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## TRI-STATE EXTREME MAKEOVER



Joyce Lieser—after Tri-State Extreme Makeover

### Stage Five: Better Vision—and Putting it all Together

Joyce Lieser walks into Eye Care Associates of Greater Cincinnati's Fairfield office, ready for her long-awaited LASIK surgery, her face scrubbed completely clean of makeup. "I used an antibacterial soap," she grins.

Not at all self-conscious about showing off her "real" self, Joyce is still admiring her beautiful new smile (courtesy of Hardin Dental), along with her tightened profile and her absence of lower eye bags (courtesy of Dr. Mark Mandell-Brown). She reluctantly puts away her hand mirror, then tugs at the waistline of her jeans, proudly revealing an indisputable seven-pound weight loss.

"I've lost ten pounds of fat and gained three of mus-

cle," she boasts. "I started out lifting three-pound weights at home, and now the folks at Power 3 Fitness have me working with 12-pounders. Jim Riggs tells me that the waist is the first place women gain weight and the last place they lose it. But look at this!"

Yes, Joyce definitely has a slimmer waistline. Her arms are tighter too, with noticeable definition. And she's earned every bit of her success.

"You have to understand," she protested to Riggs one day, huffing through an especially rigorous workout. "I'm old."

"No, you're not," he countered. "Grab that barbell."

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"Well," she sighed, "If you find me slumped over the treadmill some night, and you need to call 911, at least I'll have great-looking teeth and hair with a wonderful face and body!"

Both Riggs and nutritionist/registered dietician Peachy Seiden have coached Joyce extensively regarding proper food choices. She's learned how to combine proteins and carbohydrates—and she now begins each day, according to Peachy's recommendation, with a breakfast of oatmeal and soy milk.

Stylist Vivian Moore at Mitchell's Salon & Day Spa has provided a more youthful, tousled hairstyle. An initial makeup lesson (with another installment still to come) left Joyce remarking, "I really like this lipstick shade"—which turned out to be, in fact, a blending of four.



Rachel Clark at Fetish still plans to visit Joyce at home to assess what's already in her closet. As far as new wardrobe

choices, Joyce says, there's been an unexpected if delightful delay: "We're waiting to see if I'll need a smaller size."

Every aspect of her Extreme Makeover has gone beyond Joyce's expectations. "I've talked for years about wanting cosmetic surgery, and I've needed my teeth done forever, and I've never had a clue about what to do with my hair," she says. "Now I feel just so incredibly blessed in every area."



When the door leading to the Eye Care Associates of Greater Cincinnati's examining rooms opens, Joyce leaps up and bounds toward the entryway. Less than a half hour later, she emerges, a little groggy, wearing plastic goggles to protect her eyes

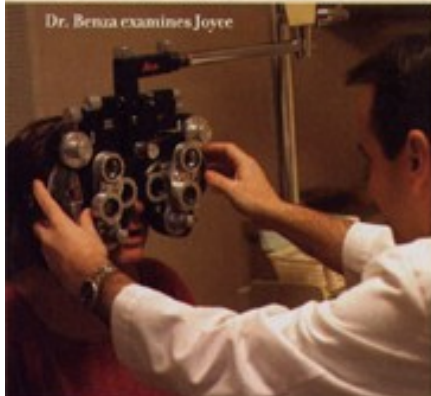
from the sun while her daughter Dawn drives her home for a long nap. Still, Joyce is pumped. "I got up from the chair," she exclaims, "and I could read the bottom line on the eye chart! I've never been able to do that before. I lay down blind. I got up, and I could read!"

That's not an overstatement, says ophthalmologist Dr. Robert Benza. "Prior to today's treatment and according to the eye chart, Joyce really was legally blind. But the procedure went perfectly, and her vision went from 20/200 to 20/20 in a matter of minutes. So we're very excited, and Joyce is just thrilled."

The most astonishing part is indeed the time frame. "I've been doing this for



Dr. Benza examines Joyce



10 years," Dr. Benza explains. "I'm not so amazed at the results or that the technology just keeps getting better. I'm more stunned that we can take a person who's had vision problems for four decades, and in a procedure lasting only 15 minutes, we can literally change their lives. I've never lost that sense of joy that I feel when I see a patient's response to having their vision improve that quickly."

