

HIGHLIGHTS

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Reveal Your True Shape with Zerona

Dr. Jang is the **first dermatologist in Vancouver** to offer this safe, non-invasive, **FDA approved body contouring** procedure. Zerona can be applied to any part of the body where localized fat deposits are resistant to diet and exercise. Most patients choose to treat the **abdomen, hips and thighs**.

So **what makes Zerona different?** Zerona uses low level laser technology to **stimulate** the emulsification of fat within the fat cell. The liquefied fat is then transported through a pore in the cell membrane to outside the cell where it is absorbed by the lymphatic system and **flushed out** through the body's normal course of detoxification. As the contents of the fat cells are emptied, the **fat cells become smaller**, thereby **reducing inches** off the treatment areas. The procedure is **pain free** and lasts 40 minutes per session, during which time you

may use your cellphone, read, listen to music, or simply rest. The use of **CURVA**, a non-prescription supplement, will also be provided for you in conjunction with your Zerona treatments as it has been shown to **enhance results** by assisting the body in **removing fat** from the bloodstream.

In clinical trials, patients lost an **average of 3.6 inches** in circumference from the waist, hips and thighs. In practice, many patients lose much more when they follow the **recommended protocol**, which we will discuss with you in detail at your consultation.

Whether you are trying to get into that little black dress for a special event, or you want to kick-start your exercise program, Zerona can help you **reveal your true shape in as little as two weeks**. To book your **complimentary Zerona consultation**, please call us at **(604) 737-7100**.



Beautiful Legs for 2011!

Get your legs **hair and vein free** in time for skirt season! **Laser hair removal** and **sclerotherapy** are performed year round, but **winter is the perfect time** to start your treatments since the laser can only be applied to skin that is not tanned, and sclerotherapy requires compression stockings to be worn for a few days after treatment, which is more comfortable in cooler weather.

At Skinworks, we continue to use the Lightsheer Diode laser for its proven efficacy as the **gold standard** in permanent hair reduction, while sclerotherapy remains our first choice as a safe, time-honoured procedure to effectively reduce spider veins.

To book a **complimentary consultation** with one of our **certified Laser Clinicians**, or a **complimentary leg vein assessment** with our **Registered Nurse, Lisa**, call **(604) 737-7100**. For your convenience, **evening and weekend appointments** are also available.





**Nicholas Carr, MD, FRCS
Plastic Surgeon**

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

Q: After three wonderful pregnancies, my breasts don't look like they used to! They sag and are not as full. What are my options for enhancement?

A: This is a very common question. During pregnancy, the breasts enlarge to accommodate lactation, then deflate once breastfeeding has ended. After multiple pregnancies, the breasts **lose volume** and the **stretched skin** begins to sag. Depending on the amount of skin laxity, a **breast implant** may be enough to lift the breasts and enhance their volume. Otherwise, a **breast lift with augmentation** will be necessary to restore the **shape, size, and position** of the breasts.

Breast augmentation is not only a step towards changing how you look, but it can also positively impact **the way you feel** about your body. Breast enhancement is **one of the most popular procedures** performed at Skinworks and is requested by women in their early 20's to over 55.

There are **many factors to consider** in breast enhancement, and technical decisions will be based on your desired change in appearance, including your profile, feel of the breast, and cleavage. Your overall outcome will be based on the **size, shape, texture, and placement** of the implants. In consultation with your **board certified plastic surgeon**, you will first select the **type** of implant (saline or cohesive gel filled), as this decision will impact the format of your surgery. The implant **surface** will then be chosen (smooth or textured), and the **shape** (round or teardrop). You will then determine how you want your **profile** to appear (how far the implant protrudes) and the implant **size**, which will determine the final visual appearance. Your anatomy, pectoral

muscles, and breast tissue structure will largely determine the placement of the implants: sub-glandular (above the pectoral muscles), complete sub-muscular (completely behind the muscles), or partial sub-muscular (partially behind the muscles). There are also **three possible incision sites**, but as stated earlier, your current breast structure and implant choice may dictate this decision. Implants may be placed under the breast (inframammary), around the nipple (peri-areolar), or through the underarm (transaxillary).



