

RADIANT LIFE[®]

THE AESTHETIC WELLNESS MAGAZINE

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VOLUME 6 • ISSUE 6



Get Wise About
FACIAL
Anti-Aging

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of
**PLASTIC
SURGERY**

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With a
Face Lift

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MEET
DR. TEHRANI
NEW YORK



Kevin Tehrani, M.D., F.A.C.S.

Dr. Kevin Tehrani



Dr. Kevin Tehrani is a highly esteemed New York plastic surgeon renowned for his skillfulness in aesthetic plastic surgery. He is certified by the American Board of Plastic Surgery and is a fellow of the American College of Surgeons. Dr. Tehrani earned his medical degree at SUNY Downstate Medical Center. He completed his general

surgery residency at Beth Israel Medical Center in New York where he was Chief Resident in General Surgery after which he continued his postgraduate training in plastic and reconstructive surgery at Kansas University Medical Center where he again served as Chief Resident. During intense surgical training, he dedicated all of his research and surgical efforts toward patient satisfaction and well-being.

Dr. Tehrani has been active in the academic university setting, using his vast knowledge of plastic surgery to provide instructional courses in aesthetic surgery and laser applications, and has presented both nationally and internationally at major medical symposia. Dr. Tehrani is an outstanding educator in his field which is enhanced by his extensive experience in plastic and reconstructive surgery. Dr. Tehrani holds the academic position of Assistant Clinical Professor in the Dept. of Surgery

at SUNY Downstate Medical Center. He is Chief of the Division of Plastic Surgery at SUNY Downstate Medical Center and is a member of multiple local and national societies including the American Society of Plastic Surgeons and American Society for Aesthetic Plastic Surgery. Recognized for his superior talents, Dr. Tehrani has been published in leading peer reviewed scientific journals, cementing his position as a leading New York plastic surgeon.

Believing that plastic surgery can be the ultimate expression of art in surgery, Dr. Tehrani relentlessly strives for exceptional care and results for his patients. He is the founder and director of Aristocrat Plastic Surgery & MedAesthetics with offices in Manhattan and Great Neck, Long Island. He served as Lieutenant Commander in Naval Reserves Medical Corps. He volunteers his surgical expertise to under developed countries for children with congenital and acquired defects. Dr. Tehrani has admitting and operative privileges at numerous prestigious hospitals.

When patients meet Dr. Tehrani, their experience greatly exceeds their expectations. At Aristocrat Plastic Surgery & MedAesthetics, Dr. Tehrani has created a luxurious and beautiful spa atmosphere where patients are pampered by all clinical and non-clinical staff from the moment they walk through the door. Dr. Tehrani has an indescribable way about him and immediately establishes a connection with patients which translates into confidence, trust and loyalty. When you become a patient of Dr. Tehrani's practice, you are made to feel as if you are the only patient, and your needs and desires are the utmost importance no matter what time of the day you need him. Dr. Tehrani has a true passion for art and design which translates into patient outcomes that far exceed his peers.

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A message from our PUBLISHER

Dear Readers,



With the holidays here, it's time to think of gift giving. We have many suggestions in our article, "Giving the Gift of Plastic Surgery". The Mommy Makeover is very popular. It often includes breast augmentation, tummy tuck and liposuction. If she hasn't had plastic surgery before, but has hinted every so often, this would make an excellent gift. Another suggestion is medical grade skincare. Medical grade skincare offers a higher concentration level of ingredients when compared to store bought products. She will think of you every time she looks in the mirror.

With millions of people tuning into anti-aging for the face, we've tuned into trending in anti-aging to check the pulse on American faces. There's always something new and innovative happening in anti-aging for the face. Supporting a healthy diet and exercise routine with the advanced approaches found on Page 22 has been the latest overall trend. First, note that there are three ways in which a face ages, including: 1) skin damage from the sun and smoking; 2) volume loss; and 3) sagging. Now, it's time to "Get Wise about Facial Anti-Aging".

It used to be that aesthetics, cosmetic procedures, and plastic surgery were only for women. More recently, there have been an increasing number of men who are interested in aesthetics for every part of their body and face. No longer does the average male shy away from medical grade skincare, injectables and facial plastic surgery. The rough look may still be in, but facial aesthetics take men into the next dimension. So, ladies, why not give the man in your life a gift that keeps on giving. He'll love you for it.

Living well has been a goal for many during the course of their lifetime. At every age, we learn about different aspects of healthy living. Many studies have demonstrated the benefits of living well. Of course, we all know the basics. Still, there's a lot more you may learn in our article "Living Well Today for Enhanced Tomorrows".

Wishing you, your family and friends a healthy and joyous holiday! Let's get together again in the New Year.

Debbie Taylor



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Consider that you've done your research about the plastic surgery procedure of your choice. You've searched the Internet, investigated board certification, viewed before and after photos and witnessed the benefits firsthand from others who have had plastic surgery. Now it's time to consult with the plastic surgeon of your choice about the procedure. Cosmetic surgeons are known for taking extensive time with people in consultation for plastic surgery. Yet, your own personal checklist can help remind you to discuss these items that may make a difference in plastic surgery treatment.

1. **Identify the type of board certification, hospital affiliation, hospital privileges for procedures, membership in organizations and continuing education classes of the surgeon.**
2. **Identify how many times the surgeon has performed the procedure.** Inquire about complication rates and the reasons for complications. Complications are rare, but some complications may be unavoidable for select individuals.
3. **Identify the type of facility that the procedure will be performed in and ask about accreditation of the facility.** Inquire about equipment that is accessible to the facility such as a respirator and tools to maintain body heat during and after surgery.
4. **Inquire about the type of support that is provided to you following the procedure and during the recovery period.**
5. **Understand alternatives to the procedure.**
6. **Prepare a list of your medical history,** including: medical conditions, allergies, prescription drugs, over-the-counter medications, herbal supplements and vitamins. Inform the surgeon if you or a family member had a previous adverse reaction to anesthesia. Do not fail to disclose this information in consultation with the surgeon.
7. **If you smoke, quit smoking weeks before the procedure** and refrain from smoking following the procedure.
8. **Maintain a list of pre- and post-operative instructions** that is readily available to you at home. Do not miss completing any of the instructions.
9. **Inquire with the surgeon about the need for recovery aids,** patient comforts and healing remedies before the procedure. Purchase such items before your plastic surgery procedure.
10. **Have an escort drive you home** and stay with you for the time that your surgeon requires you have assistance.

The Top 5 Recovery Tips

1. **Schedule adequate time off** for the recovery period.
2. **Purchase recovery aids** such as elevation pillows and compression garments before surgery. Have ice packs, ice chips and gauze on hand for swelling. Purchase appropriate foods and drinks. Sensitive areas such as the facial features may fare better with gauze that has been soaked in ice chips.
3. **Keep a positive attitude.** Do not be discouraged if you don't look your best following surgery. The final results take time.
4. **Follow the instructions of your surgeon,** including showering, medications, and activity restrictions, such as refraining from exercise and sun as well as fluid and diet intake recommendations.
5. **Contact your surgeon immediately about any adverse reactions.**

Reduce Pre-op Anxiety- Be Prepared

The normal human response to the new, the unknown or the uncertain is stress, worry, fear, and anxiety. Plastic surgeons and their office staff members are not only medical and technical professionals, but they know that a patient's well-being often means dealing with his or her very real concerns, whether it is from actual bad experiences or mental and emotional uneasiness. Alleviating anxiety is as much of a partnership between doctor and patient as the actual treatment being performed. There is a right course of action that brings peace to the patient.

Get the Right Information

There is no such thing as "too much information" for a prospective plastic surgery patient. Plastic surgeons are not threatened by questions, they invite them. You are the best manager of your own health, bar none.

Get the Right Medication

Sometimes simple or even lengthy explanations aren't enough to calm a patient prior to surgery. At that point, many plastic surgeons may administer some prescription anti-anxiety or antidepressant meds to mellow things out in the days leading up to the procedure.

