

# Catalyst Connection

Inner Health. Outer Beauty. Positive Change.

## BEAUTY SLEEP?

The United States is the most hard-working, sleep-deprived nation in the world, and it has major effects on our hormonal balance. We now know that sleep deprivation is one factor for obesity and other disorders. Most people need seven to nine hours of sleep to arise feeling rested. If you feel groggy and tired in the morning, it may mean you need a sleep test, but first and foremost we need to take a good look at our lifestyle.



A good night's sleep starts well before light's out. First of all, we need to enhance our environment. It starts in the morning—make your bed! There is something so soothing about peeling back smooth,

cool sheets rather than a tangled mess of fabric. Make sure you love your bed, your mattress and your sheets! Go for the luxury of high thread count or consider soft, eco-friendly bamboo fabric sheets that are becoming readily available. Studies show that we sleep better in cooler temperatures. And one little side note and PSA : cooler temps and the presence of a gentle fan moving air in a baby's room decreases the risk Sudden Infant Death Syndrome (SIDS.)

Feng shui principles encourage a sturdy headboard and not pointing the foot of the bed toward the door to improve energy flow in the room. The room should be painted a peaceful color, and clutter should be at a minimum. Darkness is important for deep sleep, but our many gadgets get in the way. Even the subtle red light from your cell phone, the power cords, or the TV even when it's off can pose a problem. Tuck gadgets away and certainly away from the head of the bed to minimize this light pollution.

If you have a bed partner, snoring can be a major issue, not only diminishing your sleep success, but also perhaps indicating sleep apnea. Snoring is also an independent risk factor for high blood pressure. It's no longer an annoyance or a joke, it's a health threat, and needs to be investigated.

Some people find the subtle fragrance of essential oils, especially lavender, vanilla and sandalwood to have a calming, soothing effect. Melatonin can enhance sleep for many people.

So the stage is set, though you're not quite done! It is really hard on your metabolism and your stomach to go to bed shortly after a heavy meal, especially with alcohol. Alcohol initially is a system depressant, making it easier to fall asleep, but in later phases becomes a stimulant, causing early awakening and agitation. It's best to finish your evening meal 3-4 hours before bedtime. And some people are very sensitive to caffeine, especially as we age, so be aware of your caffeine time-out. For some, it's after the noon hour.

The last great sleep tip is to use a handy journal. First use it to recall your five best moments of the day—a great phone call, a beautiful sunset, a witty saying by your spouse or hug from your child, polished toenails or a wonderful healthy meal. Minds are racing, no wonder we're tired! Write it on the page, rest your weary mind, and get a great night of beauty sleep! For beauty is health made manifest.

## HEAR THIS!

**Auditory Deprivation:** It's well known that we tend to delay treatment for problems that we don't find life-threatening. Hearing loss often falls into that "delay" category. Studies have shown that it takes men an average of 10 years from the time they notice a hearing loss to the time they seek out hearing aids. For women, the time is slightly less at 7 years. Most hearing loss is gradual and present even before it's noticed in everyday life. This adds up to a considerable amount of our lives that are spent not hearing as well as we could, including increased social isolation, stress, agitation with certain listening situations, requests for repetition, mishearing, and the list goes on.



The delay also means an extended period of time when the auditory (hearing) system is not being fully stimulated. This leads to auditory deprivation, which can manifest in many different ways. The most noticeable manifestation is the inability to hear clearly even when hearing is amplified properly. When the hearing nerve is not being "exercised" due to hearing loss, the nerve can forget what to do. When this happens, it is hard to get the nerve to cooperate when amplification is eventually introduced. This results in poor word understanding ability, similar to the sound of a radio station that is not quite coming in clearly.

In order to avoid auditory deprivation, it is recommended to keep our hearing nerve active and working. This is done through healthy hearing practices and using appropriate amplification at the onset of noticeable hearing loss.

## MAKING AN IMPACT

Living a life of philanthropy has always been a passion of Dr. Susan Mathison. Thus when she received a 'High Five' Award from the Dakota Medical Foundation (DMF), she humbly yet proudly accepted. This was the first year that DMF Lend A Hand gave out 'High Five' awards. The award



is dedicated to people who have provided: Outstanding support and dedication to help families experiencing a medical crisis.

