



Highlights

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Intense Pulsed Light Photorejuvenation

—Michelle A., Clinician

Intense Pulsed Light (IPL) is a non-invasive, visible light-based procedure clinically proven to **improve tone and texture, refine pores, diminish brown spots and reduce redness**, all brought on by aging and years of cumulative ultraviolet damage. The most popular treatment areas are the face, neck, chest and hands. A computer-generated pulse of light attracted to haemoglobin and melanin is emitted over these areas of red and brown in the skin, causing them to lighten; simultaneously, a warm heat sensation **stimulates collagen remodelling**, thereby restoring a more toned, youthful appearance. A great advantage to this quick procedure is there are only minimal side effects which generally dissipate over three to seven days. Depending on your skin condition and the assertiveness of the treatment, you may experience mild swelling for one to three days, mild pinkness for one day, and if you have any brown spots, those areas will get dry for the following three to seven days after treatment. Any



Before



After

areas of broken capillaries (e.g. corners of the nose) may develop a small bruise for about one week. There is **no need to take time off work**, as a little makeup should cover everything. We will also teach you ways to help minimize the duration of any such side effects, and our skincare consultant, Monika, is available for colour matches with our Jane Iredale mineral makeup to help camouflage your skin post treatment. Remember that the best way to help prevent redness and sun damage from occurring is to wear your broad spectrum (UVA & UVB protective) SPF 30+ sunscreen *everyday*, even on cloudy days! For more information on IPL or any of the procedures offered at Skinworks, please contact our office at **(604) 737-7100**.

It's finally here...virtually "ouchless" injections!

NEW Juvederm with Lidocaine - Maria F., Dermal Filler Specialist



Dr. Jang is one of the first doctors in Canada to use the new Juvederm dermal filler which has the added benefits of local anaesthetic, Lidocaine. Many areas of the face can now be treated without the use of additional local anaesthetic. Aside from the initial entry sites, the treatment is much more pleasant as the skin will numb as the product is implanted. It is especially beneficial during the "massage" part of the treatment.

SKINWORKS will be participating in the Salvation Army "Adopt a Family" Christmas program this year. As a sponsor, we will supply a food hamper and gifts to a low income family to make their Christmas a little brighter. This year, Skinworks has adopted a single mom with three kids, and our elves have been busy wrapping up all of their gifts. Through goodwill and generosity, this program allows people to share in the joy of Christmas with others less fortunate. *We wish you a Happy Holiday Season!*



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



Frances Jang, MD, FRCPC
Dermatology

Q: I've just had a facelift and am thrilled with my results, but my plastic surgeon says that I still need maintenance therapy...what does this mean?

A: People often assume that they don't need any further treatment post surgery but this is not the case; the face clearly continues to age, even after assertive correction. **Deflation** occurs with the loss of soft tissue, bone and muscle, resulting in the skin's **descent**. Furthermore, **degeneration** by means of sun damage and genetics will continue unabated. Assertive management with a proper skincare program including SPF 30+ daily, topical vitamin C, gentle exfoliation, Retin A, and a peptide growth factor, will go a long way to extend the duration of your results and help you get the

most out of your investment. At Skinworks, we will customize a skin care program for your particular skin type, and teach you how to apply the products to achieve optimal results.

The intermittent use of Botox, dermal fillers, and peels will also complement the results of your surgery, since a facelift doesn't extensively address fine lines or textural issues. Botox will help keep your expressions softened and prevent dynamic wrinkling, while dermal fillers (such as the *New Juvederm with Lidocaine*) will help maintain a smooth and youthful facial contour. Filler treatment will also enhance features like the lips to maintain balance and consistency with your rejuvenated facial appearance. Chemical or laser peels will also help to smooth the texture of the skin while restoring collagen, thereby improving the skin's elasticity and overall quality.

Protect your investment and prolong your surgical results with proper skin care and combination therapy...and perhaps you'll evade further surgery in the future!