Get Proper Rest and Relaxation

Anxiety can affect moods and sleep patterns. It is vital to get proper rest and do as much as possible to remove any avoidable stress-causing situations from a patient's life before the procedure.

Get Prepared for After-Care

For a smooth transition into recovery mode, it is optimal to have everything ready and in place once you arrive home after treatment.

Reducing your anxiety is about being informed and also looking forward confidently to the new you.

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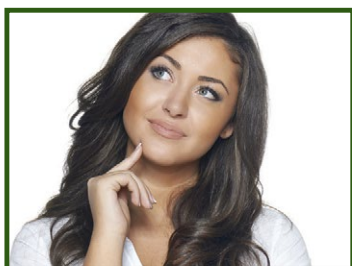


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Giving the Gift of Plastic Surgery

Is That All She Wants?

Plastic surgery is quite popular. The idea of plastic surgery that is both appealing and long lasting is very appealing for women from the age of 18 and up. In fact, many women wait until after they have their children to proceed with plastic surgery procedures. Too, it is not uncommon for women in their 50's to decide upon plastic surgery. Regardless of age and situation, plastic surgery is also a common gift to give these days. After all, Farrah Fawcett tops the list for a beautiful face and body that those interested in plastic surgery during the 70s wanted to model after. By the 90's, the most appealing high definition look was evident in Cindy Crawford and those interested in plastic surgery sought after such looks. Catherine Zeta-Jones' features offer the signature of beauty in the 2000's. Your woman's desires in 2014 may not be much different than the models of beauty in the past, but today, there's so much more to offer.

If she already loves plastic surgery, know there is a good percentage of women who elect to have more than one plastic surgery procedure in the course of their lifetime. They may even elect to have another plastic surgery procedure performed at the same time as another procedure. The Mommy Makeover is one example. The Mommy Makeover typically combines more than one plastic surgery procedure to achieve a highly satisfactory result. The

Mommy Makeover often includes the tummy tuck and liposuction, besides breast augmentation, breast lift or a combination of breast procedures. If she hasn't had plastic surgery before, but has hinted every so often, it might not be such a bad idea to embrace plastic surgery now.

Let's check out some of the other cosmetic treats that SHE may likely want, if interested in plastic surgery.

Medical Grade Skincare. Medical grade

skincare offers a higher concentration level of ingredients when compared to store bought products. This concentration level deeply penetrates your skin. Regular facial treatments for advanced skin exfoliation, renewable detoxification and regular black and whitehead extractions are still helpful. Still, medical grade skincare is designed to preserve your youthful skin for many years.

Injectables and Facial Fillers. Botox Cosmetic® Injectable is designed to prevent and treat dynamic wrinkles caused by facial movement for up to 6 months. ThermiRase™ is a micro-invasive procedure that applies radio frequency energy to selected nerves to release contractions causing frown lines between the brows and on the forehead. It's a wonderful alternative to neurotoxins with longevity of more than a year for nearly 80% of recent study participants. The results are immediate. Facial fillers like Juvederm® build volume in the treatment area to fill in areas of volume loss, such as, smile lines. ThermiSmooth™ stimulates fibroblasts to produce new collagen over a period of time which smoothes out lines in the lip to nose area and smile line area, as well as, dramatically diminishes upper eyelid sagging. ThermiTight™ for Skin Tightening uses a novel radio frequency treatment device to tighten loose skin and treat small fat deposits under the chin. The results build over time. So, a combination may be required to treat different types of aging signs for a naturally more youthful look.

Fat Reduction Procedure. The right choice depends upon the degree and characteristics of your excess fat deposits to be removed. With that being said, liposuction is still the traditional means for fat reduction. This involves tiny incisions and the insertion of a cannula device (vacuum like) to suction out the fat. Cool Sculpting offers the freezing of fat through a non-surgical, no downtime choice. This means no knives or needles! To enhance your appearance after weight loss or for those little pockets of fat that don't respond to exercise, it's important to plan ahead!

Cellulite Reduction. Cellulaze involves the use of the only FDA approved device for cellulite reduction. Whether you are concerned about diminishing cellulite on

the arms, chest, abdomen, waist, back hips, buttocks, inner thighs, outer thighs, and/or knees, Cellulaze may be the solution you are looking for.

Back Line Procedure. Your partner's back is the one area that may defy all attempts at exercise and diet. From little bumps and bulges to large back rolls, these unsightly features can be very stubborn, particularly for people over 35. The condition is often the result of sagging skin due to aging, sun exposure or massive weight loss. On the up side, liposuction and the back lift can indeed diminish those difficult bumps, bulges and rolls. The recovery is usually approximately two weeks. An alternative might be ThermiTight™ which uses a novel radio frequency treatment device to tighten loose skin and treat small fat deposits on the back, even the arms, legs, and under the chin. The results build over time.

Breast Augmentation. Breast augmentation is typically both a female and male treat. Offered in saline and silicone variations, breast augmentation lends long lasting enhancing results. In addition, many women experience a boost in confidence that enhances life in more ways than one.

Breast Lift. Breast Lift techniques have improved to reduce the extent of incisions in select cases. The good news is that scarring remedies have improved to reduce the risk of excess scarring and allow for better fading of the scars. The breast lift is wonderful to remove excess skin, reposition existing breast tissue and improve breast sagginess.


Mini Tummy Tuck and the Tummy Tuck. Both the Mini Tummy Tuck and Traditional Tummy Tuck procedures offer a mean to tighten lax abdominal muscles and relieve a protruding abdomen. Excess skin may also be

trimmed for a refined appearance. The mini tummy tuck treats the area from the pelvic bone down, while the traditional tummy tuck treats the area from the navel down.



Buttocks Lift. Buttocks Lift was traditionally performed via butt implants. Today, a buttocks lift may be achieved with Fat Transfers: During this highly technique driven procedure, your own fat is transferred from a fatty area to your buttocks. Repeat sessions may be required to achieve fully satisfactory results. Still, the results can be everlasting.

Vaginal Rejuvenation. During vaginal delivery, the labia may stretch, tear or be otherwise damaged. This may make wearing underwear and bathing suits uncomfortable. This may also affect intimacy with your partner. The vaginal rejuvenation procedure is appealing for these reasons. In addition, recovery time is usually less than a week.

The Supermodel phase of the 90's changed the shape of beauty, exemplified by Linda Evangelista, Christy Turlington and Claudia Schiffer. Since then, their youthful looks have spanned generations. Your woman's can too, and best of all, for a reasonable price, by visiting with a plastic surgeon. 

Achieving Natural Beauty

*With the
Help of a
Top Rated
Plastic
Surgeon*



While there is no such thing as a 'Fountain of Youth', many have experienced the wonderful rejuvenating benefits from facial and bodily procedures designed to enhance your appearance. Add to this the enhancement that many experience in their intimate, social and professional aspects of life, it is no wonder that cosmetic procedures are popular, especially for those who want to stay ahead of aging. Now, you can reap the rewards of lessons learned in previous

years to benefit from the many cutting edge advancements with Cosmetic Enhancements by Dr. Tehrani. Dr. Tehrani is considered a top rated board certified plastic surgeon who graduated from school following training that offered the gold standard approaches. Since then, Dr. Tehrani has kept current on all of the latest techniques and technology to specialize in all of the best facial and body procedures at his practice for over twelve years. As he

explained, "You really need to be on the frontlines to offer the best approaches and to deliver the best results. I take pride in exceeding expectations in this area. I take time to investigate new technology and techniques to sift through those that are tried and true so I can reproduce optimal results in my practice. I am a perfectionist to a fault. Many people interested in aesthetic procedures today opt for minimally and non-invasive approaches that do not

require downtime. My mission has been to meet this request and I do so with the assistance of less invasive technology. At my practice, it is not uncommon for women interested in a tummy tuck to receive liposuction and laser therapy instead of the more invasive tummy tuck when possible. Instead of a traditional invasive face lift, my face lifts tend to be less invasive. In short, I am a patient advocate. I have a reputation to maintain and my patients trust me as their advocate."

