

WINTER 2026

# healthy living



# HELP WITH YOUR HEALTH GOALS

Technology has touched every facet of our lives — including wellness.



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**T**echnology has touched every facet of our lives — including wellness.

Recent innovations like cellphone apps, smart watches and fitness trackers have made it easier than ever to establish and reach individual health objectives. Whether your goal is to stay fit, lose weight or enhance your general well-being, there's breakthrough technology to help you get there. Nowadays, we can even schedule and conduct some doctor visits online.

### NUTRITION AND MEAL-PLANNING APPS

A balanced diet plays an essential role in achieving any health objective, whether you want to build muscle, lose weight or simply promote overall wellness. Applications now help users record their meals, record macronutrient levels and keep up with calorie consumption. Some of these programs even generate customized meal plans and shopping lists catering to individual dietary preferences or restrictions.

### TRACKERS AND SMARTWATCHES

Among the newest and most sought-after tools are fitness trackers and smartwatches. These devices are worn on the body, where they keep tabs on a range of metrics, including calories burned, steps taken, heart rate and sleep patterns. Some measure additional indicators such as oxygen saturation. You can set daily targets like taking 10,000 steps or burning a specified number of

calories, then maintain your own accountability with technology. Many trackers offer reminders to move after prolonged inactivity.

### TELEHEALTH SERVICES

The era of obligatory doctor visits for all health issues is now behind us. Telehealth services have transformed healthcare accessibility, enabling patients to connect with healthcare professionals from the comfort of home. Whether you need guidance on a minor issue or are dealing with a chronic condition, online consultations can help without the inconvenience of traveling across town. In addition to virtual consultations, many telehealth platforms provide secure messaging options that allow for on-the-go questions or prescription refills.

### MENTAL HEALTH APPS

Health applications can assist with mental health, addressing issues with anxiety, stress and other challenges. Some fitness and wellness platforms provide guided meditation, mindfulness practices and even therapy sessions. Many incorporate goal-setting tools and community features that let users engage with others who have similar objectives. You can log workouts while interacting with others, fostering a sense of camaraderie and friendly competition. Take part in challenges, motivate new friends and track your progress in the spirit of inspiration and accountability.

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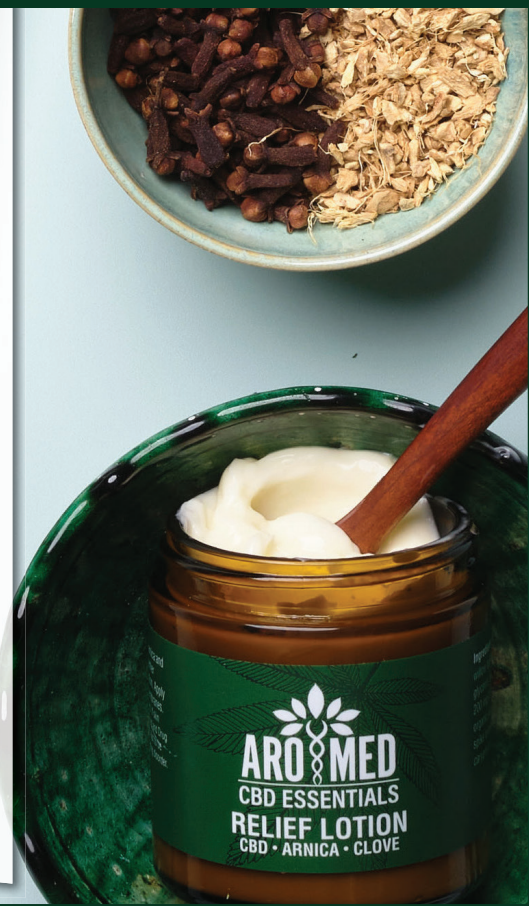
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# DEBUNKING HEALTH MYTHS

Here's a look at  
several very common —  
but completely wrong —  
health myths.



