

How to do  
a better  
**YOU!!!**





## Has 'huh?' become your most-used word?

For more than three decades, the Doctors of Audiology at Kos/Danchak Audiology and Hearing Aids have continued to strive to improve the quality of life for those in need of hearing health care.

The Kos/Danchak team, guided by Dr. Melissa Danchak, provides comprehensive and individual hearing health care, while building long-term relationships with its patients and their families based on honesty, integrity and respect.

When you visit Kos/Danchak Audiology, specialists discuss your hearing concerns. In addition to addressing hearing loss and related solutions, they will assess if your hearing concerns are something for which you must see your family doctor (e.g., ear pain, bleeding from the ears, fluctuating hearing loss, sudden hearing loss). They then begin to perform a hearing evaluation and typically discover one of three things: earwax blocking your ear canal; your ears look fine, and your hearing test results show that you are hearing clearly; your ears look fine, but your hearing test reveals that you do have a hearing loss.

If your hearing test shows that you have a hearing loss, Dr. Danchak and Co. will work with you to recommend the best solutions to help you hear more clearly. For more: [northtxhearing.com](http://northtxhearing.com).



## Help is here for those aching joints

The board-certified, fellowship-trained joint specialists of Texas Health Physicians Group have decades of experience in breakthrough techniques to treat patients with ailing knees, hips, shoulders and ... well, virtually any malady that requires an orthopedic specialist.

Orthopedic injuries can be especially complex. Patients with these types of injuries often have limited mobility due to pain, weakness and limited range of motion. The specialists of Texas Health Physicians

Group can assess your pain and develop a care plan that's right for you.

Whether you require full joint replacement or treatment that doesn't require surgery – such as oral medication, injections or physical therapy – the Texas Health Physicians Group team has one goal: getting you back to doing what you love, pain-free. It reaches this objective by offering the best solutions, so you can heal quickly and completely.

For more: 817-930-2674

## iLIVE Expo will put the focus on girls & women

The Sixth Annual iLIVE Expo, North Texas' largest Wellness and Lifestyle Expo just for girls and women, will be held from 10 a.m.-2:30 p.m. on July 27 at the University of Texas at Arlington's E. H. Hereford University Center (300 W. First St.)

This high-energy event will feature a variety of speakers, authors, seminars, vendors, music and opportunities for empowerment. The expo was created to bring together local and national companies that specialize in health and wellness, as well as increase financial and entrepreneurial awareness by promoting a day full of informative lectures on a variety of wellness topics and interactive events for women of all ages.

The iLIVE Expo will offer attendees a number of activities, including interactive fit labs, free health risk assessments, free blood pressure checks, free massages and product samples, exhibitor shopping and more.

A special feature of the event will be HERStory, an exclusive panel segment for girls and college students. Event organizers say they want to encourage girls to turn up the volume on their own voices and be empowered by their unique and courageous stories. Topics will include importance of body positivity, self identity, self love, confidence and all "the brilliance of girl magic!"

For more: [iliveexpo.com](http://iliveexpo.com).



## How about taking in a 'Dive in' movie?

This month – on July 12, to be exact – you can feed body and mind (at least, your sense of humor) when the Arlington Parks & Recreation Department hosts a "Dive in" movie at Randol Mill Family Aquatic Center. "Ralph Breaks the Internet 2" will be the featured film, which will be shown at 8:30 p.m. on the big screen overlooking the pool.

Tickets for the splishing, splashing and movie watching are \$6 and can be purchased at [tinyurl.com/yxahyo5g](http://tinyurl.com/yxahyo5g) or at the gate (if not sold out online). All guests (0 years and up!) must have a ticket. All day time users of the Randol Mill Family Aquatic Center must exit the gates at 7 PM and re-enter with repurchased tickets in hand.

