

The *BEAUTI-MED* Break

A New Face for a New Day

Summer

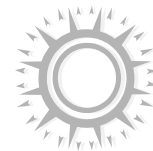
The sun is bidding us adieu again, leaving us in anticipation of the changing season. At *BEAUTI-MED* we are all about change and the positive difference just a little of it can make. For those of you new to our clinic, our newsletter is how we let you know about *our* changes – like our newest procedures, products and promotions. In this issue we will also revisit some of the tried and true procedures we offer that have resulted in beautiful changes for our many clients.

And to each of our clients, a heartfelt **THANK YOU** from myself and my staff for making *BEAUTI-MED* the fastest growing medical aesthetics practice in Western Canada! We hope you enjoy this issue and as always, we welcome your feedback and suggestions. Please e-mail your thoughts to beauti-med@telus.net

Kindest regards and best wishes,
Dr. John Curry, MRCS, Medical Director

Tel: 604-942-8849

www.beauti-med.com



WHAT'S NEWS ~

SUN CORRECTION IN THE 21ST CENTURY ~

Laser Light Treatment that Repairs and Rejuvenates Sun Damaged Skin

PHOTOTHERAPY/ IPL:

Sun damage accumulates with each session of unprotected exposure, aging your appearance long before your time. Tell tale signs of sun damage include broken capillaries, freckles, sunspots, sagging tissue, fine lines and wrinkles. Phototherapy

treatments work to reverse sun damaged skin - renewing your complexion and giving you skin that gets compliments.

The Palomar MediLux™ laser, an intense pulsed light (IPL) system, uses short pulses of laser light to treat damage from sun exposure and pollutants. Phototherapy treatments go far beyond fading creams and lotions which affect only the surface of the skin. Each time the laser is applied to the skin, pulsed light penetrates deep into the dermis, to a cellular level where it reverses and repairs years of accumulated damage.

SUN PROTECTION TRIVIA:

Ancient people used mud, clay and certain opaque oils as sunscreen. Sticky concepts, but they seemed to do the trick. In 1944, pharmacist Benjamin Greene started perfecting a cream that would stop WWII soldiers from getting sunburned. He made it in his wife's oven – talk about cooking up an idea! Coppertone[®] sun lotion was his creation (www.coppertone.ca).

BEFORE - Unretouched Clinical Photo



Vascular Lesions/ Broken Capillaries Facial Area

AFTER - Unretouched Clinical Photo



BEFORE - Unretouched Clinical Photo



Hyperpigmentation/ Solar Lentigos on hand

AFTER – Unretouched Clinical Photo



Skin conditions that can be treated with the Palomar MediLux[™] include:

- Sunspots and Age Spots
- Rosacea and Spider Veins
- Fine Lines
- Acne and Mild Acne Scars
- Large Pores
- Skin Tone and Texture

Typically, between one and three IPL treatments are required to clear the effects of sun damaged skin. Treatment intervals are spaced approximately one month apart. To help maintain results, avoid sun exposure and apply a sunscreen of at least 30 SPF every day. ✨

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NEW! Sp-aah Microdermabrasion or Glycolic Peel with soothing massage and hydrating mask – your skin will love you for it!

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MESOTHERAPY

Flush the fat away

We all try to eat a healthy, carb conscious diet and exercise regularly. That said, the majority of us still have troublesome areas that store reserve fat and cellulite. Approved technology from France now allows us to target such areas with a process that literally flushes fatty deposits away.

Mesotherapy, also known as Liposculpture or Meso-Lipotherapy, was developed in France in 1952 by Dr. Michel Pistor. For over 50 years, more than 15,000 physicians world-wide have used Mesotherapy to treat an array of problems including skin texture, spot fat and difficult-to-treat cellulite.

Mesotherapy has gained immense popularity as an alternative to liposuction, an invasive surgical procedure by which fat is “vacuumed” from the body, requiring significant recovery time.

Mesotherapy consists of painless micro injections into the mesoderm; the layer of adipose fat cells and connective tissues just under the skin. The injections are made up of a combination of a natural substance made from soy - similar to lecithin, FDA-approved medications, amino acids, homeopathic medications, and vitamins.