**N**ow more than ever, we're surrounded by misleading or completely false information. Blame, in some cases, goes to the internet. But many health myths go back much further, as stories handed down from generation to generation.

## CATCHING A COLD

Perhaps you got caught in the rain. Or maybe, after a long day, you simply find it too exhausting to dry your hair after taking a shower. Heading to bed with damp hair will almost certainly result in messy hair in the morning — but it won't lead to a cold. Experts say the temperature or moisture of your body doesn't have anything to do with catching viruses like the common cold. There is one worry when it comes to going to bed with wet hair: Wet pillows are more likely to harbor bacteria so doctors say those who are prone to acne should frequently change their pillowcases.

## WEIGHT WATCHERS

Being healthy involves a variety of factors, with your body weight representing only one aspect. Doctors report that it's not unusual to encounter patients who are thin and have lots of health problems. The reverse, of course, is also true.

Plenty of overweight people are perfectly healthy. Body mass index alone does not indicate good health.

## SUN EXPOSURE

For years, people believed that getting a so-called "base tan" before a beach outing would protect the skin from sunburn. Some people would even frequent tanning salons for this specific purpose. But skin requires much more than that to be protected. Experts say these kinds of tans may provide a sun protection factor of only 1 to 4. The minimum recommended SPF is 30. Any form of tanning heightens the risk of developing skin cancer and can accelerate skin aging.

## FAT-BURNING ALTERNATIVES

There are plenty of supplements and foods currently being promoted as fat-burning options. These claims have typically not been evaluated by actual doctors. The only reliable way to burn fat, encourage weight loss and boost metabolism is through exercise. There's a direct correlation between inactivity and negative health outcomes like heart disease. Diets focusing on limited food options or even a single item risk depriving your body of essential nutrients. Being physically active also strengthens our social connections.

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# A HEALTHIER VERMONT STARTS WITH BETTER PRIMARY CARE

By Sara Headley, FNP | Mint Health

Over the past decade, urgent care centers across the United States have nearly doubled—from 7,220 locations in 2014 to over 14,400 today (Trilliant Health). This explosive growth tells a compelling story: Americans want healthcare when they need it, not weeks later.

In an era where we can find answers to almost any question with a quick search, why does it take an average of 23 days to get an appointment with your family doctor? In some areas like Boston, that wait stretches to 69 days (AMN Healthcare - 2025 Physician Appointment Wait Times).

Vermont faces this access challenge acutely. While the state has among the lowest number of urgent care centers in the nation, the demand for same-day medical care isn't any less urgent. The growth of urgent care nationally reflects a fundamental shift in patient expectations—people will find a way to get timely medical care.

## THE COST OF DELAYED ACCESS

The challenge isn't that urgent care exists—it's that it has become a necessity rather than a convenience. Recently, a patient joined our practice after discovering their routine prescription refill required a month-long wait for an appointment. This isn't unusual when primary care practices carry 1,000-2,000 patients per provider.

Vermont faces additional barriers that make delayed primary care access even more problematic. Primary care providers are the main source of referrals to specialists. Some urgent care providers will refer, but they will not follow up with a patient afterward, nor do they have the time to understand how the urgent complaint fits into the greater picture of a person's health. For example, a patient with persistent stomach pain may get a quick assessment at urgent care, symptomatic medication relief, and maybe a referral to a specialist. The patient will not have any additional guidance once they leave, even if their symptoms persist. A primary care provider can talk through the complaint and get to the root cause

of it, referring to a specialist as needed.

Vermont's new prior authorization law, effective January 1, 2025, removes administrative barriers for primary care providers to order necessary tests and treatments. This is significant progress—but only if patients can actually get in to see their primary care provider in a timely manner.

## FOUR PILLARS OF PROACTIVE CARE

The urgent care boom demonstrates something important: patients seek care when it's accessible. The question becomes: how do we channel that energy toward prevention?

