



**SKINWORKS**

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**Younger Looking Eyes with NEW Plasma Skin Resurfacing**

– Shelley K., Clinician

Until recently, there has not been an impressive treatment for skin tightening around the eyes without undergoing plastic surgery. Skinworks is the first clinic in the lower mainland to offer **Plasma skin resurfacing** for the face and eye area. This completely new approach to skin tightening and rejuvenation is safe and effective with results comparable to aggressive laser resurfacing, but without the extended downtime. By way of nitrogen plasma, this treatment diminishes fine lines and wrinkles while building collagen to pull the skin tighter for a more youthful, smoother texture. Clinical studies show that improvement can be seen immediately and continue up to one year after treatment. Book a consultation with Dr. Jang at **604-737-7100** to see if Plasma is appropriate for you.



Before



After

**For your convenience, Skinworks is open Saturdays and Sundays!**

**NEW CLENZiderm M.D.™ Acne Treatment Kit**

- Marcel E., Customer Relations Specialist

Acne can really affect a person's self-esteem. Today, there are a myriad of over-the-counter and prescription products, including popular systems advertised in TV infomercials. Often times, these products yield some initial results and then gradually become ineffective or irritate the skin. It is clinically proven that Benzoyl Peroxide (BPO) is an extremely powerful ingredient for the treatment of acne. Traditional acne medications contain crystallized BPO, which although somewhat effective, mainly sits on top of the skin causing irritation, while only a small percentage is absorbed. That's why Clenziderm MD was created. Clenziderm contains a unique form of liquefied Benzoyl Peroxide which completely absorbs into the skin, saturating the inside of each pore. There is no other product like it. This easy-to-use, three-step system includes a medicated apple-scented cleanser, toner, and powerful BPO serum gel. What's great is that it only needs to be used once daily, at bedtime. This product truly delivers amazing results...in as little as two weeks! So get ready to face the world with healthy, glowing, clear skin... it is possible with Clenziderm. To order, contact **Monika**, our Skincare Consultant, at **604-737-7100** or by email at [monikal@skinworks.ca](mailto:monikal@skinworks.ca)





**Nick Carr, MD, FRCSC**  
**Plastic Surgery**

## Ask the Doctors: Everything you wanted to know but were afraid to ask.

### Q: How do I choose a plastic surgeon?

**A:** Any physician can call themselves a “Cosmetic Surgeon,” regardless of their level of training. There are several things you should consider when selecting your plastic surgeon.

Make sure your doctor is a board certified plastic surgeon by **The Canadian Society for Aesthetic Plastic Surgery (CSAPS)**. Members of CSAPS are plastic surgeons certified in the specialty of plastic surgery by the Royal College of Physicians and Surgeons. This ensures the member has received training in plastic surgery in excess of five years beyond obtaining their license to practice medicine (MD), and are qualified to perform plastic surgery to all parts of the face and body. This includes

specialized training to handle any complications of their surgeries, which is vital to patient safety. In addition to meeting the membership requirements, CSAPS members have demonstrated their commitment to continuing medical education in order to learn about the latest cosmetic plastic surgery techniques.

The **American Society for Aesthetic Plastic Surgery (ASAPS)** is another elite membership of certified plastic surgeons which further confirms their advanced calibre and expertise in plastic surgery. Among the requirements for invitation and election to ASAPS membership, the plastic surgeon must be certified by the Royal College of Physicians and Surgeons of Canada, document the performance of a significant number and variety of cosmetic surgical cases to demonstrate extensive experience, and adhere to current ethical standards for professional conduct outlined in the Code of Ethics observed by all ASAPS-member surgeons (among other requirements). So if your plastic surgeon belongs to ASAPS, you can be assured that they are among the elite of cosmetic plastic surgeons.

Do your research and make a thoroughly informed decision on whom you will trust to deliver a safe and pleasing aesthetic outcome.

### Permanent Hair Reduction at Home? – Jill M., Clinician

A new wave of high tech, do-it-yourself hair removal devices are hitting the market. According to the companies that make these gadgets, they will enable the consumer to treat hair using micro-currents, light-emitting diodes (LEDs) and even lasers. The question is, do these devices work, are they safe and what is the cost?

First, it is important to understand that these devices promise measurable, but not miraculous results. With continued use, they could eliminate approximately 35%-60% of body hair. They won't do it overnight, however; you need to be committed to using the device two or three times per week for at least eight weeks, and then continue one or two times per week for maintenance.