# Beat the heat

The Arlington Parks & Rec Department notes that the Metroplex sees about 90 days of 90°-plus weather each year. So running outside during the summer in Texas can be more than just sweat-inducing, it can be dangerous. Brittney Bearden, a registered dietitian and sports nutrition manager at Texas Health Sports Medicine, offers some tips to run safely outdoors this summer:

**Fuel appropriately** – Because running in the heat increases your sweat rate, Bearden says there is an increased need to replenish lost fluid, electrolytes and nutrients, so making sure you're properly hydrated and fueled up before a run is important. Two hours before heading out for a run, drink 500 mL of a carbohydrate-rich drink, such as orange juice, skim milk, apple juice or a smoothie. Bearden also suggests eating easily digestible foods low in fat and fiber as pre-run snacks, such as a banana, half to one whole bagel, applesauce or oatmeal with raisins.

**Get acclimated** – To help your body acclimate to the heat outside, build up your training in event-level heat conditions until you can run for at least one to two hours in those conditions without experiencing symptoms of heat illness. Perform at least six workouts at event-level heat in the two to three weeks leading up to the event, including one to two workouts the week before.



**Get to know your sweat concentration** – If you're a seasoned runner or you're training for a run, see a sports dietitian for sweat sodium concentration testing. "It's one way to know individual sweat rate, as well as sweat sodium concentration, which allows for individualized hydration plans," Bearden explains.

**Hydrate efficiently and eat wisely** – While running, drink a fluid that contains sodium and potassium, as well as 4 to 8 percent daily value of carbohydrate. You should replace 30 to 60 grams of carbohydrate each hour that you run by continually sipping fluids. After a run, drink 500 mL of a carbohydrate-electrolyte fluid every 30 minutes until you've consumed 2 liters. After, recreational runners can continue their day with their normal healthy pattern of meals, snacks and hydration. But for serious or competitive runners, Bearden suggests weighing yourself before and after a long run and drink 16 to 24 ounces of fluid for every pound lost.



## Maintaining a routine is a key to great skin

While a spa treatment is a relaxing experience and feels like a luxury, Great Skin Spa & Facial Club owner Brenda Cureton Smith believes the health benefits from becoming a Facial Club member represent a value on several fronts.

"Our belief is that it should be beneficial in the beauty, care and knowledge of how to have more beautiful skin, increased relaxation and decreased stress," Cureton Smith says. "The best results of skin care and body treatments result from continuous and regularly scheduled, professional skin and body treatments, coupled with an effective, customized home care system to use in between your professional treatments. Through our Facial Club, we make it affordable for our clients to care for their skin in both aspects – in the spa and at home."

Each service at Great Skin features a one-time investment of a single treatment, as well as membership pricing, which is based on a four-time-treatment plan that offers a lower investment per treatment. Once each goal is achieved, members can also purchase a maintenance program, thereby continuing maintenance at the best investment level.

For more: [greatskin4you.com](http://greatskin4you.com).

## This course helps you self-manage Diabetes

Learning how to manage diabetes is the most critical component of caring for yourself after you've been diagnosed. Diabetes can result in serious health complications if a person does not understand how to care for themselves. Methodist Mansfield Medical Center offers diabetes education services that can help patients prevent or delay diabetes-related problems like heart disease, stroke, kidney disease, nerve damage, amputations, erectile dysfunction and blindness.

In the FREE diabetes education course, patients learn:

- How to build a diabetes friendly diet
- How diabetes works and what you can do to keep it under control
- Wound prevention and care
- Fun ways to stay active
- The long-term complications of diabetes and how to prevent them
- How to manage stress
- Where you can find community support resources

When you have diabetes your health care team is very important; however, most of the time you will be responsible for your own care. This educational program is designed to help patients be prepared to live a better life once they've been diagnosed with the disease.

For more: [methodisthealthsystem.org/methodist-mansfield-medical-center](http://methodisthealthsystem.org/methodist-mansfield-medical-center).



## Taking care of Mom and Baby

Women's Health Services is an all-female Ob-Gyn group providing full health care for women – and one of the most trusted obstetrics practices in the Dallas-Fort Worth Metroplex.

To provide the best solutions for mothers and mothers-to-be, the practice offers services related to pre-conception counseling, full pregnancy care, Caesarean section, miscarriage, VBAC (vaginal birth after C-section), and pregnancy associated with diabetes, hypertension, twins or pre-term labor.