In a recent presentation with Kat Dwyer, DPT of Stowe Physical Therapy, we outlined a framework for healthcare that focuses on keeping people healthy rather than waiting for problems to develop:

Screening to catch issues before they become health crises. Annual physicals identify elevated blood pressure, concerning cholesterol trends, or early signs of diabetes when they're still manageable.

Resilience is about building physical and psychological strength now to prevent injury and illness later. This includes daily movement and strength training, but also psychological well-being and strong social support. When providers have time to understand these aspects of a patient's life, they can offer truly personalized guidance.

Fueling ensures your body gets what it needs to perform and recover from physical and mental strains. Whether you're a skier or a busy parent, proper nutrition impacts everything from your energy levels to your immune system. Understanding individual needs requires a provider who actually knows you.

Recovery is where adaptation and healing happen. This includes adequate sleep, stress management, and rehabilitation from injury. It also means having rapid access to care when you do get sick or injured, so you can return to full health quickly.

### Meeting Patient Demand

The infrastructure to support this kind of comprehensive, preventive care requires something most primary care providers simply don't have: time.

When a practice accepts 1,000-2,000 patients per provider, appointment slots become scarce, visits get rushed, and the focus shifts from prevention to the one or two major concerns of the day.

The growth of urgent care centers demonstrates both the problem and the potential solution. Patients have shown they'll seek care when it's accessible and convenient. Now we need to apply that same accessibility to preventive primary care—the kind of relationship-based medicine that keeps people healthy in the first place.

Vermont has taken important steps with our prior authorization law, removing bureaucratic barriers to timely care. Now we need to ensure that Vermonters can access their primary care providers when they need them, building relationships that support long-term health rather than just managing acute crises.

This means accessible appointments when you need them, adequate time for providers to listen and educate, continuity of care with providers who understand your health history, and proactive screening to catch problems early. It means meeting patients' demonstrated demand for same-day access while providing the preventive care that urgent care centers cannot offer.

The 14,000+ urgent care centers across America prove that patients want timely access to care. Now it's time to rebuild primary care to deliver that same accessibility while focusing on prevention, relationship, and whole-person health.

Your health deserves more than a quick fix when something goes wrong. It deserves a foundation built on prevention, partnership, and proactive care.

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# WHEN MEDICARE ADVANTAGE LEAVES

## UNDERSTANDING THE SHIFT FACING VERMONT RESIDENTS

By Denise Glenn  
& Thomas Crowhurst

In recent months, many Vermont residents have received notices informing them that their Medicare Advantage plans will no longer be available in their area. For those affected, the change can feel sudden and confusing, especially for individuals who believed their Medicare coverage was settled for the long term.

While Medicare itself remains intact, the departure of Medicare Advantage plans has brought renewed attention to how Medicare works, how coverage differs under various structures, and what happens when plan availability changes.

### WHY MEDICARE ADVANTAGE EXISTS

Medicare Advantage was originally developed as a managed care alternative intended to improve cost control, care coordination, and oversight within the Medicare system. By allowing private insurance companies to administer Medicare benefits under federal guidelines, policymakers sought to reduce inefficiencies, better manage utilization, and address concerns related to fraud, waste, and fragmented billing.

Over time, the program expanded well beyond its initial role. Today, Medicare Advantage plans often include bundled benefits, structured provider networks, and additional services not covered by Original Medicare. As the program has grown, its role—and cost—within Medicare have continued to evolve and remain an ongoing focus of policy discussion.

### WHY PLANS LEAVE CERTAIN AREAS

Medicare Advantage plans are offered by private insurers, and each year those insurers evaluate where they can continue operating. In states like Vermont, factors such as rural geography, provider availability, population size, and rising healthcare costs can make it difficult for plans to remain financially viable across all regions.

When a plan exits a service area, enrollees are automatically returned to Original Medicare (Part A and Part B). This transition is administrative rather than optional, but it often prompts important questions about coverage structure and cost responsibility.

