



HIGHLIGHTS

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Perfect Skin at Every Age

What are the essentials?

If you look at the skin of a baby, you'll notice it is perfectly **smooth and glowing**. So why doesn't our skin remain flawless as we get older? A main cause of skin aging is damage from ultraviolet light from the sun. The earlier you start protecting your skin with **UVA / UVB protective SPF 30+** sunscreen, the better your chances of **preventing skin cancer**, brown spots, redness, and loose skin. Although we can't prevent aging completely, we can take steps to **minimize damage** and keep our skin looking **naturally healthy and radiant**, at any age. **Dr. Jang recommends: DCL Super Sheer SPF 50 and Colorescience Sunforgettable Minerals SPF 30.**

20s It's never too early to start a **proper skin care routine**. At this age, the skin is usually somewhat oily and may be acne prone. Always wash your face morning and night (never go to bed with your makeup on), and if you are acne prone, try a cleanser that contains alpha or beta hydroxy acid to gently **exfoliate** the skin. Makeup should be oil free and talc free to prevent pores from clogging. **Dr. Jang recommends: Skinworks Medicated Foaming Cleanser & Jane Iredale Mineral Makeup.** For a quick spot treatment for blemishes, try **Skinworks BlemErase**

30s This is the time when we start to notice our once radiant, dewy complexion is suddenly looking a little more dull and dry, and damage from **past sun exposure** is becoming more prominent. Dr. Jang will often prescribe a **corrective skincare program** like **Obagi or Skin TX** to exfoliate the skin and lighten pigmentation to create a more even complexion. An **antioxidant** should also be applied to help fight free radical damage from the sun. **Dr. Jang recommends: SkinCeuticals vitamin C, E, & Ferulic.**

Fine wrinkles may also become more apparent and **expression lines** may appear between the eyebrows or along the forehead. This is a good age to start **Botox** treatments to help **prevent** your expression lines from deepening further.

40s By this age, the **loss of firmness** becomes more apparent as the skin's support structures weaken. We start to lose fat, muscle and bone in the face, which creates a more hollowed appearance as the skin deflates and descends. To **restore volume** and re-contour the face, we recommend **dermal filler injections** such as **Restylane or Juvederm**. Treatment areas often include the cheeks, around the mouth, under the eyes, along the jawline, or in the lips.

The skin can also start to look fatigued as cell turnover decreases further. We can help **replenish healthier cells** by gently exfoliating 2-3 times per week to **smooth** the skin's texture and **restore radiance**. You may also find your skin feels significantly drier. Switching to a richer moisturizer will help combat dryness. **Dr. Jang recommends: Jan Marini Skin Zyme Mask & Cellcosmet Ultra Vital.**

50+ The fight against gravity and the sun becomes stronger! **Thermage** is a procedure which uses radiofrequency to stimulate collagen remodelling to tighten the skin over a period of six months. **Dermal fillers** can also restore fullness to cheeks to create a more youthful appearance.

This is also the age where many men and women start to consider surgery. A **facelift** can take years off your appearance by removing excess skin, tightening the underlying facial muscles, and re-draping the skin for a smoother, more youthful facial contour.

Remember, the **key to preventing photo-aging is SUNSCREEN**. Visit your doctor each year for **skin cancer checks**, drink plenty of water, do some form of exercise every day, get plenty of sleep, and feed your body with nutrients from a variety of fruits and vegetables. **Your skin will thank you for it! See page 3 for the Top 5 Foods for Healthy Skin.**



Skinworks Patient Pre Facelift



Skinworks Patient Post Facelift

*To schedule your **comprehensive skin evaluation**, call our office at (604) 737-7100. For more information about **Skinworks' surgical procedures**, please call (604) 733-9711 to schedule a consultation with **plastic surgeon Dr. Nick Carr**.*



Nicholas Carr, MD, FRCS
Plastic Surgeon

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

Q: I want a tummy tuck, but I may decide to have more children. Should I wait until my pregnancies are finished to have surgery?