BEFORE – Unretouched Clinical Photo



AFTER – Unretouched Clinical Photo



This “meso cocktail”, as it is often referred to is administered directly to problem areas to help dissolve fat, flushing it gently and naturally from the body. With Mesotherapy even very hard to treat cellulite can be dramatically improved, reducing that orange peel appearance and leaving you with smooth, more evenly toned, and healthy looking skin. Typically, four sessions performed at two week intervals are required in order to achieve optimum results.

Areas that can be treated with Mesotherapy include:

- Neck
- Upper Arms
- Abdomen
- Waist Line
- Back
- Buttocks
- Bikini
- Thighs

ENDERMOLGY MASSAGE:

Mesotherapy sessions can be maximized when they are performed together with Endermology. Endermology is a “vacuum” like massage that reduces the appearance of cellulite, increases circulation, relieves minor muscle aches and pains, and relaxes minor muscle spasms. Endermology is a non-surgical procedure which can be performed alone or in conjunction with Mesotherapy. As a stand alone treatment, Endermology massage effectively stimulates cellulite prone areas of the body in order to encourage breakdown and flushing of related fatty deposits. When performed in succession with Mesotherapy, Endermology works to accelerate flushing, while stimulating the body’s natural healing processes. ✨

**THERMAGE®
Forget the Knife –
Non-Surgical Face and
Body Lifting are Here!**

Thermage® is a highly advanced, non-surgical procedure that uses thermal radiofrequency (heat energy) to tighten collagen in the skin. Thermage® effectively contours and lifts facial and body skin to reduce the signs of aging.

Areas that can be treated with Thermage[®] include:

NEW! Eye Area

Lift Lower and Upper Eye Lids and Brow - delay cosmetic surgery up to 10 years!

NEW! Body

Lift Thighs, Buttocks, Upper Arms, Upper and Lower abdomen.

Upper Face

Lift Upper Cheek, Temple, Forehead and Brow.

Mid-Face

Lift Mid Cheek and Nasio-Labial area.

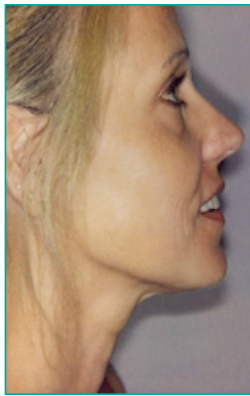
Lower Face

Lift Jowls, Under Chin and Neck.

BEFORE



AFTER



Unretouched Clinical Photos

Thermage works by launching the body's own natural collagen cells into production. During the procedure, surface layers of the skin are protected with a cooling spray while a highly sophisticated treatment tip is placed in contact with the skin. With each placement, the treatment tip emits radiofrequency energy. This energy heats and activates the production of collagen in the lower layers of the dermis - causing it to tighten and lift. New collagen grows over the next 6 months and further tightens the skin to produce a youthful, refreshed appearance. Although some clients report an

earlier response, results typically appear gradually over 2-6 months.

Thermage[®] has rightfully earned its reputation as a highly effective alternative to surgical lifts and tucks.

Patients report that they enjoy the gradual response of Thermage[®] and watching the change in their skin over the months following the procedure. Best of all, it can be your little secret. There is virtually no recovery time with Thermage[®] and you are back to your regular activities the day following your procedure, and there are no tell-tale signs that you have had "something done" such as incision marks or bruising.

Studies have shown that the physiological effects of Thermage[®] on thermal collagen is permanent, however cosmetic effects last approximately 3 years, and subsequent treatments can be performed as required. Although a single treatment has produced good results in a significant number of patients, it should be noted that factors such as unprotected sun exposure, pollution, genetics and lifestyle play an important role in the rate at which collagen is depleted from the skin, causing it to age. ⚙

*Acne breakouts getting you down? Check out **Blue-U Light Therapy and Photodynamic Therapy** featured on the next page, and get clear for the coming school year!*

NEW! Laser Treatment for Rosacea Sufferers

Rosacea is a skin condition which affects the aesthetic and physical health of many people. It occurs primarily on facial skin and is often characterized by redness, discomfort and broken vessels. Rosacea is a progressive, long term disorder that tends to

flare up for a period of time and then subside. There is no cure for Rosacea; however the condition can be very well managed with medical laser treatments.

