

Two Premier Medical Worlds in One

By Emily Holbrook | Photos by jeffhawkins.com

Dr. John van Wert's patients have trusted him for years as an OB-GYN, and now his practice offers medical spa services, too, including the new **Vaser LipoSelection** procedure.

When no amount of exercise or healthy eating dissolves the troubled areas of the body, America's ever-expanding waistband merely grows with frustration. This may have been the case a few years ago, but with increasingly innovative technology come novel ways to dispel unwanted fat. To hear the words "instant fat removal" tossed around as casual conversation seems an impossibility. Enter **Dr. John van Wert** of **Premier Obstetrics and Gynecology of Orlando** and his **Cascades MedSpa** team.

Liposuction appears a daunting process of swelling, bruising, anesthesia and an overall abrasive method that leads to more recuperation time than it's worth. Welcome to 2008, where Vaser LipoSelection has brought excitement to the medical field and is being hailed as the antithesis of liposuction in relation to the pain and recovery involved. Namely, it's inconsequential. Along with a range of other services to provide cosmetic care from a healthy standpoint, Dr. van Wert has recently added this remarkable procedure to the list of medically based, cosmetically transforming options available at his clinic in Maitland.

The Doctor Is In

Dr. John van Wert is a graduate of Duke University and Vanderbilt Medical School and was trained in obstetrics and gynecology at the University of Florida. He has been practicing medicine in Central Florida for more than 20 years. A resident of Maitland since 1998, he opened Premier OB-GYN of Orlando in 2003 to care for women of all ages.

His practice addresses the broad needs of women with a psychiatric nurse practitioner and a nurse certified in hormone replacement therapy. Incorporating advances in gynecologic surgery into his practice as new technologies become available, Dr. van Wert has mastered multiple advanced techniques, including outpatient laparoscopy for hysterectomies.

The MedSpa Difference

The doctor also closely follows similar advances in cosmetic procedures. Continuing the trend to meet the needs of the entire woman, a medical spa became a new focal point for his practice. "There are two things that make us different. We have a very upscale obstetrics and gynecology practice, and we also have a medical spa offering the latest advanced techniques," says Dr. van Wert. "They go hand in hand; take care of the baby and take care of the baby fat."

Cascades MedSpa is what sets Dr. van Wert's practice apart. The spa offers procedures that go deeper than the surface with the newest technology for laser hair and vein removal. There are also facial treatments, including IPL Facial Rejuvenation, which uses light energy equipment to create a fresh—even poreless—appearance. Other common procedures include microdermabrasion and hot stone and deep tissue massages.

To Dr. van Wert and his team, combining an OB-GYN practice with a medical spa made perfect sense. "Sometimes patients will come in for their yearly gynecologic visit and follow it up with a massage or a microdermabrasion," he says. "It's an opportunity to have people that really trust you come in and have procedures done."

LipoSelection & How It Works

Along with traditional medical spa services, the facility is also home to a new technological procedure that has locals talking. "The latest and greatest thing that we've added is a relatively new technique that maybe only one or two other people in

Dr. John van Wert instills confidence in his patients, who come to his practice for yearly check-ups as well as the latest cosmetic procedures.



The Premier OB-GYN and Cascades MedSpa team (above) help put patients at ease—throughout their pregnancies, during routine office visits and in the course of medspa procedures, including IPL Facial Rejuvenation (right), which uses light energy equipment to vaporize skin's abnormal pigments.

Central Florida are doing right now. It is a technique for instant fat removal," says Dr. van Wert.

That latest addition is the Vaser LipoSelection procedure, a minimally invasive method of removing unwanted fat. The physician first makes a small incision in the targeted area and infuses a solution to help shrink blood vessels and numb the area to be treated. Next, a small wand is inserted that emits ultrasonic waves, which break up fat deposits in the area while leaving important tissues (such as nerves and blood vessels) relatively intact. A small tube then suctions the emulsified fat deposits out of the area with little to no bruising or trace of any scars.

The traditional form of liposuction comes at a cost that's normally too painful and expensive to consider. By contrast, LipoSelection is a very simple procedure; the fat loss is immediate rather than requiring weeks of recovery from swelling. "We use a very small and low-pressure suction tube to gently suck out the oily fat, and the area literally just shrinks down before your eyes," says Dr. van Wert. "The whole time, the patient is awake, and we're talking about what we're doing and life in general."

With little to zero downtime, no hospital stay, no significant

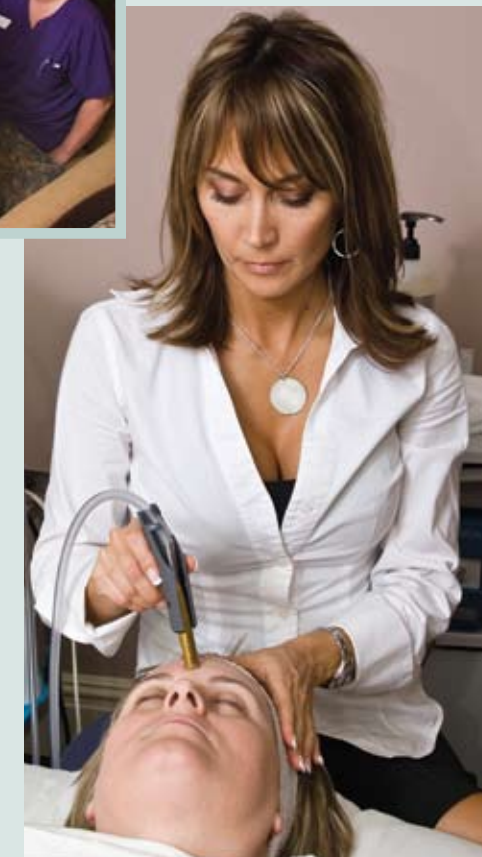
pain or bruising, and no fear of going under anesthesia, the only consideration is what to do with all the extra time. "We typically do this procedure in the office, say on a Wednesday or a Thursday," Dr. van Wert states, "We have them come back the next day for a check-up. They relax over the weekend, and they're back to work by Monday."

Patient Response

"I was a little apprehensive, but the discomfort was minimal," says R.H. of Sanford. "And while Dr. van Wert and his team, **Katy** and **Terrye Ann**, were working on me, they had soothing music playing, were always attentive and kept up a friendly banter. Dr. van Wert has a great technique with forming, smoothing and contouring. All the while he is explaining what he is doing and what to expect next."

S.H. of Orlando is a long-standing patient of Premier's OB-GYN practice. When she decided she wanted help with her trouble areas, she put her trust in the hands of those who have provided for her in the past. "I had my LipoSelection procedure six weeks ago for my 'banana rolls,' which is the nickname for the excess fat in the area between the buttock and the back of the thigh," she says. "LipoSelection was perfect for achieving the more contoured look I wanted, and the familiarity of Dr. van Wert and the staff made me feel very comfortable and at ease."

Dr. van Wert and his team at Premier OB/GYN and Cascades MedSpa have worked to successfully bring together their passion for women's health with their desire to provide safe, successful and medically supervised cosmetic procedures to their patients. America's waistband will shrink as swiftly as this procedure gains popularity. ■



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