Dr. Susan Mathison has served on the Lend A Hand Advisory Board since its October 2007 inception. During her time, she has facilitated meetings at Catalyst Medical Center to help build awareness of

the Lend A Hand program, has donated products and services to Lend A Hand-supported benefits to increase the success of these efforts, and she recently announced that Catalyst Medical Center will be Lend A Hand's first Corporate Partner! (Pictured above: DMF President, Pat Traynor, Dr. Susan Mathison and Lend A Hand Initiative Director, Jeanna Peinovich)

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### CARING FOR YOU IN ALL WE DO

- Ear, Nose & Throat
- Allergies
- Hearing
- Plastic Surgery
- Skincare & Lasers
- Massage

### OUR PROVIDERS

- Susan Mathison, MD
- Lesley Soine, MD
- Megan Bolda, AuD
- Maggie Eppler (Aesthetics)
- Jeramie Peterson (Aesthetics & Massage)

### CONTACT US

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# PEEL YOUR WAY TO FRESHER SKIN



We use a variety of formulas for our chemical peels that allow us to focus on your specific skin type and desired results. Take a look at our peel options and a few points on what they can do for you.

## Ultra Peel

- Many skin types, conditions and sensitivities
- Helps treat smoker's skin, pigment disorders, sun damage and acne

## PCA Peel (Hydroquinone Free)

- For more sensitive skin types, ethnic skin and/or those allergic to hydroquinone
- Helps unclog pores, clear acne, rejuvenate the skin and maintain even pigmentation

## PCA Peel with Hydroquinone

- Helps quickly lighten pigment discolorations of any kind, such as melasma and sun damage
- Works to inhibit active acne and correct post-inflammatory hyperpigmentation (skin discoloration) from acne

## PCA Peel with Hydroquinone & Resorcinol (Most potent PCA peel)

- Effective on extremely sun damaged and thickened skin
- For active/cystic acne and asphyxiated skin (dry on top, oily beneath)

## Ultra Peel Forte

- For resilient skin with more dramatic wrinkling, sun damage and acne scarring
- Deeper and more active

## Sensi Peel

- Multi-faceted treatment provides anti-inflammatory, anti-acne and antibacterial action
- Helps calm rosacea

## Oxygenating Trio

- Helps stimulate respiration and circulation within the skin
- Promotes healing and rejuvenates sluggish, stressed skin depleted by toxins, pollutants, allergens, improper diet and solar damage

## Pumpkin Peel

- Offers more than 100 benefits including the highest concentration of vitamins A, C and beta-carotene found in any other fruit or vegetable

## Glycolic Peels from 20% - 70%

- Glycolic acid is naturally derived and used for cosmetic purposes such as blemish removal, skin brightening and skin renewal

## Micropeel

This is fabulous for most skin types and will leave skin soft, smooth and hair free!



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## ACNE IS THE PITS

Acne doesn't just affect you when you have those blemishes staring back at you in the mirror. Depending on the severity of your acne, how you treat it and your skin type, you may be left with deep scars or pits on your face.

Although difficult to completely diminish—in fact, a 50% improvement is considered optimal results—there are options to help treat the deep scars acne can leave on the surface.

Fillers, commonly used to treat wrinkles and deep folds, can also be used to plump the pitted acne scars, filling in the concaved look. This treatment is temporary and likely needs to be maintained every 9-12 months.

Fractional lasers, like our Palomar 1540, work to improve skin surface. The laser creates a controlled "injury" which stimulates collagen growth, plumping and smoothing. A series of treatments are needed for maximum results, and also maintenance would be necessary.

Excision is for severe, deep acne scarring such as ice pick type scars. This has a more permanent result, while being more invasive. In

this procedure, one of our physicians will remove a small, oval piece of skin that contains the scar. That area is then sutured together with fine stitches. Once healed, microdermabrasion is suggested to further smooth the area.

Subcision is for acne scars that are dented due to scar tissue bands pulling downward on the skin. This procedure involves using a needle to break up the scar from underneath. At times, an injectable filler will also be used.

Acne is one of those skin conditions we wish we knew more about and had a cure-all. Remember, we see our imperfections with much greater detail than anyone around us.

*"If you look closely at a tree you'll notice it's knots and dead branches, just like our bodies. What we learn is that beauty and imperfection go together wonderfully."*

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