

# soi





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# SOI

medic art

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## A CREATIVE YEAR

**By Jacinthe Blais**

President and chief Operating Officer of Medicart network

Are you a creative person? We sometimes feel that the process of creation is reserved for a select few with multiple artistic talents. But as you'll learn in the well-being article in this issue, creativity is something that is learned and developed.

Why develop it? Because creativity stimulates us. It allows us to lose ourselves; it makes us feel alive and proud of our accomplishments. Ultimately, it promotes our self-esteem. So, it's a GO to unleash our creativity!

In 2023, it's time to step off the beaten path, explore new horizons, experience out-of-the-ordinary outdoor activities,

get out our paintbrushes, and get in touch with our artistic talent.

We also love drawing inspiration from radio host Marie-Christine Proulx, who manages to find a balance between family life and work, even though she gets up in the wee hours each morning to turn on her microphone.

Got the travel bug? We take a look at the most exotic destinations, the ones that make us dream of golden sand, culture, and a change of scene. It's incentive to get us packing our bags to travel this year.

Happy reading!



# Inspire

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What inspires well-being? For some, it's enjoying the outdoors, a nice glass of wine at a restaurant, or a day at the spa. For others, it also includes well-being at work. Find the best tips right here!

# 6 WAYS TO DEVELOP YOUR CREATIVITY

What if we tried doing things differently? Bringing a breath of fresh air, creativity, and a dose of impulsivity into our lives can give us a sense of well-being; it makes us feel alive and proud of ourselves.



So, you don't think you have artistic or creative talent? Think again! Even though it seems innate in some people, creativity isn't a given—it's something we can learn and develop. How? Through a series of tips and daily actions.

## MAINTAIN YOUR CURIOSITY

Curiosity is something to nurture; take time to look at things with a new perspective, learn about them, and explore. In other words, “see the world through a child’s eyes.” This is what will revive us and lead us to follow our instincts, ask questions without judgment, and be surprised by the details.

## BREAK THE ROUTINE

It's been said often: in order to create, you have to step outside your comfort zone. It's time to experiment with new manual or artistic activities such as painting, music, or knitting. While most of these activities require mastering some basic techniques, they quickly become spaces and ways we can express our personality, following our impulses and instincts.





## Doing nothing allows us to activate our neurons and welcome new ideas.

### TAKE CARE OF YOURSELF

To be creative, you need to leave time for yourself. Healthy mind, healthy body, as the saying goes. And in fact, it's when we feel good that we create an environment conducive to the emergence of new ideas. So, get moving, eat well, and stay positive!



### GET BORED

Did you get bored today? Boredom, strangely, can be a motor for creativity. This principle is true for children, but also for adults. "There's nothing to do!" your little one complains. Instead of setting them up with an activity or supervising them during play time, let them be. After a few minutes, they'll be drawing on a blank piece of paper, constructing a LEGO tower, or building a fort in the living room. Let them inspire you! Forget evenings spent with Netflix—doing nothing allows us to activate our neurons and welcome new ideas.



### TAKE A WALK

Hitting a wall on a project? Take a walk! This seemingly innocuous activity has many benefits, not only for our health, but also our brains. Researchers at Stanford University have identified a direct link between walking and the creative process. The action of walking encourages the emergence of new ideas. As you walk, take breaks to contemplate, and take deep breaths so you oxygenate your brain and lungs!



### FREE WRITE

To help get ideas flowing, turn off your screens and put the keyboard aside. Writing is more spontaneous with a pencil and a piece of paper. Leave notepads or pieces of paper on your night table and even in the car so you don't miss any ideas that arise. The goal is to set self-censoring and judgment aside and to run with your imagination.

# ON THE MENU: CREATIVITY!

Cooking is a key to health! When we cook, we reduce our consumption of processed foods, which are often high in fat, sugar and salt, and tend to contain additives. But many people say they lack the culinary skills and creativity to be more hands-on in the kitchen. What if it were simply a matter of getting creative? Here are my tips!

By Isabelle Huot  
Ph.D. in Nutrition



1

## Discover a new fruit or vegetable each week

A diet rich in fruits and vegetables is good for your health. And discovering a new one is a good way to eat more fresh food and be more creative in the kitchen. Seasonal produce baskets delivered to your home are a great way to discover new things like kohlrabi, swiss chard, celeriac, and white turnips. And if you get vegetables you've never cooked before, all you have to do is a simple web search to find a recipe that will bring out the best of their flavours.

