

An Advertising Feature to the Orange County
Business Journal • December 14, 2009



Executive Health & Fitness

Newport Imaging Center Offers Preventive Screenings to Help You Live Healthy and Stay Healthy

Newport Imaging Center is located in Newport Beach, at 360 San Miguel Road, adjacent to Fashion Island. Newport Imaging Center offers many preventive screening exams, which can identify early illnesses or those at risk for developing illnesses. The tests include Digital Mammogram, Coronary Artery Calcium Scoring, Abdominal Aortic Aneurysm (AAA), DEXA Bone Density Test, Lung Cancer Screening and Virtual Colonoscopy, to name a few. Screening exams are

a proactive necessity, especially during stressful times such as these, to improve your health and reduce your risk of developing heart disease, multiple forms of cancer, osteoporosis, and other fatal and debilitating diseases.

Depending upon the condition, the technologist may use ultrasound, CT, or MRI. A board certified radiologist reads these exams to rule out the presence of abnormalities. Most screening studies are covered by insurance, including Med-icare, however Newport Imaging Center suggests you check with your insurance provider.

Take the proactive approach

Sometimes women tend to put their families and even their jobs before themselves, in turn, neglecting important health care screenings and failing to take preventive steps to insure their own well-being. It is important for women to be proactive about their own health and to take care of themselves, so they can be there for their families and others who depend on them.

Digital Mammograms

An annual mammogram is suggested by the American College of Radiology after the age of 40, or earlier if there is a family history of breast cancer. Studies support that getting a screening mammogram can help detect early signs of any problems.

Coronary artery calcium scoring

Patients who find they have calcium in their coronary arteries, which supply blood and oxygen to the heart muscle, can change their eating and exercise patterns before artery blockage occurs which can lead to a heart attack. CAC is an important test for women and men, which can be a powerful motivator of health and lifestyle changes for patients.

Newport Imaging Center is dedicated to provide you with quality and convenience. To schedule an appointment or for more information about Newport Imaging Center, please call 949-721-8191.



Protect Your Most Valuable Asset... Your Health.

Invest In Your Own Personal Health Profile From UC IRVINE EXECUTIVE HEALTH

PERSONAL INDIVIDUALIZED ATTENTION The 2 ½ hour comprehensive physical exam is tailored specifically to each participant's age, gender and lifestyle behavior. The program assesses the whole individual, evaluating not only health but also fitness, nutritional status and health risks.

COMPREHENSIVE EVALUATION OF YOUR CURRENT STATE OF HEALTH A follow-up session is scheduled with a University physician and a registered dietitian approximately 2 weeks later with ample time for questions and discussion.

HEALTH RISK APPRAISAL A computerized health risk appraisal is generated, showing participants how lifestyle modifications can decrease their risk of developing cardiovascular disease and cancer.

The UC Irvine Executive Health Program has helped thousands of executives in Orange County and around the world manage their health since 1989.

UC IRVINE EXECUTIVE HEALTH PROGRAM



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www.ucihealth.com/corporatehealth



The UC Irvine Executive Health Physical is designed to be efficient while providing time for an in-depth discussion between patient and doctor.

A Management Strategy That Works

For most busy executives, having a physical exam is something to do after everything else is finished (and it never is). But now, UC Irvine Medical Center is offering a prescription for wellness that can easily be scheduled into hectic lifestyles – The UC Irvine Executive Health Physical.

Among the most comprehensive examinations available anywhere, it takes a little over two hours to complete. It includes intensive one-on-one attention, personal follow-up and top-flight testing – all conducted at a nationally recognized medical center complete with the latest technology, highly skilled physicians and experienced professional staff.

“The program is designed to be efficient while providing time for an in-depth discussion between the patient and the doctor,” says Morris Hasson, M.D., Executive Health Program Physician and clinical professor of medicine at UC Irvine. “Our goal is to catch diseases while they’re easily treatable and to prevent illness by encouraging lifestyle changes.”

A real head-to-toe experience

The exam begins with a medical history. It’s a personal conversation between the patient and doctor with time to discuss any specific issues or symptoms. Once this is completed, a thorough physical exam is conducted, including screenings for cardiovascular disease, cancer, respiratory ailments, vision and hearing problems. The exam also includes a comprehensive fitness evaluation and laboratory analysis to detect preexisting disease. All in all, the exam is a real head-to-toe experience. Depending on the participant’s age or risk factors, further tests may be recommended by the physician.

A computerized risk appraisal is also generated, showing participants how lifestyle modifications can decrease their risk of developing certain illnesses. Patients are also given a detailed exercise prescription, if needed, and referred to appropriate UC Irvine risk-factor reduction programs, including those dealing with weight management, cardiovascular risk reduction, and travel immunizations.