Four weeks later, Joyce agrees. "It's staggering that it only takes a few minutes and makes such a difference," she notes. "Although I occasionally still get into my car to go to work and feel as if I've forgotten something. Then I realize—it's my glasses, which I no longer need."

Now facing her Extreme Makeover's final reveal, Joyce lauds first her coworkers at Auer Kitchens in Finneytown, all of whom were so supportive during her healing stages and understanding about her occasional needs to be absent from work. But she's over-the-top impressed by the level of commitment and dedication from those professionals who made it all possible.

"Everyone has been so genuinely nice and concerned that I have the very best experience," she says.

She's also grateful for the encouragement of her daughter Dawn, her son Edward and her husband Ed—who has recently taken to calling her "Cutie."

"We've called each other 'Dear' for years," she laughs. "But now it's, 'Where's my Cutie?' And, 'Hey, Cutie, whatcha doin'!"

## colormakeover



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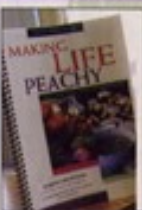
**Peachy Seiden, M.S., R.D.**  
is a registered dietitian with a  
master's degree in nutrition.

Clinical Dietitian at Cincinnati's  
University Hospital, University of  
Illinois Medical Center

Taught nutrition at the College  
of Mount Saint Joseph

- Sports Nutrition • Eating Disorders
- Weight Management Including  
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## Final Words from the Tri-State Extreme Makeover Experts



Joyce prepares for cosmetic  
surgery with Dr. Mandell-Brown

### **Mandell-Brown Plastic Surgery Center**

10735 Montgomery Road  
Cincinnati, Ohio 45242  
513-984-4700  
www.theplasticsurgeryexperts.com

Joyce has been such a great candidate. She had what we call the typical Mandell-Brown natural face lift, along with rhinoplasty and fat removed from her lower eyelids. She did extremely well—to the extent that no one whom she meets for the first time can be certain that she's had anything done! I think the attention from our staff and everyone involved made her feel quite at ease with the whole process. I'd like to thank everyone for making this first Extreme Makeover such a huge success and hope to participate again.

—Dr. Mark Mandell-Brown



Joyce consults with  
Dr. Tara Hardin

### **Hardin Dental Esthetic & Restorative Dentistry**

202 East Main Street  
Mason, Ohio 45040  
513-398-4448  
www.hardindental.com

Your smile is the way you introduce yourself; a beautiful smile can make someone else's day! Joyce has such a nice demeanor and sense of humor that giving her the confidence to share that with others has been a real honor. We whitened her teeth with a Zoom! treatment, then replaced her metal crowns with all porcelain restorations. At Hardin Dental, we're truly delighted with Joyce's fabulous new smile.

—Dr. Gary Hardin & Dr. Tara Hardin

### **Eye Care Associates of Greater Cincinnati**

7850 Camargo Road | Cincinnati, Ohio 45243  
513-561-5655 | www.lasiksurgerycincinnati.com

From the beginning of her Makeover, Joyce was especially excited about having her eyes done. She'd worn glasses since the eighth grade, so after the LASIK treatment and being able to read the bottom line of the eye chart for the first time since she could remember, she was almost tearful coming out of the chair. That made our day! We were thrilled to participate in this effort for her. Everything went wonderfully.

—Dr. Robert Benza, Ophthalmologist

### **Power 3 Fitness**

7227 Montgomery Rd. | Cincinnati, Ohio 45236  
513-679-2235 | www.p3fit.com

Joyce has done absolutely great work. Her body fat has dropped, and her overall weight is lower. Her effort has been impressive—she's dedicated herself just like a younger person! I really had high expectations for her, and she's reached them. Her homework now is to keep up with both the cardio and the improved diet. Very important. Working with her has been a wonderful experience.

—Jim Riggs, Creator and Founder

# "THE PERFECT EXTREME MAKEOVER" BY DR. MARK MANDELL-BROWN

TM Photography 513-30759701

Joyce Lieser, Extreme Makeover winner, received a Mandell-Brown Natural Facelift, Nose Reshaping and Eyelid Surgery by Dr. Mark Mandell-Brown. *"Thank you Dr. Mark Mandell-Brown... You are an artistic genius, and thanks to the Makeover Team!"* exclaims Joyce.

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*Before Joyce's Extreme Makeover*