



BELCARA HEALTH

Plastic Surgery | Dermatology | Ophthalmology | Wellness



BELCARA HEALTH
 Plastic Surgery | Dermatology | Ophthalmology | Wellness

410.296.0414

BelcaraHealth.com

1427 Clarkview Road
 Suite 300
 Baltimore, MD 21209

Hours:

Monday 8am-5pm

Tuesday 8am-5pm

Wednesday 8am-5pm

Thursday 8am-6pm

Friday, 8am-1pm

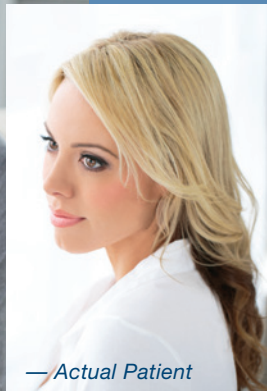


Our Center

Our welcoming, sophisticated, beautiful environment was carefully designed for patients to experience the luxurious, soothing feel of a 5-star facility and the peace of mind that comes with a top-tier medical practice. We are continuously improving our knowledge, technology, facility and services to provide better care for our patients – and it shows. Our onsite surgical center is one of the few local outpatient surgical facilities to earn AAAHC accreditation, as well as certifications from both Medicare and the state of Maryland. These achievements indicate that we routinely meet the most rigorous standards. Of course, our patients' results and satisfaction are what makes us special. With our multidisciplinary practice, we have the opportunity to form lasting relationships with our patients. It's our honor and privilege to serve our patients across the spectrum of their lives.



— Actual Patient



— Actual Patient

Our *Actual Patients* Make the Best Models

One thing you'll notice while reading this magazine is the lack of airbrushed stock-photo models. Instead, we feature our actual patients throughout this publication. Some are plastic surgery patients, while others have benefited from our non-surgical aesthetic, medical, and wellness services.

The before and after photos you'll see are patients of Belcara Health who have given their consent to share them here, except where noted. We have many more examples of our patient's results in the photo gallery on our website. These photos are never altered unless there is an identifying tattoo removed for patient privacy. Keep in mind that each patient is unique, and results may vary.



Welcome to Belcara Health!

Belcara Health is a unique, multidisciplinary practice offering plastic surgery, dermatology, ophthalmology, wellness and skincare services – all under the same roof. Not only do our patients enjoy the convenience this offers, they appreciate the collaborative continuum of care our specialists provide.

I started Belcara Health because I strongly believe in the unique value of providing a collection of world-class medical and aesthetic services from a top-tier medical team. All our surgeons, physicians, nurses and aestheticians are here because they believe in and exemplify Belcara Health's core philosophy of providing each patient with exceptional care and results. Every day, we strive to change lives by helping our patients live happier, healthier, more vibrant lives – now, and for the years ahead.

As medicine and technology continue to evolve, we are constantly learning new ways to help our patients achieve even better aesthetic, health and wellness outcomes. In this magazine, you will learn about the latest, most effective medical and cosmetic services available today, our innovative, results-oriented approach to patient care and the real-life experiences of actual Belcara Health patients.

I invite you to visit Belcara Health..... *Where Health & Beauty Blend.*

Sincerely,

Dr. Michael Cohen

4-5 Meet our Doctors

6-8 Ophthalmology

- Dr. Richard Adler
- General Eye Care
 - LASIK
 - Refractive Lens Exchange
 - Cataract Surgery
 - Dry Eye Disease
 - Contact Lenses

9-11 Dermatology

- Dr. Ciro Martins
Caroline Harvey, P.A.
- Skin Cancers
 - Melanoma
 - Mole Mapping
 - Acne Treatment
 - Laser Nail Fungus Treatment

12-14 Plastic Surgery

- Dr. Bradley Robertson
Dr. Nadia Mostovych
- Facial Enhancement
 - Hair Restoration for Women

15-17 Non-Surgical Facial Enhancement

- Comprehensive Skincare
- Injectables
- Laser Therapy
- Eyebrow Enhancement
- Advanced Skincare
- HydraFacial
- BH Beauty Makeup

18-19 Dr. Michael Cohen

- Breast Enhancement
- Breast Lift
- Breast Augmentation
- Breast Revision

20-23 Dr. Gary Vela

- Body Enhancement
- Body Lift
- Brazilian Butt Lift
- Thigh Lift
- Arm Lift
- Tummy Tuck
- Liposuction
- Mommy Makeover
- CoolSculpting

24-25 Wellness

- Dr. Andrew London
- Women's Intimate Wellness

26-29 Dr. Eric Nager

- Integrative Medicine
- Bioidentical Hormones
- Erectile Dysfunction
- Micronutrient Therapies
- Pharmaceutical Grade Supplements
- IV & IM Therapies
- Food Sensitivity Testing
- Nutrition Counseling
- BH Fit Rapid Weight Loss
- BH Fitness

30-31 For Men

Meet our Doctors

Dr. Michael D. Cohen

**Board Certified Plastic Surgeon
Breast Enhancement Specialist**



Founder and Medical Director of Belcara Health, Dr. Michael Cohen is recognized as one of the leading Breast Specialists in the nation. His impeccable surgical skills and aesthetic sensibilities have made him the surgeon of choice for natural-looking, beautiful results.

Tulane University School of Medicine: Graduate
Stanford University Medical Center: Resident
American College of Surgeons: Fellow
American Academy of Anti-Aging Medicine: Member
American Society of Plastic Surgeons: Member
American Society for Aesthetic Plastic Surgery: Member
American Board of Plastic Surgery: Board Certified Diplomate

Dr. Gary A. Vela

**Board Certified Plastic Surgeon
Body Enhancement Specialist**



Dr. Gary Vela is one of the premier body contouring specialists in the area. He is known for his talented expertise, natural results, and his connections to his patients. He understands that patients' thoughts, feelings, and emotions play a pivotal role in their outcome. Performing thousands of procedures over nearly two decades, Dr. Vela has transformed how his patients look and feel.

Medical College of Virginia School of Medicine: Graduate
Medical College of Virginia Hospitals: Resident
University of Oklahoma Medical Center: Fellow
American College of Surgeons: Fellow
American Society of Plastic Surgeons: Member
American Board of Plastic Surgery: Board Certified Diplomate

Dr. Bradley C. Robertson

**Board Certified Plastic Surgeon
Facial Enhancement Specialist**



Dr. Bradley Robertson is a uniquely qualified facial plastic surgeon with over 25 years of experience. Dr. Robertson is renowned for his extensive elite training, peer leadership and for helping patients look and feel like younger, better versions of themselves.

The Johns Hopkins University School of Medicine: Graduate
University of Maryland School of Dentistry: Graduate, Magna Cum Laude
The Johns Hopkins University School of Medicine: Resident
American College of Surgeons: Fellow
American Society of Maxillofacial Surgeons: Member
American Society of Plastic Surgeons: Member
American Board of Plastic Surgery: Board Certified Diplomate

Dr. Nadia K. Mostovych

**Board Certified Head and Neck Surgeon
Facial Enhancement Specialist**



Recognized for excellence in facial plastic surgery, Dr. Mostovych's compassion, advanced training, and extensive experience have earned her a reputation for providing outstanding patient care and results. She strives to help patients achieve a natural and refreshed appearance, with long-lasting results that lead to greater confidence and vitality.

University of Maryland School of Medicine: Graduate
Thomas Jefferson University Hospital Otolaryngology-Head & Neck Surgery: Resident
Mangat, Holzapfel & Lied Plastic Surgery, Facial Plastic and Reconstructive Surgery: Fellow
American Academy of Facial Plastic and Reconstructive Surgery: Member
American Academy of Otolaryngology-Head & Neck Surgery: Member
American Board of Otolaryngology-Head & Neck Surgery: Board Certified Diplomate

Our world-class team of physicians, nurses and aestheticians collectively provide a multitude of approaches to help you achieve your best self. Whether you are looking for temporary or long-term improvements, we will listen to your needs and financial considerations and match you with the best solutions available.

Dr. Ciro R. Martins

Board Certified Dermatologist



Dr. Ciro Martins is a leader in general medical dermatology, infectious diseases of the skin, and specializes in the prevention, diagnosis and treatment of skin cancers. Dedicated to providing the highest quality of care, Dr. Martins meets each patients' individual needs with a personalized approach and uses the most advanced technologies and treatments for their health and well-being.

