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▲ **Steven Brantley, M.D.**
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Conveniently located at 1070 Woodlawn Drive, WellStar Kennestone Imaging Center in East Cobb invites the community to visit their state of the art facility for most medical diagnostic imaging needs. The facility is

accredited by the American College of Radiology assuring that highly trained technologists and physicians meet stringent quality standards. The friendly WellStar staff highly emphasizes professionalism, compassionate care and patient satisfaction and is dedicated to uncompromising standards of excellence.

WellStar Kennestone Imaging Center in East Cobb is proud to offer state of the art Digital Mammography to provide the most advanced electronic breast images, which are interpreted by Radiologists who are sub-specialized in mammography using the aid of precision, high-resolution monitors. Dr. Steven Brantley explains, "Digital technology assists in improving diagnosis and makes the interpretation of results and historical comparisons quicker and more accurate." Breast MRIs will now also be offered at the East Cobb Imaging Center in adjunct to routine digital mammography screening for high-risk patients.

Diagnostic imaging services provided at WellStar Kennestone Imaging Center in East Cobb include:

- CT Scan
- Heart Screening (Calcium Score)
- MRI
- Diagnostic Radiology Services
- High definition ultrasound imaging
- Diagnostic and Screening Digital Mammography
- Breast MRI
- DEXA Bone Densitometry

WellStar is committed to providing the best technology to the community with a High-Field Short-Bore MRI 1.5 Tesla which has expanded our women's imaging services to include Breast MRI. This MRI System offers higher quality exams while providing patient comfort with its open ended design. In addition, our 16-slice CT Scanner offers improved diagnostic accuracy with shorter scan times. WellStar Kennestone Imaging Center in East Cobb is now also performing Heart Screenings for \$150.00.

Most insurance plans are accepted, and the helpful WellStar staff is happy to answer insurance related questions. Office hours are Monday-Friday from 8:00am to 4:30pm. Extended hours Thursday until 6:30p.m. and Saturday 8:00am-12:00pm for Mammography and MRI (non-contrast). Call 678-581-5900 to schedule your imaging appointment with WellStar Kennestone Imaging Center in East Cobb. ✕

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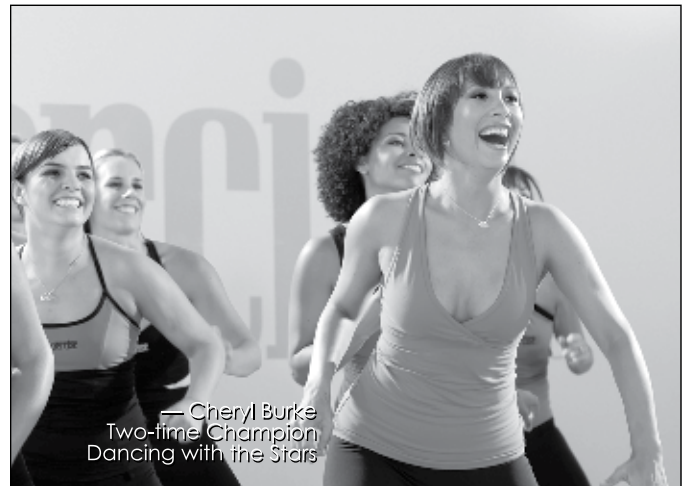
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I Resolve to Live a Healthier Lifestyle

By Ken Leebow

It's that time of year again. We dig down deep and resolve to make changes in our lives. A perennial chart-topper: lose weight and live a healthier lifestyle. We've all been there. Even with the best intentions, most diets fail. The operative word is diet. Be assured, short-term changes will not produce long-term results.

I do have some good news for you. A few simple changes can lead to major results. If you are motivated and resolve to make long-term changes, these tips will work.

I like to bust myths. Here's my favorite: To lose weight, everyone believes you must eat less, exercise more. However, if you're eating properly, you can actually consume more food. And, I'm sorry to tell you, if you're eating all the wrong foods, you will never be able to exercise enough to burn those extra calories. Here's another myth, one I believe causes people to bypass lifestyle changes: If I go on a diet, I'll be eating bland and boring food. Nothing could be further from the truth. This is not about chomping on celery!

For many reasons, we are fortunate to live in Cobb County. Just around the corner, we have magnificent hiking trails, a national forest, a river, streams, and waterfalls. Get outside and take a hike. It's great exercise and at the same time will relieve stress. If you've never taken advantage of our natural resources, you will be pleasantly surprised. Most likely there are four or five trails within five minutes of your home. Another benefit: It's free!