### HOW ORIGINAL MEDICARE WORKS

Original Medicare is the traditional federal Medicare program and remains the foundation of

coverage for millions of Americans. It provides broad access to hospitals, physicians, and medical services nationwide, provided providers accept Medicare.

Under Original Medicare:

- Part A covers hospital and inpatient care
- Part B covers doctor services and outpatient care
- Medicare generally pays about 80% of approved costs
- There is no annual out-of-pocket maximum built into the program

This structure has remained largely consistent over time and is valued for its stability and provider access. However, it also means beneficiaries are responsible for deductibles, coinsurance, and ongoing cost sharing unless additional coverage is in place.

### THE FINANCIAL REALITY OF COVERAGE TRANSITIONS

For individuals who previously relied on Medicare Advantage plans, returning to Original Medicare can change how healthcare costs are experienced. Rather than having a single plan that bundles benefits and cost limits, beneficiaries may see costs broken out across services and providers.

Routine care, hospital stays, outpatient procedures, and follow-up treatments can each generate separate charges. While many people do not experience significant medical expenses each year, healthcare needs typically increase as people age. When that happens, cost sharing becomes more visible, particularly for those on fixed incomes—and opportunities that existed earlier may no longer be available.

Understanding this structure is an important part of navigating the transition.

### WHY TIMING MATTERS DURING A PLAN EXIT

When a Medicare Advantage plan leaves an area, affected individuals are often granted a limited transition period to reassess their coverage options. This window exists specifically because the change was not initiated by the beneficiary.

While the details of available options vary, timing can play a critical role in what choices are accessible and how coverage decisions affect long-term stability. Missing key deadlines may reduce future flexibility.

### WHAT IS MEDICAL UNDERWRITING AND WHY DOES IT MATTER?

Medical underwriting is the process insurance

companies use to evaluate an applicant's health history before approving coverage. When underwriting applies, insurers may:

- Review current and past medical conditions
- Ask detailed health questions
- Decline applications based on health
- Delay or restrict coverage options

Under normal circumstances, enrolling in a Medicare Supplement later in life often requires underwriting.

During certain limited situations such as a Medicare Advantage plan leaves an area underwriting may be waived. This means eligible individuals can enroll in certain Medicare Supplement plans regardless of health status.

That distinction is significant.

### WHY HEALTH CHANGES MAKE TIMING MORE IMPORTANT

It's common to feel healthy today and assume coverage decisions can wait. But healthcare needs typically increase with age, not decrease.

Over time, people are more likely to:

- Require specialist care
- Undergo procedures or surgery
- Manage chronic conditions
- Need frequent outpatient services

When health changes occur, underwriting rules can make it difficult or impossible to obtain certain types of coverage later. Securing coverage before health changes arise can help preserve long-term flexibility and financial stability.

### STAYING INFORMED IN A CHANGING MEDICARE LANDSCAPE

Medicare is not static. Programs evolve, delivery models change, and plan availability can shift particularly in rural or lower-density states. As Vermont continues to experience changes in Medicare Advantage participation, understanding how Original Medicare functions remains essential.

For those affected by recent plan exits, this moment is less about reacting quickly and more about understanding the structure of Medicare itself.

*Denise Glenn & Thomas Crowhurst are Licensed Health Insurance Professionals of Denise Glenn Insurance in Vermont. To learn more, call 802-613-9002 or visit [deniseglenninsurance.com](http://deniseglenninsurance.com)*

# A Rare Medicare Opportunity Vermont Residents Should Not Overlook



For many Vermont residents, the recent exit of Medicare Advantage plans has been disruptive. But it has also created a **unique and time-limited opportunity** that, for most people, occurs **only once**.

If your Medicare Advantage plan ended and you were returned to Original Medicare, you may currently have the ability to enroll in a **Medicare Supplement** without medical underwriting. That opportunity does not last indefinitely, and once it closes, it may never be available again.

Understanding why this matters can make a meaningful difference in your future health-care security.

## Why This Opportunity Is So Rare

Most Medicare decisions are permanent in one direction. Once health conditions develop, coverage options can narrow.

