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PM MEDICAL PROFESSIONALS

Dr. Naina Sachdev, Sachdev Advanced Aesthetics

The Science and Technology of Beauty™

Dr. Naina Sachdev has a passion for accuracy. Analyzing data and evaluating scientific theory come naturally to this Lake Oswego MD, who is often described as "serious" - probably because she is consumed with delivering the utmost effectiveness in the treatments she provides.

Sound like your typical cosmetic doctor? The differences don't end there. Dr. Sachdev stays wary of cosmetic trends, but right on top of the latest medical research. She knows the difference between good and bad estrogen,



Sachdev Advanced Aesthetics offers Botox and dermal fillers. But unlike doctors who push these products by the unit, Dr. Sachdev prefers understated, more natural beauty and provides touch-ups if needed. As a physician committed to internal as well as external beauty, Dr. Sachdev wants people to look great naturally.

Dr. Naina Sachdev Sachdev Advanced Aesthetics

121 C Avenue
Lake Oswego, OR 97034
503.636.1693

www.SachdevAdvancedAesthetics.com

collagen and the collagenase that breaks it down. And if you were a free radical, you wouldn't want to tangle with the doctor. When it comes to the battle against aging, Dr. Sachdev is the secret weapon you want on your side.

In Dr. Sachdev's sphere of Functional Medicine, pretty isn't good enough. "Your skin is a reflection of what's going on inside. It is you, on the outside" the doctor explains.

"Functional Medicine" is the term Dr. Sachdev uses to refer to the unique blend of medical disciplines she draws from: conventional, nutritional, biochemical and aesthetic.

It takes an internist such as Dr. Sachdev, who graduated from the University of Chicago Medical School, to uncover the kind of internal imbalance that causes a visible disturbance in appearance. Dr. Sachdev's expertise is in treating the whole body, from the inside out.

"I want people to feel empowered,"

Dr. Sachdev says of her clientele. Many clients come in complaining of fatigue, depression, or anxiety. Some women want to regulate their weight; others simply want to avoid signs of aging. For some, previous aesthetic treatments have left them still craving the improvement they thought they'd found.

"I can't tell you how many people say, 'I've done all this work and I still don't feel good,'" Dr. Sachdev relays. It takes critical thinking backed up by sound medical principals to create the external benefits clients want to see, Dr. Sachdev maintains, for results that can last a lifetime.

Shunning the trendiest procedure and the newest machines, Dr. Sachdev works with her clients to effect body changes of a higher

order. Nutritional genomics is an exciting new field that refers to the way nutrition affects genetics - meaning that doctors can inventory an individual's genetically dictated vulnerabilities, and prescribe a customized dietary protocol to minimize that individual's risk of illness. At Sachdev Advanced Aesthetics, a patient can have such an evaluation done to learn - and fight - his or her unique set of weaknesses.

Another offering is Light Beam Generator (LBG) Therapy, which facilitates the lymph system in clearing toxins from the body. LBG Therapy breaks up clumps of toxins that have become too large for the lymph system to clear on its own, eliminating toxins from the body and speeding lymph fluid back to the heart.

At Sachdev Advanced Aesthetics, a standard microdermabrasion treatment is followed by a one-of-a-kind facial mask specially formulated by Dr. Sachdev. Like all of the skin care products Dr. Sachdev uses on her clients, she is intimately acquainted with every high quality ingredient - including speckles of 24 karat gold.

You won't see fountains and gauche facades at the office of Dr. Sachdev. What you will see is the science of aesthetic medicine. Sachdev Advanced Aesthetics offers sensitive price points, making formerly impossible procedures possible for many working women who are, as Dr. Sachdev calls it, "stressed to the max."