When you embark on this journey, you must not use will-power or feel deprived. Thus, the most important issue and one that is rarely mentioned is satiety. After each meal or snack, you need to feel full (not stuffed) and satisfied. So, start each day

by having breakfast. If you're always rushing out of the house, make a fruit smoothie. Try making it in the evening. In the morning, all you have to do is pour and go. By the way, eating breakfast is non-negotiable. You must do it.

Believe it or not, there are two secret weapons for feeling full and satisfied. Whether it's your main meal or a snack, be sure to load up on fiber or protein. Instead of the typical candy bar, try a protein bar. It's lower in calories, sugar, and other "bad" ingredients.

No doubt, you've heard the grocery shopping tip – purchase food around the perimeter of the store. That's a little cryptic. Let me be more specific. Eat more whole foods (single ingredient), fruits and vegetables. Yes, many meats are whole foods. Eat less processed food, fast food, junk food, candy, soda, and fruit juices – foods loaded with calories, sugar, salt, and chemicals. Unfortunately, the latter items are staples in the American diet. If you are making that New Year's resolution, these foods should rarely touch your lips.

And last, but not least, calories count. While you're losing weight, count 'em! To assist you with your New Year's resolution, Ken Leebow, author of *Feed Your Head*, will be giving a presentation on January 8th about this subject at the Chattahoochee Nature Center. To learn more, visit his site at www.Leebow.com. ☒

Ken Leebow has lived in East Cobb for 30-years. He is married to Denice and has two children, Josh and Alissa, and has recently become a grandfather. His current book, Feed Your Head, is his 21st, and he maintains an active speaking schedule about diet, health, and lifestyle issues.

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East Cobb Welcomes Dr. John W. Wilson



▲ Dr. John W. Wilson

Selecting a therapist can be an intimidating process, but Dr. John W. Wilson, Psy.D., makes the experience easy. He offers a free consultation by phone, and his welcoming office puts everyone at ease. Dr. Wilson is a licensed, Emory-trained clinical psychologist who offers a wide range of services for individuals, couples and groups ages 18 and over, along with many services for employees, managers and organizations.

Dr. Wilson has been treating individuals for more than 16 years in the areas of personal growth, life transitions, grief and loss, parenting and sexual identity development. His clinical specialties include depression, anxiety, social phobia, ADHD, bulimia and OCD. Dr. Wilson recently expanded his practice to East Cobb where he has resided since 2003.

Dr. Wilson does not take a cookie cutter approach to counseling and instead works collaboratively with individuals to establish and achieve their specific goals. He also treats couples who have challenges arising from affairs or infidelity, communication problems, unresolved conflicts and premarital concerns.

An experienced Employee Assistance Professional, Dr. Wilson works with organizations and their employees on issues of performance improvement, stress management and anger management. Additionally, he is an adjunct professor of psychology at several Atlanta area universities, as well as a guest lecturer at the Emory School of Medicine. He has delivered more than one hundred workshops and training seminars for organizations on topics such as managing change, stress management, time management and effective communication.

The new year is a great time to improve your emotional health. "New Year celebrations often include the tradition of establishing or renewing personal goals," says Dr. Wilson. "Look over your shoulder just long enough to learn from the past; look ahead just enough to set new goals that include self-care and nurturing important relationships; but most important, attempt to live each moment with awareness, acceptance and present-mindedness."

Dr. Wilson is a member of the American Psychological Association, the Georgia Psychological Association and the Employee Assistance Professionals Association. Please visit www.wilson-psychological.com for more information, including helpful articles and links on mental health topics and resources. You can also find him at www.facebook.com/pages/Wilson-Psychological/ on Facebook.

His East Cobb office is located at 3115 Roswell Rd., Suite 205 (at the corner of Old Canton and Roswell Road). For a free telephone consultation or to schedule an appointment, call 404-246-1257 or e-mail Dr_Wilson@wilson-psychological.com.

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▲ Owners Gene Reilly and Cheri Feltman.

Women who are trying to lose weight often follow a nutritional program, but then need to go to a separate location to exercise. Aspire Women's Fitness Center is a new concept that combines both ideas in one, saving women time and money.

The beautiful center opened July 2010 at the corner of Powers Ferry and Windy Hill roads. Gene Reilly, general manager and owner, and Cheri Feltman, center manager, decid-

ed to launch Aspire because they saw a need in the community for a place that focused on overall wellness.