University of Sao Paulo School of Medicine: Graduate & Resident
The Johns Hopkins University School of Medicine: Resident
Johns Hopkins Medicine, Immuno-Dermatology: Fellow
The Medical College of Wisconsin, Immuno-Dermatology: Fellow
American Board of Dermatology: Board Certified Diplomate
Brazilian Society of Dermatology: Board Certified Diplomate

Dr. Richard A. Adler

Board Certified Ophthalmologist



Dr. Richard Adler is renowned for providing his patients with compassionate care and excellent outcomes. He provides comprehensive eye care and specializes in the detection and treatment of conditions affecting eye health and vision concerns. Dr. Adler uses advanced diagnostic and treatment technologies and techniques to treat every patient with the highest quality care.

The Johns Hopkins University School of Medicine: Graduate
Wilmer Eye Institute, The Johns Hopkins University School of
Medicine: Resident
Wilmer Eye Institute, Corneal, Refractive and External Disease: Fellow
American College of Surgeons: Fellow
American Academy of Ophthalmology: Member
American Society of Cataract and Refractive Surgeons: Member
American Board of Ophthalmology: Board Certified Diplomate

Dr. Eric C. Nager

Double Board Certified Physician Integrative Medicine Specialist



Dr. Eric Nager is a recognized leader in anti-aging and integrative medicine. He uses his extensive knowledge of the body to identify, treat and prevent chronic diseases through the integration of functional and traditional medicine, education and lifestyle changes, to help patients enjoy healthier, happier, more vibrant lives.

SUNY Health Science Center at Brooklyn: Graduate
Medical Center of Delaware: Resident
Metabolic Medical Institute: Fellow
American Board of Emergency Medicine: Board Certified
American Academy of Anti-Aging Medicine: Member
American Board of Anti-Aging and Regenerative Medicine:
Board Certified Diplomate

Dr. Andrew M. London

Board Certified OBGYN Women's Sexual Health Specialist



Dr. Andrew London is well respected for his expertise, clinical skill and compassionate approach to patient care. In addition to caring for patients at Belcara Health, Dr. London serves as the Associate Director of The Maryland Center for Sexual Health and is regularly invited to lecture nationally on issues related to menopause and other women's wellness issues.

University of Maryland School of Medicine: Graduate
The Johns Hopkins University School of Medicine: Resident
Union Memorial Hospital, Pelvic Surgery: Fellow
American College of Obstetricians and Gynecologists: Fellow
North American Menopause Society: Member
Johns Hopkins School of Medicine: Assistant Professor of OBGYN
American Board of Obstetrics and Gynecology: Board Certified
Diplomate

Changing Lives

*Dr. Richard Adler
Ophthalmologist*

“Dr. Adler’s kindness and professionalism are exceptional. He is the only doctor I actually look forward to visiting. And I’m lucky to have met him when I did. His diagnosis and treatment saved my eyesight.”

— Actual Patient



— Actual Patient

“After wearing glasses since age 8, I’m still in shock about how well I can see without them. Dr. Adler is wonderful and made my LASIK procedure comfortable and easy. I feel at home when I’m at Belcara Health.”

— Actual Patient



About Dr. Richard Adler

Dr. Richard Adler is a board-certified ophthalmologist, renowned for providing his patients with compassionate, effective care. A Magna Cum Laude graduate from the University of Pennsylvania and the Johns Hopkins University School of Medicine, Dr. Adler completed his Ophthalmology residency and advanced fellowship training in Cornea and External Disease at the Wilmer Eye Institute at Johns Hopkins.

Ophthalmology

At Belcara Health, Dr. Adler provides a broad scope of services to help patients attain clearer vision and maintain eye health. He diagnoses and treats eye conditions in a full range of complexities, using specialized skills that are especially vital when a patient's eyes are affected by disorders, injury, disease complications or degeneration. Dr. Adler's commitment to excellence distinguishes him from others and provides his patients with a level of care that is nonpareil.

General Eye Care

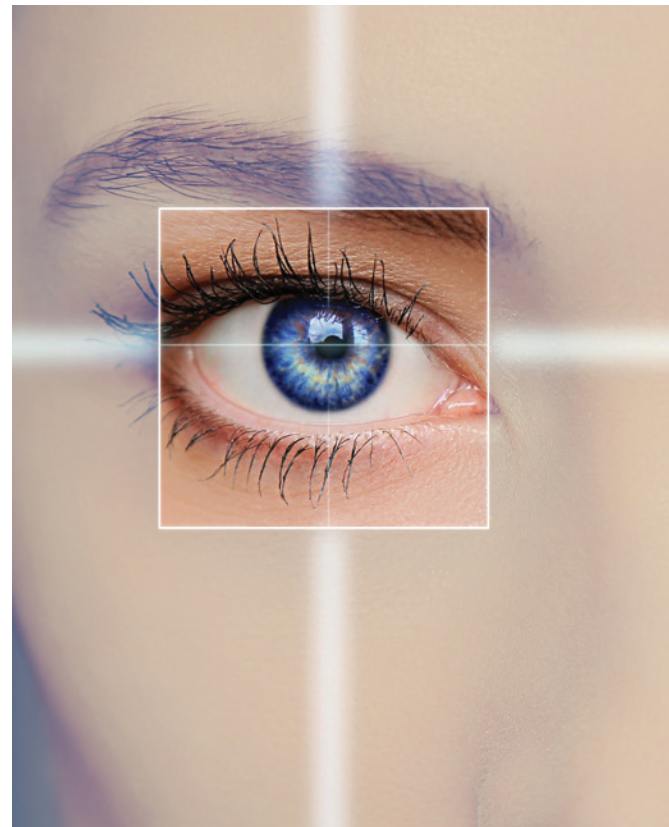
Most people notice that as they age, their vision changes. You might need glasses to see up close or have trouble adjusting to glare or distinguishing colors. A normal part of aging, these changes alone should not stop you from enjoying an active lifestyle. But aging also brings a higher risk of developing eye diseases and conditions, including macular degeneration, cataracts, diabetic eye disease, glaucoma, low vision and dry eye. At Belcara Health, we have the latest and most advanced technology and testing methods to aid in eye health. We recommend a regular eye exam once a year to protect your gift of sight.

LASIK

If you're tired of wearing eyeglasses or contact lenses, a LASIK procedure might be just what you need. LASIK provides immediate improvements in vision and has become the most commonly performed vision correction procedure available today. Dr. Adler uses the most advanced bladeless laser technology to maximize precision and comfort. LASIK is safe, reliable, and can be a perfect solution for those with an active lifestyle.

Refractive Lens Exchange

Want to get out of your reading glasses? Want to see a menu or price tag without reaching for your glasses? You may be a candidate for a Refractive Lens Exchange. Unlike LASIK, this procedure reduces the need for both distance and near glasses. By replacing the eye's lens with the latest lens implant, Dr. Adler can reduce your dependency on glasses. As an added benefit to this procedure, you will never develop cataracts! An eye exam can determine if you are a good candidate for this fast-growing solution to reduce the need for glasses and contacts.





Cataract Surgery

Cataract surgery is no longer just about restoring vision; it is now about providing a better quality of sight than ever before. Everyone develops cataracts with advanced age. Symptoms include difficulty with night vision, reading, and watching television. Cataract surgery resolves the disease and its symptoms by replacing the cataract with a new lens. Dr. Adler provides patients with many different lens implant options, including premium lenses that can reduce the need for glasses for distance and near vision - even if you have worn glasses your whole life! An eye exam can determine if you are a candidate to eliminate not only your cataracts, but your near-sightedness, far-sightedness, and astigmatism as well.

Dry Eye Disease

Dry Eye Disease is one of the most common conditions to affect the eye. People with Dry Eye suffer from scratchy, red and watery eyes, as well as sensations of ache, strain, heaviness, and fatigue. Often, artificial tears are not enough, and the condition requires prescription and oral medications. Dr. Adler is a leading expert in the management of Dry Eye Disease, speaking nationally on the topic as well as the author on several related publications. Belcara Health distinguishes itself in the management of this disease by offering Intense Pulsed Light (IPL) treatments. This drug-free, drop-free, and highly effective alternative is perfect for the patient who doesn't want to use drops or prefers a "natural" treatment.

Contact Lenses

Contact lenses can be a wonderful alternative to wearing eyeglasses. When properly prescribed and fitted, they provide excellent clarity, unrestricted peripheral vision with no limitations. We offer a wide selection of contacts, including disposable, soft, bifocal/multifocal, toric and colored. Depending upon your lifestyle needs, the shape and health of your eye, and level of correction required, we will help you select the right lenses for you.



BH Optical Boutique

People connect with your eyes first, so finding the right eyewear is crucial. In our Optical Shop, you'll find high-quality designer frames – Prada, Tory Burch, Marc Jacobs, Jimmy Choo, Dolce & Gabbana, David Yerman, and more – that are fashion focused and functional. Our licensed optician has decades of experience helping patients select the most appropriate and flattering eyewear for your look, fit and vision needs. We assist with prescription orders and will explain how your frames, lenses and lens coating options will impact your vision and comfort.