2

## Experiment with herbs and spices

Herbs and spices can transform a dish by adding new flavours. They also allow you to reduce the quantity of salt without compromising taste. Start by adding an herb or spice to a recipe you've already mastered, or draw inspiration from some classic pairings: mint and lamb, basil and tomato, cilantro and fish, cumin and eggplant, etc.



## 3

**Make substitutions**

Substitutions are wonderful for stimulating your creativity in the kitchen. Start by replacing one ingredient with another, one spice with another, and then, little by little, you'll veer towards a new recipe. With each try, it gets a little easier to improvise.

**The possibilities are endless  
in the kitchen—trust yourself!**

## 4

**Be bold**

Don't hesitate to be bold and improvise a recipe with your leftovers. This is a common way of gaining confidence in the kitchen. Got some leftover chicken, olives, and lemon? Improvise a dish including pesto pasta and chicken with lemon sauce and olives. The possibilities are endless in the kitchen—trust yourself!



**By Isabelle Huot**  
Ph.D. in Nutrition  
[isabellehuot.com](http://isabellehuot.com)  
Servings: 4  
Prep: 20 minutes  
Cook time: 15 minutes

Calories: 280  
Fat: 15 g  
Carbohydrates: 17 g  
Fibre: 1 g  
Protein: 18 g

## Shrimp and pineapple skewers with colourful salsa

**INGREDIENTS***Maple dressing*

60 ml (¼ cup) olive oil  
30 ml (2 tbsp.) maple syrup  
45 ml (3 tbsp.) apple cider vinegar  
1 cube frozen ginger  
25 ml (1 tbsp. + 2 tsp.)  
finely chopped shallots  
Salt and pepper to taste

*Peach and red onion salsa*

125 ml (½ cup) peaches, cubed  
45 ml (3 tbsp.) red onion, finely diced  
30 ml (2 tbsp.) red pepper,  
finely diced  
30 ml (2 tbsp.) green pepper,  
finely diced  
60 ml (¼ cup) maple dressing  
(see recipe)  
30 ml (2 tbsp.) cilantro  
Salt and pepper, to taste

*Skewers*

350 g shrimp, 31–40 count  
250 ml (1 cup) pineapple chunks

**PREPARATION**

Place all ingredients for the maple dressing in a mason jar or a resealable bag. Mix.

Combine all salsa ingredients.

Season.

Preheat the oven to 375 °F.

Slide the shrimp and pineapple onto skewers. If the skewers are made of wood/bamboo, soak them in water for 30 minutes to an hour before cooking.

Place the skewers in a baking dish lined with parchment paper.

Cook in the middle of the oven until the shrimp turn pink, or approximately 15 minutes, turning the skewers once at the halfway point.

Remove from oven.

Garnish with salsa and serve.

# Discover the Oldest Wine Producers in the World!

The world of wine is rich in history and intimately linked to humanity. Let's face it—the wine was safer than water in the old days. More and more people recognize grape varieties such as chardonnay and cabernet sauvignon. Even neophytes know wine regions such as Bordeaux, Burgundy, and Tuscany.



**By Jessica Harnois**

Sommelier, Master's student at the Université du Québec à Trois-Rivières (UQTR) and member of the UQTR's Loricorps Research Group. Her research is into intuitive wine tasting, under the direction of Johana Monthuy-Blanc.







We travelled through these three wonderful countries, tasting remarkable wines that deserve to be discovered and appreciated for their many excellent qualities.

But what about wines from Romania, Moldova, and Bulgaria? Very few people are familiar with the quality of their wines. And their indigenous grape varieties, such as the fetească neagră and the mavrud, are even less known. As part of the findings for my new Wine Club, my colleagues Mariève and Isabel joined me in travelling through these three wonderful countries, tasting remarkable wines that deserve to be discovered and appreciated for their many excellent qualities.

