



ANTI-AGING: KNOWLEDGE, PREVENTION, REJUVENATION

Dr. Lynese Lawson
Anti-Aging expert and medical director of the ProActiv Wellness Center in Vienna, VA

Dr. Lawson what kind of symptoms do patients typically have when they come to you for an assessment?

Dr. Lawson: Female patients may be experiencing hot flashes and night sweats, they may be depressed and have gained weight. Males may be fatigued and feeling they have lost some of their mental focus, have abdominal weight gain and feeling generally grumpy. Patients often complain that they are just “tired of being tired.”

What is the first step in determining how to treat them?

Dr. Lawson: The assessment begins with a one hour initial consultation that includes a thorough review of the patient's past medical history, family history, lifestyle choices, nutritional intake and present symptoms. A comprehensive work-up is ordered which may include blood testing, saliva testing and hair or urinary analysis. A follow-up appointment is scheduled to review test results and institute a personalized treatment plan. Treatment regimens may incorporate bioidentical hormone therapy (BHRT), nutritional supplements, herbal therapies, diet, exercise and lifestyle changes all designed to help to optimize the patient's health, well-being and longevity. Depending upon the age and medical condition of each patient, referrals are provided for tests such as ECG & exercise tolerance tests, prostate, testicular and pelvic ultrasound tests, colonoscopies, mammograms, bone density testing, and others. Blood and saliva testing are repeated frequently to help ensure that the hormones stay in optimum balance.

Can you tell us more about Bioidentical Hormone Therapy and it's benefits?

Dr. Lawson: Our BHRT is designed to treat Individuals who suffer from PMS, menopausal symptoms, andropausal symptoms, loss of sex drive, chronic fatigue, insomnia, anxiety, depression, headaches, weight gain,

persistent pain, or many other common conditions associated with hormone imbalance. We use FDA approved bioidentical hormones whenever possible; however, when a dosage or strength that the patient requires is not commercially available, we use a compounding pharmacy to prepare an individualized prescription. Our BHRT program provides many benefits including:

- Restored hormone balance and relief of related symptoms
- Improved heart health
- Increased bone production and prevention of osteoporosis
- Enhanced energy and sex drive
- Reduced wrinkles and improved skin tone
- Improved mental sharpness and better memory

Once you have the person feeling better on the inside, what kind of aesthetic procedures can you offer to help them look better?

Dr. Lawson: BOTOX® and Restylane® injection therapies to improve the appearance of fine lines and wrinkles. Wrinkles result from muscle movement and the passage of time. Underneath the skin, facial muscles contract which cause pleating of the overlying skin. This repetitive motion, combined with loss of elasticity and free radical damage, can cause permanent lines and wrinkles.

Dr. Lynese Lawson received her Doctorate from Oklahoma State University College of Osteopathic Medicine and Surgery in 1983. She is a board certified anesthesiologist and board eligible in Anti-Aging Medicine. During the last eight years of her anesthesia career, Dr. Lawson was the chief anesthesiologist at an outpatient plastic surgery facility. This exposure to aesthetics medicine placed her in a position of apprenticeship where she learned many of the aesthetics procedures such as laser and IPL treatments, sclerotherapy, BOTOX® and dermal fillers. She subsequently has completed advanced training for all of these aesthetics procedures. Dr. Lawson truly understands that often times the skin is a mirror of what is happening on the inside of our bodies. Dr. Lawson's passion is to create an integrated anti-aging therapy that meets both beauty requirements and assures overall wellness.

ProActiv Wellness Centers, PLC is in Vienna, VA, call 703-822-5003 or go to www.proactivwellnesscenters.com.