
May 2009

A belated Happy Mother's Day to all of you mom's out there! As always our staff has had a very busy month. Our Chief Nurse Cathy MacKay attended an exciting conference with RGR Pharma and returned to the clinic with lots of news and tips on Obagi skin care. Always producing superb products for all skin types, Obagi has just released a new line for treatment of Rosacea. This is a skin condition that is often the cause of acne like breakouts in older adults. It also results in visible broken blood vessels and flushing of the face. It is improved with IPL photofacials, and with topical metronidazole gel, an antibiotic, but can also be improved with some other topical agents. The new Obagi system should be available for purchase at the clinic within the next few weeks.

The clinic held 2 very informative breast augmentation information evenings recently, the last on May 14. These were very well attended. It was a pleasure for the staff to see some familiar faces, and for them to greet some new friends at the clinic! Thanks to all the attendees for their excellent questions and stimulating discussion. We hope to make this an annual event.

Representatives from Allergan will be at the clinic later this month to introduce Voluma, a new Juvederm like product. Very thick in consistency, it promises to be the ideal filler for cheeks. It should be available some time this summer.

Upcoming Events and Promotions

Even in these economically trying times, it is possible to look fresh and rejuvenated! With the help of our partner in beauty, we are able to continue offering our fantastic Restylane promotion. Buy 2 syringes and get 1/2 free, buy 3 syringes and get 1 FULL syringe FREE! As part of our Mix and Match Spring Beauty Programme, we are also offering 300 units of Botox and a facial Peel at \$300, and \$25 off Juvederm with Lidocaine for lip augmentation. Definitely the easiest and most comfortable way to get gorgeous plump, pouty lips. Take advantage of these unheard of savings while they last!

Topics in Cosmetic Medicine

Fat Injections

In the scheme of injectable rejuvenating treatments, fat injections are probably one of the lesser known options. While Hyaluronic Acid filler injections like Restylane, Juvederm and Perlane give excellent results, some individuals who have undergone these treatments a number of times find that over time they get what is sometimes called "needle fatigue". They love the results, but are tired of having repeat injections every few months. Occasionally, some individuals find that they metabolize these products more quickly than most people, and their results are shorter lived than they would like. Still others know from the start that they are looking for a more permanent result than the usual injectables can offer. In all of these cases, Fat Injections are something to consider.

Fat Injection, or "Fat grafting" as it is sometimes called, involves a 2 part procedure, the first being harvesting the fat from the person undergoing treatment, and the second being replanting the fat. Both the harvesting and injections are

achieved by means of a canula, or hollow tube. Typical areas where the fat is harvested include the hips and tummy. Typical areas of injection include the cheeks, the temples , the nasolabial fold area, all the areas that are amenable to treatment with other "fillers". The great news about this procedure is that the patient has the added benefit of some contouring of their hips or tummy with the liposucion canula, and the fat that is injected is PERMANENT. So, while the initial cost is higher than the average amount for Restylane or Juvederm, for example, the procedure is really quite economical as the patient benefits from 2 procedures in one, and does not have the expense of multiple repeat injections (some people will require one touch up procedure after the first). If you think you may be a candidate for fat Injections , call 905-273-3045 and book an appointment for a consultation.