All WHS physicians are Board Certified. In addition to their obstetrics expertise, the doctors are skilled in managing all aspects of women's health care, including gynecologic surgery, incontinence treatment, annual exams and contraceptive and hormone therapy needs. They are dedicated to taking care of female patients from adolescence through menopause. Their goal is to provide quality care with high patient satisfaction.

For more: [womenshealthservices.com](http://womenshealthservices.com).

# Splish Splash!

They're fun, free and a great way to cool off. Given that it's July in Texas, that last bullet point is kind of important. Arlington offers three splash pads in various spots around the city that are open every day through Labor Day, from 10 a.m. until 8 p.m. After Labor Day, the splash pads are open weekends only, through the end of September.

Each location includes different water features from spraying palm trees to ground jets. Here are the options:

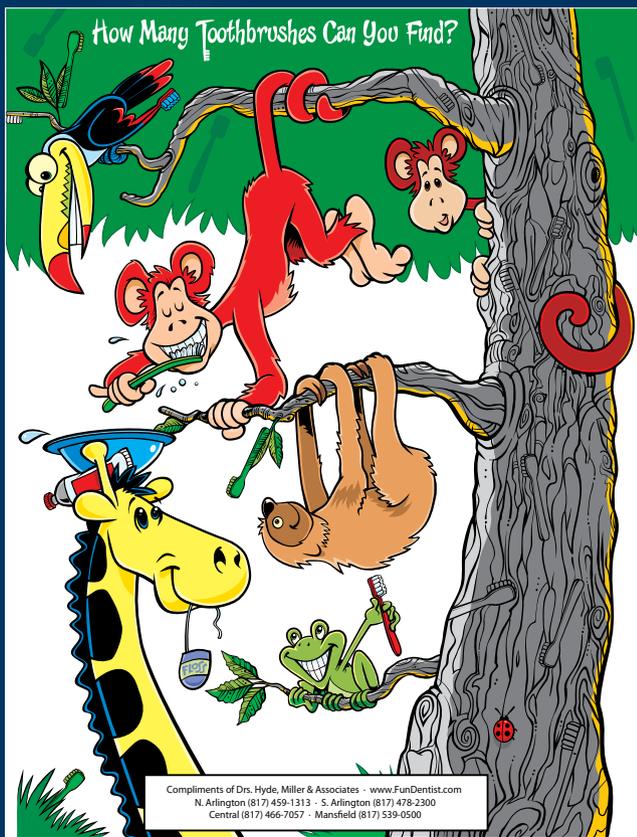
**Don Misenhimer (201 E. Lonesome Dove Trail)** is a neighborhood spray ground featuring fountains and fixtures perfect for younger children, including a dolphin fountain, spraying palm tree and jets reaching upwards of 10 feet. The park also features a basketball court, pavilion, two playgrounds and a practice field. This park also has new public restrooms.

**Brantley Hinshaw Park Splash Pad (2121 Overbrook Drive)** has a spray



ground perfect for younger children. The spray ground features a spiral, spraying tunnel and arch, as well as ground jets. The park also features a basketball court, practice fields, picnic area and two playgrounds.

**California Lane Park Splash Pad (1931 California Lane)** features a spray tunnel and arch, ground jets and a spinning water play station. The park also features a pavilion, practice fields, basketball courts and two playgrounds.



Compliments of Drs. Hyde, Miller & Associates - [www.FunDentist.com](http://www.FunDentist.com)  
N. Arlington (817) 459-1313 - S. Arlington (817) 478-2300  
Central (817) 466-7057 - Mansfield (817) 539-0500

## And now you know why they're 'Fun Dentists'

When young patients visit the pediatric dental practice of Drs. Hyde, Miller & Associates, they are encouraged to bring with them activity sheets that are available on the practice website, [fundentist.com](http://fundentist.com), and that can be printed for use prior to the visit, as patients wait for their turn to visit with one of the practice's four pediatric dentists.

The sheets are not just fun; each one features a dental-related theme that helps patients learn more about taking care of their teeth.

As with practically everything else Drs. James E. Hyde, Charles W. Miller, Ed Watts and Khan do at the practice's four area locations, the activity sheets are designed to ease concerns children might have about visiting the dentist.