Additional services offered by Dr. Adler:

Routine Eye Exams | MVA Screenings | Treatment for Macular Degeneration | Diabetic Eye Disease | Glaucoma

Changing Lives

Dr. Ciro Martins
Dermatologist

"I feel better when my skin looks good. The team at Belcara Health knows exactly what I need to keep my skin healthy and looking its best and now I get compliments all the time."

– Joseph

Caroline Harvey
Physician's
Assistant

Dermatology

About Dr. Ciro Martins

Dr. Ciro Martins is a recognized leader in medical dermatology, infectious diseases of the skin, autoimmune skin disorders, tropical dermatology, and overall skin wellness. Board certified by the American Board of Dermatology and the Brazilian Society of Dermatology, Dr. Martins trained at both the University of Sao Paulo School of Medicine and the Johns Hopkins School of Medicine.

About Caroline Harvey, P.A.


Caroline Harvey is a Certified Physician Assistant, specializing in the diagnosis and treatment of common dermatologic conditions for the skin, hair and nails. Working closely with Dr. Martins for over 10 years, Ms. Harvey's extensive qualifications and experience enable her to diagnose and treat skin conditions, and to perform a wide variety of skin surgeries. She is highly skilled in the treatment of all types of acne, hair loss and common skin conditions such as rashes, eczema, psoriasis and cosmetic dermatology.

Dermatology

Healthy skin is a cornerstone of wellness and beauty. By taking proper care of your skin and addressing concerns early on, you give yourself the gift of healthy, attractive skin and peace of mind. Our dermatology team is renowned for successfully diagnosing and treating all types of medical skin, hair and nail conditions that range from minor to life-threatening. With extensive expertise, advanced technology and an unfailing commitment to providing the highest levels of personal patient care, we can help you enjoy a lifetime of healthy, beautiful skin.

Skin Cancers

Although skin cancers can be deadly, they are often completely curable when diagnosed early. Dr. Martins is a recognized specialist in the prevention, diagnosis and treatment of skin cancers. Using a highly thorough examination process, Dr. Martins carefully inspects your skin, from head to toe, to detect and treat suspicious moles, marks, and lesions before they become dangerous to your health.



"I've had a few skin cancers, but I'm confident Dr. Martins keeps a close watch to catch any growths before they become serious. He is very professional, but luckily his warm demeanor and sense of humor puts a human touch to my medical needs."

— Actual Patient

Melanoma

Each year millions of people get skin cancers, and anyone can get them. Melanoma is not the most common type of skin cancer, but it is the most dangerous, and it will kill you if it is not diagnosed and treated early. Factors that significantly increase your risk of getting melanoma include light skin, family history, having multiple moles, blistering sunburns and unprotected sun exposure - which is the only risk factor that is preventable. We recommend annual full-body exams with a trained dermatology clinician, quarterly self-exams, mole mapping, and generous applications of sunscreen with an SPF of 30+ to all exposed skin. Always choose a broad spectrum, water-resistant brand, which provides protection from UVA and UVB rays and should be reapplied every 2 hours if you are sweating or in and out of the water.



Mole Mapping

The term mole mapping usually refers to a surveillance program for those at high risk of malignant melanoma. It may include a clinical skin examination and dermoscopy to identify and evaluate lesions of concern.

We consider mole mapping a valuable tool in the fight against skin cancer. Our program provides baseline imagery that we use to identify changes in previously existing moles, detect new moles and provide the early detection and diagnosis of melanoma, the most serious form of skin cancer. Dr. Martins recommends mole mapping to patients who have more than 30 moles, a personal or family history of melanoma, or patients with a history of previously removed pre-cancerous moles.



Acne Treatment

Acne is often thought to be a trivial concern, but studies have shown that people with acne experience significant social, psychological, and emotional issues. Caroline Harvey is a leading specialist in the treatment of acne for patients of all ages. Her deep understanding of the skin, use of the latest technology and treatments, and compassionate nature have earned Ms. Harvey a reputation for excellence and a loyal following.



BEFORE

AFTER

“Caroline really listened and showed great knowledge in best practice dermatology treatments. She is very professional, and a very nice person as well. I feel like I’m in good hands and my acne treatment worked well.”

— Actual Patient

Laser Nail Fungus Treatment

When nails are infected by fungi, they can become discolored, thick, brittle, flaky, or separate from the nail bed. Nail fungus is extremely common, but not always easy to treat. Sometimes patients are not eligible for treatment with oral medications, and most of the time, they do not respond to topical medications alone. Laser therapy of fungal nails becomes a good option for people who failed or are not a candidate for the more standard types of treatments. Using a proprietary combination of a specialized medical laser and medications, Ms. Harvey will help patients find relief and regrow healthy, clear and attractive nails.



BEFORE

AFTER



Additional services offered by Dr. Ciro Martins and Caroline Harvey, P.A.:

MEDICAL SKIN CONDITIONS:

Eczema | Allergic Reactions | Sexually Transmitted Diseases | Common and Genital Warts | Rosacea | Psoriasis | Excessive Sweating

MEDICAL HAIR CONDITIONS:

Alopecia Areata | Dandruff | Excessive Hair Growth | Folliculitis | Lichen Planus Pilaris (LPP) | Psoriasis of Scalp | Telogen Effluvium

SURGICAL SKIN CONDITIONS:

Removal of Moles | Skin Tags | Cysts | Biopsies | Surgical Treatment of all Skin Cancer Types

Additional services also offered by Caroline Harvey, P.A.:

Treatment for Acne | Hair Loss | Adolescents and Medical Nail Conditions: Lichen Planus | Paronychia | Fungal Infections | Psoriasis of the Nails

Changing Lives

Dr. Bradley Robertson
Plastic Surgeon

Dr. Nadia Mostovych
Facial Plastic Surgeon

“As a registered nurse who’s worked in a hospital and private practice for over 30 years, I know good patient care when I see it and the level of expertise and care at Belcara Health is extremely impressive. I could not be happier with my results - I feel like I look 25 again!”

– Actual Patient

About Dr. Bradley Robertson

Dr. Bradley C. Robertson is one of the finest and uniquely qualified facial plastic surgeons in the region. Having trained in plastic surgery, oral and maxillofacial surgery, and craniofacial surgery, Dr. Robertson is well versed in the anatomy of the face. A recognized specialist in facial plastic surgery, Dr. Robertson has served in the past as Director of Plastic Surgery and Craniofacial Surgery at University of Maryland’s Shock Trauma Center and Co-Director of Craniofacial Fellowship at Johns Hopkins. With his unparalleled expertise and decades of experience, Dr. Robertson provides immaculate, natural-looking results that are lasting and completely unique to you.

About Dr. Nadia Mostovych

Dr. Nadia Mostovych is a board certified, fellowship trained, head and neck surgeon specializing in Facial Plastic Surgery. Her prestigious training, extensive experience and warm, friendly manner have earned her a reputation for providing outstanding patient care and results. Dr. Mostovych is dedicated to understanding her patient’s goals and concerns and works to develop a comprehensive, personalized treatment plan that best suits their needs and lifestyle. She approaches plastic surgery as both an art and a science, helping patients achieve a natural, refreshed appearance, with long-lasting results that lead to greater confidence and vitality.

Facial Enhancement

Aging is inevitable but aging gracefully and beautifully is most certainly something we can control. At Belcara Health, we offer preventative treatments for those in their 20's and 30's and restorative procedures for those looking to reverse the effects of time and gravity. With vast expertise and experience in both surgical and non-surgical solutions, our facial enhancement specialists can provide you with complete, natural-looking, personal improvements. Treat your appearance with the concern and quality it deserves and let us help you look your best at every age.



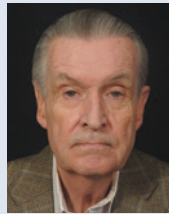
— Actual Patient



BEFORE



AFTER



BEFORE



AFTER

"I kept my surgery a secret from my friends. Now they keep complimenting me on my skin, lipstick color, hair color, etc., because they can't figure out why my face looks so great. I love the compliments that just keep coming!"

— Actual Patient

Face Lift

When performed properly, a facelift will restore balance and help you look like a refreshed, more youthful version of yourself. Using comprehensive, sophisticated surgical techniques to reduce unwanted wrinkles, lines, sagging skin and other signs of aging, we will provide a natural-looking, long-lasting, youthful appearance - without showing the signs of surgery or intervention.