### ROMANIA

It's impossible to go to Romania without visiting the famous Bran Castel, Dracula's Castle. You'll find the remains of Vlad III there, commonly known as Vlad the Impaler and the inspiration for the famous novel *Dracula*. So it's no surprise to find, on the shelves of the Société des alcools du Québec (SAQ), a wine sporting a little cape in reference to this mythic figure. Besides the eye-catching marketing aspect, this wine is from Dealu Mare, the best wine region in the country.

Romania was already, at one time, one of the best wine-producing countries. It produced great quantities, but the quality wasn't always up to par. More recently, though, with both the Roman and Germanic influences, it's been making superb wines that will take you by surprise! It even has the honour of being home to one of the best sommeliers in the world, Julia Scavo. It's definitely a country to discover.

### MOLDOVA

The history of wines in Moldova dates back over 7000 years, and wine even happens to be the country's national product. What pride! Here, traditional dancing, dishes rich in flavours, and wines are all integral parts of Moldavian culture. Wine production dates back to the same era as in Georgia and Armenia, and that's when they began exporting to Poland and Russia. Their wines are very good quality. Several are available here—you'll be pleasantly surprised by the ones from the prestigious vineyard Fautour, made from cabernet sauvignon and fetească neagră. Rich, dense, and flavourful, this is a red that can improve in a cellar.

We are lucky because two agencies offer a wide range of these products that you can buy at the SAQ or directly on a private import site. It's easy as pie! You can also find Moldavian wines for as little as \$10 and others at prices that rival American cabernets. Anything is possible!

### BULGARIA

Bulgaria, one of the oldest producers of wine in the world, is a real favourite. In Sofia, the capital, I felt like I was at home. What a beautiful place! And the wines... Here, the favoured grape is the mavrud. It's perfect for creating spicy and structured reds. We were part of a group of wine critics from several countries, and we all shared the same opinion: Bulgarian wines deserve greater visibility because they are delicious—whites, reds, and oranges alike!



#### LEGEND OF DRACULA FETEASCĂ NEAGRĂ 2019 (\$19.50)

*Romania*  
Red wine  
Fetească neagră

SAQ 13902388



#### 310 ALTITUDE, FAUTOR WINERY (\$20.80)

*Moldova*  
Red wine  
Cabernet sauvignon and fetească neagră

PRIVATE IMPORT VIA  
LESFILLES DUVIGNERON.CA



#### EDOARDO MIROGLIO 2021 (\$18.15)

*Bulgaria*  
White wine  
Viognier and gewurztraminer

SAQ 12784931





# 3 Outdoor Activities For a Change From Hiking

These original, out-of-the-ordinary activities promise a breath of fresh air while you admire some beautiful landscapes and stock up on new knowledge. There's something for everyone!



Lumina Night Walk,  
Wendake

#### FOR FAMILIES: LUMINA NIGHT WALKS

At Mont-Tremblant, in Coaticook, Chandler, and Wendake, you can experience a Lumina Night Walk, created by the incredible company Moment Factory. Let yourself be carried away by these illuminated paths, animated with state-of-the-art technology. Magical moments guaranteed!

[momentfactory.com/lumina](http://momentfactory.com/lumina)

**A beautiful way to  
combine hiking and  
learning new skills!**

#### FOR ADVENTURERS: SURVIVAL IN THE TAIGA FOREST

Who hasn't wished they could learn how to survive in the forest, like an explorer or a contestant on Survivor? Well, now you can, at the Kanatha-Aki nature centre, near Mont-Tremblant. They offer day-long wilderness survival courses where you'll learn, among other things, to start a fire in any conditions, use a compass, build a shelter, and even fish with your bare hands!

[kanatha-aki.com](http://kanatha-aki.com)

#### FOR FOODIES: AN INTRODUCTION TO WILD MUSHROOM PICKING

Mushroom picking, which is becoming more and more popular in Québec, used to be reserved for a few insiders but is now becoming more widely accessible, thanks to a few local companies. Gourmet et Sauvage in Mont-Blanc is one—they offer a day-long intro course to this delicious activity. You'll learn to identify mushrooms, learn their different uses and, of course, how to pick them in a super-safe way. At the end of the day, you'll even learn ways to cook them. It's a beautiful way to combine hiking and learning new skills!

