
March 2009

Hello Everyone and here's to spring! Yes , we can feel it in the air, it is around the corner. The tail end of winter has been a busy time for the clinic. Dr. Weinberg and Dr. Schiffer returned from the prestigious Cosmetic Update full of information on all the latest trends in cosmetic medicine. Dr. Schiffer and our nurse Cathy McKay also enjoyed a one on one session with a representative from Medicis, the makers of Restylane, focusing specifically on the latest methods in cheek augmentation, definitely the way to get that "WOW" effect from your filler injections! Dr. Weinberg was also asked to give another interview and to demonstrate some injections on air for CTV. The focus was on working women looking their best in this economy, and it should air within the next week, and will be mounted on the website, on the "Dr. Weinberg In The Media" page, shortly. There has been a small delay in getting his last 2 interviews for Rogers Local and for CBC mounted on the site, but they should be up for viewing in the next few days, so keep checking.

Upcoming Events

Now that spring is almost here, it's more important than ever to remember your sunscreen. We are pleased to offer Obagi - C sun protection SPF30 as our featured product this month. Non oily and sheer in texture, it's perfect for the face , and is on for the month of March at 10% off. We still have a few clearance items left, so come in and check out the amazing prices on select products by Obagi, Sesderma, La Roche Posay and Glominerals. New product from Obagi and La Roche Posay has just arrived, so if your out of your favorite product, or if you've been waiting for sunscreen SPF 60, it has just come in so grab it ASAP. If winter has left you with blah skin, ask the staff about our spring skin tune up package (it's a great deal)!

Finally, if you or anyone you know has been considering breast augmentation surgery, we are planning a fun and informative evening this spring to give prospective breast surgery patients a lot of great information about what to expect with breast implants. There will be munchies and cocktails, Dr. Weinberg will be speaking, and the Natrelle reps will be there with implants and sizers. Dr. Weinberg will even do some mini consults and answer questions, and we will have some nice give aways. If you or a friend would like to be on the invite list let our staff know , and we'll be sure to send you an invitation.

Topics In Cosmetic Medicine

Laser Hair Removal

With spring comes the inevitable bare legs, and not long after, bare bikini lines. Tired of shaving , stubble, shaving , stubble and then those terrible little red spots and irritation in the bikini area? Hate the pain of waxing? Ever considered Laser Hair Removal? Laser Hair removal is a safe and effective way to rid yourself of unwanted hair permanently. Many people ask just how laser hair removal works. A laser is a light beam of a single wave length of light, which , because of the wavelength , will be absorbed by a certain color. The light energy of Laser Hair machines is absorbed by the dark colored pigment in hair follicles in their growth phase, and that light energy causes heat which destroys the hair follicle only, leaving the surrounding tissue intact. The hair must be in it's growth phase to be affected, which is why multiple treatments, typically 5 to 6 , are required to permanently get rid of the hair, as at any given time only some of the hair is in the growth phase.

Are all Laser Hair machines the same ? Absolutely not. Because the machines target pigment, some machines cannot differentiate between the pigment in a hair follicle and the pigment in darker skin, so some laser hair machines cannot safely be used on darker skinned people. Also, many machines are not very powerful, and do not have flexible and adjustable settings to allow for variability in the spot size, the penetration and the pulse duration. As a result it may require many more or longer treatments to achieve the desired result, or it may be more uncomfortable. The experience and training of the individual doing the treatment is also important as in untrained hands lasers can cause burns.

At MCSC we have carefully chosen the Cynosure Apogee Elite Laser precisely because it is "dual platform" meaning it actually has 2 lasers of different wave lengths so that all skin types can be safely treated. It is also a powerful laser with deep penetration and adjustable spot size and pulse duration to allow for adjustment from patient to patient but also from area to area, as for example the cheek, upper lip, or chin may not need the same settings as thighs, back or bikini line. Treatments typically require no more than 15-30 minutes. The Cynosure also has a cooling tip, so patients experience minimal discomfort. Many people describe it as a feeling like an elastic band snapping the skin. It does not require any local anaesthetic or pain medication, and is much less uncomfortable than waxing, for example. Our registered nurse and aesthetician are medically trained and have had specific training in the use of the laser, to further insure your safety.

So, for smooth hairless skin this spring and summer, consider laser hair removal, an easy, affordable, and safe luxury! call to book a consult with Cathy or Suzanne.