



HIGHLIGHTS

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A Softer Touch in Facial Rejuvenation With Soft Lift

Many patients come to Skinworks requesting **Botox and dermal fillers** for their lines and wrinkles, but are still unsure as to why one treatment would be recommended over the other. When dermal fillers and Botox are **applied together**, we call this treatment a **Soft Lift**, based on the **smoother, more rejuvenated** effect it creates.

Dermal fillers such as Restylane, Perlane and Juvederm are applied to **enhance areas of depleted volume** and **sculpt the face**. Duration of results varies depending on the type of filler used and the area of the face injected. Dynamic areas like the lips, which are in constant motion (due to talking, chewing, etc.), tend to last an average of one year before requiring a touchup, while the under eye area tends to last much longer, sometimes upwards of two years before re-treatment (**see page 5 to read about Tear Trough filler**). Recent studies have shown a **longer term result** may be experienced in some patients as the repeated needle stimulation during the treatment stimulates the body's **natural collagen production**. At Skinworks, this has been observed in many patients who have had repeated treatments. Common treatment areas for dermal fillers

include the cheeks, chin, around the mouth, lips, nasolabial folds (lines extending from the corners of the nose to the corners of the mouth), jaw line, temples, and under eyes.

Botox has been used in medicine for decades in various applications, including facial spasms, cerebral palsy, and ophthalmic conditions such as crossed eyes and eye spasms. In its cosmetic application, Botox has demonstrated its efficacy in the **prevention and treatment** of expression lines. After years of repeating the same facial expressions, eventually lines will form in these areas even when the expression is not being produced. The only way to help prevent these lines from appearing at rest is to apply Botox to the muscles which form the expression to suppress their movement. However, **not all Botox treatments are alike**. There are **many factors** which contribute to the result of your treatment: the **amount** of Botox used, **where** it is placed (which muscles are injected, as well as the **location** within the muscle), the **strength** of the muscles treated, and the **technique and expertise** of your injector. On average, you can initially expect to repeat the treatment every three to four months to **maintain** your results. After repeated treatments at this interval, many patients will eventually notice a **longer term effect** as the muscles remain quiet over a longer period, and require less drug to suppress their activity. The most common treatment areas are **frown lines** between the eyebrows, **forehead lines**, and **crowsfeet**. Botox can also be applied to create a mini **brow lift**, to smooth **neck banding** or a "nubbly" chin, and to **soften a squared jaw line** to a more feminine oval shape.



Before Soft Lift (around the mouth & chin)
Skinworks Patient



After Soft Lift (around the mouth & chin)
Skinworks Patient

CREATE YOUR OWN VIRTUAL SOFT LIFT MAKEOVER!

Visit www.skinworks.ca/cosmetic-laser/soft-lift and click on the **Juvederm Revitalizer** button. Simply upload your picture (or use one that is provided) and you can **see the results a Soft Lift can create for you**.

For more information on Botox, dermal fillers or Soft Lift, please call us at (604) 737-7100 to book your consultation.

THE HEALTHY LIFESTYLE MAKEOVER

7 Tips for Living Healthier



QUIT SMOKING

Quitting smoking is the **best** thing you can do to improve your health and quality of life. Within 48 hours of smoking cessation, your risk for having a heart attack decreases, and within three months, your **lung function improves** by 30%. You'll also have **more energy** to do the things you love. There are a plethora of resources available to help you make this healthy transition. Ask your family doctor for tips or treatments to help you quit.

EXERCISE

The benefits of exercise stretch a lot farther than simply toning your body. Regular exercise improves your mood, which can **boost your confidence** and improve your self-esteem. It also helps prevent and **manage high blood pressure** and cholesterol, and helps **build collagen** to firm your skin. Regular physical activity delivers oxygen and **nutrients** to your tissues which boosts your energy, **improves mental acuity**, decreases stress and enhances quality of sleep.

SLEEP

Sleep plays a **critical role in immune function**, metabolism, memory, learning, and other vital roles. **Eight hours** of good **quality** sleep each night can reduce stress, improve concentration and even help control body weight. **Human growth hormone** is also released during sleep which repairs and **regenerates** body tissues. Taking time for beauty sleep not only keeps us beautiful, it keeps our minds and bodies healthy.