Our physicians believe in addressing all your features together, instead of isolated entities, to restore complete facial harmony. After evaluating all aspects of your facial appearance, from brow to neck, we will recommend a treatment plan that counterbalances the downward shifts of your features and meets your personal desires. Using a "multi-vector lift" approach, Drs. Robertson and Mostovych can re-establish the natural curves and lines of the cheeks, face, jawline, and neck - without disruption or irregularities - and re-position your existing tissues to restore volume for the subtle curves and lines that create a natural-looking, youthful appearance that you desire.

Neck Lift

With age, many people become sensitive to the appearance of their necks. The cumulative effects of sagging skin, wrinkles, excess fat, skin banding, and muscle laxity can detract from your appearance and make you look tired and older than you really feel. With the "multi-vector" technique, we redirect sagging facial tissues and remove excess skin to reestablish the youthful contours you once enjoyed. Many times, we will recommend combining a neck lift with other facial rejuvenation procedures.

Chin Implantation

An under-developed or "weak" chin can create a sense of disharmony in an otherwise attractive and balanced face. From the side view, a weak chin can also create the illusion of a larger nose. Chin implantation is a safe and effective procedure to augment and project this area, creating a smooth and stronger outline of the lower face. This procedure can be performed alone or in combination with rhinoplasty to help restore balance and harmony to the face.



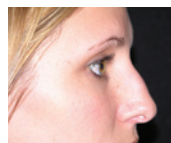
BEFORE



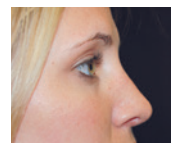
AFTER

Rhinoplasty

The nose plays a very prominent role in the appearance of the face. A well-proportioned, symmetrical nose often goes unnoticed and all we see is an attractive face with aesthetically pleasing features in harmony with one another. For some, however, the nose seems "out of place," - too large or too small for our face - and it's all we seem to see. For others, a past injury or birth defect has left the nose crooked or asymmetrical, perhaps even causing breathing difficulties. A Rhinoplasty can restore both form and function to your nose so that it complements your natural beauty and restores balance. Patients are thrilled with how subtle changes to their nose can result in transformative improvements to their overall quality of life.



BEFORE



AFTER



Eyelid Surgery (Blepharoplasty)

Your eyes are one of your most expressive features, helping you communicate without words. But if your eyes appear tired, aged, or even angry, they may not reflect the “real you.” Eyelid surgery can reduce under-eye puffiness, reduce sagging, wrinkled skin on the upper eyelids, and soften wrinkles in a way that looks natural, not “worked on.” By achieving dramatic improvements and a more beautiful eyelid contour, eyelid surgery helps your eyes better reflect how you feel – happy, youthful, and confident.

UPPER & LOWER EYELIDS



BEFORE



AFTER

UPPER & LOWER EYELIDS



BEFORE



AFTER

LOWER EYELIDS



BEFORE

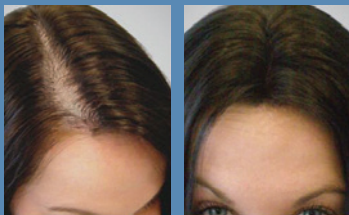


AFTER

Hair Restoration for Women

Thinning hair is not just a male concern; women of all ages suffer from the distress and embarrassment of hair loss. Hair loss is a progressive condition that can begin any time after puberty and at least 1 in 3 women will suffer from hair loss at some point in their lifetime.

There are numerous disorders that can cause hair loss. Our specialists will collaborate how to best address your unique condition and recommend a customized treatment plan to help you achieve optimal results. And, because our specialists are all under one roof, your diagnosis and treatments can all be accomplished in limited visits. Treatment options may include topical or oral medications, vitamin supplements, bioidentical hormone replacement therapy, and Platelet Rich Plasma (PRP) Injection Therapy - a non-surgical treatment that uses growth factors to help awaken dormant hair follicles and stimulate growth of new hair follicles, resulting in hair regrowth. We also offer Neograft, a hair restoration procedure for patients with long standing hair loss. Read more about Neograft Hair Restoration on page 30.



BEFORE

AFTER

Additional procedures offered by Dr. Robertson:

Brow Lift | Cosmetic Ear Surgery | Facial Lesions and Reconstruction | Fat Transfer | Injectables | Laser Peels
Skin Rejuvenation | Abdominoplasty | Liposuction

Additional procedures offered by Dr. Mostovych:

Brow Lift | Cosmetic Ear Surgery | Facial Lesions and Reconstruction | Fat Transfer | Injectables | Laser Peels | Skin Rejuvenation

Non-Surgical Facial Enhancements

Belcara Health has long been a pioneer in the world of skin rejuvenation. Our Skin and Laser treatments are performed by both board-certified physicians as well as qualified paramedical professionals, each with impressive training, experience, expertise, and legions of loyal, grateful patients. With the significant scientific and technological advancements in skincare today, we can now enhance your unique beauty in ways that were never possible.



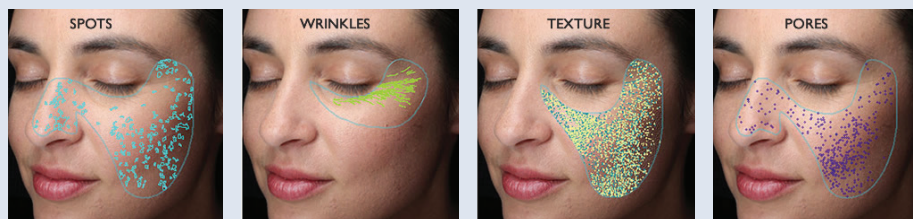
— Actual Patient

Comprehensive Skincare Consultation

At Belcara Health, your skin care begins with a comprehensive consultation. One of our Skincare Specialists will analyze your skin and, based on your concerns, goals, and lifestyle, help you create a treatment plan that meets your needs.

VISIA Complexion Analysis

The VISIA Complexion Analysis System is a high-tech diagnostic tool that provides the most comprehensive means available for accessing and identifying all aspects of your skin's health. It records and measures your surface and subsurface skin conditions with UV photography for perfectly registered images to document your skin's progress over time. It can also simulate how your skin will look as you age, so we can proactively address any unwanted changes before they occur.



Injectables

It's common to be bothered when the natural plump look of youth begins to diminish, and lines and wrinkles start to form. Injectables provide a great anti-aging and rejuvenating effect - with no surgery or downtime. Botox is used to relax facial muscles, allowing the skin to remain smooth, minimizing lines and wrinkles. Dermal Fillers are used to restore lost facial volume, enhance the lips, and correct wrinkles, folds and scars. With the artful application of carefully selected injectables, the medical team at Belcara Health can restore volume and diminish lines and wrinkles for a younger, more refreshed appearance.

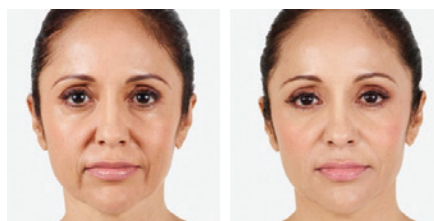


BEFORE

AFTER

Liquid facelift

A "liquid" facelift refers to a combination of treatments designed to rejuvenate a tired or aging appearance, with no surgery or downtime. Using a range of injectable products including Botox and dermal fillers – as well as fat transfer procedures using your own natural fat – a liquid facelift is a highly effective solution for wrinkle correction, facial contouring and restoring lost volume. The facial plastic surgeons and injectable specialists at Belcara Health have extensive experience with providing subtle, natural-looking, youthful results for men and women.



BEFORE

AFTER

Facial Skin Resurfacing

Aging, sun, and poor nutrition are among the many other factors that can take a toll on your skin, creating concerns such as brown spots, redness, uneven tone and texture, lines, wrinkles and scars. Facial skin resurfacing treatments address these concerns by removing damaged, outer layers of skin and stimulating collagen growth to restore a smoother, healthier, more vibrant and youthful complexion.

Skin resurfacing treatments can be performed in a range of intensity, depending upon the level of correction needed to achieve your goals. At Belcara Health, all treatments are performed by qualified medical professionals with extensive training, experience and expertise. More intense procedures, including certain lasers and peels, are performed by our board-certified physicians. Options include microdermabrasion, dermaplaning, medical grade chemical peels, microneedling, and advanced IPL and laser treatments.



BEFORE

AFTER



— Actual Patient

Laser Therapy

Both men and women want healthy, radiant skin. To help achieve that goal, we offer advanced laser treatments to reverse years of damage and restore a more youthful, luminous complexion. Our laser treatments use thermal energy to stimulate natural collagen growth and skin cell turnover to improve pigment irregularities, textural problems, lines, and wrinkles. Deeper treatments yield more significant improvements, but also have more downtime for healing. The extent of your treatment will be adjusted to fit the needs of your concerns, goals and skin conditions.