There are seven activity sheets in all. In addition to Hidden Toothbrushes (pictured), there's also Good Diet Finder, Ocean Maze, Word Scramble, Hidden Dental Words, Dental Crossword Puzzle and EggSperiment.

Drs. Hyde, Miller & Associates also has motivational charts to download and print. These help patients enjoy healthy dental habits as the children learn about regular brushing or discover ways to help them break the thumbsucking habit.

For more on the many fun things the "Fun Dentists" offer patients, visit [fundentist.com](http://fundentist.com).



## Have you had a hearing evaluation recently?

A hearing evaluation may be necessary for many reasons: ringing in the ears, identifying or ruling out hearing loss, or learning what new technology is available.

Dr. Lisa B. Fell and her team at Audiology Experts will identify your situation and tailor the appointment to address those needs. Insurance verification is completed prior to your appointment. Spouses, adult children and/or significant others are encouraged to attend the appointment because hearing loss has an impact on daily communication.

When the test is complete, Dr. Fell will explain the findings and make appropriate recommendations. She always includes your physician in the process by forwarding your results and any recommendation made. Upon leaving the office, you are equipped with a better understanding of your hearing circumstances, and you have a plan for protecting and managing your situation as needed.

Dr. Fell has observed that better hearing can improve confidence, social function and quality of life. She recognizes that there are many hearing options (both good and bad) available to consumers today, and she believes that her practice offers a caring and reliable source to help people find what is best for their communication needs, lifestyle and budget.

For more: [audiologyexperts.com](http://audiologyexperts.com).

## The ABCs of ENT

The board certified physicians of Central Park Ear Nose Throat work as a team to provide the best quality of service to their patients. Drs. Mark Palmer, Chris Lee, Stuart Thomas, Rene Pena, Dana Gibbs and Tyler Scoresby help countless people with allergy issues, ear infections, hearing impairments, colds and sinus infections.

The Central Park ENT healthcare providers believe that by assisting others through education and compassion, they can improve and restore quality of life for patients and their loved ones.

With offices located throughout the Metroplex, including sites in both Arlington and Mansfield, Central Park ENT has experienced and compassionate doctors and practitioners who can help with any ear, nose, or throat condition you may have. From allergy treatment to hearing aids, sinus surgery, thyroid conditions, and much more, the team of caring ENT doctors is easily accessible to help patients and their families.

The doctors encourage patients to take a few moments to visit the practice website, [centralparkent.net](http://centralparkent.net), for information on allergies, preparing for your visit and the doctors. You can also view videos, and, once your visit is complete, you can take a short satisfaction survey.

The in-depth explanations on the website can help you determine if and when visiting the clinic will benefit you the most. For general health



information, Central Park ENT's blogs are posted on a regular basis to help patients get information on how to prevent diseases, illness and discomfort in their daily lives.

The Mission at Central Park ENT is to provide the highest quality treatment for all ear, nose and throat problems by emphasizing patient education, incorporating the latest technology and making your individual needs a first priority. For more: [centralparkent.net](http://centralparkent.net).



## The Y offers something for everyone

As longtime caregivers to local residents, administrators at the Arlington-Mansfield Area YMCA know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness. And they also know – and hope to teach the community – that the Y is so much more than just working out.

Beyond fitness facilities, the AMA YMCA provides educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

Programs are crafted for members and area residents in all age groups, from the youngsters who participate in before-and-after school care to senior adults who learn to stay active and healthy through exercise and health education. There are sports leagues, fitness training programs, summer camps, wellness classes and more, each tailored to help Arlington-Mansfield area residents be the best they can be.

The Arlington-Mansfield Area YMCA has four locations spread throughout the area. For more: [amaymca.org](http://amaymca.org).

## They're 'serving' up some fun at Viridian

Among the many healthy-living amenities at the 2,000-acre master plan community Viridian is the new, state-of-the-art, lighted, four court, lakeview Tennis Center at Viridian.

The Tennis Center offers private instruction, summer youth camps and more. The new, customized Viridian app available on Google Play and at the Apple App Store allows you to set a reservation to play a match (or several), as well as to find out all kinds of valuable information about the community, parks, amenities, clubs and events – at the touch of your fingers.

