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## Aging Gracefully Non Surgical Ways to Look Younger

We are constantly bombarded by media enticing us to try their latest products or revolutionary procedures. How do we know which products really work and which ones are the creation of expert advertisers? If the fountain of youth could be captured in a bottle, we would all look 25 forever... but until that day comes, there are steps we can take to **slow down the aging process** so we can look as young on the outside as we feel on the inside.

Sun related skin damage is appearing earlier than ever before, as generations continue to sun bathe and damage their skin at the cellular level. Premature wrinkles, brown spots and redness are all exacerbated by sun exposure. So **how do we undo the damage** we incurred in our youth? At **Skinworks**, we can help you develop a plan of action to repair and prevent skin damage, and create healthy, beautiful skin for life.

The first step is to have your skin tested with a **Derma DNA Cellular Sun Damage Assessment Kit**, available **exclusively at Skinworks**. With a swab of your skin cells,

we will obtain a DNA sample which determines your current level of sun damage and your genetic risk of developing skin cancer. With these results, Dr. Jang will prescribe a customized treatment plan to repair damaged skin cells and protect your skin for the future. **Derma DNA Advanced Cellular Repair Serum** is a unique new product designed to reverse sun damage by improving your overall skin health at the cellular level. Dr. Jang also recommends the use of a **broad spectrum SPF 30+ sunscreen** everyday, plus an **antioxidant** (vitamin C & E, green tea, or coffeeberry) to neutralize sun damage, a mild **exfoliant** to brighten your complexion, and a **growth factor** to stimulate collagen for skin tightening. Monika, our Skincare Consultant, can help you find the best products to match your skin.

Next, Dr. Jang recommends **maintaining facial balance with Botox**. This prescription drug is injected into specific facial muscles to quiet their movement and smooth out their subsequent expression lines. Botox is unique in that it has no recovery period and equivalent results cannot be achieved with any other procedure. Common treatment areas include the frown area between the eyebrows, across the forehead, and to the crows feet. As a dermatologist, Dr. Jang is an expert in understanding the skin and the anatomy of the face, and has been an experienced Botox practitioner for over ten years.

Lastly, Dr. Jang encourages **enhancing facial volume with dermal fillers** in order to restore its natural fullness lost to gravity and aging. Over time, facial soft tissue is depleted and the overlying skin is left hanging with less support structure to hold its shape. Men and women alike are finding facial volume enhancement a quicker,

more affordable solution to surgery. **Skinworks** offers a variety of dermal fillers, including Restylane, Juvederm, Voluma and Sculptra, all which achieve **safe and naturally beautiful results**. Dr. Jang and her dermal filler specialists assess each client on an individual basis and will customize a treatment specific to their expectations, lifestyle and budget.

The **3 KEY STEPS** to remember are to **REPAIR & PROTECT with SKINCARE**  
**RE-BALANCE & PREVENT with BOTOX**  
**SOFTEN & ENHANCE with DERMAL FILLERS**

**To get started** on your own treatment plan toward rejuvenated skin, contact us at **(604) 737-7100**.



Skinworks Patient Before Juvederm



Skinworks Patient After Juvederm

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



**Frances Jang, MD, FRCPC  
Cosmetic Dermatologist**

**Q:** I heard that dentists can inject Botox. Does it really make a difference who I see for my treatment?

**A:** Although the application of BOTOX® can now be performed by select dentists, it is important to remember that BOTOX® is not “one size fits all.” It goes beyond the administration of the drug, and involves a perfected style and artistry to create the natural effect most patients desire. We all understand that the same pair of scissors can create many different hairstyles, depending on who is using the tool!

Many factors are considered when being evaluated for your treatment: the size and strength of the facial muscles, the desired level of activity or suppression, and the overall balance of facial features. As one of Canada’s most experienced BOTOX®

practitioners, over 10 years of experience combined with a conservative approach enables me to provide safe, natural, and consistent results for my patients.