At Belcara Health, we use the most advanced laser and light technology available today to offer a wide range of treatments, including:

IPL (INTENSE PULSED LIGHT) - Primarily used to address sun damage and age spots, IPL treatments are highly effective for reducing red and brown discoloration on the face, chest and hands to reveal a more blended, even, clear skin tone and texture.

LASER GENESIS - An amazing laser treatment that reduces pore size, redness, and fine lines and wrinkles, and minimizes scars by stimulating collagen regrowth for smooth, health-looking skin.

VASCULAR - A safe and effective procedure for reducing the appearance of tiny superficial veins on the face and legs.

LASER PEELS - A precise and effective treatment method for improving pigment irregularities and textural problems, decreasing pore size, lines and wrinkles, and scar visibility. Deeper treatments yield more significant improvements, but also have more downtime for healing. Performed by our board-certified plastic surgeons, the intensity of a laser peel can be adjusted to fit the extent of your concerns, goals, skin condition and lifestyle needs.

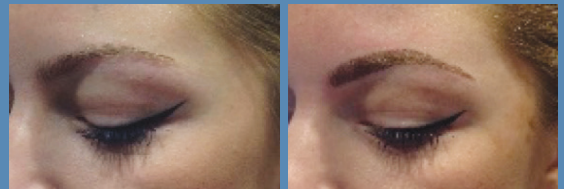
TATTOO REMOVAL - Lasers are the safest and most effective way to remove tattoos. With our advanced laser technology, we have the option to use up to four different wavelengths allowing us to remove multiple colors of tattoo ink.

LASER HAIR REMOVAL - Treatments reduce unwanted hair, using the safest, state-of-the-art technology. Unlike other lasers for hair removal, our system can be used all skin types.



Eyebrow Enhancement

Eyebrows are essential; they frame your eyes, bring balance to your face and, when properly groomed, can enhance your entire appearance. If they are poorly shaped, uneven, patchy, too thin, too light, graying, or the wrong color, our eyebrow enhancement specialists can help. We offer 2 highly effective techniques, Cosmetic Tattoo Makeup and Microblading, with carefully selected FDA-approved pigments, to provide natural-looking, long-lasting, beautiful brows.



BEFORE

AFTER

Popular!

Advanced Skincare

The science and technology of skincare has become so advanced that we can now enhance, refine and restore our individual beauty in ways that were never before possible. Belcara Health has long been a pioneer in the world of medical grade skin care, with a highly trained, experienced and skilled team, under the guidance of exceptional plastic surgeons. Our advanced skincare solutions address a variety of skin concerns, including tone, texture, lines and wrinkles, and discoloration. Treatment options include facials, hydrafacials, peels, microdermabrasion, dermaplaning, microneedling, and more. For all our treatments, we use the latest technology and high-end skincare products that are exclusive to medical providers to provide patients with the best results possible.

HydraFacial

Belcara Health is proud to offer the HydraFacial – a revolutionary treatment that combines skin resurfacing with comprehensive hydration to provide healthy, youthful, beautiful skin. This multi-step facial treatment uses a patented technology to cleanse, extract, and deliver nourishing moisturizers, antioxidants, and peptides for immediate, lasting, fabulous results. Give us 30 minutes and we will give you “The Best Skin of your life.”

At Home Care

The keys to healthy, beautiful skin at any age are a healthy lifestyle and a good at-home skincare regimen. We only offer products of the highest quality, each thoroughly evaluated and proven to deliver real improvements to the health and appearance of your skin. One of our skincare specialists will analyze your skin and work with you to design a personal skincare plan that meets your needs and protects against future concerns.

BH Beauty



We love makeup! It lets us enhance our natural beauty, covers imperfections, and makes us feel more confident. At Belcara Health, we believe it should also protect and support your skin, so we developed our own complete makeup line, BH Beauty. Uniquely formulated from the highest quality ingredients, this entire line is hypoallergenic, paraben free, fragrance free, non-comedogenic, and not tested on animals. We will help you select the right shades and share professional tips and techniques.

Did you know we auto ship? Sign up on the Belcara Health Website to get discounts on all your favorite skincare products. Free shipping is also available for those that qualify.

Additional Non-Surgical Facial Enhancement services offered:

Microdermabrasion | Dermaplaning | Microneedling | Medical Grade Chemical Peels | Advanced Medical Facials



Changing Lives

“As a mom, it’s easy to forget to take care of yourself, but it’s so important. After my breast augmentation, my confidence soared. I started exercising more, taking care of my skin, and even got into fitness modeling. I’m grateful for Dr. Cohen and the team at Belcara Health for helping me become a happier, healthier person.”

— Magdalena

Dr. Michael Cohen
Plastic Surgeon



— Actual Patient

“The whole experience was easy. I barely had any pain and healed very quickly. Dr Cohen was professional yet personable and the entire staff was friendly and helpful. I LOVE my results and tell everyone that Belcara Health is amazing!”

— Actual Patient



— Actual Patient

“Choosing a surgeon was a major decision and I’m so glad I chose Dr. Cohen. He understood exactly what I was looking for, took the time to discuss what was involved, and explained what my result was likely to be. He did an excellent job, and the procedure was totally worth it. I’m absolutely thrilled with my results!”

— Actual Patient

About Dr. Michael Cohen

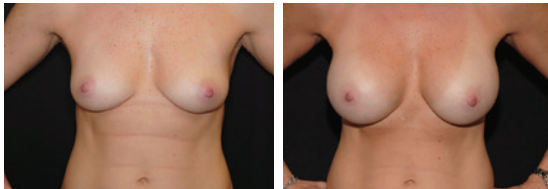
Board certified plastic surgeon Dr. Michael Cohen is widely considered one of the leading breast enhancement specialists in the nation. With elite training and over 25 years of experience, Dr. Cohen has performed thousands of breast enhancement procedures. Designated “Top Doc” consistently for many years, his regard for his patients, technical skills and reputation for creating beautiful, natural-looking results has put Dr. Cohen at the top of his field.

Breast Enhancement

Breast enhancement procedures can help women feel more comfortable, feminine and confident. If you are unhappy with the size or shape of your breasts – whether you feel your breasts are too small, too large, asymmetrical, or misshaped – Dr. Cohen has the surgical acumen, artistry, and experience to help you achieve the look you want.

Breast Augmentation

Breast size can be an important part of feeling feminine, attractive, and confident. If you are unhappy with the size or shape of your breasts – whether you’ve always wanted larger breasts, are embarrassed by your shape, or want your pre-pregnancy body back – we can help. Every year, Dr. Cohen helps hundreds of women significantly improve how they look and feel about their appearance with breast augmentation. During your consultation, Dr. Cohen will listen carefully to



BEFORE

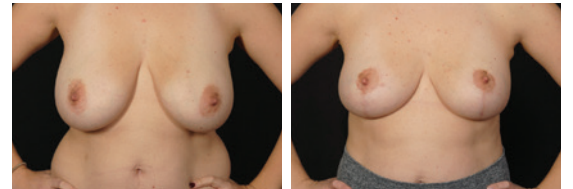
AFTER

your concerns and goals, educate you on your treatment options, and answer all your questions. With today's wide range of safe, FDA-approved implant options, coupled with his impressive surgical skill and keen eye, Dr. Cohen can give you the full, beautiful, natural-looking breasts you desire.

Preview your new appearance with our VECTRA® 3D Imaging system!

Breast Lift

Pouring your breasts into a bra, then watching them droop as it's removed, can be dispiriting. Age, weight fluctuations, pregnancy and nursing can have a considerable effect on your breast structure and skin elasticity, causing them to sag. A breast lift procedure can give you the pretty, perky breasts you desire, and “lift” your spirits, comfort level, and confidence. With decades of experience and impressive surgical acumen, Dr. Cohen can contour your breasts and place them in a more youthful position - with less visible scars and a shorter recovery – so you can enjoy youthful, natural-looking, beautiful breasts.

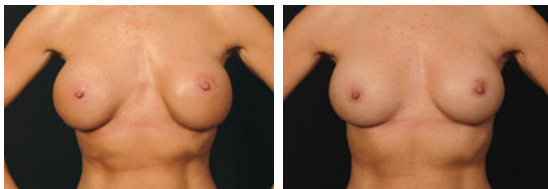


BEFORE

AFTER

Breast Revision

Many patients seek Dr. Cohen for his expertise in breast revision because they are either not happy with their primary surgery performed elsewhere or how their breasts have aged over time. As one of the most acclaimed breast surgeons in the country, renowned for providing outstanding results, Dr. Cohen is uniquely qualified to help. Breast revision requires extensive training and experience, a



BEFORE

AFTER

keen artistic eye, the ability to problem-solve, and a dedication to keeping informed about new and innovative techniques and technologies – all key attributes of Dr. Cohen. And his impressive expertise with the latest support materials makes Dr. Cohen the surgeon of choice for more challenging corrective cases.