NOURISH

Your skin and body **crave** water, vitamins, minerals and antioxidants. To ensure you're getting enough, choose a variety of **fresh fruits and vegetables** (local if possible, and the more **colours** the better), buy or grow **organic** foods whenever possible, and aim to drink 1.5 – 2 litres of water per day. Even slight dehydration can decrease your mental acuity, slow down your metabolism (making you susceptible to weight gain), and impair digestion and nutrient absorption.



PROTECT

The **most important step** in your skin care routine is sunscreen. Sun exposure **accelerates** the skin's aging process, as ultraviolet exposure can cause **wrinkles**, age spots, redness, dryness and skin cancer. For the most complete sun protection, apply a **thick layer** of broad spectrum (UVA & UVB protective) **SPF 30+ every day**, reapply frequently, and avoid the sun from 10am – 4pm when the sun's rays are the strongest. For extra protection, keep the sun off your face with a wide brimmed hat, and don't forget your sunglasses! Ultraviolet rays can also damage eyes, causing cataracts, blurred vision, and "burns" on the eye's surface. Remember to **visit your optometrist** for an annual eye health exam.

RELAX

Relaxation techniques can help **improve immune function** and lower your risk of infection while lowering levels of stress hormones and boosting your mood. Give yourself ten to fifteen minutes of **quiet time** each day. Whether it be through meditation, **deep breathing**, writing in a journal, or getting out in the fresh air, use this time to calm your mind, **think positively** and let the tension melt away!



MAKE SOMEONE'S DAY

Living healthy involves not only taking care of yourself, but **taking care of others**. In addition to improving your mood, acts of compassion have also been shown to lower the stress level of the person you're helping, and **lower stress** may lead to **increased longevity**. Pro-social behaviours may include **volunteering** your time to a charity, assisting an elderly person to cross the street, or simply holding the door for someone. Do your best to incorporate one **random act of kindness** into each day as part of your path to healthy living.

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



Nicholas Carr, MD, FRCSC
Plastic Surgeon

Q: My upper eyelids look heavy and are starting to droop, and I have bags under my eyes. What can I do to get rid of this tired appearance?

A: The eyes are one of our most expressive facial features, and one of the first areas of the face to show signs of aging. **Blepharoplasty (eyelid surgery)** helps create a wider and **more youthful appearance** to the eyes by removing excess skin, muscle and fatty tissue along the upper and/or lower eyelids, thereby **eliminating heavy eyelids and under eye bags**, and the appearance of being **chronically tired**. This can dramatically improve the appearance of the eye area, making you **look years younger**. Incisions are camouflaged by the natural

eyelid contour and the eyelash margin, so there are **no telltale signs** of surgery once you are healed. This procedure is often combined with other facial surgeries such as a **facelift or browlift**, and can be complemented with a chemical peel while you're in the OR to help re-texturize the skin of the eye area and reduce fine lines.

Recovery is approximately ten to fourteen days, and the surgery is performed under local anesthesia in Skinworks' private operating room accredited by the College of Physicians and Surgeons of B.C.

Q: I'm extremely self conscious of my upper arms. I went through a dramatic weight loss and now my upper arms have so much loose skin and no matter how many weights I lift they're not getting tighter. What can I do?

A: It is very common for the upper arms to retain excess skin after weight loss. **Brachioplasty** is a surgical procedure which **removes the excess skin and fat** to create a smaller circumference around the arm and a much firmer appearance. The surgery is often combined with **liposuction** to create a **more shapely contour**. Recovery is approximately ten to fourteen days.



Before and After Brachioplasty
Skinworks Patient



Before Upper & Lower Lid Blepharoplasty
Skinworks Patient



After Upper & Lower Lid Blepharoplasty
Skinworks Patient

*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**. All Skinworks surgeries are performed **on-site in our private operating room accredited by the College of Physicians and Surgeons of B.C.***

*If you think you may be a candidate for **eyelid surgery or brachioplasty**, please call our office at **(604) 733-9711** to speak with our **Patient Coordinator, Tammy**, to arrange a **complimentary pre-consultation**.*

For more information on Skinworks surgeries and to view before and after photos, please visit our website at www.skinworks.ca.