Hair Removal at Home with Silk'n™



New to Skinworks, this handheld light-based hair reduction device used in the privacy of your own home is great for maintaining your results after a series of clinical laser hair removal treatments. Recent studies show a **40-50% reduction of hair after 4 treatments**. This safe, comfortable and easy to use device is recommended for fair to olive skin complexions only, and is most effective on dark hair on the body (e.g. underarms, legs and bikini, but not the face). For more information, contact **Monika** at **604-737-7100**

Three reasons why **NOW** is the **BEST TIME** to treat your leg veins!

1. Depending on the amount of unwanted vessels, the average amount of treatments needed is between two and four, and it takes about six weeks after the final session to see the full result. The sooner you start, the more likely your legs will be free of spider veins in time for Spring!
2. For optimal results, we prescribe light compression stockings to be worn for three consecutive days after your treatment. The cooler weather makes them much more comfortable to wear.
3. With weekday, Thursday evening and Saturday appointments available, it's never been easier to fit an appointment into your busy schedule!

Don't have any regrets when the warm weather comes!
Book your **complimentary sclerotherapy consultation** with our Sclerotherapist, Lisa, today! Call **(604) 737-7100**



The non-invasive fat reduction & body contouring solution that can change your shape... and your life! A new body contour in three treatments!

We all have unwanted fat deposits we cannot get rid of, even with diet and exercise. UltraShape™ offers a completely non-invasive fat reduction and body contouring solution for men and women that uses "non-thermal", selective, focused ultrasound waves to break down stubborn fat deposits and help create a slimmer body shape.

During the UltraShape™ procedure, the membranes of the fat cells are disrupted. The fat cell content, primarily comprised of triglycerides, is dispersed into the fluid between the cells and then transported through the vascular and lymphatic systems to the liver. The liver makes no distinction between fat coming from the UltraShape™ procedure and fat originating from consumed food; both are processed via the body's natural mechanisms.

UltraShape™ requires no downtime, no follow-up maintenance, and no recuperation period. This safe and effective procedure takes approximately one to two hours to perform (depending on the size of the area), and can treat multiple regions such as the abdomen, flanks and thighs. Following treatment, patients can immediately resume their daily routine.

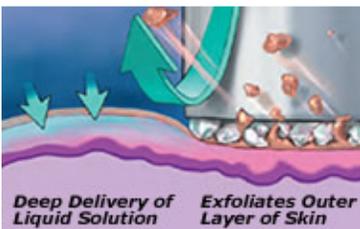
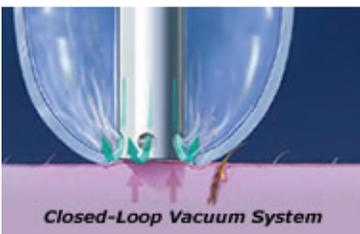
Abdomen – 5.6cm reduction after 3 treatments. Courtesy of Dr.Jang



Ask us about *New Expressions* from Allergan!

Allergan has set up an automated e-mail reminder system to make scheduling easier for you! Ask us for your code to register and visit www.newexpressions.com to sign up for your **Botox** or **Juvederm** treatment reminder, sent directly to your personal e-mail when it's time for your next session.

**Skinworks Introduces SilkPeel™
 Microdermabrasion with Dermal Infusion**



This revolutionary technology goes beyond traditional microdermabrasion by combining non-invasive exfoliation with the simultaneous delivery of vitamins, antioxidants and other therapeutic ingredients deep into the skin. The unique diamond-tipped handpiece allows your clinician to customize the level of exfoliation to the appropriate depth for your skin condition. This safe and painless procedure will leave your skin smoother, brighter, clarified and hydrated.