The next issue is the price. Depending on the technology and efficacy of the hair removal device, they range from \$250-\$1000.

These devices don't come without risks; they are slower than professional devices and those with dark skin risk burns, though the companies claim to be working on a solution. They are also meant for small areas such as underarms, face and bikini lines.

Although these at-home devices appear to mirror the use of medical devices used by physicians, most physicians agree that the technology hasn't caught up to the marketing. At-home hair removal devices do not in fact permanently remove hair. While permanent hair reduction is possible with medical grade lasers applied by certified and experienced clinicians, there are no home-use devices available today that can offer this level of success reliably. Doctor supervised laser hair removal machines cost thousands of dollars, require certification to operate, and require protective eyewear to be worn at all times. You can expect more reliable results with less risk by receiving your treatments through an experienced clinician at your dermatologist's office.

At Skinworks, we have invested in two different laser hair removal systems (Lightsheer Diode and Sciton YAG) to ensure maximum safety and clinical results. If you are interested in a complimentary laser hair removal consultation with one of our certified clinicians, please call our office at **604-737-7100** to book your appointment.



## Food as Medicine – Adrienne Dall’Antonia, Registered Dietitian, and Diana Steele

Your skin reflects your overall health...for healthy skin you must also maintain a healthy diet. This requires attention to both the external and internal needs of the body. By nourishing our bodies on the inside, not only does it improve our overall well being, it goes a long way in achieving your best and healthiest looking skin possible.

We can now go one step further by assessing what we eat in terms of the additional medicine-like qualities within various foods. Listed below are a few examples of “functional foods” which research has discovered as having a whole host of additional health-enhancing benefits:

1. Soy Protein
  - supplies isoflavins with cholesterol-lowering, heart healthy and anti-cancer effects. Also shown to have numerous benefits in promoting women’s health
2. Fish and Flax Seed
  - provides omega-3 fatty acids which promote good skin health and are helpful in reducing the risk of heart attacks
3. Cranberries and Purple Grapes
  - contain an abundance of vitamin C and anthocyanins (powerful plant chemicals with heart health benefits)
4. Pink Grapefruit and Tomatoes
  - sources of lycopene, a plant chemical gaining fame for it’s heart health and anti-cancer effects
5. Oranges, Orange Juice and Green Leafy Vegetables
  - provides potassium, vitamin C and folic acid which help reduce heart disease risk by lowering levels of homocysteine (an amino acid linked to clogged arteries). Folic acid also plays a role in pregnancy
6. Strawberries, Blueberries and Raspberries
  - rich in vitamin C, folic acid, potassium and pectin (a soluble fibre that helps control cholesterol), and provides anti-cancer bioflavonoids



In addition to a varied and balanced diet, regular exercise is also essential for proper health and great skin. Physical activity releases toxins from the body and increases the circulation of oxygen, giving your skin a healthy glow.

Maintaining a healthy lifestyle is just as important as using the right products on your skin. Take action now with a combination of diet, exercise and Skinworks, and you’ll be on track to feeling good, looking great and living well.

*Adrienne Dall’Antonia is a Registered Dietitian and is available for personal consultations at Eating for Energy at 604-739-3290, or visit the website at [www.eatingforenergy.com](http://www.eatingforenergy.com)*

# SKINWORKS

**Welcomes Jill to our Team!**



**Jill is a certified laser technician and has been in the medical laser field for the past seven years. Personable and compassionate, she has a true passion for the medical aesthetic profession. Jill enjoys spending time with friends, attending small theatre productions and Bikrams yoga.**

## Endoscopic Browlift

– Tammy R., Patient Coordinator

This popular procedure is performed using an endoscope (a thin, illuminated tube that allows the surgeon to work on facial tissues through a tiny incision). It can be done in conjunction with other procedures and is performed under local anaesthetic with sedation, which in turn facilitates a speedy recovery. Another great advantage to this procedure is that there are only minimal incisions which are hidden in the hairline. A browlift will help to ease the creases across the forehead, help relieve hooding over the eyes and soften the “frown lines” that occur between the eyebrows. Patients often exclaim how rejuvenated and youthful they look and feel after their surgery.

If you have any questions regarding this procedure, call our office at **604-733-9711**.