[gourmetsauvage.ca/ateliers-cueillette](http://gourmetsauvage.ca/ateliers-cueillette)



Gourmet et Sauvage





# AWARENESS, UNDERSTANDING, AND ACTION IN MENTAL HEALTH CAN CHANGE LIVES!

According to the World Health Organization (WHO), the term *mental health* is defined as “a state of well-being in which a person is able to achieve personal fulfillment, cope with the normal pressures of life, do productive work, and contribute to their community.” The CERVO Foundation believes that it is only through awareness that we will succeed in breaking the stigma around mental health, normalizing calls for help and, above all, reducing the risk of developing chronic mental illnesses.

By *being truly open* when talking about mental health, we become agents of change in society. When we identify a behaviour as a possible mental health issue and we are willing to discuss it, the solution is most likely quite simple and effective. In contrast, ignoring the symptoms and avoiding talking about them can have serious consequences for the individual and those around them.

In 70% of cases, mental illnesses manifest before the age of 22. Early detection ensures quick treatment, and it has now been shown that if treated properly, a person with a mental illness can live very well.

## **WARNING SIGNS AND SYMPTOMS TO WATCH OUT FOR WHEN FREQUENT:**

- > Mood swings
- > Lack of concentration
- > Isolation
- > Disturbed sleep
- > Being disorganized
- > Poor hygiene
- > Alcohol and drug abuse
- > Loss of appetite

## **FIRST STEP TOWARDS GETTING BETTER: TALKING ABOUT IT!**

- > To relatives, friends, and family
- > At school with teachers, friends, and caregivers
- > At work with colleagues, managers, and the Employee Assistance Program
- > With health professionals, such as 811, a CLSC, family doctor, or the emergency room (when in crisis)

Taking care of our mental health is within everyone's reach. Agreeing to TALK about it, taking the time to really LISTEN, and especially ACTING quickly can literally change lives: your life. You deserve it!

Visit our website to find out what tools are available (French only):  
[fondationcervo.com/outils/outils-disponibles](https://fondationcervo.com/outils/outils-disponibles)





# Meet

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Meet our precious employees, passionate people who love sharing beauty secrets and talking about their world. Meet our inspiring people through discussions about beauty, well-being, and ambition.

A Conversation with Marie-Christine Proulx

# IN SEARCH OF BALANCE

Cheerful, spontaneous, and vibrant on the air, radio host Marie-Christine Proulx's energy is contagious. But when the microphone is off, she also enjoys slowing down by taking time for herself and her family, going skiing with her children, relaxing at home, and writing.



*"I see immediate effects. My skin is deep-cleaned and hydrated." She also appreciates the gentle and human approach of Dr. Caron's team.*



The desire to lead a more balanced life is what motivated Marie-Christine's decision to leave the set of *Salut Bonjour* a few years ago, when her children were just little. "Going out to shows that went late and then having to be bright-eyed and bushy-tailed on TV the next day was a real challenge. I had to make some choices for myself and my family," she says.

She has never regretted her choice. With her move from TV to the radio, Marie-Christine is still "a morning person," she says. But she doesn't feel the need to overload her schedule anymore; she lets herself nap in the afternoon and leaves a lot of space for her role as a mother.

This doesn't stop her from having her head full of plans. For the past three years, she's been the Hug Fairy for the CHU Sainte-Justine Foundation. This is a cause that's close to her heart, especially since her friends' child battled pediatric cancer and was treated at that same hospital. "I've been buying the campaign's lip perfectors for seven years, and I'm really proud to be chosen as the Hug Fairy. It's a role that fits my values and feels natural to me."

#### FROM RADIO HOST TO AUTHOR

As the mother of two children, she went from "bedtime story reader" to author. This past year, she began writing and more specifically writing children's books. The first ones are

expected in bookstores this spring. "It was such an unexpected pleasure!" she says. Publishing house Victor et Anaïs gave her carte blanche. "They told me to write about subjects close to my heart, and off I went. I was raised without a fear of taboo subjects and so I have a very open mind—I wanted to write about current topics." She's tackled subjects including performance anxiety and same-sex parenting. She had help with the writing from her daughter's teacher and, of course, from her children. "To choose the right words and expressions," she explains.