When queried about anti-aging, Dr. Tehrani offered his Top Tips. This includes: weight control through proper diet and exercise; hormonal balance; vitamin D efficiency which when deficient can adversely affect weight; and maintaining the health of cells through vitamins and/or supplements. Dr. Tehrani has also added bio identical hormones to the mix of his offerings. His PA performs an extensive panel to obtain readings on your hormone levels, antioxidant counts, heavy metal screening and a physical exam to develop the precise formulation you will need to optimize overall health. Dr. Tehrani also believes that environmental factors can play a significant role in aging. As such, he advocates for daily year round sun protection and daily cleansing with a bioactive material (vitamin C, Retinol or Retin A). For wrinkle prevention, it's wise to consider injectables for around your eyes, between your brows and on your forehead before aging sets in. This will prevent facial creases in these areas. Facial Fillers serve a unique purpose for building volume in your cheeks or filling in smile lines. As such, there is a host to choose from including: Juvederm®, Voluma®, Restylane® and more, depending upon your anatomical features and the region on your face that requires treatment. For skin tightening, there is Ulthera for under the skin layer tightening and Thermi RF for skin tightening. In fact, before Dr. Tehrani committed to Thermi Aesthetics products, he spoke with many patients to find it was a nice

niche for loose skin. With just few days of downtime and wonderful skin tightening results, Dr. Tehrani couldn't resist but to invest in the technology. Thermi even works well for other applications, such as for gentlemen who lose weight, but are bothered by a pouch that they want to get rid of.

"In terms of what is most misunderstood by consumers about plastic surgery, the answer is two fold according to Dr. Tehrani. In general, many are misinformed about injectables. It's vital for consumers to know that injectables are a highly technique driven procedures. Also, cosmetic procedures are not just for the rich and famous. Many consider cosmetic procedures just as routine as hair and nails, understanding its clinical and professional elements."

The goal of cosmetic plastic surgery is to bring a patient's self-image into better balance; and by so doing, not only improve a face and body, but also achieve something deeper and more far-reaching—that elusive quality of leveraged self-esteem and a positive self-image. Dr. Tehrani is a top rated board certified plastic surgeon who can bring your goals to fruition. A preventative approach before aging sets in is wisest to commence in the late 20's and early 30's. This type of regimen helps preserve your youthful skin for up to 20 years. Depending upon the extent of aging on your face, you may need to blend different treatment protocols, each of which does one or two things therapeutically, but none of which can "do them all." Aging tends to initially show around your eyes, at the corners of your mouth, in the lines between your eyes and your nose, or your nose and your lips – this is where fillers and neuro-modulators can do their best work. The good news is that today, you can decide what makes you unhappy – or you and Dr. Tehrani can work together to come up with the approach most likely to give you the youthful, vibrant appearance that you deserve ... naturally.

Dr. Tehrani is dialed in to all that you need. Not only board certified by the American Board of Plastic Surgery, Dr. Tehrani is a fellow of the American College of Surgeons. He is the founder and director of Aristocrat Plastic Surgery & Medaesthetics with offices in Manhattan and Great Neck, Long Island. He is Chief of the Division of Plastic Surgery at SUNY Downstate Medical Center and is a member of multiple local and national societies including the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery. He's been nominated and voted by his peers and colleagues to be one of the Top 10 Plastic Surgeons in New York. Dr. Tehrani earned his medical degree at SUNY Downstate Medical Center. Then, he completed his general surgery residency at Beth Israel Medical Center in New York where he was Chief Resident in General Surgery. He continued his postgraduate training in plastic and reconstructive surgery at Kansas University Medical Center where he again served as Chief Resident. Dr. Tehrani has admitting and operative privileges at numerous hospitals.

Dr. Tehrani holds the academic position of Assistant Clinical Professor in the Dept. of Surgery at SUNY Downstate Medical Center. He uses his vast knowledge of plastic surgery to provide instructional courses in aesthetic surgery and has presented internationally at major medical symposia. Recognized for his superior talents, Dr. Tehrani has been published in leading peer reviewed scientific journals. During intense surgical training, he dedicated all of his research and surgical efforts toward patient satisfaction and well-being. He served as Lieutenant Commander in Naval Reserves Medical Corps. He volunteers his surgical expertise to under developed countries for children with congenital and acquired defects. Dr. Kevin Tehrani was raised on Long Island and currently lives in Manhattan with his wife Leontine, son Jude and daughter Kaelin.

Men Check into Aesthetics

It used to be that aesthetics, cosmetic procedures, and plastic surgery were only for women. More recently, there have been an increasing number of men who are interested in aesthetics for every part of their bodies and faces.

Body contouring procedures, such as liposuction, body lift, butt lift and tummy tuck have been very popular for women in every demographic for over a decade. But men are just as interested in these procedures as of recently. Certainly, the reasons are not due to stubborn fat deposits caused by pregnancy that do not respond to diet and exercise. Many men have become interested in body contouring for several other reasons, as follows. In addition, no longer does the average male shy away from medical grade skincare, injectables and facial plastic surgery. The rough look may still be in, but facial aesthetics take men into the next dimension. We invite all men to learn more!

Male Breast

Reduction: The number of men who have over sized breasts and seek out male breast reduction has increased. The reasons for over-sized breasts include steroid use, body building, and medication side effects.

Genetics may also be at the root of over-sized breasts. Male breast reduction alleviates this strain. The good news is that the procedure offers a speedy recovery and the results are quite complimentary.

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Body Lift: Many men who have had weight loss surgery are turning to the body lift procedures to remove excess leftover skin on the flanks, abdomen, back, arms and thighs. The body lift procedures are often the final step in a transformation that can last for many years to come. The body lift can vastly enhance social relationships and professional life as well.

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Liposuction: There are many men who experience troublesome fat deposits that simply do not respond to exercise or diet. These types of fat deposits are just not designed that way. In this case, liposuction is a great answer to achieve a more toned appearance. Liposuction for men is popular for



the abdomen, hips, and back. Men may also be able to achieve a ribbed six pack appearance with certain liposuction techniques.

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Medical Grade Skincare: Time waits for no one. Men in their 20's and 30's are turning to medical grade skincare to preserve more youthfulness in later years. At this time, men may only need one product to achieve highly satisfactory results. By late 30's, 40's and beyond, the solution may be bottled up in two products and injectables, laying the groundwork for a simple routine that may turn back the hands of time.


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Injectables: Aging tends to initially show around your eyes, at the

corners of your mouth, in the lines between your eyes and your nose, or your nose and your lips – this is where fillers and Botox comes in. Botox Cosmetic will prevent and treat wrinkles caused by muscle movement, while facial fillers add volume to fill in smile lines, nose to mouth lines and more.

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Facelift: In later years, a facelift with or without other adjuncts to treatment may be more appropriate. Some men are opting for the mini facelift in the early 40's to postpone the need for more invasive surgery. Other men prefer to wait and achieve benefits that turn back the hands of time for up to ten years.

It is no wonder that aesthetic procedures for men are popular,

especially for baby boomers and those who want to stay ahead of aging. Now, you can reap the rewards of lessons learned in previous years to benefits from the many cutting edge advancements with Cosmetic Enhancements.

If you want a more youthful, more rested and more naturally beautiful appearance, all of which have passed a test of time for safety and effectiveness, we invite you to consider cosmetic procedures. Whether it's to remain competitive in a difficult job market, to share in an enhanced intimate experience with your significant other, or to boost your self-image for greater confidence, aesthetic treatment for men may be right for you this season. 