Additional procedures offered by Dr. Michael Cohen:

Breast Augmentation and Lift | Breast Reduction | Breast Reconstruction | Gynecomastia Surgery | Abdominoplasty | Liposuction
Mommy Makeover | Body Lift | Thigh Lift | Arm Lift | Blepharoplasty | Injectables | Laser Skin Rejuvenation | Hair Restoration

Changing Lives

"After losing all that weight, Dr. Vela gave me the contoured, smooth, slim body of my dreams. I finally look great and feel confident wearing anything I like. This surgery was the best decision of my life."

– Allie

Dr. Gary Vela
Plastic Surgeon



About Dr. Gary Vela

Board certified plastic surgeon Dr. Gary Vela is considered one of the premier body contouring specialists in the area. He trained in Plastic & Reconstructive Surgery with some of the world's foremost experts, and further refined his body contouring expertise during his 20+ years caring for patients. Dr. Vela understands that a patient's thoughts, feelings, and emotions play a pivotal role in the success of their outcome and has earned a reputation for providing patients with life-changing results.

Body Enhancement

Body enhancement isn't just a step toward altering how you look; it represents a change in how you feel about your body and yourself. Imagine the freedom of wearing clothes you've had to avoid and enjoying your trimmer, slimmer, toned body with confidence. With his artistic surgical skill, compassionate nature and today's most sophisticated technology, Dr. Vela can help you transform your appearance as well as your self-esteem.

Post Massive Weight Loss / Body Lift

Losing a dramatic amount of weight is a huge accomplishment that significantly improves how you feel, what you can do, and how you look. Unfortunately, most weight loss patients then face a new concern of sagging skin, which can be both physically and emotionally uncomfortable. A body lift procedure is the only way to remove excess, drooping skin. Body lifts usually address multiple areas, including the abdomen, back, hips, buttocks, thighs, and arms. With surgical expertise and a sincere understanding of the special needs of post weight loss patients, Dr. Vela helps his patients complete their transformation journey and enjoy a happier, healthier, more vibrant life.



Brazilian Butt Lift

A shapely behind has become a coveted symbol of youth, fitness, and sensuality. Using implants or a fat transfer procedure to create greater fullness and liposuction or other contouring procedures to sculpt a smoother contour, Dr. Vela can provide the curvy, youthful, sexy silhouette you desire.



Thigh Lift

Sagging, dimpled skin and bulging fat on the thighs are common concerns that cause many people to hide their legs. A thigh lift will remove excess fat and tighten loose skin to give you the smooth, firm, attractive thighs you can proudly show off in shorts, skirts, and swimsuits once again.



Arm Lift

The upper arms are particularly vulnerable to the "bat-like" sagging that occurs with natural aging and weight loss and can be highly embarrassing. Dr. Vela has the skill and experience to remove your excess, droopy skin with minimal scarring, so you can once again wear sleeveless tops and swimwear with confidence.



Additional procedures offered by Dr. Gary Vela:

Abdominoplasty | Liposuction | Mommy Makeover | Breast Augmentation | Breast Lift | Breast Augmentation and Lift
Breast Reduction | Breast Revision | Breast Reconstruction | Gynecomastia Surgery | Facelift | Neck Lift
Blepharoplasty | Rhinoplasty | Fat Transfer | Injectables | Laser Skin Rejuvenation



— Actual Patient

Body Enhancement

At Belcara Health, we understand the important role physical image plays in your life. Our approach to body contouring thoughtfully integrates the physical and emotional needs of each patient. Our top-tier plastic surgeons offer today's most sophisticated, state-of-the-art innovations in body contouring to address your concerns, transform your shape and help you to feel amazing about yourself.

Tummy Tuck (Abdominoplasty)

If you've been dieting and exercising, but still have a protruding stomach or sagging abdominal skin, you are probably a good candidate for a tummy tuck. This procedure tightens the abdominal muscles and removes loose, sagging skin and unwanted fat to dramatically improve your shape. At Belcara Health, our plastic surgeons excel at helping patients achieve the smooth, flat tummies they desire. With their surgical skill and advanced techniques, they provide patients with outstanding results - with shorter, more comfortable recoveries and minimal scarring.



BEFORE

AFTER

Liposuction

Liposuction is one of the most popular plastic surgery procedures among women and men, for good reason. It offers a safe, effective way to remove bothersome, disproportionate areas of fat, with natural-looking results and minimal downtime. Whatever your areas of frustration – abdomen, thighs, hips, knees, arms, buttocks, etc. – our talented surgeons can help you achieve the smoother, slimmer, more defined appearance you desire.



BEFORE

AFTER

Mommy Makeover

Becoming a mom is miraculous, but it can also bring unwanted changes to your body, including droopy breasts, protruding tummy muscles, and sagging skin. A "mommy makeover" refers to a combination of surgical procedures designed to restore, and even improve upon, your pre-baby appearance. Mommy makeovers commonly involve a breast augmentation and/or lift procedure to restore youthful-looking fullness and shape to the breasts and a tummy tuck and/or liposuction procedure to flatten, smooth and contour the abdomen. Our talented surgeons provide life-changing transformations that help to restore their patients' appearance and confidence.

Additional feminine rejuvenation procedures women consider include Labiaplasty and CO2RE Intima Laser Treatments.



BEFORE

AFTER

CoolSculpting

Many people exercise and eat well but still have stubborn pockets of fat that bother them immensely. If this sounds familiar and you're not interested in a surgical procedure, we have a solution!

CoolSculpting is a fantastic, innovative technology that reduces areas of unwanted fat without surgery, needles, or downtime. It works by freezing targeted fat cells, which are naturally flushed out through your body's metabolic processes. What is so cool about this groundbreaking technology is that it only targets fat cells and does not affect the skin or other tissues.

CoolSculpting is FDA-cleared and clinically proven to help you achieve in 1 hour what years of diet and exercise could not. At

Belcara Health, we have a wide selection of CoolSculpting applicators that enable us to effectively treat more areas, including the abdomen, hips, flanks, back, bra-rolls, arms, thighs, knees and chin. With many years of dedicated experience, our CoolSculpting Specialists are masterful with providing natural-looking, transformative results.

**For women and men with healthy eating habits and an active lifestyle, CoolSculpting is a safe and effective way to reduce excess fat. CoolSculpting is not a weight loss treatment but is effective for patients at or near their ideal body weight who want to reduce fat in one or more of the 9 FDA cleared treatment areas. Call us today to find out if CoolSculpting is right for you.



BEFORE

8 WEEKS AFTER FIRST
COOLSCULPTING TREATMENT

9 WEEKS AFTER SECOND
COOLSCULPTING TREATMENT

DualSculpting

Got only one love handle to lose? We didn't think so. With 2 CoolSculpting machines, we can treat 2 separate areas at once, in a speedy treatment session we call "DualSculpting". This lets you target stubborn fat on both sides of your body during a single appointment, saving valuable time and money.



BEFORE

60 DAYS AFTER ONE COOL-
SCULPTING TREATMENT

BEFORE

8 WEEKS AFTER
COOLSCULPTING SESSION

CoolMini

Unhappy with your double-chin? You can freeze the fat away with a "CoolMini" treatment. The size, shape, and curve of CoolSculpting's "CoolMini," applicator make it highly effective for treating the fat under the chin (submental) that causes the dreaded "double-chin." Just like CoolSculpting, the CoolMini freezes away fat for a more youthful, contoured jawline.



BEFORE

12 WEEKS AFTER SECOND
COOLSCULPTING SESSION

BEFORE

12 WEEKS AFTER SECOND
COOLSCULPTING SESSION

Changing Lives

Dr. Andrew London
OBGYN

“Dr. London’s humor and kindness make what could be an awkward, unpleasant experience very comfortable and relaxed. My CO2RE Intima procedures have made a huge difference. My husband and I are extremely pleased, and I recommend it to everyone my age.”

– Actual Patient



About Dr. Andrew London

Dr. Andrew London is a Board Certified OBGYN and Women’s Wellness Specialist. With elite training from Johns Hopkins and the University of Maryland and decades of clinical experience, Dr. London is nationally recognized as a pioneer in women’s sexual health. His compassionate, comedic nature and clinical expertise have earned him the respect of his peers and the loyalty of many happy, healthy patients.

