



# 賀中秋佳節 黃璇醫生送美麗大餐



4/6

V 深层补湿护理系列

基础保湿

抗老滋润

V 紧致臻颜修护系列

抗老紧致丰盈轮廓

抗老抗皱提拉紧致

2/6

V 能量活化护理系列

排毒 暗沉 闭口 痘疹

保湿补水 抗初老

抗老化抗暗哑

大干皮救星

## 法爾曼瑞士貴婦級專業美容護膚品牌

**LECONCEPT**  
 油性肌膚的問題。干皮如果有暗沉需要排毒等問題當然也適用  
 【升效水凝日夜保濕霜 (24 小時面霜)】- 一缺水肌。大干皮, 干皮, 中性皮, 混合偏油也可用。針對年輕脫水肌, 抗初老  
 【升效再生 1 號活化霜】。因老化而失去光澤的缺氧肌膚。大油皮建議不要夏天使用, 秋冬 ok。其他膚質(混合肌膚, 中性肌膚或者偏干肌膚), 一年四季都可用。針對開始呈現老化現象的暗啞及缺氧肌膚  
 【升效再生 2 號活化霜】受暴曬或惡劣極端氣候下形成的乾涸肌膚。適合沙漠干皮, 大油皮勿碰 修復因缺水引起的過敏, 紅血絲痘印功能強大。偶爾也可以用作急救面膜  
**臻白勻亮護理系列**  
 【臻白勻亮淨化面霜】油性及混合性肌膚。提亮均勻膚色, 對抗色素沉澱, 同時發揮法爾曼獨有的抗老功效**緊致臻顏修護系列**  
 【塑顏抗皺修護面霜】。有肌膚下垂和可見周圍的肌膚。撫平細紋, 提拉緊致  
 【塑顏臻美緊密面霜】缺乏彈性鬆弛的肌

膚。豐盈緊致肌膚, 撫平隨年月增長的皺紋, 提陞彈性  
**抗敏護理系列**  
 【舒柔護理霜】、敏感肌膚, 過敏肌。預防及撫平肌膚小問題  
**冰凝金裝系列**  
 【冰凝金裝面霜】所有膚質。有錢請一定選這個一千字不夠用  
**最全 valmont 法爾曼面霜詳解到底怎麼選?**  
 法爾曼作為瑞士貴婦級專業美容護膚品牌, 產品分類精細, 很多人都為到底應該選哪款面霜而苦惱。來, 請拿出小本本, 做筆記!  
**友情提示**  
 1. 很多人以為選好一款適合自己的面霜就萬事大吉了, NO 1 每個人的膚質不是固定不變的。隨著年齡、生活環境的變化都會有所改變, 尤其季節變化導致的水油狀況變化更是必須交替面霜的重要原因  
 2. 選面霜要考慮功效和膚質兩方面。比如法爾曼的面霜不同系列有主打深層保濕, 能量活化, 勻亮, 緊致抗老, 抗敏等, 先按照自己的最大需求選擇分類, 然後

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 它家的生命之泉爽膚水是幸福面膜的好朋友  
 推薦給大幹皮的是 hydra3 和 prime re-genera II 大幹皮救星

AS SEEN IN MIMI MAGAZINE

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### Navigating Breast Health

THE UNIVERSITY HOSPITALS BREAST CANCER CENTER AT UH GEauga MEDICAL CENTER PROVIDES SUPPORT AND GUIDANCE WHEN A WOMAN NEEDS IT MOST

By Ken McEntee

Understandably, a breast cancer diagnosis is likely to bring on anxiety and confusion that can make it more difficult for a patient to navigate through the treatment process. That's why the University Hospitals Breast Cancer Center at UH Geauga Medical Center provides patients with as much support and guidance as possible, assures Xuan Huang, MD, PhD, an oncologist who specializes in breast cancer.

When a breast abnormality is detected, a nurse navigator steps in to help the patient understand the situation and coordinate a biopsy, and, if necessary, treatment, Dr. Huang says.

"Studies have shown that breast cancer patients have a high risk of developing depression and anxiety," she says. "Because of the help provided by our nursing navigator, I have seen less anxiety. I used to see more patients in tears, but having somebody to help them through the stress does help to reduce those feelings of stress and helplessness."

The navigator helps to explain procedures, answers questions and schedule appointments. The navigator is a part of a multidisciplinary team of breast care specialists that assist patients through all levels of treatment in an intimate, caring environment, close to home.

Early detection vastly improves the likelihood of successful treatment, Dr. Huang emphasizes. That's why the Breast Cancer Center offers all of the latest diagnostic equipment available, in a community hospital setting that allows patients to stay close to home.

All traditional, two-dimensional mammograms done at the Breast Cancer Center are supplemented by a digital 3-D tomosynthesis breast screening.

"Compared to traditional two-dimensional mammograms, tomosynthesis is more accurate in detection of tumors and decreasing false positives," Dr. Huang explains. "The difference in detail can be compared to a CT scan versus a traditional X-ray."

The latest addition to the screening technologies at UH Geauga Medical Center is the Fast Breast MRI, an efficient, 10-minute supplemental examination that scientific studies have shown to be effective in finding invasive breast cancers. The Fast Breast MRI is particularly useful for screening women who have dense breast tissue.

Although some patients may have to pay out-of-pocket for the optional MRI screening, insurance may cover the test under certain conditions, such as women with a high risk of developing breast cancer.

breast, is typically scheduled for the same day—potentially eliminating days of worry. When necessary, a biopsy to confirm cancer also can be done on-site, Dr. Huang promises.

To facilitate early detection, Dr. Huang recommends that women begin mammogram screenings at the age of 50, or at age 40 for those who have a family history of cancer or other high risks for breast cancer.

Options are also available that may help to reduce hair loss for some women who undergo chemotherapy. A cooling cap, Dr. Huang explains, cools the scalp during chemo, helping to protect hair follicles from damage. Dr. Huang and her daughter have established a cancer patient fund to help women pay for the cooling cap treatments.

"It's another way that we work together to do everything we can for our patients," she says.

Dr. Huang emphasizes that cancer treatment is important, even during the Covid-19 pandemic.

"We implement all of the measures required to keep our patients and staff safe," she says. "We screen and take temperatures of everybody who comes into the facility, including employees."

You can schedule a breast screening at the Breast Cancer Center or get more information by calling 440-901-6482, or by visiting UHHospitals.org/locations/uh-geauga-medical-center/services/breast-cancer. University Hospitals Geauga Medical Center is located at 13207 Ravenna Road, in Chardon.

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