

2021 Has the Best of Us

# sagging

Persona Medical Spa educates us on loose skin!



We have all looked in the mirror after a long week and noticed our skin. We notice additional wrinkles, drooping eyelids, a chin that is reaching for the ground. Maybe we feel like this Shar-Pei!

We appreciate Community Sponsor and Tanglewood Resident Kathi Jones for answering some questions for us about loose skin and what we can do about it.

### What causes loose skin?

This can be a variety of factors – sometimes, the skin has been stretched to accommodate a baby or extra weight, and then the person either loses weight or delivers a baby, and the skin just doesn't "snap back" as we want it to. Other times, the aging process causes deterioration of collagen and elastin under the skin, resulting in sagging. This can be on any part of the body, but we most often notice it on our bellies and faces.

### Can loose skin be "fixed"?

This is a more complicated question. The short answer is "usually." For many people, surgery is the only effective option. This might include facelifts, tummy tucks, or other excisional surgeries. The benefit of this is that it's generally a single surgery, so it's a "one and done" approach. For other patients, however, who aren't inclined to undergo a surgical procedure, or when there is a little less excess skin, there are some great options to tighten skin non-surgically.

### Where can I go to find out the options?

There, fortunately, are a lot of experts in this area. A plastic surgeon is your best bet for surgical options, as this is clearly their expertise. Short of this, many med spas offer treatments that can be effective. Different patients require different treatments. For example, there are some skin tightening options that also slightly reduce fat just under the skin. Others focus only on the skin itself, and the underlying collagen and elastin. Your best bet is to meet with someone well-versed in multiple kinds of treatments so they can help you develop a specific plan for your own areas of concern.

### What kinds of treatments are out there?

Generally speaking, different treatments use different technologies. Most use radiofrequency, heat, or very small micro-injuries applied strategically to the tissue to help it retract and regenerate collagen and elastin. Other modalities include devices to develop muscle tone underneath the skin, creams, and lotions and help with hydration.

### Are treatments a permanent solution?

All of the treatments effectively "roll back the clock," so to speak, but none will actually stop the aging process. If the skin tightening procedure is something following massive weight loss or the birth of babies, the resulting tighter skin is more permanent, but as we age, all of us develop some laxity in our skin, and the process will continue after treatment. Maintenance after either surgical intervention or after a non-invasive skin tightening procedure is the best way to maintain your results.

If you are interested in learning what options might be best for you, reach out to **Persona Medical Spa**. They use cutting-edge technology to lift and tone loose, sagging skin. They can't reverse the aging process, but they have the experts and technology to reverse signs. Learn more about their incredible treatments at **www.personamedical-spa.com** or call **(281) 248-8576** to speak with one of their staff and learn more!

Thank you, Kathi, for sharing your expert advice with us and for supporting our community newsletter! Partners like you make this publication possible.



Do you have a topic you want to educate the community on? Email us at [TanglewoodLiving@N2Pub.com](mailto:TanglewoodLiving@N2Pub.com).



## making a difference

Content submitted by Tanglewood resident **Gina Saour**, and **Judy Chong**

# SAWA HAPPENINGS

## Doing the Most Good!

I am excited about sharing more of the amazing work SAWA does for our community in upcoming articles this summer.

That said, each year, the Auxiliary continues to "do the most good" during the Christmas season ... and it's always exciting to see the results in our area. Here are this year's numbers ...

- **Angels Adopted - 11,452**
- **Seniors Adopted - 1,637**
- **Gifts Wrapped at ARC - 1,200**
- **Kettle Bell Ringing - \$4,199.94 (Kroger and Walgreens combined)**
- **Virtual Kettle (SAWA) - \$5,419**
- **Virtual Kettle total - \$1,019,638**
- **Secret Santa KHOU Telethon - \$96,314**
- **Total SAWA Volunteer Hours / 2021 - 8,380**
- **Volunteer hours Economic Impact - \$206,902.50**
- **Total # of SAWA emails sent in 2021 - 2,500**



**This is what SAWA does and this is what the spirit of giving is all about!** I can't wait to share with you this summer where all these funds go to support our community!



**For more information about The Salvation Army, please visit [www.salvationarmyhouston.org](http://www.salvationarmyhouston.org).**



If you have an event or cause you support and would like to have it highlighted, please email [TanglewoodLiving@N2Pub.com](mailto:TanglewoodLiving@N2Pub.com).