



## Smart tips for staying healthy this cold and flu season

*Get vaccinated for prevention, and if you do get the flu use good hygiene, nutrition and perhaps a medication to treat your symptoms.*

- Talk with your doctor or pharmacist about antibiotic resistance. Ask if an antibiotic can help your illness, and what else you can do to feel better sooner.
- Do not take an antibiotic for a viral infection like a cold or the flu.
- If the doctor says that you have a viral infection, ask about ways to help relieve your symptoms. Do not pressure your doctor to prescribe an antibiotic.
- If your doctor prescribes an antibiotic for a bacterial infection, take the antibiotic exactly as your doctor tells you. Do not skip doses. Complete the prescribed course of treatment even if you are feeling better. If you stop too soon, some bacteria may survive and re-infect.
- Do not save some of your antibiotic for the next time you get sick. Discard any leftover medication once you have completed your prescribed course of treatment.
- Do not take antibiotics prescribed for someone else. It may not be appropriate for your illness. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.

Article source: [www.healthnet.com](http://www.healthnet.com)

## Exilis / Titania Rejuvenating Treatments

*By Dr Maureen Allem*



Skin, Body and Health Renewal is always on the lookout for treatments showing the most effective results, such as the Exilis Elite and the Titania system.

The Exilis Elite is a monopolar radiofrequency system, which incorporates ultrasonic energy in one hand piece with the ability to tighten skin and reduce fat all in one treatment.

This treatment's effectiveness is due to its layering advanced cooling. A cooling device is built into the head, which allows much higher temperatures to penetrate the deeper tissue while also treating the superficial layers.

Great results have been achieved with treatment in areas such as the double chin, jowls, neck, abdomen, thighs, knees, ankles, upper arms, bra bulges, back, love handles and hands.

Radiofrequency is also used in the Titania System, but through monopolar and multipolar methods. Monopolar reaches more superficial areas, whereas multipolar is designed for deeper penetration of the skin, meaning that the same treatment targets different depths and tissues.

Slight friction is caused when the radiofrequency energy passes through the tissue, resulting in an intense temperature change. This stimulates collagen, which reduces the appearance of fine lines and scarring.

This treatment has shown excellent results in skin rejuvenation, cellular strengthening, detoxification through lymphatic drainage, fat reduction, and muscle relaxation.

To find out more about the Exilis Elite or Titania treatments, visit [www.skinrenewal.co.za](http://www.skinrenewal.co.za), or if you'd like to make an appointment with one of our doctors, contact us on 0861 SKIN SA (7546 72) to be directed to your closest clinic and book your individual assessment.

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