*Skinworks uses only FDA approved BOTOX® Cosmetic made by Allergan, Inc.*



Skinworks Patient Smiling  
Before Botox Crowsfeet



Skinworks Patient Smiling  
After Botox Crowsfeet

## Beautiful legs by next summer? Autumn is the perfect time to start Laser Hair Removal and Sclerotherapy!

Be ready for next summer by starting your laser hair removal and sclerotherapy sessions this fall season. Many people don't know that it takes a series of four to six sessions to substantially reduce hair growth to the point where you can **throw away your razor**. The treatments must also be performed on skin that is not tanned, which makes the fall and winter months the perfect time of year to get started. At Skinworks, we have **two different lasers** (Lightsheer Diode and Sciton YAG) which enable us to treat all skin types safely and effectively.

Sclerotherapy is a **safe, time-honoured procedure** used to minimize spider veins in the legs. Skinworks offers complimentary leg vein assessment with our Registered Nurse, Lisa. She will customize a treatment plan that works with your busy schedule (evening and weekend appointments are available) to have your legs ready for skirt season!

To book a complimentary consultation with one of our **certified Laser Clinicians** or our **Sclerotherapist**, Lisa, call **(604) 737-7100**.



**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](http://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. Remember that maintenance is critical to keeping your skin looking healthy!

## NEW for Business Owners... Maximize Your Tax Savings!

Did you know that as a business owner, you may be able to deduct the cost of your treatment through the use of a private health plan? This could result in significant tax savings for you. Ask us for more information at your next visit.

## Ready for a Mommy Makeover? Surgical Options to Reclaim Your Physique

Becoming a mother doesn't mean your body can't look as good (or better) than it was before pregnancy. The physical changes your body undergoes during pregnancy are often reversible and can even be improved upon. The following procedures are performed on an outpatient basis so you can be back at home with your family the same day. Knowing your options can help provide you with the peace of mind to enjoy your pregnancy without worrying that you won't regain your figure.

### **Breast Augmentation**

Changes in the breast occur naturally during pregnancy, and can cause a saggy, shapeless appearance. Skinworks offers safe, natural looking implants of different shapes (round and teardrop), sizes and textures to restore the natural, youthful contour to your breasts. Dr. Carr will guide you in choosing the best implants to suit your body.

### **Breast Lift (Mastopexy)**

The excessive swelling in the breasts that some women experience during pregnancy can lead to stretched and sagging skin. In this case, the only way to firm the area is to remove the excess skin. This procedure is often performed in combination with a breast augmentation to restore fullness and shape to the breasts.

### **Abdominoplasty (Tummy Tuck)**

The abdomen becomes stretched during pregnancy (especially after multiple births) and often cannot return to its normal appearance without surgical intervention. Stretch marks and loose skin are removed, and c-section scars are concealed into the bikini line. Slack stomach muscles are also tightened to create a firmer, flatter appearance.

### **Liposuction**

It can be difficult to lose all the extra weight that is gained during pregnancy. Stubborn localized areas that cannot be slimmed down with exercise can be trimmed of the excess fat and re-sculpted to a more pleasing contour. Typical areas include the "love handles," thighs and buttocks.



Skinworks Patient Before Abdominoplasty

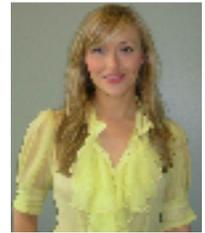


Skinworks Patient After Abdominoplasty

*Renowned for his pioneer work with endoscopic and minimal incision techniques, Dr. Carr has been named as one of Canada's Top 10 Cosmetic Surgeons. As a leading specialist in cosmetic plastic surgery, Dr. Carr ensures the highest quality of care and safety. Skinworks surgery is performed on-site in our private operating room accredited by the British Columbia College of Physicians and Surgeons.*

Contact **Dr. Carr's office** at **604-733-9711** to learn more about these and other surgical procedures at Skinworks, and visit **[www.skinworks.ca](http://www.skinworks.ca)** to view before and after photos.