The current situation in Vermont is different because:

- The coverage change was **not initiated by the beneficiary**
- Federal rules allow for **special enrollment protections**
- Certain Medicare Supplement plans may be available **without health questions**

For many people, this represents a **once-in-a-lifetime window** to secure comprehensive, predictable coverage that may not be available later.

Securing coverage before health changes arise can protect long-term flexibility and financial stability.

## Why Many People Choose Medicare Supplements

Medicare Supplements are designed to work alongside Original Medicare, helping cover costs such as deductibles and coinsurance that Medicare does not fully pay.

For those who qualify and choose comprehensive plans, this type of coverage can:

- Greatly reduce or eliminate unexpected medical bills
- Create more predictable healthcare costs
- Preserve nationwide access to providers who accept Medicare
- Provide peace of mind as healthcare needs evolve

This level of predictability is why Medicare Supplements are often considered among the most robust coverage options available to Medicare beneficiaries.

## What Happens If the Window Is Missed?

Once the special enrollment period ends:

- Medical underwriting may apply again
- Coverage options may be limited
- Approval may depend on health history
- Choices available today may no longer exist

This is why understanding timing is just as important as understanding coverage itself.

## Taking the Next Step

This moment does not require rushed decisions, but it does require awareness.

If your Medicare Advantage plan ended and you were returned to Original Medicare, it may be worthwhile to:

- Confirm whether you are within a protected enrollment window
- Understand what options are available **right now**
- Learn how those options may differ in the future

Even if no change is ultimately made, understanding your eligibility while this window exists preserves choice.



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# A Different Kind of Primary Care

## Dr. Brian Rodriguez offers a new approach focused on prevention and convenience

What if you could see your doctor when you needed them? What if your doctor had time to really get to know you, to answer your questions and personalize your care? For most primary care patients, this is more of a dream than a reality.

But Brian Rodriguez, MD, has opened a new practice in Montpelier that offers this level of service. In his MDVIP-affiliated practice, Dr. Rodriguez will see fewer patients than most primary care doctors, which means he has more time to offer longer appointments and really listen to patients.

*"I've been practicing for 11 years in a large medical institution," Dr. Rodriguez says. "I've had to see more and more patients. That means I have less time with them and I'm being asked to do a lot of things outside of patient care, which delays responses to patients and delays efforts to solve problems. I wanted to focus on why I went into family medicine, and that's to spend time with patients and build relationships."*

*"I'm excited to start this MDVIP-affiliated practice because it's important that patients and their doctors have a chance to get to know each other and to have a relationship," Dr. Rodriguez says. "We need time to focus on prevention and the things that matter to both the patient and their doctor."*

Patients in his new practice will enjoy:

- Same- and next-day appointments
- Longer, unhurried visits
- Physician availability after hours for urgent needs

Dr. Rodriguez, a family medicine physician, also has time to focus on preventive care, offering a robust wellness program that goes beyond what's traditionally offered in primary care practices. The program is designed to catch health risks before they become health problems.

The MDVIP Wellness Program, which Dr. Rodriguez's patients will participate in annually, includes advanced screenings and diagnostic tests not typically covered by insurance. The program looks at risk in more than 12 key areas of health, from heart and brain health to bone strength and emotional well-being.

Dr. Rodriguez will use the results of these tests to personalize a wellness program for patients. Personalization and prevention is at the heart of family medicine.

*"I chose family medicine because when I went into medical school, I didn't have any other primary point contacts with healthcare other than my family doctor. Growing up in Vermont, when you asked who your primary care doc was, it wasn't who's your primary care, it's who's your family doc," Dr. Rodriguez says. "I've always felt that that's an important cornerstone of medicine to be a point of contact for patients and to get to know their family. And in family medicine, you get to take care of people from childhood all the way up through geriatrics. It's a privilege to be able to do that."*

With personalized, preventive care at the center, patients in MDVIP-affiliated practices generally experience better health outcomes than patients in traditional primary care practices, according to 10 published studies, including:

- 79% fewer hospitalizations compared to traditional primary care
- 72% fewer ER visits and urgent care visits versus traditional primary care
- Better control of type 2 diabetes, high blood pressure and high cholesterol than patients in traditional practices

They are also more satisfied with their care: 97% of patients in MDVIP-affiliated practices are satisfied with their doctor versus 58% in traditional practices.