A: An **abdominoplasty** (“tummy tuck”) is a surgical procedure performed under **general anaesthesia** which **removes fatty tissue and excess skin** from the abdomen and **tightens** the underlying muscles. This procedure is usually requested by women whose abdominal area has **stretched** as a result of pregnancy. When a woman becomes pregnant after a tummy tuck, the abdominal area **re-stretches**, and loosens the muscles that were tightened through the initial surgery.

As many women are unsure when they want to stop having children, some will have a tummy tuck when they feel they are ready, and if they **become pregnant after surgery**, they will have a second surgery to achieve their desired results. Generally speaking, although **it is safe** to have this surgery before you have finished your pregnancies, the **stomach will stretch** with subsequent pregnancies. Therefore, if you know that you want to have a baby within a year of your surgery, it is better to have your baby first in order to **achieve optimal surgery results**.

To view before and after photos, please visit our website at www.skinworks.ca. To book your consultation with Dr. Carr, please call **(604) 733-9711**.



Pre Abdominoplasty
Skinworks Patient

Q: Can I still breastfeed after having breast enhancement surgery?

A: Many women experience difficulty breastfeeding, regardless of having any type of previous breast surgery. Breast enhancement does not appear to affect the chances a woman may have to breastfeed. **Dr. Carr** has performed hundreds of breast surgeries on patients who went on to have babies that were **successfully breastfed**. It is best to **discuss your plans** to breastfeed with your **board-certified plastic surgeon**, who will work with you to achieve the best possible aesthetic results without compromising your ability to breastfeed. This is important because it may affect your surgeon’s choice regarding the **type and placement** of the implant, as well as the incision site. If you know that you want to have a baby **within a year** of your surgery, it is better to have your baby first in order to achieve optimum surgery results.



Post Abdominoplasty
Skinworks Patient

For more information about breast enhancement, or any of the surgeries available at Skinworks, contact our office at **(604) 733-9711** to book your consultation with **Dr. Carr**, or a **complimentary pre-consult** with our **Patient Coordinator, Tammy**.



Skinworks' 10+ Years Employees

Skinworks would like to thank (left to right in photo) Lisa, Estelle, Barb, Shelley & Maria for their loyalty. Their continued dedication to patient care and comfort is unsurpassed! Looking forward to the next 10 years!

Healthy Skin from the Inside Out

Top 5 Foods to Eat

✓ Seafood

Salmon, sardines and other oily fish are high in **essential fatty acids** like **omega-3s**, which help keep cell membranes healthy by keeping out harmful substances and allowing nutrients to enter cells. They also **reduce** the body's production of **inflammatory** agents that can damage the skin.

✓ Citrus Fruits



A good source of **vitamin C** and **bioflavonoids** which help **detoxify** and support **collagen** in the skin, keeping skin **firm** and younger looking.

✓ Red & Green Vegetables

Loaded with vitamins and nutrients which give your skin a **healthy glow** and offer **protection** from the sun's damaging rays. Also a source of **zinc**, which may help **combat acne**.

✓ Nuts

Walnuts are high in **fatty acids** and almonds are rich in **vitamin E**, which helps **moisturize** the skin from within, while protecting it from free radical damage and **premature aging**.

✓ Berries

Very high in **antioxidants** which target free radicals that cause premature **aging** and **disease**. They are an excellent source of **fibre**, **vitamins C and E**, and riboflavin.



Also remember to **drink plenty of water** to flush out impurities and keep your skin hydrated!



SLIMMER WAISTLINE BY SUMMER!

As seen in "O" Magazine
May 2010

UltraShape is a **non-invasive** treatment which uses focused **ultrasound** waves to eliminate pockets of unwanted fat. You could **lose 2-3 cm** off your waistline!

Ask us if **UltraShape** is right for you!
Call **(604) 737-7100** to book your **complimentary** consultation.