### Meet Monika Skinworks' Skincare Consultant



Choosing the correct skincare products can be overwhelming. Monika, our skincare consultant, will customize a skincare program to fit your needs and your budget, and teach you how to maximize your skincare treatment results. Remember, your treatment doesn't end when you leave Skinworks! To book a **complimentary skincare consultation** with Monika, please call:

**604-737-7100 ext 237**

***MEN** --- Bothered by love handles? Ask us about our non-surgical options for localized fat reduction!*

# SKINWORKS

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## News and Notables

**Skinworks is pleased to announce** that the B.C. government has acquired the **Valhalla Mile** property (63 hectares of land and 1.7km of shoreline along the western shore of Slocan Lake) to add to the **Valhalla Provincial Park**. Today, more than **13.5 million hectares** of British Columbia is protected – more than any other province in Canada. **Skinworks is a proud supporter of The Land Conservancy, and has successfully raised \$20,000 towards the preservation of the Valhalla Mile. Thank you to everyone for your generous support.**



### APRIL

**UBC dermatology residents** received hands-on and didactic instruction from **Dr. Jang** on the use of hyaluronic acid dermal fillers. **Thank you to Allergan and Juvederm** for your product support, and to our **live model, Diane**, for allowing the residents to learn about this exceptional treatment.

**Dr. Jang** and **Dr. Carr** are collaborating with **Dr. Andrea Pusic, plastic surgeon at Memorial Sloan-Kettering Cancer Center**. Based on the successful publication of "**Measuring Patient Outcomes in Breast Surgery using the Q-Augmentation Module**," they are now working on publication of a universal scoring system for outcomes in both surgical and non-surgical procedures.

The regional **FACS meeting** was held April 18 at the Sheraton Wall Centre Hotel in Vancouver, at which **Dr. Jang** was a **keynote speaker**. She spoke to about 50 MDs on "**Advances in Hyaluronic Acid Fillers**" while stressing the importance of **combination therapies** to achieve optimum aesthetic results. **Thanks to our model, Danika**, who received a "**Soft-Lift**," the combination of hyaluronic acid filler and Botox for a natural, balanced look.

### MAY

**Dr. Jang** travelled to **Los Angeles** to work with **Dr. Rebecca Fitzgerald**, who is at the forefront of refined Sculptra techniques. Together, they treated patients in their mid 30s to 60+ to restore their natural beauty with this **collagen stimulator**. Sculptra's unique volumizing results create a more **global rejuvenation** than can be achieved with hyaluronic acid fillers alone.

The **May** issue of **More magazine** featured **Dr. Jang** revealing the **best anti aging skin cream!** She also discussed the importance of seeking expert guidance when considering cosmetic procedures, and different ways to **improve your skincare regime** for optimum results.

**Dr. Jang** was the **national spokesperson** for Galderma's recent launch of the **Dermal DNA Assessment Kit**, available **exclusively at Skinworks!** By means of a skin swab taken in our office, we are able to identify a person's **genetic predisposition to skin cancer** and **measure the extent of skin damage** related to previous sun exposure. To **arrange your personal skin test**, contact our Skincare Consultant, Monika, at **(604) 737-7100**.

The May 25<sup>th</sup> issue of **The Globe and Mail** featured **Dr. Carr** discussing **Asian Eye Surgery**, a procedure which creates an eyelid crease and more oval-shaped eyes.

Did you hear **Dr. Jang** speaking with **Jill Bennett** on **CKNW radio** on May 30? She spoke about how and why to use **sunscreens** as we enter into the sunny summer weather.

### JUNE

**UltraShape** was featured in the **June** issue of **Vogue magazine** in an article entitled, "**Fat Chances**." We owe our **thanks to Steve Teitelbaum** for a great quote: "Teitelbaum, who has worked extensively with UltraShape, calls it, 'among the most exciting new technologies out there. It's **the most you can get without surgery**, and the data are in. We know that this works.'" [Visit our newsletter archive at skinworks.ca, and see our article on Ultrashape in the Winter 2008 Skinworks Newsletter.](#)

**Dr. Jang** spoke with **Diane Peters** from **Health Magazine** about the thin, dry skin that **menopausal women** can experience. She spoke to our present understanding about the role of **estrogens in the skin** and the development of plant-based **estrogen creams** to try and reverse some of these observed changes.