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



THE TRUTH ABOUT TANNING

As a dermatologist, there is one message that I've consistently given to my patients over my past 20+ years in practice: **no tan is a safe tan!** Despite sun awareness campaigns and warnings about skin cancer from indoor and outdoor tanning, many people continue to **ignore the risks** in exchange for a tanned complexion.



There is a **common misconception** that indoor tanning is safer than natural sun exposure. This statement is FALSE! The sun emits a combination OF UVA, UVB and UVC rays; all of which have the ability to **damage our DNA** and lead to uncontrolled cell growth which can cause cancer. Tanning beds emit only UVA, which are characterized by long rays that penetrate deep into the skin, not only causing skin cancer but also inducing **dermal damage** which leads to **pigment changes**, rough skin texture, and wrinkles. Thankfully, it appears that some Canadians are moving in the right direction. As of January 2011, Victoria, B.C. has **banned the use of indoor tanning** for anyone under 18 years of age.

THE VITAMIN D ARGUMENT

The **risks** of exposing your skin to the sun far **outweigh the benefits** of receiving vitamin D through sun exposure when it can easily be supplied in safer, healthier ways. Keep in mind that we consistently receive **inadvertent sun exposure** to our hands, ears, and neck; areas which are often forgotten when applying sunscreen. Vitamin D is best taken in through your **diet**. Choose foods like **oily fish** (salmon, sardines, herring), egg yolk, shiitake mushrooms, milk, and fortified orange juice, soy milk and cereal. In addition, you can **supplement your diet** with a vitamin D tablet (500-1000 IU daily).

KNOW YOUR ABCs

The incidence of **melanoma** (a malignant form of skin cancer) is on the rise, especially in younger age groups. When caught early, melanoma can often be removed without complication; when left untreated, it can be fatal. **Self examination** is essential in the early detection of skin cancer. To know what to look for, just remember your **ABCDEs of moles**:



Melanoma – note the asymmetry, irregular border, multi colours, large diameter, and elevation of this mole

Asymmetry: If you divide the mole in half and one side is a different shape than the other, it should be looked at by a dermatologist.

Border: The border should be constant all around. Irregular or jagged edges should be looked at.

Colour: The colour should be even throughout the mole. If there is variation in colour (ie. a mixture of dark and light, or spotted), it should be looked at.

Diameter: Moles should not be larger than the diameter of a pencil eraser (approximately 6mm).

Elevation: If the mole is raised, it should be looked at.

Apart from moles, if there are any spots/lesions on your skin that are new, crusted, **stand out to you**, or bleed sometimes, have them looked at as well. If there is a **suspicious** mole or spot on your body, your dermatologist may ask you to **monitor** it for a period of time to detect any further changes to it, or may recommend it to be removed.

Ask your family doctor for a referral to an **experienced Dermatologist** in your area to receive your **annual skin cancer screening**. This is especially important in those with **fair skin** or if you have a history of skin cancer. Even those with darker skin types are **not immune** to skin cancer, and should also schedule regular screenings.

PROTECT YOURSELF & YOUR CHILDREN

The **number one step** you can take to protect yourself and your children from developing skin cancer is to **wear sunscreen every day**. Apply a **broad spectrum** (UVA & UVB protective) minimum SPF 30+. The key to adequate protection is the amount and frequency of application. Apply a half teaspoon amount to the face, and a shot-glass amount to the body. When spending time outdoors, **re-apply** your sunscreen every hour. Try to keep the sun completely off your face by wearing **sunglasses** and a **wide brimmed hat**, and avoid direct sun exposure between the hours of **10am – 4pm** when the sun's rays are the strongest.





**Frances Jang, MD, FRCPC
Dermatologist**

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

Q: I feel like I always look tired, even when I'm not, and I've noticed my eyes are starting to look more sunken in. Is there anything I can do non-surgically to look less tired?