In addition to the tennis center, Viridian offers an array of healthy ways residents and visitors can enhance their lives. The Viridian Lake Club is an exciting 6-acre peninsula overlooking Lake Viridian. It has five pools, a pavilion, and a small amphitheater. The Viridian Sailing Center offers aquatic adventure for all experience levels. Both residents and non-residents may purchase an Annual Pass, giving them access to the Sailing Center and its state-of-the-art sailboats and paddleboards.

Then there's the community itself, which is one of the only master-planned communities in Texas designed to meet Audubon Gold Signature Standards. For more: [viridiandfw.com](http://viridiandfw.com).





## Gibbins Park to get a new playground

**N**orth Arlington residents will soon be able to enjoy a major makeover at Gibbins Park.

The Arlington City Council last month approved a plan to install new playground equipment at the park. The current playground is about 15 years old.

The City is working with Texas-based KOMPAN to update the park. The company specializes in research-backed equipment that is designed to go beyond just a fun time, with a focus on helping with

children's physical and cognitive development.

The new equipment will meet all American Society for Testing and Materials standards and Consumer Product Safety Commission guidelines. The project also includes updates to the park's safety surfaces and drainage system.

The new playground will be installed before the school year begins in August and is part of the City Council's priority to Champion Great Neighborhoods.



## A complete fitness plan for the young at heart

**F**or senior citizens who are still young at heart, physical fitness is the key to continuing a fulfilling lifestyle that includes the activities you love. Regular exercise not only can help manage stress levels and improve your mood, it can also boost your metabolism and immune system, improve cardiovascular function, and increase bone density to prevent potentially traumatic injury from falls.

Additionally, supporting the theory of the mind/body connection, studies suggest that physical activities in the older adult population may lower the risk of serious conditions, like dementia.

Overture Highland's comprehensive assortment of group fitness programs and fitness amenities are just what the active adult trainer ordered. With classes that are upbeat, fun and inclusive for every ability level, Overture's overall fitness concept is focused on maintaining the endurance, strength, balance and flexibility that are so vital to mental acuity, longterm freedom of movement and overall independence.

Flex, Overture's state-of-the-art fitness facility, offers residents a chance to pump iron, log miles on the treadmill or shake their bodies in a saucy Zumba class. They can also practice yoga or participate in Tai Chi classes. Other fitness programs at Overture include Bocce ball, the pallina and water aerobics classes. For more: [liveoverture.com](http://liveoverture.com).

## HydraFacials can help hone your aging skin

Dr. Mark Bishara, owner of The Paragon Plastic Surgery Center & Medspa, notes that 97 percent of the people who receive HydraFacials say their skin was plumper, firmer, brighter and younger looking after undergoing the treatment. Here are the six easy steps to a HydraFacial:

**Step 1:** Vortex exfoliation, activ-4 serum removes all dead skin cells to uncover your natural healthy skin.

**Step 2:** Vortex Peel, GlySal serum is used to help give you the benefits of a peel without post-peeling.

**Step 3:** Vortex Extraction, vortex suction that painlessly cleans your pores out using Beta HD serum.

**Step 4:** Vortex Boost, Targets proprietary skin solutions to deliver specific skin concerns.

**Step 5:** Vortex Fusion, Antiox+ serum is used to nourish and protect with antioxidants peptides and Hyaluronic Acid.

**Step 6:** Extend and Protect Maintain results at home with Daily Essentials featuring the same ingredients used in the treatment.

Dr. Bishara says HydraFacials are effective for all skin types, and the best thing about the process is that you see results immediately after the treatment.

For more: [markbisharamd.com](http://markbisharamd.com).



## River Legacy offers summer classes

Summer adventures at River Legacy Living Science Center provide students with an exciting hands-on, minds-on opportunity to explore the natural world.

A variety of week-long programs this month offer children engaging ways to learn about wildlife, ecology and the environment. There are

age-appropriate curriculums for preschool children through eighth grade. All classes feature investigations both inside the Living Science Center and outdoors in the rich resources of River Legacy Parks.

This month's classes will be held July 8-12, July 15-19 and July 22-26. For more: [riverlegacy.org](http://riverlegacy.org).