Dr. Rodriguez went to medical school at Drexel University College of Medicine in Philadelphia. He did his internship and Residency at the Maine-Dartmouth Family Medicine Residency, where he was chief resident.

He is board certified by the American Board of Family Medicine. Through his career, he has been an Assistant Professor at the Larner College of Medicine at UVM, a physician site leader at UVMMC and CVMC, and has held various leadership roles both locally and at network levels.

Outside of the office, Dr. Rodriguez loves spending time at his family's camp in Woodbury and with his wife and daughter. *"Just enjoying Vermont for what it is and spending time outside and relaxing. As a Vermont native, I was born and raised here and there's nowhere else I'd rather practice medicine, I love the close-knit communities, the genuine kindness of the people and the shared sense of purpose that comes from serving one another. Vermont's values align perfectly with how I approach patient care -personal, meaningful and deeply connected."*

Dr. Rodriguez's office is located at 134 Main Street in Montpelier. You can also learn more about his practice by visiting [mdvip.com/HealthyLiving](https://mdvip.com/HealthyLiving).



# LET'S TALK ABOUT SALT



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**Our diets now involve entirely too much sodium.  
It's leading to chronic health issues.**

**S**odium, which is mainly present in salt, is everywhere it seems. You'll find it in processed foods like snacks, fast foods and some deli meats. Today, experts say nearly every nation is regularly surpassing the suggested sodium intake levels. Some people are consuming up to twice the recommended amount.

Health issues related to salt are becoming just as prevalent. Over time, too much sodium can lead to heart disease, strokes, high blood pressure, gastric cancer, obesity, kidney damage and osteoporosis.

## **FOCUS ON REDUCTION**

One of the most effective ways to fight many chronic diseases is simply to reduce sodium intake. Sodium is essential for muscle function and fluid balance, but it can be like walking a tightrope. While sodium is helpful in lower

dosages, excessive intake of salt causes fluid retention. The result is swelling, or edema. Lowering your salt intake has an immediate beneficial effect on blood pressure. Water retention caused by high sodium levels increases blood volume and puts extra pressure on the heart.

## **WHY IT'S IMPORTANT**

Controlling your sodium intake can help lower the risk of a heart attack or stroke. Blood pressure management is one of the most difficult issues to tackle because patients may not even notice when their levels are high. But elevated heart rates over time can lead to a life-threatening medical episode. Excessive amounts of sodium can strain the kidneys, potentially causing separate long-lasting harm.

## **TAKING A NEW APPROACH**

Worried about salt? Develop a meal plan focused on fresh vegetables, lean proteins, fruits and whole grains. These foods will create a balanced, nutritious diet and are naturally low in sodium. Avoid snacks such as chips, pretzels, canned soups and frozen dinners, since they are usually high in sodium. Reducing your intake of these items alone can greatly decrease your overall sodium consumption. Never add salt.

Be wary of processed and packaged items, as they frequently contain high levels of hidden sodium. Choose products that advertise lower sodium content. Consider serving sizes, as well. Rather than using salt, give your food a flavor boost with herbs, spices and other sodium-free seasonings. By cooking your meals at home, you'll be taking charge of your diet. That gives you control over the ingredients — including the amount of salt.

# GETTING SERIOUS ABOUT DIABETES

**Millions of Americans have already been diagnosed, and the numbers keep going up.**

**T**he numbers are concentrated among people who are 45 and older and without a high school diploma, but they're not alone: Most concerning are the hundreds of thousands of minors and young adults who have diabetes.

