercise, those pesky fat pockets on the sides of their hips just doesn't seem to go away. Well, Valentine's Day seems like a perfect time to **FREEZE** them away! So this year, to celebrate Valentine's Day (when love is in the air), I thought we would run a special to reduce love handles AND cellulite.

This month we are bundling complimentary CoolSculpting treatment of love handles with every 2 areas of **Cellulaze** purchased. This special offer is only good for the month of February.

If you have pesky love handles and also have that embarrassing cellulite that is keeping you from wearing shorts or enjoying Spring and Summer outdoors in San Antonio, then this is the perfect special for you. Cellulaze is the only FDA approved long term treatment for cellulite. It is minimally invasive and for most patients 2 areas can be easily treated in the office with local anesthetic.

For Cellulaze, we consider one area to include the same region on both sides - either the back of the thighs, side of the thighs, front of the thighs, or buttocks. So if you want to get rid of the cellulite from the back and outside of your thighs that would be considered 2 areas and we would treat both legs.

Call the office today to see if you are a candidate and get rid of BOTH your cellulite AND your love handles! Happy Valentine's Day indeed.

Can Your Diet Affect How Old You Look?

There are many things that can affect how good, or bad, your skin looks. The most common culprits I have discussed in previous newsletters - Sun and Smoking.

New studies suggest that diet also plays a significant role.

Generally speaking, it looks like the typical San Antonio diet does not do your skin much good. You will notice that there is not much barbeque or TexMex on the pyramid to the right (to see a larger view just click on the image). Because of the importance of diet, I added a page to the website this year describing a **Mediterranean Diet**. Many studies have shown this diet to have potent anti-inflammatory effects. This is important because inflammation has devastating effects on your skin and anything that prevents inflammation is always good.

Because of the importance of diet, I added a page to the website this year describing a **Mediterranean Diet**. Many studies have shown this diet to have potent anti-inflammatory effects. This is important because inflammation has devastating effects on your skin and anything that prevents inflammation is always good.



Interestingly, this past week when I was surfing the web and watching the Spurs game, I came across [this information](#) about an article published in the American Journal of Clinical Nutrition. It describes a recent study out of Europe that found among diabetics that a Mediterranean Diet was the best at promoting weight loss. Most recent recommendations had been for a low glycemic or low carbohydrate diet but in this pretty thorough study the subjects on the Mediterranean Diet showed greater weight loss.

Lose Weight and Look Younger - can't beat that! Read over the info on the website and give it a try. Let me know what you think and how you do.

Advanced Concepts in Plastic Surgery

Experienced, personalized care for beautiful results • SURESH KONERU, MD



423 Treeline Park Suite 300 | San Antonio, TX 78209 US

