



HIGHLIGHTS

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Fall in Love with Your Skin REVERSE SCARRING & EARLY SIGNS OF AGING

As the sun sets on summer, you might notice your skin's glow is also starting to fade. Repeated sun exposure is leaving its mark, revealing itself as brown spots, redness, fine lines and a **lacklustre complexion**. At Skinworks, we offer a variety of treatments to help **reverse sun damage** and combat early signs of skin aging.

If your goal is to **restore** your healthy complexion, **Intense Pulsed Light (IPL)** Photorejuvenation may be your solution. After a series of safe, minimal downtime treatments, your skin will appear renewed as **discolouration** is minimized, allowing your **natural glow** to shine through.

If **acne scarring** is your main concern, **Fraxel re:store** remains the **gold standard** in therapy. Fraxel laser treatments **gently rejuvenate** damaged skin by repairing it pixel by pixel, stimulating your body's **natural collagen** to smooth the scars with minimal downtime. This fractionated approach promotes **faster healing** as the surrounding untouched skin encourages tissue restoration. Fraxel is also **safe for all skin types**, unlike traditional ablative lasers which treat the skin more aggressively in a non-selective fashion, leaving the skin susceptible to permanent unsightly pigmentation.



Skinworks Patient Pre Fraxel

Quite often, a **combination of therapies** will be prescribed as each individual's skin concerns are unique, and desired results are sometimes best achieved through a multi-modality approach. At Skinworks, we will guide you through your options and **customize** your treatment program to help you achieve optimum skin health. (See Page 2 for our article on "Combination Therapy")



Skinworks Patient Post Fraxel

Call us today at (604) 737-7100 to book your consultation, and get started on your path towards naturally beautiful skin.



Before & After Latisse. Photos courtesy of Allergan, Inc.

THICKER, LONGER, FULLER LASHES!

Latisse™ is the first and only FDA approved treatment for growing your eyelashes.

Coming to SKINWORKS
in November!



Thank you for voting us THE BEST PLACE FOR COSMETIC SURGERY two years in a row!

ASK THE DOCTORS: Your most frequently asked surgical questions answered.



**FRANCES JANG, MD, FRCP
DERMATOLOGIST**

Q: I keep hearing about “Combination Therapy”... what is it?

A: Cosmetic enhancement procedures are constantly evolving. In recent years, a **paradigm shift** has occurred in our approach to cosmetic rejuvenation. Instead of looking at the face in sections, we now **view the face in its entirety** to create more balanced, naturally beautiful results.

An aging face is more complex than lines and wrinkles; it involves a combination of several changes in **skin quality, texture and health**. Through aging, our facial structure **degenerates, deflates and descends** as we lose fat, muscle and bone density. This results in loose skin and lost volume as the **natural support structures** that keep our skin smooth and firm are slowly depleted. In addition, sun damage incurred through years of **unprotected ultraviolet exposure** eventually present as brown spots, redness (rosacea) and skin cancer. Quite often, the road to your goals

involves a **combination of treatments** to achieve your desired outcome. **Skin resurfacing** procedures like **Fraxel** are often complemented with **Botox** to smooth facial expressions and **dermal fillers** to **re-volumize** lines that are too deep for laser correction. The combination of Botox and dermal filler is often referred to as “**Soft Lift**” for its ability to refresh the appearance and restore facial balance. Plastic surgery procedures can also be combined with skin therapies to **enhance outcomes**. Many **facelift** patients choose to have a **chemical peel** on their surgery day to improve their skin tone and texture.

*There are a number of procedures that can be combined to enhance your results. As **experts in their fields, and with over 40 years of combined experience**, Dr. Jang and Dr. Carr will design a customized treatment plan with the most effective combination of treatments to safely achieve your desired outcome. **Call us at (604) 737-7100 to book your consultation.***



**NICK CARR, MD, FRCS
PLASTIC SURGEON**

Q: I am interested in reshaping my nose. What can you tell me about the surgery?

A: **Rhinoplasty (nasal surgery)** is a common yet highly **artistic** procedure that can dramatically affect your appearance, **improve facial balance** and enhance self confidence. Your face shape, profile and nasal function are all considered when designing your **personalized shape** to ensure proportionality and **harmony** with your **unique facial features**. Whether you want to correct **irregularities**, eliminate a nasal “hump,” refine the bridge contour, or lift the tip, this **delicate** surgery should only be entrusted to a highly experienced **board certified** plastic surgeon. At Skinworks, you will also have access to **advanced computer imaging** which digitally alters your photograph to allow you to “**see**” your **potential esthetic outcome** in advance.

Rhinoplasty is performed under **light general anesthesia** in our **private operating room**, and you will be able to go home the same day with a light dressing and splint which you will wear for one week.

*Contact **Dr. Carr’s office** at **(604) 733-9711** to learn more about rhinoplasty and other surgical procedures at **Skinworks**, and visit www.skinworks.ca to view **before and after photos**.*

*Renowned for his **pioneer work with endoscopic and minimal incision techniques**, Dr. Carr has been named **one of Canada’s Top 10 Cosmetic Surgeons**. As **Head of Plastic Surgery at UBC** and 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 College of Physicians and Surgeons of BC.***



**Before & After Rhinoplasty
Skinworks Patient**

THE TRUTH About Anti-Aging Skincare

Vitamins, minerals and botanicals, OH MY! With so many choices in anti-aging skincare products claiming to “reduce lines and wrinkles” and “stimulate collagen,” **how do you know what really works?**

Environmental factors such as **UV radiation**, wind and smoke contribute to the **extrinsic aging** of the skin, characterized by fine lines/wrinkles, dyspigmentation, and roughness. These cosmetic changes can be especially concerning to the aging population which desires to **maintain a youthful appearance**. Topical preparations that claim to combat these changes are plentiful in the over-the-counter market, and healthcare professionals have a responsibility to **educate** themselves and their patients about the scientific data (if any) behind these products.