A: This is a common question from my patients. As we age, we lose **soft tissue** in the face. As fat, muscle, and bone all gradually deplete, our skin lacks the support it once had and has nowhere to go but to fall flat and start to sag. In the eye area, this presents as a **hollowed or sunken** appearance under the eyes, forming what we refer to as a "tear trough." Injecting a **dermal filler** such as Restylane into this area can help **restore volume** and create a smoother, **more rested** appearance. It can also **camouflage puffiness** under the eyes by creating a more even surface. One of the greatest benefits of this procedure apart from its often **dramatic result** is its **long-lasting effect**. The procedure is virtually painless, and quite often it is **well over one year** before my patients request a touch up in this area. As this is a **highly artistic**

and refined procedure in a delicate area, it should only be entrusted to a cosmetic dermatologist with extensive experience in this application.



Before Tear Trough Filler
Skinworks Patient



6 Years Post Tear Trough Filler
Skinworks Patient

Q: The bridge of my nose is quite flat and I would like a more rounded, upturned tip. Is there any way to change the shape without surgery?

A: We are using **dermal fillers** in broader and **more creative** applications than ever before to **re-contour the face**. This **facial artistry** has been well received by many of our patients who appreciate this **natural looking** enhancement. One treatment gaining popularity among our patients is non-surgical **Nose Reshaping**. It is a great **alternative** for those who either don't want surgery, or would like to **see the result** that surgery could achieve before making the commitment. Dermal fillers such as Perlane or Juvederm are applied along the nose to



Before & After Nose Reshaping
Skinworks Patient

correct asymmetry, to create a more **refined shape** along the nasal bridge, or to **eliminate a nasal "hump."** They can also be applied to create a more **defined** nasal tip. The results last an average of one year before requiring a touch up.

For more information on Tear Trough Filler or Nose Reshaping, or to book your consultation, please call our office at (604) 737-7100. View more before & after photos on our website at

www.skinworks.ca

The Nature of Beauty

WHAT IS BEAUTY?

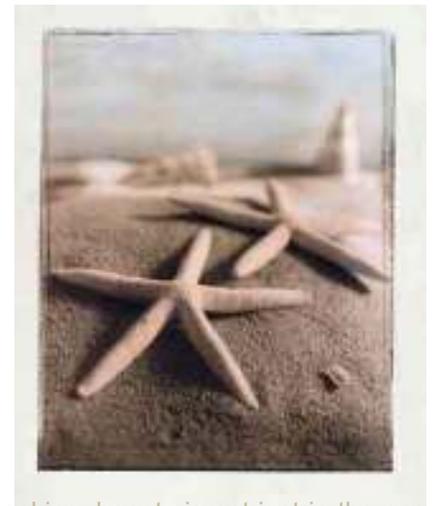
Beauty may be defined as qualities that provide a **perceptual experience** of pleasure or satisfaction to the senses. We all have an **unconscious appreciation** for beauty that stems from our natural selection instincts; familiar shapes and patterns appeal to our senses because they are easy for the brain to recognize and process.

The face is an **integral component** of our identity. We look at the face to recognize others, **communicate our emotions**, and interpret personality, health, and social cues. In many ways, our **outer appearance is symbolic** of our internal emotional self and our physical health.

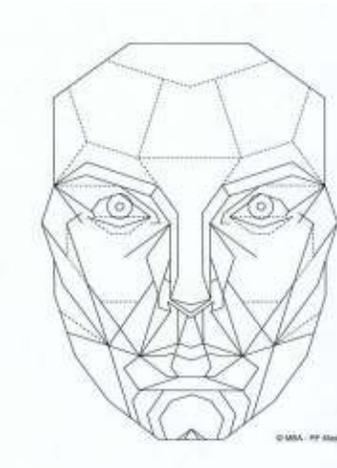
Without question, physical beauty is highly valued throughout the world. Esthetically speaking, beauty is not just in the eye of the beholder; it's also in the **proportions of the face**. Although there are many qualities that contribute to one's overall attractiveness, here we identify the **architecture** that makes a **female face** perceptually beautiful:

PROMINENT FEATURES
YOUTHFUL FEATURES
HEALTHY LOOKING SKIN
BI - LATERAL SYMMETRY

large eyes, full lips, highly positioned arched eyebrows, high cheekbones
small chin, small nose
smooth, free of blemishes, even complexion, glowing
equal proportion between the left and right halves of the face



Although the benchmark for beauty differs between cultures, **facial symmetry** is consistently a **universal** commonality. So what is the **ideal human facial structure**? Oral and maxillofacial surgeon **Dr. Stephen R. Marquardt** theorized that humans have a **subconscious ideal** of what our species should look like. Using the **Golden Ratio** (mathematic proportions believed



to symbolize perfect natural harmony, developed by the ancient Greeks), Dr. Marquardt sketched a **two dimensional template** of what he considered to be the **ideal human face (pictured at left)**. The closer a face is to matching this template, the more attractive the face is perceived.