Attn: All Men: Must Haves for Anti-Aging

The good news for men is that today, you can decide what you want to be your anti-aging routine. The approach you take will most likely give you the youthful, vibrant appearance that you desire and deserve. In the meantime, we have a few must haves for every man to maintain a more youthful appearance.

All-spectrum or multi-spectrum Sun Screen with an SPF-30 rating to preserve youthful skin and prevent skin cancer. Use year round at all times and reapply every hour in summer and after sweating.

Polarized Sunglasses to cut the glare and stop you from squinting which is one of the many causes of wrinkles.

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 Reading Glasses, Bifocal Lenses or a New Prescription may be in need to prevent wrinkles if you squint when you read a book, your phone iPad or computer screen.

Improved Eco Friendly Lighting may be wise to adjust your reading light and the contrast between your iPad or computer screen and ambient light.

Jaw Twisting Stoppers, such as, mouth guards for sleeping help preserve youthfulness throughout the jaw area and around the mouth. So, check in with your dentist. This includes Clenching and Grimacing Teeth!



Changing the Worlds of ANTI-AGING & NATURAL BEAUTY... One Patient at a Time



**KEVIN
O'BRIEN**
PRESIDENT OF THERMIAESTHETICS

The past 25 years have seen dramatic changes in the way aesthetic beauty care is created. Severe, irreversible and invasive surgical treatments are no longer the first choice for those just starting to show the effects of natural aging.

Today, for instance, face lifts – once being sought after by women as young as their late 30s, are now the final level of beauty care for those who have entered their sixties, and beyond.

This tidal wave of change has been driven by new technologies – each of them was revolutionary in their day, but today, most of them now increasingly limited to those with severe cosmetic needs. Instead of lifts and tucks – or even liposuction for many needs – less drastic, gentler and far more effective treatments are becoming the norm.

In addition, the profile of the cosmetic and aesthetic patient has changed. Where once she was 45-plus, with increasingly serious signs of personal aging, she is now both he-and-she, and they often begin in their 20s. There are now three distinct age groups where patients receive different care, each type of care specifically intended for their age group and natural anti-aging needs.

The youngest are in their 20s, up to age 35, and their care is primarily on the surface, though they will also receive Botox or other neuro-modulators, along with fillers to reshape the flow of the skin to retain a more naturally youthful appearance. Microdermabrasion, chemical peels, laser skin treatments and a host of other tech-driven care also

serves the needs of those in their 20s and early 30s.

From about 35 to 55 – the age range which has seen the most benefit from technological breakthroughs – superficial treatments and minimally-invasive Botox and fillers can no longer effectively halt – let alone reverse – the apparent natural aging of the skin. Here is where technology-driven treatments to literally shrink the skin – as well as providing much longer-lasting tech alternatives to injectables and fillers – to sustain and even reverse the natural appearance of aging.

Finally, for those above age 55, the needs of aging skin often call for surgical treatments to remove or tighten sagging skin suffering from an excess of laxity. But even here, both the Botox/filler regimen and the subcutaneous skin-tightening treatments that were useful when patients were younger can still work in cooperation with the surgery to provide the maximum, natural-looking benefits for patients.

While all of this is important, those new technologies allowing patients to take advantage of totally non-invasive surface-level dermatology treatments, along with minimally-invasive treatments that work right under the surface of the skin – this is where the real breakthroughs are being made.

Kevin O'Brien is the President of ThermiAesthetics, a fast-emerging leader in the tech-driven fields of skin tightening, technology-based alternatives to Botox, and even to previously-impossible surface-only skin tightening in delicate areas, such as around the eyes. His company's technology is all based

around the use of focused radio frequency energy to literally place a carefully metered level of heat to a precise location, where that heat can do the most good.



“Our peer-reviewed, FDA-approved technology does one of three things,” O'Brien explained. “Our most popular treatment, ThermiTight™, actually tightens the skin tissue while literally melting fat cells. It is used primarily in the lower face, the neck, the arms and other problem areas. It can replace liposuction – but more important, it can tighten skin and remove fat in areas never “open” to liposuction treatments.

“Our second procedure, ThermiRase™,” he said, “is a peer-reviewed micro-injectable way of putting just the right amount of therapeutic heat on selected nerves to accomplish what Botox achieves – but our treatments last for years, not months, as they take away frown lines, restoring a peaceful and more youthful look.

“Our final procedures, ThermiSmooth™, O'Brien pointed out, “uses the topical, totally non-invasive application of gentle heat to treat fine lines and wrinkles,

THERMiAesthetics™

often around the eyes. It removes circles and other aging lines with a procedure that patients say “feels like a warm, moist massage that I wish would never end.” But end it does, and when it does, the patient looks naturally younger, more well-rested and even happier than prior to the treatment.”

The ThermiAesthetics technology is built

around three primary tools. First, there's the heat applicator, a wand-like radio frequency (RF) device that actually places the heat on or just under the skin, allowing doctors to literally sculpt the tissues being treated. Next is a sophisticated infrared video camera that, linked to a large flat screen monitor, allows the doctor to see the skin's exact temperature in real time, guiding his every move. Finally Thermi provides doctors with a specially-developed computer to help regulate the heat, second by second, centimeter by centimeter, as the doctor provides pinpoint treatment that shrinks skin, paralyzes “wrinkle-causing” nerves and softens and relaxes the tissues around the eyes.

“We have not only created this technology,” O'Brien explained. “We created a Clinical Advisory Council of advanced physicians – men and women who have the soul of researchers, every bit as much as they are committed patient-care therapists. These remarkable physicians have helped us to develop medically-sound treatment protocols, as well as helping new-to-our-technology physicians transition quickly into skilled Thermi professionals. These new physicians often become active members of our Council as well, adding their own patient care ideas and innovations to the cause of helping all of our physicians meet all of their patients needs.

“We, and all of our physicians, are driven by what physicians call the “holy grail” of aesthetic medical care – the three things that every patient looks for ... and hopes for. Measurable effectiveness, seen almost immediately, Little or no down-time, and, No pain!”

“Following guidelines established by our Clinical Advisory Council,” O'Brien said, “physicians can insure that their patient treatments are painless. Based on our refined technology, there is little or no down time, even for the most intensive treatments. Finally, because of how RF treatments work, results are seen almost immediately, and they stay visible for at least a year, and often much longer. In addition, repeat treatments have been proven to not only make their effect known more quickly, but to last longer.”



THERMiTight™

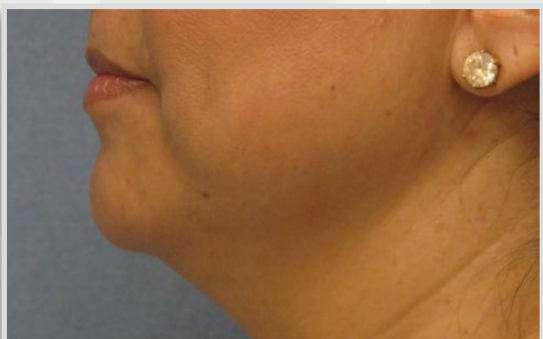


BEFORE



AFTER 4 MONTHS

DOUGLAS KEY, MD



BEFORE



AFTER 6 MONTHS

BRIAN KINNEY, MD

THERMiSmooth™



BEFORE



AFTER 2 TREATMENTS

DENIS BRANSON, MD

THERMiRase™



BEFORE



AFTER 12 WEEKS

JEFFREY CARUTH, MD

Putting Your Cheer On With a Face Lift

After a face lift, your driver's license may state your age as 37, 42, 55, or 62, but many still picture themselves in their 20s. Some plastic surgery procedures offer dramatic, long lasting results which have been known to pay other life enhancing dividends. A face lift is one such procedure.



The countdown is on. It could be just weeks until your next date, adventure, job or milestone of any other type. There are many great times to look forward to with precious loved ones and friends, especially after a face lift. It's also a great time to meet new people for networking or more relationships. And of course, it's a new beginning after a face lift because you've turned back the hands of time. Finally, it's a great time of year for a face lift to help you put your best face forward any ole time.