#### CARING FOR YOUR SKIN

Marie-Christine is radiant in her professional life as well as her personal life. How does she keep her complexion fresh and luminous? "First of all—fresh air!" she says. She goes on frequent ski trips with her family. Also—targeted skincare. Her secret is HydraFacial™ treatments. With each change of season, she goes to the Medicart clinic in Saint-Lambert for an appointment and has been doing so for almost three years. "I see immediate effects," she says. "My skin is deep-cleaned and hydrated." She also appreciates the gentle and human approach of Dr. Caron's team. "I'm a bit apprehensive by nature, but when someone wins my trust, I dive in and let myself be pampered."

Marie-Christine co-hosts *Les Lève-Tôt* every weekday starting at 5:30 a.m., on Rythme FM. Stay tuned!



## DR. CHRISTINE CARON



# Passionate About Taking Care of Others

Ever since 2008, Dr. Christine Caron has been proud to offer all types of non-surgical aesthetic medical treatments and care at her clinic, ranging from skin care, body contouring, women's health, and men's treatments. Joining the Medcart Network nearly one year ago, this clinic in the Vieux Saint-Lambert district now operates under the name of Medcart Saint-Lambert.

**DR. CARON, HOW DID YOU BECOME INTERESTED IN PURSUING A CAREER IN AESTHETIC MEDICINE?**

As a family physician, I was always interested in dermatology. From the very beginning of my career, I did a lot of phlebology, so injections were part of my daily routine. It felt natural for me to go into aesthetic medicine and to deepen my knowledge of facial injections. I am very passionate about aesthetic medicine; it allows me to take care of people in a different way.

**WHAT SETS YOUR CLINIC APART?**

The thing people appreciate most when they walk into our clinic is the personalized attention to their individual needs and concerns. We examine our patients very carefully, taking all aspects into consideration. We really enjoy working with them, helping them take care of themselves and enhance their natural beauty. With great respect for the natural appearance of our patients, we are also sensitive to their particular needs and concerns.

In addition, I offer a comprehensive women's health care package, providing long-term medical follow-up care for menopausal women and women undergoing hormonal changes. More specifically, I support them through the changes that occur to their faces and bodies after menopause.

**WHAT IS YOUR FONDEST PROFESSIONAL MEMORY TO DATE?**

My fondest professional memory dates back to 2008, the year I became

an entrepreneur and founded my clinic, which brought together aesthetic medicine and family medicine. It was a great accomplishment for me to be able to offer family medicine, as well as aesthetics and dermatology under the same roof. Managing an entire clinic was a challenge at first, from employees, to billing, marketing, accounting, human resources and so on. But I am very proud of it!

**IF YOU HAD TO GIVE ONE PIECE OF ADVICE TO ANYONE WHO WANTS TO START TAKING CARE OF THEMSELVES, WHAT WOULD IT BE?**

The sooner you start taking care of yourself, the better. It's important to start taking preventive measures at a young age: protect yourself from sun exposure, eat well, exercise, and use the right products to take care of your skin. I recommend that all teenagers and young adults consult a dermatologist to find out which products are best suited to their skin type and prevent acne and its long-term consequences.

**IF YOU WERE TO HIGHLIGHT ONE PARTICULAR TREATMENT THAT DESERVES TO BE RECOGNIZED, WHAT WOULD IT BE AND WHY?**

The BBL intense pulsed light therapy is one of the treatments that showed the most improvement and had the greatest results. In fact, this treatment fundamentally alters the skin's texture, stimulates collagen production, and has many other benefits that will last for years to come.

It's an inexpensive, short treatment that requires very little recovery time. With excellent value for money, I would recommend this treatment without hesitation!

*Moreover, Dr. Christine Caron is a specialist in the SOS Menopause Program from Chantal Lacroix and Isabelle Huot.*

**TREATMENTS PROVIDED**

Neuromodulator injections

Dermal fillers

Non-surgical facelifts

Morpheus8

V2 Beauty Booster

Platelet-rich plasma (PRP)