If nature hasn't given you the features or proportions you desire, or you are simply looking to **enhance your image**, there are many cosmetic procedures available to create a subtle rejuvenation or dramatic transformation.

THE SKINWORKS APPROACH TO BEAUTY

The key to **naturally beautiful** cosmetic enhancement goes beyond the technical application of the procedures. Facial analysis is an **artistic, visionary process**, not a pre-formulated recipe. The **integrity** of each structural tissue is considered, and the face is **analyzed as a**

whole in order to ensure **harmony** among all of its unique features.

As **specialists** in their fields and with **over 40 years of combined experience**, Dr. Carr and Dr. Jang have the **expertise** to guide you in your journey to reveal your **true individual beauty**. Their personal and thorough approach involves sharing their **visions of beauty**, personalizing them to your facial structure, and delicately **sculpting** your face as an artist would meticulously sculpt a **masterpiece**.

Early intervention is key when treating age-associated changes, thus ensuring a more natural result. By initiating treatments at the early signs of aging, you are able to **maintain facial balance** while continuing to **age gracefully**. Every day, **beautiful people** of diverse ethnicities come to Skinworks to **enhance** their image, and they leave here with a renewed sense of **confidence**. Many of our patients **look younger now** than they did in their original photos taken over five years ago at their first visit! Please **accept our invitation** to visit our facility and discover how we can **rejuvenate your look today**.

Dermatology: (604) 737-7100

Plastic Surgery: (604) 733-9711

Skinworks is GOING GREEN! We have replaced our clinic lighting with LED bulbs which use 80% less energy and last 10x longer than regular fluorescents. What's your next green initiative?

Ear Piercing Repair for Stretched or Unwanted Earring Holes

After years of wearing heavy earrings, the weight from the earrings will gradually stretch the earring hole over time. For anyone with **enlarged earring holes**, or holes that you simply don't want anymore, Dr. Jang performs a procedure that uses **TCA** (trichloroacetic acid) to **re-grow** the skin to **seal the hole**, which can later be **re-pierced** as desired. You may require a series of treatments spaced a few days apart for optimum results. To book your consultation with Dr. Jang for **Ear Piercing Repair**, call **(604) 737-7100**.

If your earlobe is **split at the base** from an overly stretched or **torn piercing hole**, there is a minor surgical procedure that can repair the lobe to its original state. This procedure is performed under local anesthetic by Dr. Carr, Skinworks' **Board Certified Plastic Surgeon**. To book your "see and do" for **Split Earlobe Repair** with Dr. Carr (he will see you and do the treatment on the same day), please call **(604) 733-9711**.



Before Ear Piercing Repair



After Ear Piercing Repair



Long & Lush Lashes with Latisse

Long, lush lashes never go out of style, and now they're easier than ever to achieve! Throw away your eyelash extensions... **LATISSE IS AVAILABLE AT SKINWORKS!**

Latisse is the **first and only FDA approved** product for growing your eyelashes **longer, thicker and darker** in as little as **four weeks!** As us how you can get started today!

Call **(604) 737-7100** to schedule your **complimentary Latisse consultation**.

Beauty Tip: Never pump your mascara wand in the tube. This pushes air inside and dries out the mascara. Also, don't forget to gently wash off your mascara at night before you apply your Latisse!

News and Notables

November 19, 2010: The **Division of Plastic Surgery at UBC** (of which **Dr. Carr** is the **Head**) hosted a table at the annual **VGH & UBC Hospital Foundation fundraiser, "Night of a Thousand Stars Gala,"** which honoured the dedicated and highly skilled team of health care professionals and the many visionary donors behind them. **Dr. Jang** and **Dr. Carr** attended the event, which **raised \$300,000 towards the Best of Health Fund**. The prestigious **Leadership Award** was presented to Joseph & Rosalie Segal for their outstanding philanthropy and **\$12 million donation** towards mental health. *Pictured at right, from left to right: attendees Lily Lee, Dr. Jang, Carol Lee (CEO of Linacare Cosmethery)*



... News and Notables continued

NOVEMBER & DECEMBER 2010

Dr. Jang participated in workshop with **Dr. Kent Remington** (Calgary), **Dr. Vince Bertucci** (Toronto) and **Dr. Arthur Swift** (Montreal) discussing advanced techniques for facial sculpting with Restylane and Perlane dermal fillers.