With so many factors to think about, it can seem overwhelming without the directed advice of an experienced plastic surgeon. As **one of Canada's top cosmetic surgeons**, Dr. Carr has the expertise to guide you in your choices to ensure the outcome you desire.

To help guide you in your decision, Skinworks is pleased to provide you with a **complimentary pre-consultation** with our **Patient Coordinator**, Tammy, prior to your consult with Dr. Carr. She will show you **before and after photos** of breast surgery patients, allow you to **feel** the different types of implants, and have a conversation with you about the details of the surgery and your expectations. This will prepare you for your consult with Dr. Carr and ensure a smooth and comprehensive consultation process.

*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**.*

View **before and after photos** of Skinworks' breast enhancement patients at <http://www.skinworks.ca/gallery/breasts> and book your **complimentary pre-consultation** with Tammy by calling us at **(604) 733-9711**.

Thank you for voting us the Best Place for Cosmetic Surgery in Vancouver for the second year in a row!





Top 6 Winter Skincare Tips



Your skin changes through the seasons, and so should your skincare. Winter weather is hard on the skin, and can be very drying. There is less moisture in the air, and cold temperatures, wind, sun, and central heating all deplete moisture from the skin. Take extra special care this winter to protect your skin from the elements with these six skincare tips:



1. **Hydrate** - Skin appears more luminous when it's adequately hydrated. Drink plenty of water to replenish moisture and keep skin supple. Aim for 1.5 – 2 litres each day. For additional hydration on the surface, **Dr. Jang recommends SkinCeuticals Hydrating B5 Gel, a serum which binds water to the skin for an instant plumping effect! Use it under your moisturizer.**
2. **Exfoliate** - Don't forget to gently exfoliate dry skin twice a week to remove dead skin cells and prepare your skin for the optimal absorption of moisturizers. **Dr. Jang recommends PCA Gentle Exfoliant.**
3. **Moisturize** - Switch to a richer moisturizer to compensate for your skins moisture loss. If you have oily skin, be careful not to use products containing oil which can contribute to acne. **For oily skin, Dr. Jang recommends Linacare moisturizer, and for dry skin, she recommends Cellcosmet Ultra Vital.**
4. **Bathe** - Although a hot bath can soothe your muscles after a cold day on the ski slopes, hot water can break down the lipid (oil) barriers in the skin and contribute to moisture loss. Turn down the temperature to lukewarm, and immediately after your bath or shower, lightly pat your skin with a towel until almost dry, and apply a liberal amount of moisturizer all over the body to lock in moisture. Moisturize morning and night, and your skin will feel soft and supple within a week! **Dr. Jang recommends Linacare Body or Cellcosmet Vitalising Cellular Body Emulsion.**
5. **Lip Therapy** - Keep lips soft and supple with a daily hydrating lip balm, and use a richer formula for the ski hill to prevent chapping. Start by *gently* exfoliating your lips by lightly rubbing them with a warm washcloth before applying your favourite moisturizing balm. **Dr. Jang recommends Jane Iredale Lip Drink and PCA Lip Therapy.**
6. **Sunscreen** - Sunscreen is imperative all year round, as damaging ultraviolet rays penetrate the clouds and reflect off the snow. Skiers, avoid a goggle tan this winter by applying a liberal amount of SPF 30+, and reapplying it frequently through the day when spending time outdoors. Don't forget...**sunscreen is the #1 wrinkle preventer!** **Dr. Jang recommends Elta MD UV Daily SPF 40.** Additionally, you can reapply with a mineral sunscreen that goes on right over your makeup to ensure you stay protected all day. **Dr Jang recommends Colorescience SPF 30 Sunforgettable Minerals.**

All suggested products are available at Skinworks and in our online store at www.shopskinworks.ca

Specific skincare questions?

