

IN THE KNOW *March*

ETERNA M.D.
MEDICAL REJUVENATION CENTER
THE FOUNTAIN
OF YOUTH STARTS HERE
407.771.0404



MARA DE LA VEGA, MD

You've heard the phrase, "forty is the new thirty" and so on. Advances in anti-aging medicine and technology in the hands of qualified professionals such as the Doctors at Eterna MD Medical Spa can help women shave off a decade in both appearance and well-being.

Drs. Mara De La Vega and Carlos Mercado, owners of Eterna M.D. Medical Rejuvenation Center and Spa, understand that a youthful appearance isn't achieved with quick fixes but rather a well designed age management plan that addresses your health inside and out.

The husband and wife team opened Eterna M.D. as preventive medicine focused on age management and rejuvenation. Located at 1307 S. International Parkway in Lake Mary, Eterna M.D. is not a regular day spa. It is a medical aesthetic clinic and anti-aging center offering a full range of services.

"Eterna M.D. promotes beauty through health. You need to be healthy in order to achieve optimal results. No matter what age, a customized age management program can prevent obesity, cardiovascular disease, diabetes and early aging. We are strong believers in diet, exercise and hormone modulation," says explains Dr. Mara De La Vega, a former family physician.

Dr. Carlos Mercado is certified in Age Management Medicine and an affiliate of Cenegenics with post-graduate training with the European Institute of Scientific Anti-Aging Medicine. Drs. Mercado and De La Vega are both licensed and board certified physicians and they perform all of the medical procedures assisted by a team of certified Paramedical Aestheticians.

Eterna M.D. isn't a sterile medical office but an inviting oasis that instantly puts you at ease with its soothing aqua hued decor, a cascading waterfall that greets you in the lobby, and personable staff that is friendly yet discreet.

In addition to preventative medicine, Eterna M.D. offers non-surgical cosmetic treatments such as Botox injections, Restylane and Juvederm fillers, Microdermabrasion, Dermawave ultrasonic treatments, Photofacials, Laser Hair reduction, Chemical Peels, Spider Vein Removal and Mesotherapy injections to melt fat deposits.

"As a woman, I've struggled trying to keep myself looking good and healthy and I understand this struggle for women and men of all ages to keep ourselves productive healthy and looking young," says Dr. De La Vega, who believes an anti-aging regimen should begin at any age.

"I think skin care should start as early as possible with good facials. We have a lot of teenagers who come in for acne treatments and facials. Collagen production begins to decline between the ages of 30 and 35 but there are very effective non-invasive treatments such as ultra sound facials with the infusion of micronized collagen that will improve collagen production," explains Dr. De La Vega.

Eterna M.D. also specializes in Lipodissolve, a non-surgical alternative to liposuction. Lipodissolve is a series of injections that destroy fat cells. "This localized treatment is ideal for fatty deposits of the abdomen and upper thighs and produces permanent results because fat cells don't regenerate. We all have a set number of fat cells."

While Dr. De La Vega is focused on aesthetic services, Dr. Carlos Mercado develops comprehensive age management programs for clients. "Unfortunately, many people are just looking for a quick fix such as Botox or derma fillers without looking at the root cause of why the skin is aging early. We look at the bigger picture-the lifestyle factors and hormone deficiencies that can be tweaked to slow the entire aging process and in some cases reverse the signs of aging," explains Dr. Mercado.

Designed for both men and women, each customized age management plan includes a comprehensive hormone evaluation, exercise program, life style modifications and bio-identical hormones. "The growth hormones can restore energy, libido and help with the redistribution of fat and improve lean muscle mass," explains Dr. Mercado. He recommends that by age 35, women should start checking hormone levels to see if they are at optimal levels. "Women don't need to be premenopausal to need hormone modulation," explains Dr. Mercado. For more information, visit www.eternamd.com



CARLOS E. MERCADO, MD