Skin laser resurfacing

CoolSculpting®

BBL® intense pulsed light

Belkyra™

Hormone replacement therapy

Medical peels

HydraFacial™

VelaShape III

Exilis

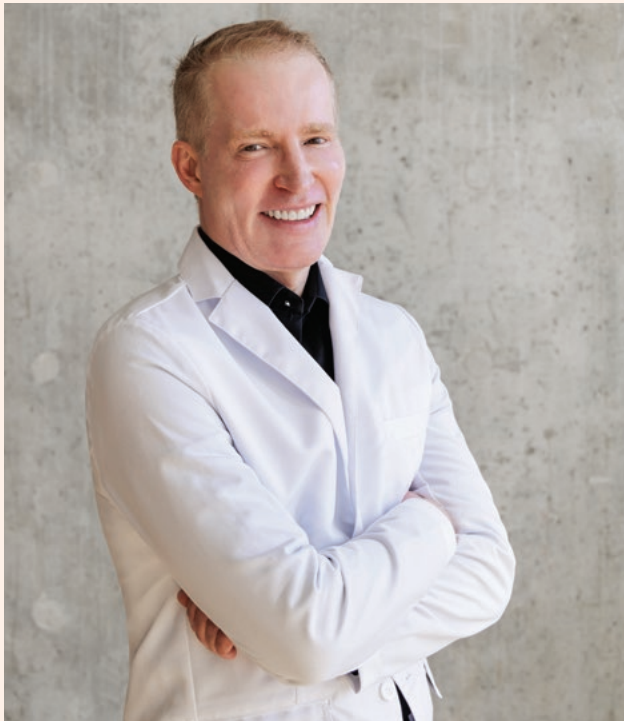
Nitrogen treatment for lesions

Varicose vein treatment

*“The thing people appreciate most when they walk into our clinic is the personalized attention to their individual needs and concerns.”*

# MEET DR. STÉPHANE MAURICE, MEDICAL DIRECTOR AT MEDICART QUÉBEC

We are quite proud to be able to rely on Dr. Stéphane Maurice's experience and expertise. Now in the role of Medical Director for Medicaart Québec alongside Dr. Élisabeth Morency, Dr. Maurice has consistently made it his priority to build trust with his clients.



**MEDICART QUÉBEC IS LOCATED AT  
2954 LAURIER BOULEVARD, SUITE 620,  
IN QUÉBEC CITY.**

To book an appointment with Dr. Maurice,  
please visit [medicart.com](http://medicart.com)

With a Bachelor's Degree in Psychology from McGill University, a Master's Degree in Psychology from the Université de Montréal and a Doctorate in Medicine from Université Laval, his approach has been one based on respect and honesty for close to 25 years. His medical and aesthetic expertise extends to many different areas of both the face and body.

The numerous services he offers include facial rejuvenation, lip augmentation, treatments for facial asymmetry, and the reduction of dark circles or double chins. He is also an expert in neck, cleavage and hand rejuvenation. Moreover, Dr. Maurice has been developing his expertise in treating men, who are beginning to take advantage of the benefits of aesthetic medicine in greater numbers. He offers penile augmentation and Scrotox.

Dr. Stéphane Maurice provides the following services and treats the following issues at Medicaart Québec.

## FOR THE FACE

Overall facial enhancement, dark circles, wrinkles, dark spots, rosacea, firming, rhinoplasty without surgery, lip augmentation, Belkyra™ (double chin), jaw definition, chin enhancement, masculinization or feminization of the face, teeth grinding, and gummy smiles.

## FOR THE BODY

Rejuvenation of the neck, cleavage, hands, arms and thighs, Sculptra (Butt Lift), CoolSculpting®, stretch marks, scars, port wine stains, angiomas, sclerotherapy (all types of varicose veins), surface sclerotherapy, ultrasound-guided sclerotherapy, and the VenaSeal™ procedure, excessive sweating, erectile dysfunction, penile augmentation, and Scrotox.

## TECHNOLOGIES

Neuromodulator injections, dermal fillers, polylactic acid, deoxycholic acid, platelet-rich plasma (PRP), cryolipolysis, fractional CO<sub>2</sub> laser (treatment of blemishes, scars, keratoses), Fraxel and VBeam™.

Platelet-rich plasma (PRP): offered for the hair, the face, and the penis to increase erectile function.





# Inform

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Our mission: decipher trends and present proven care methods, demystifying their scope and benefits, as well as the jargon used in the marvellous worlds of dermatology and aesthetic medicine.

# THE MEDICART BEAUTY ROUTINE

The first steps towards healthy and beautiful skin happen at home. Medica**rt** offers quality products so everyone can follow a simple, four-step beauty routine. How awesome is that?