Women's Intimate Wellness

As women get older, they may often experience changes in vaginal wellness or appearance leading to unpleasant symptoms affecting their quality of life. The term “vaginal rejuvenation” refers to several different treatment options for improving the form and function of female genitalia. Some women inherit a misshaped or disproportionate labia, but most experience changes and symptoms with childbirth, age and hormone changes. The vaginal walls become lax and the labia may become darker and sag, and many menopausal women can experience burning, itching, dryness, and pain during intercourse, as well as leaking of urine with laughing, coughing or sneezing. These changes can have a significant negative effect on a woman’s comfort, confidence and sexual performance.

At Belcara Health our providers offer options such as CO2RE Intima Laser Treatments and/or surgery to address these issues.

CO2RE Intima Laser Treatments

At Belcara Health, Dr. London offers CO2RE Intima, a life-changing laser treatment that restores vaginal health. It works by stimulating the body’s own healing response to improve the vagina’s tone, texture, and appearance. It also increases moisture in the vaginal canal, relieving dryness and discomfort during intimate relations. This quick, non-surgical, non-medication treatment involves minimal discomfort and no downtime.

Traditional treatment for menopausal women includes hormone replacement, but many women today are concerned about potential side effects. Breast cancer survivors have had very limited treatment options out of fear that medications may cause a recurrence. CO2RE Intima offers a great way to gain the benefits that are equal to using estrogen without any hormonal activity. Patient reviews have been outstanding, with a high number reporting great satisfaction with the treatment and significant improvements in sexual gratification and vaginal rejuvenation.

Leaking of urine with laughing, coughing or sneezing, also can occur as women age or even after childbirth. The CO2RE laser has also been helpful for mild stress incontinence of urine.

Labiaplasty

Performed by one of our board-certified Plastic Surgeons, Labiaplasty is a procedure that improves the appearance of a woman’s vaginal lips. Women may wish to alter the labia majora (the larger outer lips), labia minora (the smaller inner lips), or both. Women seek this procedure for both aesthetic and functional reasons.

Other treatments relevant to Women’s Intimate Wellness include Bioidentical Hormones Therapy (page 27) and Pharmaceutical Grade Supplements (page 28).




— Actual Patient

Changing Lives

"After years of debilitating health problems, countless doctor visits, and virtually no answers or help, Dr. Nager helped me regain my life - without the use of medication! It's so good to feel well again, I'm so grateful."

– Actual Patient



*Dr. Eric Nager
Integrative Medicine Specialist*

About Dr. Eric Nager

Dr. Eric Nager is a double board certified physician and integrative medicine specialist. With over 20 years of experience, Dr. Nager uses his extensive knowledge of the body as a foundation for identifying and treating disease processes. He focuses on preventing chronic diseases through the integration of functional and traditional medicine, education and lifestyle changes to help patients enjoy healthier, happier, more vibrant lives – now and for the years ahead.

Integrative and Functional Medicine

Whether you're suffering from a medical condition or you simply want to optimize your health, Belcara Health's Integrative Medicine services can help you enhance your overall wellness, **now** and in the years to come. Integrative Medicine views and treats the body as one integrated system instead of as isolated parts. Dr. Nager uses extensive, proprietary diagnostic assessment methods to identify the root causes of diseases, as well as any early indicators of future diseases. He then recommends the treatments you need to restore your body to a healthy, balanced state that is energized, youthful and sustainable.

Diagnostic Assessment

Our Integrative Medicine program begins with a comprehensive Diagnostic Assessment to determine a baseline of vital information about your overall condition. Dr. Nager considers your medical history, concerns and goals, and examines all your major body processes to learn how they are working together. Testing can include thorough lab workups of your blood, saliva, urine or stool. This provides a deep understanding of your current condition and identifies the root causes of your symptoms. Dr. Nager then designs a treatment plan that works with your specific body chemistry and lifestyle to help you improve your health and proactively prevent future ailments from ever occurring.

Bioidentical Hormone Therapy for Men and Women

Bioidentical hormones are defined as man-made hormones that are very similar to the hormones produced by the human body. These are then used as treatment for men and women whose own hormones are low or out of balance. Many health concerns - including fatigue, low sex drive, trouble sleeping, irritability, and weight gain – can be the result of a hormonal imbalance. Hormones play an important role in how your body functions. When they are unbalanced, your body does not function properly which can have significant negative effects on how you feel, look and perform. Bioidentical hormone therapy can restore balance to your system, relieve your symptoms, and improve your overall health and quality of life.

Erectile Dysfunction

Erectile Dysfunction (ED) can be more than just emasculating; it can ruin the quality of a man's life. Oral medications, such as Viagra and Cialis, provide temporary relief, they don't address the underlying cause of ED and can bring unwanted side-effects and risk. Dr. Nager offers minimally invasive treatments that address the root cause of your ED condition to help you achieve stronger erections with enhanced sensitivity, naturally and spontaneously. Read more on page 31.



IV AND IM THERAPIES



Micronutrients

Unfortunately, the foods we eat may not supply the nutrients our bodies need to stay healthy – mostly due to poor dietary choices and the decreasing quality of our food supply. Micronutrient Therapies provide a safe, convenient and effective way to get the essential vitamins and minerals we need to look and feel our best. At Belcara Health, we offer micronutrient support through Pharmaceutical Grade Supplements, IV Therapies (intravenous infusion), and IM Therapies (intramuscular injection).

Pharmaceutical Grade Supplements

Nutritional Supplements consist of vitamins, minerals, herbs, amino acids, fatty acids, enzymes, probiotics, and other natural substances that – taken in pill, powder, liquid, or topical forms – can help your body and mind function properly.

Are your supplements pure? It's important to note that there are significant differences in the quality and formulation of supplements available today. At Belcara Health, we offer a wide selection of supplements, handpicked by Dr. Nager. They contain the highest grade ingredients that are certified by manufacturers and are independently inspected for rigorous standards and practices by a third party. Following a comprehensive diagnostic assessment, Dr. Nager will recommend the right Supplement Therapy treatment plan to meet your needs and improve your overall health and well-being.

“I loved my treatment! Afterwards, I felt a little tired, but I woke up feeling AMAZING. I'm going to come weekly, so I will see you next week! Thank you again for such a pleasant, relaxing experience!”

— Actual Patient

Did you know we auto ship? Sign up on the Belcara Health Website to get discounts on all your favorite supplements. Free shipping is also available for those that qualify.

IV Therapies

IV Therapy is a great way to give your body the hydration, vitamins, antioxidants, and minerals it needs to enhance your health, appearance and performance. It works by delivering nutrients directly into the bloodstream via IV infusion to ensure maximum absorption. By bypassing the digestive system, IV Therapy restores wellness at the cellular level with up to 400% more nutrient absorption over food and oral supplements.

IM Boost

Sometimes, your body needs a boost of vitamins that can best be delivered through intramuscular injection. Similar to intravenous (IV) nutrient therapy, IM can completely bypass the digestive system and liver, where nutrients are often metabolized or altered for elimination.

Benefits of IV Therapy and IM injections include*:

- Increased hydration and vital nutrients
- Improved immune health and overall well-being
- Reduced signs of aging and more vibrant skin
- Boosted energy and performance levels
- Higher metabolism to stimulate weight loss
- Better athletic performance and recovery
- Higher antioxidant levels to reduce oxidative damage
- Heightened clarity and mental focus
- Faster healing after illness, injury or surgery
- Detoxification from alcohol, medication, and pollutants
- Improved allergy symptoms and histamine release
- Relief for gastrointestinal disorders, ulcers and nausea
- Relieved PMS symptoms, headaches, migraines, muscle cramps and pain

At Belcara Health, all IV and IM Therapies contain specially formulated ingredients that are safe and regulated by the FDA. Treatments are performed by experienced Registered Nurses, supervised by a board-certified physician, and can be tailored to your specific needs and goals.

*Statements provided have not been evaluated by the FDA. The products are not intended to diagnose, treat, cure or prevent any disease.

Food Sensitivity Testing

Certain foods can make you feel unwell. Once you eliminate these foods, you can start to feel healthy again. Common symptoms caused by food sensitivities include digestive problems (diarrhea, nausea, constipation), stomach pain and bloating, fatigue or achiness, skin disorders, brain functions (anxiety, foginess, poor focus, slow problem solving, memory problems), inflammation, arthritis, infections, auto-immune diseases, and weight management issues. Proper diagnosis is a critical step towards identifying the foods causing your ailments. Once those trigger foods are eliminated, your body will be less reactive and more balanced, improving your health, energy and overall wellness.