Programs tailored to individuals

All risk factor reduction programs are tailored to meet the individual needs of participants. For example, the UC Irvine Weight Management Program provides a continuum of services varying in intensity, including a medically supervised low calorie diet as well as food-based plans. The UC Irvine Travel Medicine Program provides specific healthcare information about destinations worldwide and immunizations for individuals who are traveling the globe.

The complete results of the physical, along with recommendations, are presented to participants in a bound portfolio.

To date, more than 900 companies have participated in the UC Irvine Executive Health Program, with some enrolling their entire upper-level workforce for physicals.

The UC Irvine Executive Health Program: It’s a management strategy that works.

For information about UC Irvine’s Executive Health Program, please call 949.824.8033.



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Photos depict a typical facility; some locations may vary. ©2009 LA Fitness International, LLC. All rights reserved.



*Over 20 Years Experience &
Excellent Customer Service*

www.newportimaging.com

Newport Imaging Center is the premier outpatient imaging center - providing the highest quality diagnostic and therapeutic radiology services.

We offer two state of the art facilities to choose from, with both conveniently located in the Irvine/Newport Beach areas, Newport Imaging Center provides a wide variety of modern radiology and imaging procedures including:

- PET
- Nuclear Medicine
- MRI
- CT Scan
- Ultrasound
- Bone Densitometry (DEXA)
- Digital Mammography
- Diagnostic X-Ray
- Specialized Lung and Coronary Artery Disease CT Screening Examinations



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TLC offers a Nationwide Lifetime Commitment and 24 month interest-free financing.* You may also qualify for a discount, based on your insurance plan.

www.TLCVision.com

*Individual results may vary and are not guaranteed. Lifetime Commitment and financing for those who qualify at participating locations.



TLC Laser Eye Centers, Newport Beach Location

Dr. Thomas S. Tooma, Medical Director, TLC California

The Gift of Sight

Don't forget you can use your Flexible Spending Account to give you or your loved ones the gift of sight this holiday season

According to the Employee Benefits Research Institute, 30 million Americans use a Flexible Spending Account (FSA) to pay for qualified medical expenses, such as laser eye surgery.

With our economy still recovering from the worst recession since the Great Depression, wouldn't it be great to give yourself or your loved ones the "Gift of Sight" this holiday season, tax-free? TLC Laser Eye Centers would like to remind you that you can use the funds in your FSA to reimburse you for your LASIK procedure; and now is the best time before the end of the year!

If you (or a loved one) have been thinking about LASIK, a gift certificate and your FSA may be the best gifts you can give yourself this holiday season.

You can save hundreds or even thousands of dollars by using a Flexible Spending Account (FSA) to help pay for your LASIK procedure. The FSA is not only tax-free, but it can be used to reimburse your LASIK procedure, and can significantly reduce any out-of-pocket costs.

If you're looking to give someone you love the Gift of Sight, or treat yourself to better vision, TLC Laser Eye Centers can help. TLC has surgeons and staff focused on you, with exceptional service, and the latest that technology has to offer.

"When you combine the experience and patient care offered by TLC affiliated surgeons, you get a glimpse of the TLC commitment. Add to that a National Lifetime Commitment,[™] financing options for your procedure, or qualifying for a discount based on your insurance plan, and you have the TLC Gift of Sight," says Dr. Thomas S. Tooma- the Medical Director for TLC Laser Eye Centers in Southern California. Dr. Tooma has performed more than 100,000 correction procedures.

Book your Free Consultation

Call 1-888-CALL-TLC (1-888-225-5852) or visit us online at www.TLCVision.com. With over 1,300 eye doctors who refer their patients, TLC Laser Eye Centers is the Eye Doctors' #1 Choice. TLC Laser Eye Centers serves you in the counties of San Diego, Los Angeles, Orange, Riverside, Ventura and San Bernardino.

TLC is a provider for major health and vision plans and offers 24 month interest-free financing.

*Lifetime Commitment is for those who qualify at participating locations. Individual results may vary and are not guaranteed. Glasses may still be needed after the procedure.

Reveal Your Beauty for the Holidays

Look and feel your best this holiday season. TLC Cosmetic offers the latest in luxury beauty treatments including, Botox[®], fillers, microdermabrasion and much more to help you reveal your own beauty this holiday season.

TLC Cosmetic is a leading-edge cosmetic practice focused on using the latest, anti-aging and beauty solutions to reveal your beauty and prolong a more youthful appearance. We're proud to feature some of today's most progressive therapies and treatments to help you attain the results you're looking for.

Book your appointment today by calling 1-877-775-SKIN (1-877-775-7546). Holiday appointments are filling up fast!

TLC Cosmetic offers a wide variety of gifts and we're ready to help you shop for that special person in your life. We invite you to talk to us today about your goals.

TLC Cosmetic serves you in Newport Beach, and coming soon: San Diego.



TLC Cosmetic Reception Area, Newport Beach



Use your Flex Spending Account to reduce your out-of-pocket costs this holiday season