## A patient-centered way to help you 'own the day'

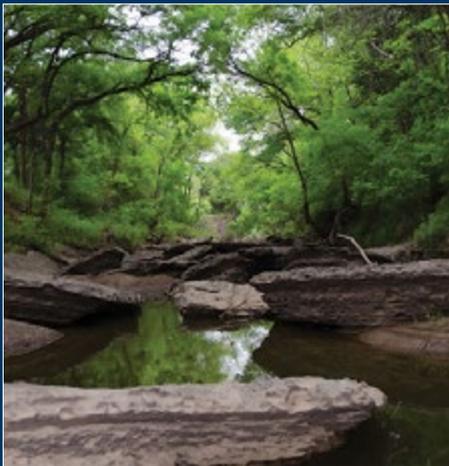
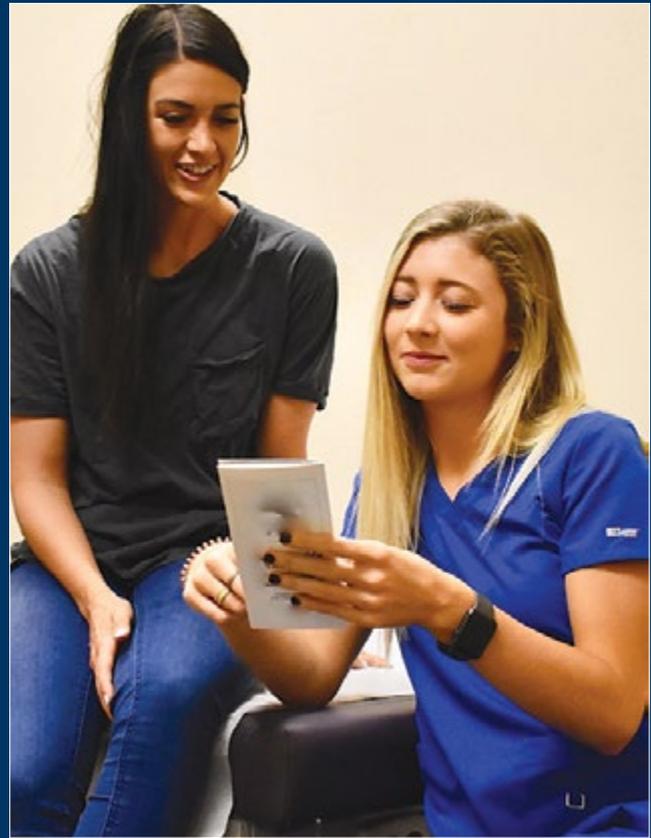
When Resurgence Wellness opened its doors last September, it introduced a new realm of healthcare to the North Texas region.

Practice founder Christopher Chappell says Resurgence Wellness specializes in providing advanced medical solutions to help patients reach optimal health. The clinic methodically analyzes the cause of each patient's health issues to create effective – even, life-changing – results, whether a patient's goal is to lose weight, stabilize hormone levels or boost his/her immune system. The gamut of solutions is based on treatments that are safe and non-invasive ways to get to the root cause of health problems to help restore the patient's vitality so he or she can get back to feeling well.

The practice's philosophy is "Own the Day." Chappell, a clinical nurse specialist, started Resurgence Wellness by recruiting medical professionals Dr. Amanda Hall, Dr. Rick Westbrook and Dr. Matthew Cerniglia, as well as nurses Jake Sanchez, Savannah Houston and Teresa Scott, the collection of whom share Chappell's view that addressing the lifestyle can change the life.

Resurgence Wellness provides solutions for health issues such as Weight Loss, Medical Aesthetics and Sexual Wellness, as well as offering Platelet Rich Plasma/Stem Cell and Intravenous Nutrient Therapies, Bioidentical Hormone Replacement Therapy and Concierge Medicine.

For more: [resurgencewellness.com](http://resurgencewellness.com).



## Nature, nature & more nature

Located just minutes from US287 and TX360 in Mansfield, Oliver Nature Park has 80 acres just waiting to be explored.