If you've been diagnosed, effectively managing the disease is critically important to avoid serious complications. While much is still unknown about Type 1 diabetes, lifestyle changes and preventative therapies can help prevent Type 2 diabetes, the most common form of the disease.

## WHAT IS DIABETES?

Diabetes is an autoimmune disorder that occurs when the body erroneously attacks the beta cells that produce insulin. Insulin is a critical hormone that regulates the blood sugar level in our bodies. Without it, these levels can become dangerously high. While genetics and environmental factors contribute to type 1 diabetes, the precise reasons behind this particular immune response remain unclear. Symptoms include unexplained weight loss, excessive thirst, extreme hunger, frequent urination, fatigue, slow-healing wounds and blurred vision.

Type 1 is diagnosed when blood

sugar levels are off and ketones are present in urine. Ketones are byproduct produced when our body breaks down fat. There is no cure, and those who are diagnosed manage it with a lifetime of insulin therapy.

Type 2 diabetes is far more common, but also more preventable. Those at risk of Type 2 are encouraged to maintain a healthy weight, eat a balanced diet, manage stress, quit smoking, limit alcohol intake and get enough sleep.

## PROMISING DEVELOPMENTS

The good news is that there have been some big advancements in treatment for those with Type 1 diabetes. Automated insulin delivery systems have grown in usage. Researchers have narrowed down the specific proteins that are present in the beta cells of those who've been diagnosed, leading to huge potential breakthroughs. Recently identified processes may improve accuracy when measuring blood glucose. As we've learned more, the American Diabetes Association has revised the standards for diabetes management. Certain medications, including metformin, can also help delay or even prevent the onset of Type 2 diabetes.



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# SKINCARE

By Dr. Jolanta Amblo, MD, PhD

**S**kin rejuvenation is one of the most sought-after treatments in aesthetic medicine.

Laser skin therapy has revolutionized the field of skin care in the last 30 years. Significant advances in laser technology have made it possible to experience laser skin treatments that are safer, faster, with almost no occurrences of complications and little downtime. These treatments are minimally invasive yet powerful. Patients' experiences have become more favorable with improvements in the field of laser advancement, leading to exceptional skin results.

Laser skin treatments are used to improve skin laxity, wrinkles, acne, scars, discoloration, hyperpigmentation, redness, reduction in spider veins/ telangiectasias/ angiomas as well as reducing the signs of aging. The field of laser treatment has developed tremendously within the last few years, and laser therapies became more accessible. Treatments are tailored to the patient's specific needs, skin characteristics and the area to be treated. It is essential that treatments are provided by highly trained medical providers to minimize complications and maximize results.

Most laser skin rejuvenation therapies

require epidermal (top layer of skin) injury to subsequently stimulate skin remodeling and restoration. Different lasers "destroy" the skin to various degrees to stimulate collagen/melanocyte and dermal matrix remodeling to achieve specific goals. A very thorough "after treatment" skin care protocol must be followed to prevent complications and to allow the skin to rejuvenate successfully. Depending on the specific condition treated, multiple treatments may be necessary to achieve a desired goal.

There are different types of laser treatments depending on the skin condition and the result we want to achieve. Therapies depend on the laser wavelength, penetration depth into the skin and various settings associated with each wavelength such as frequency of firing, duration of each pulse, cooling, etc. Described below are examples of a few laser treatments available today.

Erbium-YAG is a laser for skin resurfacing which uses a specific wavelength designed to improve photo damage, skin texture, coarseness and scars. It is also used for skin tightening. A partially ablative and fully ablative skin resurfacing treatments are available. Fully ablative treatment requires more recovery time. The laser causes vaporization and coagulation

of the epidermis and superficial dermis to allow re-epithelization and collagen stimulation.

Intense Pulse Light therapy and Long Pulse YAG targets the hemoglobin and melanocytes to improve redness, telangiectasias, dark spots/sun damage, acne and to brighten the skin. The specific wavelengths penetrate the skin deep enough to affect the cells that contribute to red and brown discoloration. Some wavelengths penetrate deep enough to target the glands that contribute to acne.