HOT TOPICS in Skin and Beauty

Don't Sweat Hyperhidrosis

Hyperhidrosis (excessive sweating caused by the overstimulation of sweat glands) is a common problem among **men and women**, and can significantly impact quality of life. It can lead to emotional **embarrassment** or **frustration**, and may cause discomfort or skin irritation. Although sweating is meant to keep the body cool, it **should not interfere** with your daily routine. The **underarms, feet, palms and face** can all be affected by this condition, but there are a variety of **treatments available** to relieve it. If traditional antiperspirants or oral medication have been unsuccessful for you in the past, and surgical correction is not an option, then you may want to **consider Botox®**. Botox® has been used by physicians for **over twenty years** to treat various medical conditions, including excessive sweating. **Dr. Jang has successfully treated** thousands of patients over the years, with results typically lasting **eight months or longer**. This safe and effective treatment produces **consistent results**, so you can live each day comfortably and with confidence. Be sure to check your health care coverage in advance, as many **extended health plans** cover the cost of this medical treatment. Just in time for summer, call us at **(604) 737-7100** to get started.

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SKINWORKS

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News and Notables

NOVEMBER & DECEMBER 2009

Dr. Jang instructed **UBC dermatology residents** on the use of **Botox**, including anatomy, dosing, indications and techniques.

Edmonton dermatologist Dr. Don Groot visited Skinworks and shadowed **Dr. Jang** for a day on his tour of "**Best Practices**" across Canada.



Did you see **Dr. Jang** on "**Anna and Kristina's Grocery Bags?**" She discussed how to avoid jet-lagged skin.

As **Head of the UBC Division of Plastic Surgery**, **Dr. Carr** hosted visiting professor Dr. Allen, founder of **The Center for Microsurgical Breast Reconstruction** and the **Group for the Advancement of Breast Reconstruction**. He lectured about "**The Evolving Field of Septocutaneous Flaps for Breast Reconstruction**." **Dr. Carr** also hosted **The Sponsorship Donor Recognition** dinner on Nov.25, at which corporate sponsors and donors were recognized for their ongoing commitment to the **Breast Fellowship Program** since 2004. Members of the Division were also recognized for their contributions of time, effort and expertise.

Dr. Carr traveled back to **Harvard** (where he completed his **advanced fellowship** training at the **Mass General Hospital**), to honour the retirement of the former Head of surgery, Dr. May. During his visit, **Dr. Carr** also gave a talk on his experience with **silicone breast implants**.

MORE Magazine interviewed **Dr. Jang** about the **latest anti-aging skin creams**, including new **stem cell** technologies, **DNA** repair serums, and research into **estrogen** creams for menopausal skin.



Dr. Jang joined **Gloria Macarencko** on the **CBC Early Edition radio** to give advice on **cold weather protection** for the skin. Her **key tips** were to use **gentler cleansers**, keep bathing limited in time and at **lukewarm** temperatures, **seal in water** using a moisturizer on towel-dried skin (paying particular attention to exposed skin and extremities), **avoid wearing wool** clothing directly on the skin, and always use broad spectrum **SPF 30+** sunscreen daily to help avoid the detrimental effects of ultraviolet rays.

A segment for "**Anna & Kristina's Beauty Call**" was filmed with **Dr. Jang**, featuring a **live demonstration** of lip enhancement using **new Juvederm with Lidocaine**. Thank you to our lovely model **Roberta**, who was asked to try a lip plumper, lip-liner, and then lip augmentation with hyaluronic acid dermal filler. Juvederm won hands down for "**best results... and it was pain free!**"

JANUARY & FEBRUARY 2010

Best Health magazine interviewed **Dr. Jang** about the **treatment of stretch marks** with the **Fraxel** laser, and **spider vein** treatment using either pulse-dye lasers (V-Beam) or micro-injections (sclerotherapy).



Freelance writer **Rhonda Riche** interviewed **Dr. Jang** for two skincare stories in **Rouge Magazine**. One is regarding **hair removal** and the other is about bringing your **skin care** routine into the new decade.

Dr. Jang was interviewed for a **TV documentary** that will air on **CBC Television** next year. The program, hosted by **Bob McDonald**, is about "miracle" products with scientific claims. She talks about Swiss skin care line, **Cellcosmet**, and how patients find it makes their skin look more radiant, hydrated and firmer.

FLARE Magazine spoke with **Dr. Jang** regarding **differences in skin aging** among different skin types. She discussed **skin care ingredients** that should be avoided by certain skin types, as well as the **most effective** ingredients which are safe for everyone.

Dr. Jang & Dr. Carr attended the **Northwest Society of Plastic Surgeons** meeting in Hawaii.