Nutrition Counseling

Every time you eat, you make choices. Nutritious choices give you the opportunity to be healthy and well. At Belcara Health, we offer personalized nutrition plans to help you make the choices that will help you lead a healthy, happy, active life. Programs address a range of needs, including weight management, meal planning, disease support, sports nutrition for optimal performance, and rapid weight loss through our BHFit program. We believe that realistic goals, moderation, and support are the key to achieving sustainable goals for a lifetime of healthy eating.

BH Fit Rapid Weight Loss

Weight loss is a physical and emotional process that can be very difficult to achieve and maintain, especially when doing it alone. To help kick start your weight loss journey, we've developed BHFit – an innovative, medically supervised program that combines prescription medication with professional nutritional guidance to help you lose weight quickly, safely and comfortably. Keep it off and stay fit for life. This program provides ongoing support as patients proceed through the program's four phases - Education, Preparation, Transformation, and Maintenance - to ensure they stay on track, reach their goals, and maintain a healthy lifestyle.

BH Fitness

Together with proper nutrition, the BH Fitness program is designed to help you transform the way you look and feel. Whether you want to lose weight, prepare for surgery, improve your general health, or simply look and feel better, a personal training plan can help you meet your needs and guide you towards achieving your goals.

To learn more about Wellness services, please visit our website at BelcaraHealth.com



“Dr. Nager works miracles! For years, I tried to lose weight and get healthy by myself. Nothing worked. Without him, I wouldn't have lost the weight. It feels so good to feel well again. I've gained a valuable education in the process too. Thank you!!”

— Actual Patient



— Actual Patient

For Men

At Belcara Health, our focus is not just women. Our multidisciplinary practice provides many services that men are seeking as well, and a growing portion of our patients are men. In Dermatology, Ophthalmology, Plastic Surgery, Skincare and Wellness, we've made it our job to understand men and their specific concerns. Let us help you take control of your appearance, performance, and health to maintain your competitive edge.

Gynecomastia Surgery (Male Breast Reduction)

The over-development of male breast tissue, gynecomastia, is a common condition that can be uncomfortable and embarrassing. Gynecomastia surgery involves removing excess breast tissue to give the chest a flatter, more masculine appearance.



BEFORE

AFTER

Body Contouring

Ask any guy at the gym what he dislikes about his body and he'll probably say, "Love Handles". At Belcara Health we offer two solutions: CoolSculpting and Liposuction will both eliminate unwanted areas of fat, leaving you with a slimmer more sculpted body. Call today to see which method is right for you.



BEFORE

16 WEEKS AFTER SECOND
COOLSCULPTING SESSION

Hair Restoration

There is no longer any reason to suffer the distress and embarrassment of thinning hair. At Belcara Health, we offer NeoGraft, a hair restoration procedure that provides fuller, natural-looking hair - with no surgery, scars, discomfort or downtime. Unlike the traditional strip approach, which requires incisions to remove a portion of the scalp, NeoGraft technology enables us to gently remove each hair follicle, one-by-one, then strategically place them to create a full, youthful hairline - with no incisions, stitches, or staples, a more comfortable and quick recovery, and no visible scars.

Erectile Dysfunction

As recently as two decades ago, erectile dysfunction was mostly blamed on psychological problems or the normal aging process. Today, we now know that persistent erectile dysfunction (ED) warrants medical attention. At Belcara Health, we offer minimally invasive, drug-free treatments that address the root cause of erectile dysfunction, so you can once again enjoy an active, healthy, satisfying sex life.

Wave Therapy – Low-Intensity Extracorporeal Shockwave Therapy uses high-frequency acoustic wave energy to break up the micro-plaque in blood vessels and stimulate the growth of new blood vessels and nerve tissues in the penis. The improved result in blood flow helps men obtain stronger, sustainable erections, enhancing sexual pleasure and orgasms.

P-Shot Therapy – P-Shot Therapy, also known as Platelet Rich Plasma (or PRP) Therapy, harnesses the restorative power of your own cells. It involves separating the healing “growth factors” in your blood and reapplying them back into your body to stimulate the formation of new blood vessels and nerve tissues. The result is better overall sexual sensation, satisfaction, and performance.

Nutrition and Supplements

Our Wellness team takes a personal approach to identify the proper nutrition and supplement recommendations for each patient, rather than loading you up on popular, generic “best supplements.” Produced by certified manufacturers, we offer a wide selection of supplements that contain the highest-grade ingredients available. Food and supplements are more than just fuel, they can help your body fight disease and keep you looking and feeling your best. Read more on page 28.

Weight Loss

When it comes to weight loss, many believe that men have an advantage. And when men and women cut the same number of calories, men usually lose more weight. To help kick start your weight loss journey, we’ve developed BHFit – an innovative, medically supervised program that combines prescription medication with professional nutritional guidance to help you lose weight quickly, safely and comfortably. Read more on page 29.

Services for Men

| | |
|---|----------------------------------|
| Plastic Surgery for the Face & Body | Pharmaceutical Grade Supplements |
| Gynecomastia Surgery | BHFit Rapid Weight Loss |
| CoolSculpting | BH Fitness |
| Neograft Hair Restoration | IV Therapies |
| Dermatology Services | IM Therapies |
| Ophthalmology Services | Skin Resurfacing Treatments |
| Designer Eyewear & Prescription Support | Laser Peels |
| Integrative Medicine | Laser Hair Removal |
| Bioidentical Hormones | Laser Tattoo Removal |
| Erectile Dysfunction Therapies | BOTOX & Filler Injectables |
| Nutrition Counseling | Advanced Skincare |

IV & IM Therapies

Good health begins at the cellular level. IV Therapies target a wide variety of wellness needs by replenishing hydration, aiding in recovery from illness, and restoring vitamin and nutrient deficiencies.

For Athletes, IV Therapy can potentially be a fast and effective way to replenish your body’s hydration and nutritional levels, while providing necessary amino acids to improve your strength, stamina, and overall performance. More and more, our athletic patients are getting IV Therapy prior to and immediately following athletic competitions and events. Read more on page 28.

Laser Hair Removal

For men, tending to body hair can be a constant chore. Laser Hair Removal works all over the body and can be a great solution. Laser Hair Removal kills the root of hair follicles, drastically reducing hair growth forever, unlike short term solutions like shaving and waxing. We frequently treat the back, shoulders, chest, stomach, neck, face, eyebrows and more.

93% of women love men without a hairy back.

Botox for Men

According to Men’s Health Magazine, “Men are increasingly getting BOTOX and fillers to not only look younger, but also to look better on social media and dating apps.” Focused on wrinkles across the forehead and around the eyes, Botox can help men look more rested, fit and attractive. Who doesn’t want that!? Read more about Injectable Treatments on page 15.

Skincare for Men

Our well-trained and experienced Skincare Specialists will help you select the right products to address your concerns and deliver results that will change the way you see your skin.

CENTERS OF EXCELLENCE

PLASTIC SURGERY



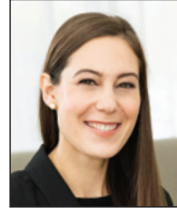
Dr. Michael Cohen



Dr. Gary Vela



Dr. Bradley Robertson



Dr. Nadia Mostovych

DERMATOLOGY



Dr. Ciro Martins



Caroline Harvey



Dr. Richard Adler



Dr. Ben Azman



Dr. Eric Nager



Dr. Andrew London

OPHTHALMOLOGY

WELLNESS

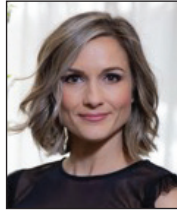
SKIN AND LASER CENTER



Kara Bagranoff, RN



Kierstin McClanahan, RN



Christy Lantz, RN



Tammy Pierce



Angela Salango



Jamie Bonner



BH Blue LOYALTY REWARDS

The Card That Rewards All Year Long - BH Blue Loyalty Rewards can save you hundreds – even thousands – of dollars annually on the services, treatments, and products you love. Benefits include flexible membership levels to fit every budget, complimentary gifts, and VIP pricing on our most popular services. Maintain your beauty and health by becoming a member today.

Financing

We believe that investing in your health, beauty, and wellness is an investment in your future. We want to help you meet your goals. Obtaining the funds for elective procedures and products can sometimes be difficult. To help you get the financing you need, we have dedicated financing specialists to guide you every step of the way. We have been successful in securing financing for thousands of patients, even those with challenging credit histories. **Payment Options** - we accept Mastercard, Visa, American Express and Discover.



BELCARA HEALTH
Plastic Surgery | Dermatology | Ophthalmology | Wellness