Pre Endobrow, Upper & Lower Lid Bleph, Facelift



Post Endobrow, Upper & Lower Lid Bleph, Facelift

## News and Notables

### July

**Elle Magazine's Beauty and Healthcare Editor, Michelle Villett**, interviewed **Dr. Jang** regarding the use of **soy as a cosmeceutical** in anti-aging creams. She discussed how soy has been shown to act as a mild **skin lightening agent and antioxidant**. Soy also contains **phytoestrogens** which may be helpful in hydrating the skin and promoting collagen synthesis. Watch for this article in the **November** issue of Elle!

### August

**Dr. Jang** spoke **LIVE on Breakfast Television** on August 27<sup>th</sup>. She gave exciting tips on how to **transition your skin** from summer into fall using proper skincare to **keep your skin looking radiant**, and discussed the **latest cosmetic procedures** that will help reduce the effects of sun exposure.

Writer **Marissa Ponikowski** interviewed **Dr. Jang** for an article in **Today's Parent magazine**. In anticipation of **winter skin conditions**, they spoke about what exposure to cold, dry environments can do to the skin. **Dr. Jang** discussed **prevention, treatment, and time-saving strategies** for both the body and facial skin. Watch for this article in the **December** issue!

**Dr. Jang** attended a symposium in **Whistler B.C.**, "**Controversies with Laser Treatments**", organized by her friend and colleague, **Dr. Jeff Dover**, from **Boston, Massachusetts**. At the meeting, a group of laser specialists debated about new and emerging laser technologies.

### September

Did you see **Dr. Jang** featured in the **National Post** as **one of four Canadian female dermatologists** who "**practice what they preach**"? They discuss **what Botox has done for them** personally, and where they think the next trends will be. Find out what techniques **Dr. Jang** uses with Botox to **achieve the best results** for her patients.

In the **September** issue of **More Magazine**, **Dr. Jang** was featured as the **dermatologist** commenting on the explosive use of **cosmeceuticals** in skincare products. Do they truly effect changes in the skin? Find out which products **Dr. Jang** recommends, especially for **women over age 40** and for **post menopausal** women.

**Dr. Jang** was featured in the **Victoria Times** the week of September 14<sup>th</sup> discussing **Botox** as a hugely **preventative** procedure which softens dynamic expressions and helps prevent wrinkles.



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**Reader's Digest Best Health magazine** featured **Dr. Carr** in an article on **the ill effects of smoking**. Learn the many **complications and dangers** that smoking will present on someone who is **considering plastic surgery**, and how smoking will slow down the post surgical healing process.

**Dr. Shane Huang** spent an afternoon shadowing **Dr. Jang** at Skinworks; she is starting her **dermatology residency** training at **Shanghai Medical School** in Sept. '08. She is particularly interested in the use of **photodynamic laser skin therapy** and was fortunate to see several patients undergoing this treatment for **precancerous skin lesions**.

**Dr. Jang** participated in the **Pan American Congress on Aesthetic and Anti-Aging Medicine (PACAAM)** in **Montreal, Quebec**, where she was invited to a special workshop featuring **Dr. Michael Levy from Geneva, Switzerland**. He demonstrated the **new painless Juvederm filler**, which no longer requires any additional anaesthetic. **Dr. Jang** will be one of the **first Canadian practitioners** to use this product; watch for this exciting new development which will greatly ease patient use!

Readers of **The Georgia Straight** voted **Skinworks** as one of **Vancouver's "BEST Places for a Non-Surgical Makeover!"**

### Obagi-C System – Barb C., Clinician

This is the first and only skincare system to deliver a combination of professional strength topical vitamin C with hydroquinone (a skin lightening agent). Vitamin C protects the skin from free radical damage, thereby preventing accelerated aging of the skin from sunlight, smoking, and other environmental contaminants. Hydroquinone regulates the production of melanin and in turn reduces brown patches and improves the skin's clarity. A gentle exfoliant smoothes the texture and helps ensure penetration of the light, non-greasy moisturizer which hydrates, protects, and revitalizes the skin's quality. Brighten your skin from the inside out! Call us at **604-737-7100** and ask our Skincare Consultant, **Monika**, if Obagi-C can benefit your skin.



Before

After

*Can you guess what the best anti-aging skin cream is?... Sunscreen SPF 30+ everyday!*