Come in for a complimentary skincare consultation! To book your appointment, call (604) 737-7100.

Latisse™
(bimatoprost topical solution 0.03% w/v)



Before & After Latisse
Photos courtesy of Allergan

**NOW AVAILABLE at
SKINWORKS**

The first and only FDA approved prescription treatment for growing your eyelashes longer, thicker and darker.

Ask us how you can start growing your lashes today!

Looking for the perfect holiday gift?



Give the gift of beautiful skin with Skinworks gift certificates, available in office and online at shopskinworks.ca, or choose one of our skincare gift sets.

News and Notables

SKINWORKS

the art of beautiful medicine

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For the third consecutive year, Skinworks is pleased to support the Salvation Army's "Adopt a Family" Christmas program. As a sponsor, we will supply a food hamper and gifts to a low income family to make their Christmas a little brighter. Through goodwill and generosity, this program allows us to share the joy of the holidays with others less fortunate. We wish you a safe and happy holiday season!

AUGUST

Dr. Jang was featured on the **front page** of the **THE VANCOUVER SUN** Health section commenting on the **new generation** of **non-invasive fat reduction** treatments such as **UltraShape** (available at Skinworks), **Liposonix** and **Zeltiq**. Although these procedures do not replace proper diet, exercise or surgery, they are safe procedures for **refining your figure**. *Refer to page 1 to read about Zerona, the latest technology in body contouring!*

Best Health magazine writer Janine Falcon interviewed **Dr. Jang** regarding what to do after an inappropriate **microdermabrasion** treatment. In a separate article, she discussed ingredients believed to help manage **hyperpigmentation** incurred through the summer.

Dr. Jang and **Dr. Carr** hosted the annual **Plastic Surgery Residents' Day** on Anvil Island. **Executive Chef** for Diva at the Met, **Dino Renaerts** (pictured at right), cooked oysters for everyone in an outdoor Italian oven.



Chef Dino Renaerts
of Diva at the Met

Dr. Jang attended a workshop in which Dr. Shelley Pollock focused on the hyaluronic acid based dermal filler, **Voluma**, and its ability to **re-volumize the backs of hands** in addition to its traditional application areas on the face.

FLARE magazine interviewed **Dr. Jang** for an article about **Breast Health**. She talked about **breast firming creams**, and discussed how the skin on the breasts is often the **healthiest skin** on the body because it is usually protected from the sun. She also recommended switching to a mild glycerin based soap as the skin on the breasts tends to be more sensitive than the face.

Elevate magazine interviewed **Dr. Jang** for an article about what women in the **beauty business** do for their personal skincare routine.

SEPTEMBER & OCTOBER

Watch for **Dr. Jang** in the **January 2011** issue of **Canadian Health magazine** in an article about how to change your skincare routine for winter. *Also refer to page 3 for our article on the Top 6 Winter Skincare Tips!*

Did you see **Dr. Carr's** article about **Abdominoplasty** ("Tummy Tuck") in **Fresh Vancouver magazine**? He spoke about what the surgery entails, **who is a good candidate**, and **commonly asked questions** including when is the best time to have your surgery if you are planning further pregnancies. Also look for his article in the **December issue** called "**The Men's Guide to Aging Prevention and Treatment**." He discussed **lifestyle changes** to improve health and quality of life, as well as **surgical and non-surgical** treatment options for the aging male.

Dr. Carr was interviewed by **FLARE magazine** as their **plastic surgery expert** for a beauty/health story about what can be done to stay "**forever young**." **Dr. Carr** discussed **environmental and genetic** factors related to aging, lifestyle changes, prevention, **how to choose a qualified doctor**, surgery options and aging through the decades. *Look for it in the March 2011 issue!*

Dr. Jang attended the **American Society of Dermatologic Surgery** meeting in Chicago where she attended several panels and forums on **emerging technologies** in cosmetic dermatology. She also had a chance to reconnect with many of her colleagues from all across Canada and the US, and was excited to bring several novel ideas home to Skinworks. PAGE 4 OF 4