

Delivering Premier Comfort & Convenience



(left) With the addition of Dr. Sanjay Tandon, Dr. John van Wert and the Premier OB-GYN and Cascades MedSpa team are prepared to provide even better service to their patients for obstetric, gynecologic and cosmetic procedures.

(right) With the all new Vaser LipoSelection, instant fat removal is more convenient than ever before—with minimal recovery and remarkable results.



Cascades MedSpa patients can expect excellence from a professional staff who provide a comfortable atmosphere for all procedures from beginning to end. (above) A patient receives her initial consultation and infrared photo before IPL Facial Rejuvenation while (below) another patient relaxes during a laser hair removal session.



By Tarre Beach | Photos by www. Catchlight-Studios.com

With a new doctor on staff and the latest technique in instant fat removal available, **Dr. John van Wert** and his team deliver safe, comfortable procedures for women's medical needs and cosmetic desires—all in the same office.

Premier Obstetrics and Gynecology of Orlando and **Cascades MedSpa** are in a unique position to do what others can't. They offer women total health, well-being and beauty. **Dr. John van Wert**, Premier founder and Cascades medical director, says his practice "takes care of the baby and the baby fat." And they do it with care, warmth and medical expertise.

Naturally, combining the two services means added convenience for patients. But even more importantly, the combination allows patients a comfortable environment where they can receive treatments such as laser hair removal, Botox®, Juvederm™, IPL Facial Rejuvenation and LipoSelection from practitioners they know and trust.

MORE CONVENIENCE, MORE DOCTORS

Dr. John van Wert, a graduate of Duke University and Vanderbilt Medical School, trained in obstetrics and gynecology at the University of Florida. He has been practicing medicine in Central Florida for more than 20 years and is well-known and well-liked in the community. Dr. van Wert's dedication to his patients is evidenced by the advanced care his practice offers. Some of the gynecological services that Premier offers include DEXA bone densitometry scans for osteoporosis screenings, natural hormone replacement therapy and outpa-



tient laparoscopy for hysterectomies, just to name a few.

"We are one-stop shopping for our patients. They tell me all the time how much they appreciate having the many services we offer in one place," Dr. van Wert says.

That attitude of gratitude is what prompted Dr. van Wert to include top of the line digital mammography to Premier's growing list of services. Getting a mammogram has become more difficult recently, Dr. van Wert says, in part because of one major Orlando hospital system's overburdened radiologists. For many area women, the wait list for a mammogram can be months. Not anymore. At Premier OB-GYN and Cascades MedSpa, an annual exam, mammogram, DEXA scan and a hot stone massage, microdermabrasion treatment or body sculpting can all be done under the same roof.

Due to the ever-increasing need for obstetrics, Premier OB-GYN was pleased to welcome the addition of **Dr. Sanjay Tandon** to the practice earlier this year. Dr. Tandon has been practicing OB-GYN out of state and is now enjoying life in sunny Central Florida. Dr. van Wert and the rest of the Premier OB/GYN team are enjoying the resurgence of new babies in the practice once again. Dr. van Wert says, "Delivering babies is such a rewarding job, and Dr. Tandon is especially skilled at it."

Dr. van Wert also hinted at a female doctor coming on board soon. Giving patients more options and availability is what Premier is all about.

MEDSPA MIRACLES

The miracle of birth notwithstanding, another exciting addition to Cascades has been the miracle makeover everyone is talking about: Vaser LipoSelection. In contrast to liposuction, LipoSelection is a procedure that combines new patented technology with

advanced surgical techniques to break up and remove fatty tissue, with little swelling or pain and no anesthesia. The instant, in-office fat removal procedure is winning over new fans almost daily. Dr. van Wert has been performing surgery for 24 years and is among the busiest laparoscopic surgeons in the area. The addition of LipoSelection was a natural progression for him, and he was one of the first physicians in Central Florida to bring this exciting technology to his practice.

"I was a little apprehensive, but the discomfort was minimal," says R.H. of Sanford. "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 longstanding 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."

LIPOSELECTION VS. LIPOSUCTION

Dr. van Wert says this new procedure is an outstanding alternative to liposuction. That traditional form of fat removal 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, and the recovery is truly minimal. "We use a very small and low-pressure suction tube to gently suck out the now buttery, 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 rambling about life stories – until the inevitable patient request to 'take out even more fat!'"

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."

It's no wonder Dr. van Wert, his Premier associates and the Cascades team are in such high demand. With so many services to choose from for safe, medically-supervised cosmetic procedures and the comfortable atmosphere of the OB-GYN practice, patients get all their needs met—and their wants, too. ■



Premier Obstetrics and
Gynecology of Orlando, P.A.



531 N. Maitland Ave.
Maitland, FL 32751
321.397.1212

www.premierob-gyn.com • www.cascadesmedspa.com
www.LipoSelectiondoctor.com