If you are interested in a face lift, you can be assured that the goal will be to smooth loose skin on your face and neck, tighten underlying tissue, and remove excess fat through incisions that are hidden as much as possible. If necessary, a turkey waddle appearance on the neck may be improved.

One of the biggest advantages in having a face lift today is recovery time for the vast majority. Many women and men qualify for less invasive face lift techniques to benefit from a smoother recovery time frame and a shorter one. These techniques are known to help prevent late stage aging and postpone more invasive surgery, while providing subtle, short term results following a 5 to 10 day recovery period on average. There is the mid face lift to treat the area from the lower eyelid to the upper lip and cheek for people in the moderate aging phase which may require up to 14 days recovery. The results of the mid face lift can last for 10 or more years and are highly complementary. There is also the face lift neck lift combination which offers the most dramatic enhancement to diminish facial sagging and wrinkles. This procedure, too, can require up to 14 days recovery, but results can last ten to fifteen years for a renewed new look.

During the procedure, your facial skin will be separated from your underlying tissue and the



The results of the mid face lift can last for 10 or more years and are highly complementary

excess will be trimmed. If more youthful contouring to your face is necessary, your deeper tissues may be repositioned. A small incision under your chin may be made to treat a turkey waddle. For less skin removal requirements, a less invasive endoscopic lift may be performed through inconspicuous incisions. For more pronounced sagging in the cheek area, a mid-face lift may be performed through an eyelid incision or others in a superior location for access to the treatment area.

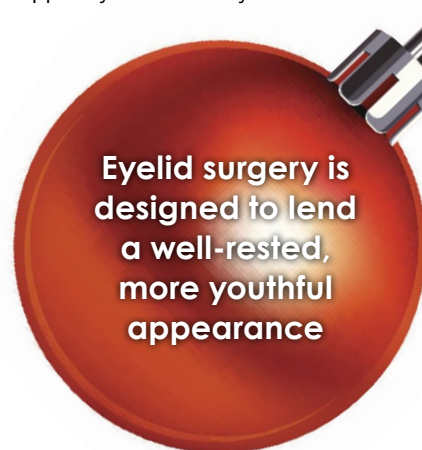
Some women and men elect to have additional facial procedures performed in conjunction with a face lift or face neck lift combination, including:

- For fine lines and wrinkles around your eyes, brows, or forehead check out Botox® Cosmetic for immediate significant results at a sensible price. Following a few quick injections, you can begin to see results that build over a week's time. This is because Botox releases the contractions that cause many lines in crow's feet, for example. Everlasting results to set off your features can be achieved by continuing with treatments every three to four months. Alternatively or as an adjunct, consider ThermiRase™, a micro-invasive procedure that applies radio frequency energy to selected nerves to release contractions causing frown lines between the brows and on the forehead. Longevity is expected

to be more than a year for the vast majority, based on study results. The results are immediate.

- For mild to moderate lines, investigate ThermiSmooth™ which stimulates fibroblasts to produce new collagen over a period of time which smoothes out lines in the lip to nose area and smile line area, as well as, dramatically diminishes upper eyelid sagging.

- For more significant eyelid rejuvenation, eyelid surgery is designed to lend a well-rested, more youthful appearance. The procedure may truly accent your eyes to create balance and harmony for your other facial features. While the recovery may be up to two weeks, the vast majority do not mind because the results last ten years or more. For everlasting results, you may require a touch up. Of course, big, bright eyes and long, thick eyelashes are highly desirable among women and men. One of the simplest means to accentuate your eyes is with Latisse®. Latisse® is filled with a bimatoprost ophthalmic solution that can be applied to the upper eyelashes daily



Eyelid surgery is designed to lend a well-rested, more youthful appearance

for a few months, revealing enhanced eyes. Typically, results produce double thickness and fullness for your eyelashes, as well as, a significant increase in length and darkness. It's priced to sell as well. So, it makes a worthwhile solution for most anyone.

- For deep forehead





lines
and
hooded

eyebrows, the Forehead Lift refines your forehead by lifting your forehead to diminish wrinkles and hooded eyebrows. Recovery for the forehead lift

is a week to ten days, but the results offer a dramatic change that lasts for ten or more years. Some people combine the forehead lift with injectables for later stage aging.

- For nasal imperfections, nose surgery is a popular facial plastic surgery procedure. Nose surgery artistically and scientifically brings balance and harmony to your face, while improving breathing when necessary. With the advantage of a week's recovery through the surgical approach, many can easily fit nose surgery into their calendar. Alternatively, nose reshaping may be performed with the use of facial fillers in select minor cases which allows for immediate results and no downtime.

- For protruding ears, ear surgery, also known as otoplasty, accents your ears in a beautiful way to compliment your facial features and add balance and harmony to your face. The good news is that recovery is not typically longer than a week, so you can be ready for most any gala with a little planning.

Select plastic surgeons are highly skilled in face lift techniques to identify the best approach for your face lift. When your plastic surgeon designs a face lift, he or she brings out your more youthful features, while down playing your aging signs. This season, consult with a plastic surgeon! A face lift may be the best gift you can give yourself and loved ones. The best part of a face lift is that the procedure can turn back the hands of time. The idea of more youthfulness is welcoming any time of year. **RLM**

Facial Reconstructive Surgery Being Reshaped?

Facial reconstructive surgery may be one of the most difficult types of surgery to perform. The bones, sinuses, tissues and other components of the mid face are very delicate and prone to infection when compared to other areas of the body. There is also repeated movements of the mid face area, making it more prone to wear and tear, breathing or swallowing difficulty. Face lift techniques must be highly refined to provide an optimal outcome for people interested in a face lift.

Some people interested in facial reconstructive surgery may be presented with the option of custom made bone implants, capable of optimizing shape, fit and function for people in need of facial reconstructive surgery.

Traditionally, patients in need of facial reconstructive surgery

require bone harvesting from another area of the body. Yet, The University of Illinois and the Ohio State University Medical Center find promise in artificial bone replacements announced in the July edition of the Proceedings of the National Academy of Sciences, using an applied engineering design technique called topology optimization. Currently there are cheek implants that may be used as an adjunct to treatment in the face lift procedure. Yet, these new bone replacements appear to meet the

unique needs for the mid face.

First, researchers utilized 3-d modeling to design the appropriate structures for requirements of space, holes and material. The approach integrates framework concepts from medicine, mathematics, mechanics, and computations. These bone replacements offer flexibility required for the mid face.

The findings represent a pathway for improved tissue engineering methods to ultimately develop living bone replacements that may someday be mainstream.



Tummy Tuck Variations:

Wait Until You See What's In Store!