Despite the media attention that popular natural or “**organic**” ingredients receive, there are few scientific studies to support their efficacy. Although there is evidence to show some of these ingredients have **potential anti-aging ability** in the laboratory, the question remains whether they can produce adequate effects on aging skin.



Hours of Operation

Monday 9:30am - 5:30pm

Tuesday 9:30am - 8:00pm

Wednesday 9:30am - 5:30pm

Thursday 9:30am - 8:00pm

Friday 9:30am - 5:30pm

Saturday 9:30am - 4:30pm

Sunday 9:30am - 4:30pm

Order Online at
shopskinworks.ca

WHAT TO LOOK FOR

Retinol – Benefits include **inhibiting** the breakdown of collagen, **reducing** fine lines and skin roughness, and **stimulating** the deposition of **collagen**. However, it is advised to use under doctor supervision as it may cause irritation when used inappropriately. **Dr. Jang recommends Skinworks Retinol 20.**

Soy - Clinical studies have suggested anticarcinogenic, **antipigmentary** and **antioxidant** properties in soy proteins. Further, soy isoflavones are considered phytoestrogens, which may have **estrogen-like** benefits on post menopausal skin. **Dr. Jang recommends SkinCeuticals Face Cream and Eye Balm.**

Vitamin C & E – These vitamins are well documented for their antioxidant (free radical fighting) benefits in skincare. **Vitamin C** also encourages **collagen synthesis** and has anti-red properties, while **vitamin E** helps maintain the skin's oil balance and strengthen its barrier function. **Dr. Jang recommends SkinCeuticals Vitamin C E Ferulic.**



PRE OBAGI
SKINWORKS PATIENT

Transform Your Skin with Obagi Nu-Derm

When you look in the mirror, what do you see?... Brown spots?... Acne?... Skin that used to shine with healthy radiance and now appears dull?

To **fight these early signs of aging** and reverse skin damage, **Skinworks offers Obagi Nu-Derm** as a clinically proven, prescription strength **corrective skincare** program to transform skin cell functions at the cellular level and correct damage from within. The system contains **prescription-strength formulations** that can only be sold through a licensed physician. Each patient will receive a **customized treatment program** designed specifically for their skin condition and individual needs. After only a few short weeks, your skin will appear **brighter** as acne and pigmentation are minimized or eliminated, the skin becomes smoother and a **healthy complexion** is restored.



POST OBAGI
SKINWORKS PATIENT

To find out if you could benefit from Obagi Nu-Derm, **call us at (604) 737-7100 to book your consultation** and start transforming your skin today!

News and Notables

SKINWORKS
the art of beautiful medicine

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MARCH

Dr. Jang talked with Tim McComb from **CBC news** about the emerging interest in **males** adopting **nonsurgical rejuvenation** procedures such as **Botox**, **dermal fillers** and **laser hair removal**, and she performed a **live Botox** demonstration.

Dr. Carr was featured on **CBC news** discussing the new **"mesh" breast lift** now available in Europe.

Writer Karen von Hahn of **FASHION magazine** interviewed **Dr. Jang** about the aging effects of sun exposure. She recommended using a **daily sunscreen** of **SPF 30+**, and discussed the **essentials for a proper skincare routine**, including retinol, exfoliants and peptide growth factors.

APRIL

Did you see **Dr. Carr** in **Business in Vancouver** magazine? The **International Brotherhood of Electrical Workers** donated **\$100,000** to the **VGH & UBC Hospital Foundation** in support of the chair in the **burn and wound healing research** endowment (pictured at right). This generous gift helps doctors, researchers and healthcare professionals at **Vancouver General Hospital** improve treatment options and care to burn survivors across BC.



(Dr. Carr is second from the right)

Dr. Jang attended a meeting in **Las Vegas** which discussed the latest in **cosmetic rejuvenation procedures** and techniques.

Did you read **Dr. Jang's** interview in **Chatelaine Magazine's Summer Health and Beauty** section? She discussed the importance of **sunscreen**, and answered **FAQ's** about skincare.

JUNE

The **Vancouver Coastal Health Authority** honoured **Dr. Jang** and **Dr. Carr** for their **20 years of service** in healthcare. They were each awarded a Long Service pin for their ongoing commitment to teaching and clinical care at **Vancouver General Hospital**.



Rougemag.com interviewed **Dr. Jang** about how to **protect your skin** from the sun. She discussed the differences between **UVA & UVB** rays, the visible and **invisible effects** of UV damage, **what to look for** when purchasing sunscreen and **lifestyle changes** to protect yourself from the sun's damaging effects.

Dr. Jang was interviewed by **Metro newspaper** about skincare for **different skin types**, the use of **antioxidant** skin creams and exfoliants, sunscreen **application tips**, and how to **protect** your skin from environmental elements.



JULY

Dr. Jang was on **CBC evening news** talking about **sunscreen** and how to **protect your skin** from the sun throughout the hot Vancouver summer.



Rouge magazine featured **Dr. Jang** in an interview about the **importance of exfoliation** and how it can improve the skin's complexion. She provided **tips** for **daily vs treatment** exfoliators, **chemical vs physical** exfoliators, and which ingredients to look for.

Dr. Jang was interviewed by Louise Gagnon from the scientific newspaper, **The Chronicle of Skin and Allergy**. She discussed the latest treatments in **acne therapy** including **laser/light-based technologies**. While **Dr. Jang** has a lot of experience in this area, she commented that these modalities are generally a **tertiary** type of treatment, and conventional **multi-pronged** approaches to acne clearing are still the mainstay of therapy for the vast majority of patients.