"Many women are intimidated by typical gyms, so we wanted to provide them a comfortable and fun place to work-out, learn about healthy eating and de-stress," says Cheri.

The Aspire staff is committed to providing an atmosphere that is motivational and energizing—yet comfortable. The 16,000-square-foot facility includes a large group fitness room, a circuit training area with cardio equipment and weights, yoga/Pilates room, a spin class room, as well as locker areas. The center also offers a cardio cinema room, where members can enjoy an instructor-led class with a theater backdrop or just come for the movie of the day.

To keep members engaged, the center hosts a full-range of group classes, including yoga, Pilates, kickboxing, zumba, weight training, spin and step aerobics.

What makes this center unique is its emphasis on the complete person. Aspire also will provide educational workshops on healthy eating and wellness to its members.

An added benefit to busy moms, Aspire provides on-site childcare for members while they use the center. The Growing Aspirations area combines a child-safe area for play with a variety of toys, books, and activities so children enjoy their time at Aspire as much as their mothers. There is also a separate area dedicated to the care of infants. Moms don't need to worry because Aspire caregivers are trained to interact, teach, and make children feel like they are at a special place.

The center offers convenient membership options, including daily, month-to-month, three month, annual and group. Membership rates are \$45/mo or \$99 for 3 months and includes all use of facility, including as many classes as they chose to participate, and towel service.

The center is open seven days a week. For more information and to get a free complimentary guest pass, visit www.aspirewomensfitness.com, call 770-984-7000 or visit 2000 Powers Ferry Road, Suite 290, Marietta, GA 30067.

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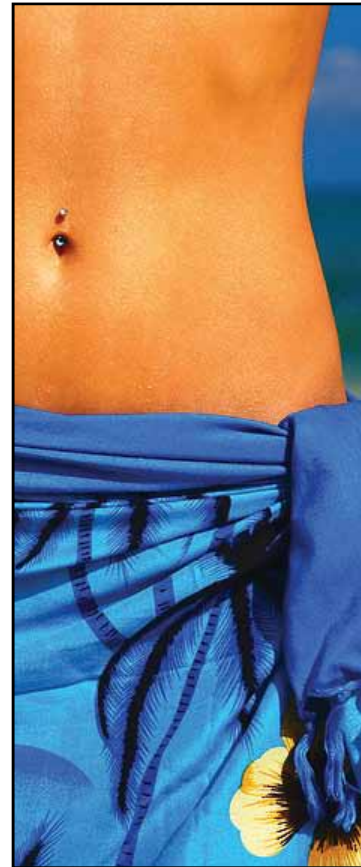
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Beauty is in the Eye of the Beholder



▲ Dr. Alison Barrack

We have all heard of Botox. Did you know that the very thing that is envied by creased foreheads everywhere is also used to treat a variety of pain ailments? That is correct. Botox is not just used for those fine lines and wrinkles of the face. The FDA has approved the use of botox to treat spasm in the neck and shoulder area. This syndrome is referred to as spastic torticollis. It is a process of continuous neck spasm

and pain resulting in limited range of motion and often an abnormal tilt or rotation of the head. If the spasmodic torticollis goes untreated, the neck muscles become shortened resulting in deformity and disability. The cause of this disorder can range from an acute injury such as "cervical whiplash" or disc herniation to various neuromuscular disorders.

The FDA is now in the process of reviewing the use of botox in migraine headaches. This has been life changing for those suffering from debilitating headaches that have been refractory to other treatments.

What is botox and how does it work?

Botox is a neurotoxin produced by the bacterium Clostridium Botulinum. In high doses, it can cause food poisoning. In smaller doses and in experienced hands, it can be guided into muscles for the purpose of relaxing those muscles. Botox blocks the transmission of a the neurotransmitter acetylcholine. This messenger's job is to tell the muscle to contract. If the message is interrupted then the result is no contraction or less of a contraction-i.e. relaxation of that muscle.

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Dr. Barrack specializes in the non surgical treatment of musculoskeletal disorders of the spine, muscles, and joints. She has practiced in the Marietta area since 1994 and recently opened her practice, Barrack Spine and Joint Medicine, in East Cobb.



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"It's important that kids feel relaxed and comfortable with their dentist. That's why our office is filled with toys and activities. We have a tooth-brushing center, where kids can see their teeth while we show them how to brush, and we send a pink-costumed bear, Molly the Molar Bear, to local schools and day-care centers to teach kids about caring for their

teeth. I believe the positive experiences the children enjoy in our office encourage them to take an active role in taking good care of their smiles for the rest of their lives."

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