To purchase  
these products:  
[epiderma.ca/en/shop](http://epiderma.ca/en/shop)

## STEP 1

### Pure Cleansing Milk

The Pure Cleansing Milk gently purifies the skin without drying it out and perfectly removes make up from the face and eyes, leaving the skin soft and revitalized. Do this every day, even when you're short on time.

## STEP 2

### Triple Action Gentle Exfoliator

Once or twice a week, after cleansing, apply a small amount of the Triple Action Gentle Exfoliator to the forehead, cheeks, chin, neck, and neckline. This foaming soft cream gives skin a real "satin finish".

## STEP 3

### Firming Serum C

To say goodbye to pigment spots, remember to apply our Firming Serum C. Before applying your cream, put a few drops of serum on your face, neck, and chest. The Firming Serum C regenerates the skin and strengthens the hydrolipidic barrier, brightening and illuminating the complexion while reducing hyperpigmentation.

## STEP 4

### Lifting Ivory Cream

The last but not least step in this beauty routine is hydration. Apply the cream to your face, eye contour, and neck. The Lifting Ivory Cream creates a lifting effect for your face, eye contour and neck by providing your skin with the hydration it needs.



# Treating Varicose Veins the Right Way

Not only can varicose veins be harmful or inconvenient, but they can also lead to a number of complications. That's why it's important to treat them early and correctly. Even more critical is selecting a specialized and professional clinic where this treatment can be administered safely.

Medicart, the reference  
in aesthetic medicine and  
phlebology in Canada.

[medicart.com](http://medicart.com)



*A varicose vein is one that can no longer adequately carry blood back to the heart. These superficial veins are associated with various symptoms.*

A varicose vein is one that can no longer adequately carry blood back to the heart. These superficial veins are associated with symptoms such as the legs feeling heavy, tired or itchy, problems with skin pigmentation, edema, and varicose ulcers.

These are the most common procedures provided at Medicart to successfully treat varicose veins.

#### **SCLEROTHERAPY**

A saline solution is injected into the vein to cause damage; the affected vein will then scar and dry out, allowing the blood to be redirected to healthy veins nearby. It will then disappear, as blood will no longer be circulating through it.

*This technique is performed at Medicart Québec, Saint-Lambert, Montréal, Ville Saint-Laurent, Ottawa, Dollard-des-Ormeaux, and Lafond-Mandeville.*

#### **ULTRASOUND-GUIDED SCLEROTHERAPY**

It consists of an endovenous chemical ablation of larger varicose veins performed much the same way as conventional sclerotherapy but using ultrasound technology and stronger medication. The ultrasound allows veins to be seen on the screen, improving the accuracy of the injection.

*This technique is performed at Medicart Québec, Saint-Lambert, Montréal, Ville Saint-Laurent, Ottawa, Dollard-des-Ormeaux, and Lafond-Mandeville.*

#### **ENDOVENOUS TREATMENT BY VENEFIT™**

This method is an alternative to traditional surgery and involves the removal of a vein using radiofrequency. It is performed in a single session at the clinic using local anesthesia and involves inserting a catheter into the vein from the knee to the groin.

*This technique is performed at Medicart Montréal.*

#### **THE VENASEAL™ PROCEDURE**

It uses a small amount of a specially formulated medical adhesive to seal or “close” the affected vein.

*This technique is performed at Medicart Québec and Medicart Ottawa.*



# 5 Unique Destinations

Let's explore new horizons. Here are five destinations that are sure to give you a change of scenery this year!

PERU



In addition to Machu Picchu, Peru is known for its treks, breathtaking volcanoes, and delicious cuisine.

2

Travel to the other side of the world? A childhood dream, Australia attracts travellers looking for new wonders, on land and at sea.

AUSTRALIA



MOROCCO

Between the desert and the ocean, Morocco captivates travellers with its colourful and cultural contrasts.

NORWAY



Norway is more than just fjords! Food lovers travel here for its Michelin-starred restaurants and new cuisine.

SLOVENIA

Still largely unknown, Slovenia fascinates travelers with its history and stunning landscapes.







*healthy*



**READY-TO-EAT**  
Meals

*delicious*



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