**Meet the Skinworks Nurse!
 Meagan**



Meagan has been working with Dr. Carr's surgical team for the past three and a half years. She has tremendous clinical skills as a result of 25 years of experience working in the ICU, Emergency, Open Heart Surgery Unit, and now with Skinworks in the Recovery Room and in the OR performing IV Sedation. Meagan has a 20 year old son she is missing, as he is currently spending a year in Australia. When not at work, she enjoys hiking with her Alaskan Malamute, "Max" in the North Shore mountains.

Confused about skincare?

Choosing the correct skincare products can be overwhelming. By booking a complimentary appointment with Monika, our skincare consultant, she will customize your skincare regime and teach you how to maximize your skincare and procedure results.

Remember, your treatment doesn't end when you leave Skinworks!

604-737-7100 ext 237



Monika L.
 Skincare Specialist

News and Notables

SKINWORKS

the art of beautiful medicine

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A special thank you to those who attended our *annual Open House* held on **October 2nd**... it was a huge success! We were excited to have **The Honourable Iona V. Campagnolo, Honourary President of The Land Conservancy of BC (TLC)**, speak to us about environmental stewardship. The keynote speaker was **Dr. Jang**, presenting **"The Power of Combination Therapy,"** which emphasized the superior results observed with multiple non-surgical procedures. Our guests enjoyed various live demonstrations of treatments provided at *Skinworks*, and the evening ended with fabulous door prizes and gift bags for each guest. **We thank all of our contributors who helped make this evening a success!**



September

Dr. Jang and **Dr. Carr** attended the first **Medical Student Mentor Evening** of the year at the **UBC Medical Alumni** meeting. Together, **they mentor eleven UBC med students** by giving them advice and guidance as they negotiate through four demanding years of med school.

October

This month's issue of **More Magazine** features **Dr. Jang** in, **"A Primer on Pretty"**, discussing antioxidants in cosmeceuticals.

Dr. Jang led a live workshop amongst several lower mainland plastic surgeons and dermatologists on **"The Aesthetics of Volume Enhancement"** using hyaluronic acid fillers, including the **new Juvederm with Lidocaine**. She is **one of the first doctors in Canada** to use this newly introduced product which greatly minimizes the discomfort of dermal fillers. **Thank you to our models, Carey and Betty**, who enjoyed the benefits of this now virtually painless procedure.

November

Dr. Jang spent 2 days in Washington, D.C., at the **Washington Institute of Dermatologic Laser Surgery** with **Dr. Tina Alster** and **Dr. Elizabeth Tanzi**. Dr. Alster is widely published on lasers in dermatology, and it was an inspiration and honour to be in the presence of this female pioneer of laser skin surgery.

Invited back to the famed **Rancho La Puerta** spa resort near San Diego as their keynote speaker, **Dr. Jang** presented the ever popular, **"Top 6 Topical Agents for Beautiful Skin"** and **"Winning Combination Therapies"**.

Dr. Jang attended the **American Society of Dermatologic Surgery** meeting in Orlando, Florida, which was particularly enjoyable as she always brings lots of new ideas and products back to **Skinworks**.

Vancouver General Hospital's Annual Fundraiser, "Night of a Thousand Stars" was hosted by **Dr. Jang** and **Dr. Carr** this year. They donated Burrowing Owl's Double Magnum Syrah 2005 which raised an additional \$800 toward research.

Dr. Jang and **Dr. Carr** are collaborating with **Dr. A. Pusic** at **Sloan-Kettering in New York City** on a multi-centre study regarding patient satisfaction with aesthetic outcomes in a variety of cosmetic procedures.



cellcosmet  cellmen
Switzerland

Skincare has Arrived!



Designed for mature skin, this **cellular therapy** skincare line from **Switzerland** is widely recognized for its revitalizing and moisturizing properties. These luxury products are formulated using advanced biotechnology, including bioengineered cells which contain the potential to improve the texture and elasticity of the skin. Skinworks is introducing this line with travel-size sets for men and women. Contact our skincare consultant, Monika, to see if your skin could benefit. Call **604-737-7100** to book your **complimentary skincare consultation**.