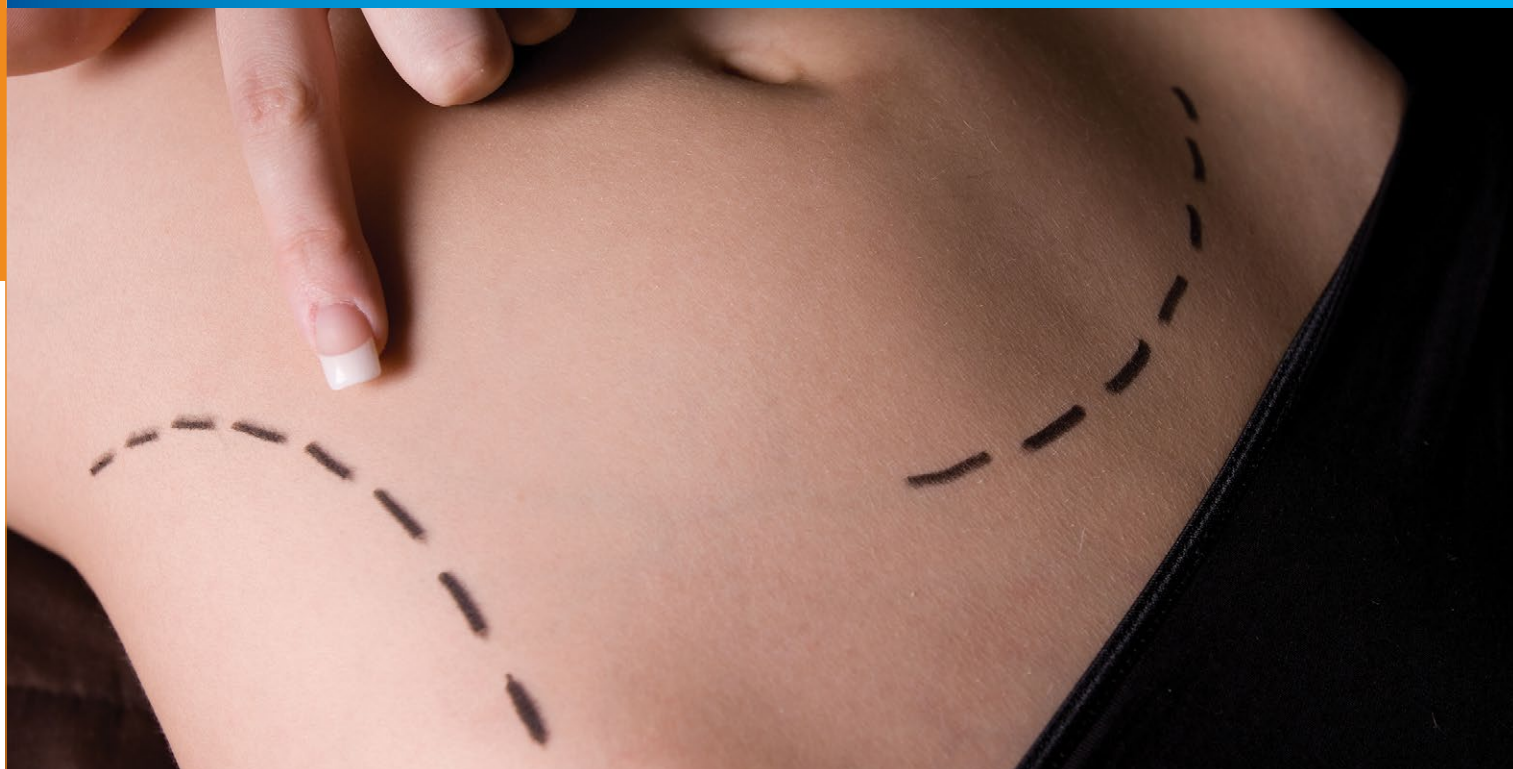
Tummy Tuck variations may mean different things to different people. The right choice for the abdomen is highly individualized. During consultation with your plastic surgeon, he or she must distinguish between lax muscles, superficial fat deposits and the extent thereof, and inner abdominal fat surrounding intestinal content and storage that is not surgically removable. Many mothers from 35 to 45 who may have children almost grown decide on a Tummy Tuck and often a breast enhancement procedure, which may be referred to as a Mommy Makeover. There is also a significant increasing number of

women who had weight loss surgery that are interested in the Tummy Tuck today. In essence, a Tummy Tuck may be appropriate for a woman who has lost excessive weight and has excess skin, those with medical conditions, such as a rash due to a protrusion of the abdomen; and those with a lower abdominal pouch, such as a Mom.

There are a variety of reasons that may make a Tummy Tuck the right choice. From the start, it is important to identify what is your healthy goal weight. Ideally, many plastic surgeons recommend that the time to get serious about a Tummy Tuck is when you are within 25% of your goal weight.

Imagine how much your tummy can deflate by losing 5 lbs., the equivalent of a 5 lb. bag of sugar. Then, think about 10 lbs. Losing weight can make a big difference for many women. Plastic surgeons extend consultations to women with big round tummies; big pouch tummies that hang over the belt; pear shaped tummies; and banana shaped tummies after the birth of twins. All of which may be aided. So, we checked in with some of the nation's leading plastic surgeons to learn about the latest in Tummy Tuck Variations and alternatives to serve our readers.





When Is A Tummy Tuck The Right Choice?

Abdominal contouring can be accomplished as a non-invasive, minimally invasive, or open surgical procedure. The decision which to have (or which combination to have) will depend on factors, such as, recovery time, cost, and, of course, the goals of the woman interested in the procedure. A Tummy Tuck is designed to treat the appearance of a protruding abdomen due to lax muscles, such as, following childbirth or excess weight loss. The procedure will also treat saggy skin. It's important for women to understand that the tummy (abdomen) is comprised of 4 components that contribute to appearance. The skin layer is the most superficial, followed by subcutaneous fat, then the muscle (abdominal) wall, and finally the visceral fat surrounding the abdominal organs. Plastic surgery can address the first three components but the visceral fat must be addressed with proper nutrition and exercise. If the problem is simply too much fat between the skin and the abdominal wall, then Liposuction and or one of the non-invasive body contouring

modalities such as CoolSculpting may be indicated. If there is laxity in the skin above and below the umbilicus with or without excessive fat and the abdominal wall (core muscles) need to be tightened, a full abdominoplasty is required. Most patients understand that a full abdominoplasty will remove excess skin and fat, but some are surprised to learn that their core muscles will be tightened. This latter aspect improves posture, sometimes can alleviate back discomfort, and always improves the ability to exercise.

There have been common misconceptions about the decision for tummy tuck or liposuction. In some cases, people believe that liposuction is the right answer, but they may be better candidates for tummy tuck. Conversely, liposuction may be the right choice or an adjunct to the procedure. Often times, the final result from a tummy tuck may be optimized with liposuction in the surrounding areas, such as the hips, back, and other areas of the body. There are also other newer choices. Check out the options for the abdomen!

- Liposuction, a less invasive fat reduction procedure, permanently

removes superficial adipose fat deposits. There are cases whereby liposuction alone may be the right choice, if excess fat or contouring is the only issue.

- Cool Sculpting, ultrasonic cool therapy, is even less invasive for very small fat deposits or bulges. This involves freezing the fat with a targeted cooling process that destroys the fat cells underneath the skin to have it naturally dissolve in the body.

- Skin Only Abdominoplasty may be the right solution if you are interested in removing excess skin following a pregnancy.

- Smartlipo and Smartlipo Triplex for fat reduction and up to 20% skin tightening in all areas of the face and body, except the ankles.

- Cellulaze uses Smartlipo Triplex technology to diminish cellulite on the abdomen, waist, back, hips, buttocks, inner thighs, outer thighs, and other areas.

What Types of Variations Are Available?

In short, a Tummy Tuck is performed to plicate the muscles, tightening them to restore a flattened tummy. The

Tummy Tuck, just like all plastic surgery operations, is not a cookie cutter procedure. The approach and procedure should be highly individualized to provide the best outcome with highest degree of safety. Some of the most popular variations for the traditional Tummy Tuck include the following:

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Avelar Abdominoplasty or Lipo Tummy

Tuck: Avelar Abdominoplasty is a term that has been coined after a plastic surgeon named Avelar. It is a newer less invasive Tummy Tuck technique. The procedure may be performed asleep or AWAKE, depending upon preference and in the hands of a gifted plastic surgeon. The best part is that women do not experience pain during the procedure when awake and the recovery involves the administration of Percocet for the first 48 hours; then one a day for up to three days. Women who have the Avelar Tummy Tuck may be housebound for two days, but when compared to a Full Tummy Tuck involving approximately 10 days before return to work, the Avelar is advantageous for the right candidate. In essence, the technique combines liposuction and the tummy tuck, while allowing for preservation of the core blood supply to nourish the skin vs. the traditional tummy tuck that only allows for a randomized blood supply which increases the risk of wound breakdown and poor healing. This is a tremendous improvement in terms of reducing risks, enhancing recovery and improving recovery time. With the advantages of the Avelar Abdominoplasty, the recovery is similar to liposuction alone. Women are typically walking the next day which reduces blood clot risks, the tissue is more natural or less firm, and drains do not typically remain in place for nearly as long, if at all necessary. For the right candidate, it is a wonderful alternative.