ClearScan™ from Sciton is new laser technology that effectively shrinks and fades vascular conditions using infrared energy. Treatment with ClearScan™ is a well tolerated procedure in which the laser head is simply placed in contact with the vascular area while emitting a heating energy to the surface layers of the dermis. The heat energy works to shrink inflammation and minimize the discomfort associated with Rosacea.

Skin conditions that can be treated with this procedure include:

- Rosacea
- Redness/ Ruddiness
- Facial Veins
- Broken Capillaries
- Spider Veins
- Telangiectasia (broken vessels)



Unretouched Clinical Photos

Because Rosacea is a chronic condition, treatment is considered a means of controlling the symptoms. Patients can expect to manage symptoms with ongoing treatment at the discretion of patient and doctor. They can also monitor their rate of condition flare up.

After treatment, you may experience some redness and swelling at the treated site, however this will subside within a few hours

to three days depending on the sensitivity of your skin.

There is no anesthetic required to manage this treatment. Patients report that the laser feels like a warm heating sensation much like the feel of warm water trickling over the skin, or the sensation of someone painting the surface of your skin with a soft brush. Treatment time is approximately one half hour per session. There is virtually no down time with this laser treatment, and in most cases you can immediately resume normal activity. ☺

An Ounce of Prevention...

Even on cloudy or hazy days the sun's UV rays still have the ability to penetrate and cause harm. Today's sun care products are lightly textured, and many are unscented and chemical free. Sunscreens are now available for every skin type from dry and sensitive to oily and acne prone. Protecting yourself daily with an SPF of 30 or above is a proactive and responsible approach to sun safety and a necessary part of today's good skin care.

ACNE

Clearly in Control of Problem Skin

Acne is a common skin condition that can occur at any age. Contrary to what many of us have been told, acne is not our fault. It is not caused by junk food, poor hygiene or stress, although in some cases these factors may aggravate an existing problem. Acne pimples, black heads and white heads occur when excess oils from our sebaceous glands become trapped within the skin's pores or follicles and cannot reach the surface of the skin. When oil is trapped, it produces a type of bacteria referred to as P. acnes. This bacterium inflames the skin, resulting in varying degrees of acneic outbreak from mild to severe. Exfoliating acneic skin with

the idea that this alone will unclog pores can aggravate already inflamed skin and spread bacteria to unaffected areas so that breakouts become cyclical and persistent. So, what's the answer?

The key to effective acne control is twofold. Control excess oil, and destroy the P. acnes bacteria before it has a chance to thrive and inflame your skin. Each of these is accomplished, simply and effectively with the BLUE-U ultraviolet light. No more abrasives, harsh oral medications or topical spot treatments. Completely safe with no side effects, BLUE-U Acne Therapy will light the way to clear, blemish-free skin.

Designed to treat mild to moderate acne, BLUE-U Acne Therapy is simple and painless. While you relax in a prone or sitting position, the BLUE-U machine directs a bright blue, cool to the touch light from U shaped bulbs to the acneic areas of your skin. Goggles are worn to protect your eyes from the bright light. The blue light works to kill the P. acnes bacteria on your skin, and to shrink sebaceous glands so that your pores and follicles produce less oil. Existing acne is treated while new acne is prevented.



Unretouched Clinical Photo – Moderate Acne

Most acne patients require 6-10 weekly treatments ranging in duration from 15-45 minutes each. For patients wanting faster results or with more severe forms of acne,

alternative treatment with PhotoDynamic Therapy may be advised. ⚙

PHOTODYNAMIC THERAPY – Serious Therapy for Serious Acne

Photodynamic Therapy (PDT) was initially FDA approved to treat actinic keratosis, an early warning sign of skin cancer due to sun exposure – and has since proven to be a highly effective treatment for an array of skin conditions, including more serious forms of acne such as cystic acne and Acne Vulgaris.

PDT is a light based treatment in which acneic skin is prepared prior to treatment to accept a light source deep into the dermis where cellular changes can occur. Skin is first exfoliated with microdermabrasion to expose newer skin cells and unclog pores and then photosensitized with Levulan, a medicinal agent designed to increase the penetration and intensity of light. Next, skin is treated with pulsed laser light and/ or Blue-U light to repair skin deep within the dermis.



Unretouched Clinical Photo – Acne Vulgaris

On average, 1 to 3 treatments are required to repair damaged skin and clear imperfections.

Tell your friends about us – they've been wondering why you're looking so good!