Dr. Jang was asked to review for the **Skin Therapy Letter**, a publication indexed by the **US National Library of Medicine** and **PubMed**. She was asked for her editorial comments on the addition of **sunscreens** to a wide variety of cosmetics including moisturizers, foundations and eye creams.

JANUARY & FEBRUARY 2011

Did you see **Dr. Carr** in the January/February issue of **Fresh Vancouver Magazine**? (cover pictured at right). His article, "**The Yin and Yang of Breast Surgery**," discussed key factors to consider in **breast enhancement** and **breast reduction** surgery.



Did you see **Dr. Jang** in **The Globe and Mail** newspaper on January 10? She talked about **how to heal a tender nose** during cold and flu season, and recommended using moisturizing tissues to help prevent chaffing and applying Vaseline at night to seal in moisture.

Dr. Jang attended the **FACES meeting** in Boca Raton, Florida, where she met with **dermatologists across Canada** to discuss the **latest trends** in cosmetic enhancement. **World renowned** cosmetic specialist, Dr. Steve Fagien, gave an inspirational talk on **new injection techniques** with Juvederm and Botox.

Dr. Carr attended the annual meeting of the **Northwest Society of Plastic Surgeons** from February 12-16 in Sun Valley, Idaho. He was the **moderator** for the afternoon of February 13th, for sessions including **Massive Weight Loss Body Contouring**, **Tumescent Techniques**, the **Liquid Facelift** with Dermal Fillers, and **Lower Eyelid Rejuvenation**.

SKINWORKS
the art of beautiful medicine

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Vanessa Craft from **More Magazine** interviewed **Dr. Jang** about **Retinol and peptides**: what they are, who should use them, and their **anti-aging** benefits to the skin. **Watch for it in the May issue!**

The online wedding directory **idoo.ca** featured **Dr. Jang** as their **dermatology expert** for a number of weeks from February to April. She answered reader questions about **how to prepare your skin** for "the big day," and discussed **microdermabrasion**, **Botox** and **acne therapy**.

Dr. Jang met with fifteen of the **top dermatologists across Canada** at the annual **Cosmetic Update meeting** in Cancun, Mexico to discuss the **latest trends in cosmetic rejuvenation**. Hot topics included the use of **PRP (platelet – rich plasma)** to **build collagen** and thicken the skin, as well as the latest **advancements in Zerona** for body contouring.

MARCH & APRIL

Did you read the **March/April** issue of **Fresh Vancouver Magazine**? It featured articles from both **Dr. Jang** and **Dr. Carr**! **Dr. Jang's** article, entitled "**What's Hot in Skincare**," discussed skincare buzz words like peptides, **nanotechnology**, organic, antioxidants, & **DNA Repair**, plus she **revealed the hottest skincare product on the market!** **Dr. Carr's** article, "**Beyond Skin Deep – The Emotional Connection to Surgery**" discussed the affects of surgery beyond the physical changes, including the **long lasting effects** on overall well-being and lifestyle.



Zoomer Magazine, **Canada's Boomer Lifestyle Magazine**, interviewed **Dr. Jang** for an article about **skincare tips**, **Botox**, **dermal fillers**, and how to improve tired looking skin. **Watch for it in the June issue!**

Dr. Jang has been invited to join the **Allergan National Advisory Board**. As the **only female specialist** on this ten member Canadian panel, it is quite an honour. **Congratulations Dr. Jang!**



Did you see **Dr. Jang** on **Breakfast Television** on **Tuesday, April 19th**? She discussed the latest treatments in cosmetic dermatology, including the dermal filler **Juvederm**, and its various applications in **re-volumizing the face** to create a more **rejuvenated** appearance. Missed it? **View it on our website at www.skinworks.ca/about/videos**