Mini Tummy Tuck: The Mini Tummy Tuck is designed to treat the area from the navel to the pubic line whereas the traditional Tummy Tuck focuses on the area that extends from the rib cage down. Women interested in a Tummy Tuck need to be aware that there are limitations to a Mini Tummy Tuck. It is important to note that the longer the scar, the better the result. In this way, a traditional Tummy Tuck is often the wiser choice for many women. The Mini Tummy Tuck often works well and is very common in women with a C-section or hysterectomy scar to have excess lower abdominal skin and fat which can be easily taken care of with this “mini” procedure.

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Drainless Approach: This approach uses progressive tension sutures and is also a good technique, but has limitations in terms of the amount of loose skin that can be corrected, which is ½ to 1 inch of extra skin when compared to an amazing result for those in this category who have the traditional Tummy Tuck instead. In addition, the goal may be to forgo a drain and most of the time drains can be avoided, but the downside of a drain, if necessary, is really not a big deal since women are hiding in recovery during this time period and the lidocaine in the drain is very comforting.

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Tummy Tuck with Abdominal Etching: Many women have more loose skin than anything and they do have results from their work outs hidden under their skin. So, select plastic surgeons can etch out some of their natural contours and they can show off the results of their work outs, resulting in six pack abs while performing the Tummy Tuck.

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Endoscopic Abdominoplasty: Rarely, if there is minimal skin and/or fat redundancy and the problem is just stretching or laxity of the core muscles

from pregnancy or weight fluctuation, the procedure may be performed with an endoscope which requires a slightly smaller incision.

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What about Combining Procedures?

Liposuction may be performed together with the Tummy Tuck, but this requires careful patient selection because performing procedures together may increase risks unnecessarily. Staging the procedures by performing Liposuction either before or after a Tummy Tuck may be best in certain circumstances and should be discussed with your plastic surgeon. A good number of plastic surgeons safely combine Liposuction with the Tummy Tuck procedure; not only for the tummy, but for the mid-section as well. This may include the hips, flanks and outer thighs for overall improved body contours. In Florida, like several other states, only 1 liter of liposuctioned fat may be removed in an office based facility. This may be a consideration for some women who require removal of more fat for better results; requiring the procedure be performed in a hospital with such state regulations. Large volume Liposuction is considered 4 liters of fat or more. In this case, the Liposuction procedure may be performed as a first stage procedure with the Tummy Tuck being performed in over three months' time as a second stage procedure.

If a woman is having a health related procedure involving the abdomen, such as tubal ligation or hysterectomy, this usually makes a terrific time to have the Tummy Tuck. First, it turns a negative experience into a positive one. In addition, by doing both procedures simultaneously, you can save money and benefit from one recovery. It is not uncommon for gynecologists to work in conjunction with plastic surgeons. 

Get Wise about Facial Anti-Aging

With millions of people tuning into anti-aging for the face, we've tuned into trending in anti-aging to check the pulse on American faces. There's always something new and innovative happening in anti-aging for the face. Supporting a healthy diet and exercise routine with the following advanced approaches has been the latest overall trend. First, note that there are three ways in which a face ages, including: 1) skin damage from the sun and smoking; 2) volume loss; 3) and sagging. Now, it's time to get wise about Facial Anti-Aging.



The Time to Start Is Now

Today, we know that most of the aging we see is the result of lifelong sun exposure. Since the effects of sun exposure become evident in adulthood, medical grade sun protection is advised for all ages at all times of year. Topical treatment is very important at any adult age, including the 20's and 30's. This includes the use of anti-oxidants and vitamins, such as vitamin A, vitamin C and vitamin E. Select growth hormones for collagen production to promote longevity in skin firmness are beneficial as well. For prevention, cosmeceuticals with growth factors to stimulate collagen and new skin growth are on the forefront. Micro-needling techniques may be beneficial, too. The second phase for those who are younger often includes Peels, Retin-A or Retinol's and the use of an injectable, such as, Botox Cosmetic®, Dysport or Xeomin, to tone down muscular movement and prevent wrinkles around the eyes, on



the forehead and between the brows. For prevention and aging signs, an IPL laser treatment is just like going to your dentist to prevent cavities and obtain whiter teeth for many. Once or twice a year, an IPL laser tones down redness, blood vessel issues, and gets rid of pigmentation problems. By the next day, any redness you may experience from treatment is gone. The IPL is a great facial exercise. As one ages, he or she may be interested in both the



IPL and ResurFX laser (latest non-ablative fractionated laser) to stimulate collagen production without damage to the skin. In this case, twice a year is usually satisfactory. In fact, so many people have stayed in such great shape over time that many have tended to lose fat in their face which contributes to skin folds and smile lines. When in need, facial fillers work well for skin folds and/or JUVÉDERM VOLUMA™ XC to build mid-face volume. The ThermiRF™ radio frequency device also offers a dramatic difference for upper eye lid, face and neck tightening. While radio frequency treatment is not new – its application as a non-invasive and minimally invasive way to rejuvenate and tighten skin is very exciting.

The earlier you commence a facial anti-aging routine, the better the results. By starting with the non-invasive and moving to the minimally invasive when necessary, you are more likely to ultimately obtain the best possible surgical result. To get a bit more specific, check out below.


- For skin damage and blotchiness, Fraxel peels today do not make downtime an issue and give good results.
- For fullness and texture, think about the Sculptra injectable.
- For collagen building, check into the Radiesse® facial filler.
- For biostimulatory agents, Voluma, Juvederm, Restylane and Boletero are

wonderful choices.

- For facial sagging, there are less invasive face lift techniques used by a select number of plastic surgeons that contribute to less discomfort and faster healing.

• For those who do not wish to have facial surgery or for less sagging, Althura ultrasound therapy or ThermiTight™ using a radio-frequency probe offer the majority a one-time session commitment; a few months for results to build; and results that last one and a half to two years. The best part is that these treatments produce results you can really see.

- For volume loss or a liquid face lift approach, there are injectables that may do one of three things: 1) fill up skin folds; 2) prop up tissues; and 3) those that stimulate collagen production. They all have passed the test of time. What's exciting now is FDA approved JUVÉDERM VOLUMA XC, which is both filler and re-volumizer that lasts for at least two years. The results are immediate and beautiful for the cheek and lower eye lids.

Of course, the right plan is individualized, but there are several treatments we know work well to support a proper diet and exercise for skin health. So, visit an aesthetic professional today to achieve an enhanced appearance tomorrow and allow preservation of more youthfulness in the years to follow. 

Plastic Surgery for the Little Facial Stuff?

With a bit of planning and a tad of recovery time, you can be ready for fun with an enhancement that will last for years to come. There's a great opportunity for you to do something special for yourself. If you can just take a little time to break away from your daily activities, it is likely that the Plastic Surgery for the Little Facial Stuff will rejuvenate your confidence for the rest of many days to follow. Of course, it may seem difficult to prioritize, but knowing that you'll likely be able to have all procedures at the same time, it might certainly be justified to spoil yourself with a bit of a Makeover. Who knows? You may be one of those who experiences renewed energy, enhanced self-confidence and a motivating self-image following such an indulgence— all great assets to have for most anyone. Consider the following.



Your Eyes and Lids Have It!

It has been said that the eyes are the gateway to the soul. Unfortunately, getting old and wiser often means that your eyes also tend to lie about your real age, or even what you feel or think about yourself. No one wants to look older than he/she actually is.

