

CarolAnn Tutera

of Silverleaf

CEO and president of SottoPelle®

PHOTOGRAPHY BY SARA WATERMAN

Silverleaf resident and Scottsdale business maverick CarolAnn Tutera loves people and everything she does – and it shows! She glows from the inside out with her zest for life.

Together with her late husband, Dr. Gino Tutera, CarolAnn's passion for helping others is what brought her to Scottsdale nearly 20 years ago.

As CEO and president of SottoPelle®, she has received many accolades and was named among the "Leading Businesswomen of Phoenix" last year in Vanity Fair. Let's meet the woman behind the business... your neighbor next door.

Where are you originally from?

I was born in Shawnee Mission, Kansas. I grew up in my father's clothing company and got the entrepreneurial bug at an early age watching him open store after store. The dedication and work ethic he taught me has served me well as a medical entrepreneur.

I have lived on both the East and West Coasts. I spent time in Richmond, Virginia, and Yardley, Penn., near Philadelphia. I also lived in Newport Beach, Calif., and Rancho Mirage, where my late husband served as the Director of the Birthing Center at Eisenhower Hospital before we moved to Scottsdale.

Kids: My son Adam Todd Stempel is married to Blanca, a beautiful woman from Valencia, Spain.



Grandkids: I have a granddaughter Paloma who is 6 years old, and my grandson Oliver is now 3½.

Pets: My two Chihuahuas, Suki and Tati, are both 13. Suki is a PomChi since she is a cross between a Chihuahua and a Pomeranian. Tati is a Chorkie, a cross between a Chihuahua and a Yorkshire Terrier or Yorkie. *See more about Suki and Tati in our Precious Pet on pg. 18.

How long have you lived in this neighborhood? I've lived in Silverleaf for two years, but Scottsdale became my home in 2004. We moved here because we had a patient who would fly everyone over to Palm Desert in her jet to see Dr. Tutera. She asked us to come to Arizona to present seminars on SottoPelle®, and everything developed quickly. She is still our patient today, 30 years later!

What do you like to do to relax? I bake! My favorite pastime is making delicious desserts and sharing them with others. Baking is my escape

from the daily rigors of running a multifaceted business.

Favorite Activities/Hobbies: I stay active by playing golf and walking. And now I'm having fun learning pickleball!

Restaurants: We have so many great restaurants here, but I prefer anything Italian.

Vacation Destination: Exotic destinations and Asian countries fascinate me with their culture and history. I'm still waiting to see the Pyramids... they're on my bucket list.

Sports Teams: I've become good friends with some former NFL players who my late husband treated for concussions and Traumatic Brain Injury. My team favorite is of course the Chiefs!

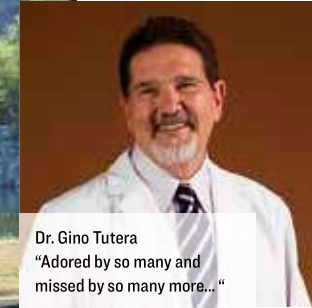
How are you involved in the community? Besides the annual Toys for Tots campaigns we've conducted at SottoPelle for many years, the work we do to help people enjoy healthier and happier lives is our greatest contribution. We've now expanded our focus to support brain health and recently gave a presentation at the Amen Clinic in Scottsdale.

What is your favorite part about living in your neighborhood? I love the community feel and enjoy walking the different paths here in Silverleaf. It feels secure, with so many wonderful amenities at our doorstep.

Please tell us about your late husband, Dr. Tutera, and his development of the SottoPelle® Method: My late husband Dr. Gino Tutera started using bioidentical hormone replacement therapy in 1979 to help prevent pregnancy loss. He pioneered the SottoPelle® Method in the 1990s, using his proprietary system to treat hormone deficiencies in both men and women.

The SottoPelle® Method uses a hormone pellet about the size of a grain of rice, slipped painlessly under the hip in a dose individualized to the patient's specific needs.

After years of performing his own testing and analysis, he identified the role of hormones in depression, anxiety and mental health as well as providing protection from neurodegenerative conditions such as dementia, Alzheimer's and Parkinson's disease.



Dr. Gino Tutera
"Adored by so many and missed by so many more..."


Working together, we positioned SottoPelle® as the original industry leader for hormone pellet practices across America. After his untimely passing, I faced the enormous

task of continuing the work we started. I have now expanded the Bolster Beauty™ line, with wellness products created by Dr. Tutera, to include nutraceuticals, hair products and wellness supplements.




This year marks the 30th anniversary of SottoPelle® and the 20th year for Tutera Medical®, with offices in Scottsdale, Glendale, Chandler and Show Low.

In addition to our current focus on brain health, I am passionate about eradicating the misconceptions about aging. The "SottoPelle® Lifestyle" is about staying healthy, embracing life to the fullest and having fun. Meet up with your friends and neighbors... keep active and keep moving forward!



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MEET SUKI AND TATIANA

Beloved companions of CarolAnn Tutera

PHOTOGRAPHY BY SARA WATERMAN



We're delighted to introduce you to two cherished members of our community, Suki and Tatiana. These adorable furballs bring warmth, joy, and a touch of humor to the home of CarolAnn Tutera. Join us as we learn more about these charming pets, their origins, quirky behaviors, and how they've enriched CarolAnn's home.

Suki is a delightful mix of Chihuahua and Pomeranian, while Tatiana is a sweet blend of Chihuahua and Yorkie. Both are females. Suki is 13 and Tatiana is 12 years old.

Suki came into CarolAnn's life from outside of Rancho Mirage, CA where she first met her sister who was all white with the hair of the Pomeranian. Tatiana is from Prairie Village, Ks. We saw her when we were home for a visit. She was so tiny in the kennel that we knew we had to have her. Her weight had to get to about 3 lbs. She was only 2 lbs. at the time and that wasn't going to happen. They decided it was better for her to be with us than in a lonely cold sterile cage.

Suki's name has a special meaning; it is Japanese for "Loved One." Her name was inspired by the TV show "True Blood." Tatiana, on the other hand, bears a Russian name. Part of CarolAnn's family heritage is from Odesa, Ukraine, and she chose this bold name for her little dynamo who doesn't seem to realize her size.

Suki plays the role of a loving mother to Tatiana and is often seen tenderly licking her eyes. Tatiana insists on being the last one in line during walks. Both pets have an uncanny ability to follow CarolAnn like shadows, and Suki has a peculiar fondness for napping in the closet.

What CarolAnn cherishes most about Suki and Tatiana is their warmth and affection. These two furry companions are inseparable, always preferring to be side by side and even sleep touching each other.

They have learned to strike adorable poses during photo sessions (see photos above), and they express their disdain by turning their

heads when they're not in the mood. Tatiana, in particular, will stare at CarolAnn and snort when Suki occupies her favorite spot.

These pets are unapologetically spoiled. They used to be chauffeured in carriers wherever they went, but they've recently upgraded to walking on leashes. CarolAnn doesn't mind indulging them in a little luxury.

Both serve as CarolAnn's timekeepers, reminding her when it's snack and mealtime, and signaling when it's time for their daily walk. Without these furry companions, CarolAnn admits she might spend too much time in front of the computer.

In conclusion, Suki and Tatiana are more than just pets; they are cherished members of CarolAnn Tutera's family, bringing love, joy, and plenty of laughter into her life. These two pups are a testament to the special bond between pets and their human families. We hope their story has brought a smile to your face and reminded you of the joy that our four-legged friends can bring into our lives.

Do you have a Precious Pet that you would like featured in Stroll Silverleaf & DC Ranch? If so, please write to us at marlene.johnson@n2co.com.

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