The park is home to pond, forest, prairie and creekside habitats. Visitors can find themselves at eye level with the treetops as they look down into Walnut Creek from the Treehouse Overlook. There they'll find turtles, ducks, frogs and herons at the park's two ponds. They'll also be able to take a look at prehistoric Texas via

Cretaceous-period geological formations at the Rocky Ford.

Amenities at Oliver Nature Park include restrooms, picnic tables, stocked fishing ponds (with valid Texas fishing license), bird blinds and educational programming.

The park offers around 2 miles of crushed granite hiking trails where hikers and their leashed pets can explore the great outdoors.

For more: [olivernaturepark.com](http://olivernaturepark.com).

# How to get **AND** stay well

**A**ctive Family Wellness Center is the go-to-place for holistic wellness solutions. Founded by Dr. Kenyon Godwin in 2010, the practice has been named Arlington's top chiropractic and/or wellness practice the past five years in *Arlington Today's* Readers' Choice awards; it also won the Arlington Chamber of Commerce's 2016 Veteran-owned Small Business of the Year. Dr. Godwin recently opened a second office in the North Arlington area.

AFWC offers an effective lifestyle modification program called 8 Weeks to Wellness. This program incorporates the best of wellness: Chiropractic, Nutrition, Massage, Fitness and Meditation/Prayer.

The practice's other services include specific adjustments, corrective care for scoliosis and weakened spines, spinal decompression and functional wellness for those with brain fog,



fatigue and hormonal imbalances.

On the wellness side, AFWC offers massage therapy, weight loss, personal training/fitness classes, prenatal/pediatric adjustments and top-of-the-line supplements.

Active Family Wellness Center has partnered with other providers to now offer Stem Cell Therapy/PRP and Counseling for families and first responders. As for technology, they have an advanced 3D functional movement analysis and the latest body composition analyzer.

For more: [txwellnessdoc.com](http://txwellnessdoc.com).



## City adds 2 parks, now has grand total of 99

**T**his past spring, the City of Arlington Parks and Recreation Department held ribbon cutting ceremonies to dedicate its newest two parks: Eden Park and Harris Road Park, both of which are located in south Arlington.

These two park sites bring the total inventory to 99 parks in Arlington, one for every square mile of the city, covering over 4,433 acres. That figure doesn't include the additional 4,087 acres of open space that the department maintains.

"On any given day, someone is being positively affected through parks and recreation – whether they are taking a walk on the trail, spending time with their kids at the park, or just reaping the benefits of clean air and water because of preserved open space," says Mayor Jeff Williams. "The National Recreation and Park Association is built upon three main pillars of Health & Wellness, Conservation and Social Equity. These two sites and the nearly 100 other parks around Arlington accomplish all three of these goals by providing free access to health and wellness opportunities, protecting open space and connecting our children to nature."

Arlington sets a gold standard in satisfying the recreational pursuits of its residents. Arlington ranked 25% above the national average in overall satisfaction with Parks and Recreation in an independent study by the ETC Institute among cities with populations of 250,000+.



## Planning a party? Why don't you rent a pool?

Are you looking to have a splashing good time in Arlington this summer? Are you planning a large get together and hoping to find a way to beat the summer heat? Or, maybe, you're hoping to grant your birthday star's wish on his/her big day? You should consider renting a city pool for your next party.

Arlington boasts of the following outdoor aquatic facilities, each of which is available to rent during the summer:

- Allen Bolden Outdoor Pool (2800A S. Center St.)
- Bad Königshofen Family Aquatic Center (2800 W. Sublett Road)
- Helen Wessler Play Pool (2200 Greenway St.)
- Howard Moore Play Pool (1999 Bever Blvd.)
- Randol Mill Family Aquatic Center (1924 Randol Mill Park Road)
- Woodland West Outdoor Pool (3200 Norwood Lane)

All outdoor pools are available to rent from Thursday-Sunday for private parties, family gatherings, reunions, etc. Times vary depending on the pool's operating hours.

Lifeguards are provided for all rentals. The rental fee includes up to the maximum number of guests listed and covers a two-hour rental. Seventy-two hour notice is required to book an outdoor pool.

For more: 817-459-5483.