The 810 Diode laser is used to remove tattoos and hair. It uses a specific wavelength to target the hair follicles and various color tones of tattoos. Several sessions are required for optimal results.

The demand for non-invasive skin treatments has grown tremendously. There are a multitude of modalities available. Understanding each modality is essential to select the appropriate treatment. Treatment should be tailored to the individual patient based on desired outcome, patient's medical history and possible adverse effects, patient's preference and cost.

*Dr. Jolanta Amblo, MD, PhD is a cofounder of Vida Medical Spa in Barre, Vermont.*

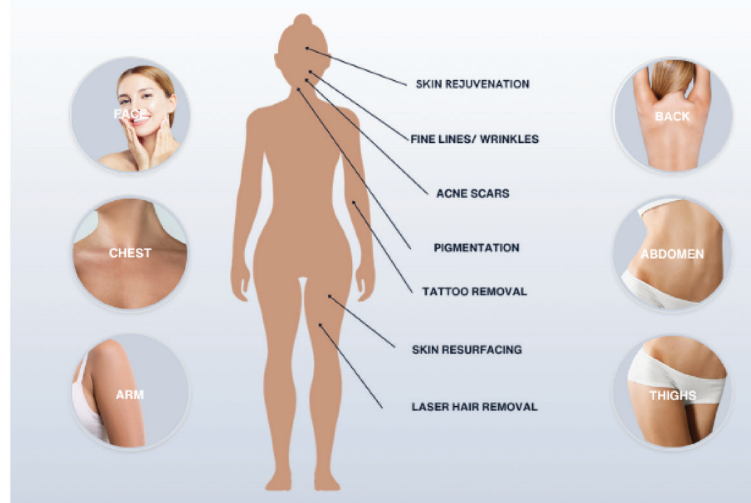


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What are **Spectrum** Laser/IPL treatments?  
Laser and Intense Pulsed Light (IPL) treatments can alleviate multiple dermatologic conditions. The Spectrum delivers wavelength specific pulses of energy to the desired treatment area. Discomfort is minimal and is usually compared to the "snap of a rubber band". Multiple treatments may be required to achieve your desired result.



The Spectrum is safe, effective, and can be applied to most skin types. Consult with your physician or skin care specialist about the right treatment for you.



### CONTACT US

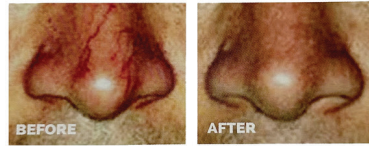
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### GOODBYE SPIDER VEINS & AGE SPOTS

Over time, the outer skin can become discolored with pigmented lesions (brown spots) and broken blood vessels. The Spectrum Long Pulsed Yag and Intense Pulsed Light (IPL) targets and removes these unsightly blemishes leaving behind a blemish free appearance.



### IMPROVE SKIN TONE & TEXTURE

Erbium Yag Laser skin resurfacing helps to improve an assortment of conditions such as sun damage, scars, fine lines & wrinkles. Rejuvenate your skin and turn back the hands of time.

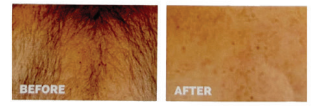
### MISTAKES CAN BE CORRECTED

The Spectrum laser uses "Gold Standard" Q-Switched technology to remove unwanted tattoos. The dual wavelength laser targets specific ink colors. The tattoo ink is then broken down into tiny particles that are small enough so that the body's own natural immune system can flush them away. Unwanted body art can now be eliminated.



### HAIR TODAY, GONE TOMORROW

The Spectrum diode laser will reduce and may permanently remove unsightly body hair. Melanin gives our hair color and is what the laser light targets to destroy the hair follicles in the active growth stage. It is safe to use on all skin colors and will leave the treatment area "Hair Free."



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