## Golf, Ranger-style

The City of Arlington and the Texas Rangers last month celebrated the official grand opening of the world's only Major League Baseball-branded golf course – the Texas Rangers Golf Club.

This collaborative branding partnership, along with \$24 million in course renovations under the direction of Colligan Golf Design, affords the opportunity for Arlington to offer a destination golf course for both Arlington residents and visitors alike.

Texas Rangers Golf Club underwent a total renovation and updated routing of the existing golf course with improved turf grasses and additional water features. A new 33,871-square-foot clubhouse, set to open in late 2019, will feature a full-service restaurant and bar, covered patio overlooking the golf course, pro shop, locker rooms and numerous rental and event spaces.

"This thing has been voted the top golf renovation in the United States and the second best in the world," said former pitcher and current Rangers broadcaster C.J. Nitkowski, who emceed the grand opening ceremony.

Under the agreement, the City of Arlington will still maintain ownership and management of the daily operations of the course and will not be charged for usage of the Rangers trademarks. The Texas Rangers will promote the golf course through various pre- and in-game advertising



opportunities throughout the baseball season and on its website and social media channels. TRGC will also become the host site of various Rangers and Texas Rangers Baseball Club Foundation events upon completion of the clubhouse.

Residents of Arlington receive a 20 percent discount on all posted daily rates, while both resident and non-resident golfers age 62 and older receive further discounts off most posted rates. For more: [ArlingtonGolf.com](http://ArlingtonGolf.com).

# A younger-looking you

These state-of-the-art techniques can help you remodel yourself • By Dr. Mark Bishara

Changes in the skin are among the most visible signs of aging for many. Evidence that we are getting older can be seen in the fine lines, wrinkles and sagging skin on the neck, arms and breast areas, among others. There was a time not too long ago where the only real solution to this problem was surgery that removed some parts of the loose skin. In 2019, we now have some state-of-the-art skin remodeling solutions that work wonders by removing fat, tightening skin and improving overall appearance without surgery.

In our practice at The Paragon Plastic Surgery Center & Medspa we are now using radio-frequency-assisted lipolysis (RFAL), a relatively new concept in energy-assisted body contouring techniques. People who want to contour, lift, and tone their abdominal area, breasts, face, neck, arms, thighs and/or knee areas can now do so with a small incision point, no scarring or stitches.

These devices use precise radio-frequency energy to firm the tissues and tighten the skin. This also has the effect of stimulating the body's own collagen production, helping with overall elasticity and smoothness. Traditional liposuction can also be performed in conjunction with these procedures if more body contouring is needed.

The RFAL tools we use in our practice are BodyTite and FaceTite by InMode. FaceTite is a minimally-invasive contouring solution for the face as well as smaller areas of the body. This procedure is a safe and effective treatment that provides patients with significant aesthetic changes. If you've considered a facelift this is the next best thing to a facelift.

Built-in safeguards, including real-time measurements of your skin and fat temperature, help ensure patient safety, and the

RFAL technology creates three-dimensional remodeling of the tissue. FaceTite provides unprecedented skin contraction, up to 36% as shown in peer-reviewed clinical studies. The procedure also addresses loose skin typically remaining in the treatment area that other treatments cannot target. The result is nicely contoured skin.

BodyTite is the latest advancement in body contouring techniques. This is a procedure that is performed to treat loose skin or sagging body parts, such as the breast and under the arms.



Photo: hbj.sg

The device uses precise radio-frequency energy to firm the tissues and tighten the skin. It also stimulates the body's own collagen production. Traditional liposuction can leave skin loose and sagging in some cases. For this reason, BodyTite is often performed in conjunction with liposuction to provide an optimal result for the patient. Like

FaceTite, this procedure is minimally invasive, with essentially no scarring and no stitches required.

For both of these new treatments, results can be seen immediately, with best results noticeable after six months, and continuing up to 12 months. Depending on the treatment area, downtime can be as little as just a day!

If you would like to find out more about these and other treatment options, contact us at The Paragon Plastic Surgery Center & Medspa for a free consultation (817-952-6226; [markbisharamd.com](http://markbisharamd.com)). **A**

Dr. Mark Bishara is the principal physician at The Paragon Plastic Surgery Center & Medspa.