The ThermiRF™ is a new innovative radio frequency device offers a dramatic difference for upper eye lids with fat deposits or loose skin. While radio frequency treatment is not new – this application is a minimally invasive way to rejuvenate and tighten skin is very exciting. Eyelid surgery, also called blepharoplasty or an eye lift, is an increasingly popular procedure to deal with excess fat, skin, or muscle; revitalizing your upper eye lids (for those who are not candidates for ThermiRF™) and lower eyelids for

a more youthful appearance. Bags be gone! Goodbye, droopy eyes! Appearance can be enhanced greatly through this cosmetic procedure. Of course, some people are born with or develop “ptosis” (drooping eyelid) from nerve damage, injury, or genetics. Some cases of ptosis are so pronounced that they impair a person's vision. Blepharoplasty corrects drooping eyelids. It doesn't address wrinkles or drooping eyebrows, however. But don't worry, there's hope for those issues, too. Brow lifts and facelifts are sometimes performed in conjunction with eyelid surgery to give a patient a well-rounded younger, more vital look.

Eyelid surgery has come into vogue as the baby boom populace has aged. As the odometer of life climbs higher, people begin to observe excess, saggy skin around the eyes, making that

facial area appear old, tired, puffy, and wrinkled. Lotions, creams and make-up can only do so much in the cover-up and rejuvenation process. That's why “going under the knife” of a qualified, skilled, compassionate plastic surgeon can erase years, even a decade, from the headquarters of a first impression— your face!

Each case is different. So, your plastic surgeon will fully explain how he or she will tackle your treatment for optimal results. Surgery time could be as little as one hour to three hours, and it is performed on an outpatient basis. Most patients report resuming normal activities within a few days to 10 days, depending upon the approach. People will notice how much younger you appear—even if they cannot put a finger on what has changed with you!

A Happy Appearance First Impression is the Ticket

Our faces are known to be our first impressions. ThermiRase™ is a micro-invasive procedure that applies radio frequency energy to selected nerves to release contractions causing frown lines between the brows and on the forehead. It's a wonderful alternative to neurotoxins with longevity of more than a year for nearly 80% of recent study participants. The results are immediate.

ThermiTight™ for Skin Tightening uses a novel radio frequency treatment device to tighten loose skin and treat small fat deposits on the face and under the chin. The results build over time. So, a combination may be required to treat different types of aging signs for a naturally more youthful look. So long to the tired, aged, angered look. It's been touted to be a great minimal downtime, non-surgical facelift! In with happiness for your facial appearance!



Hair and hats may cover up abnormal-looking ears, but it's not a real solution. However, there is a way to subtly or dramatically change those protrusions from the sides of your head—otoplasty. Otoplasty is the fancy word for ear plastic surgery for adults, teens, and children age 4 and over. Why go through life being subject to awkward looks or snickers when help is available?

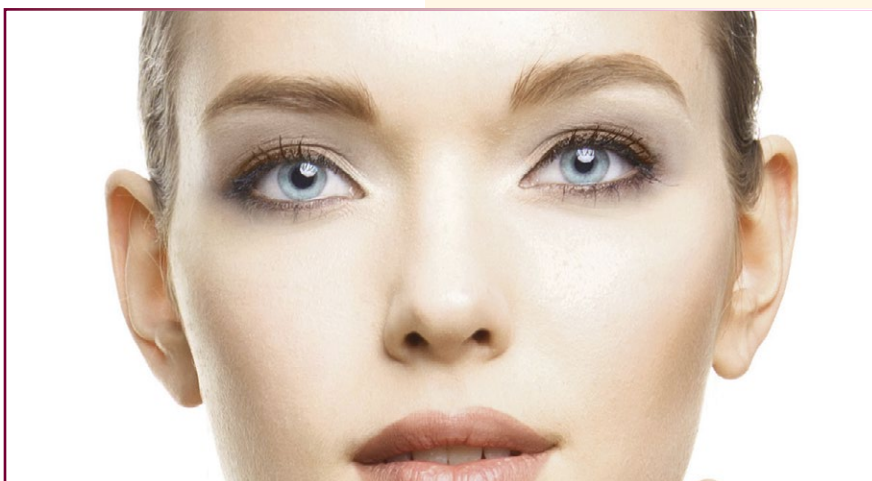
surgeon will remove excess cartilage or skin, and reshape the ear for the desired results. For pinning back ears into a position in which they are not sticking out noticeably, the plastic surgeon may use permanent sutures. Again, every case is different, and your plastic surgeon will be happy to take you through the otoplasty procedure step-by-step so you know what to expect both on the table, in recovery, and during the healing process at home. After the fact, patients report great satisfaction with physically, mentally and emotionally, and they often express that they wish they had had it done many years before.

No Need for Smile and Lip Lines

Facial fillers like Juvederm® build volume in the treatment area to fill in areas of volume loss, such as, smile lines. ThermiSmooth™ stimulates fibroblasts to produce new collagen over a period of time which smoothes out lines in the lip to nose area and smile line area.

Noses are the Centerpiece

Nose reshaping is also proving popular today. If you have been bothered by the appearance of your nose, you are not alone. For example, in lieu of full-on



No More Dumbo Ears

When we first look in the mirror, we often tend to notice the imperfections. Ears that are too large, too small, misshapen, pointy or deformed in some way may impact how we feel about ourselves. Many of you remember being called “Dumbo” or “Spock” in school, and those words may still sting.

Naturally, each person's ear issues are unique, and your plastic surgeon will treat your case with both sensitivity and skill. An initial consultation considers your appearance, goals, medical history, and general health. Many ear procedures take two hours or less and are accomplished under local or general anesthesia. Your plastic



rhinoplasty, many men are balancing their naturally big noses with chin implants (which have recently grown in popularity by 71 percent, according to the American Society of Plastic Surgeons) or opting to have their noses smaller.

Typically, adults who have nose surgery do not seek out the procedure for pure cosmetic reasons. More often than not, people interested in nose surgery desire to improve the appearance of an imperfection and/or difficulty breathing. It has been documented that people interested in nose surgery may be less likely to have other forms of plastic surgery when compared to the estimated 34% that typically return to a plastic surgeon's office for an additional procedure later on.


Today's techniques for nose surgery are highly individualized, given considerations necessary every size and shape for each person's unique facial features. Today's approaches consider the genuine characteristics of the nose. The goal in nose surgery is to accommodate for the desired height, width and projection of the nose in relation to the size and shape of each feature on the face. Nose surgery may indeed enhance inadequate nasal features or reduce the appearance of protruding facial features. The frontal view of the nose may be reframed

to bring balance and harmony for nose straightness, appropriate width, suitable nostril size, and a nose tip size that is appropriate. The ski slope or nose hump from the sides and front may be enhanced to accommodate for most any imperfections. As a focal feature of your face, your nose may attract attention. With refinement, your nose may attract the right attention.

Chin Implant

Indeed, more and more men in particular are opting for the chin

implants to create more definition in the feature of your face that has been known to reflect character and leadership qualities in men. In addition, a proportional chin in relation to other facial features is important to the overall balance of the face which is very appealing for both women and men.

A large or small chin may create a proportional imbalance with other facial features such as the neck, lips, nose and forehead. A chin that is too large in dimension can be reduced, and the chin that is too small may be augmented. These chin surgical procedures are often done in concert with other cosmetic procedures or can be performed alone. It is most common for a patient to seek a chin augmentation. This is accomplished by placing an artificial implant, or advancing the chinbone. The type of procedure depends on the degree of chin recession and the patient's individual goals. Whether you are interested in chin height reduction, chin rounding by osteotomy, or chin augmentation using implants, a chin implant may be part of your goals for enhancing your appearance with long lasting results. 



Facial Wrinkle Prevention and Treatment

Now, for the solution to prevent and treat facial lines, wrinkles, creases and skin folds- Injectables and Facial Fillers! If you use injectables before your wrinkles are fully evident, you'll be less likely to suffer from dynamic wrinkles (those caused by movement) because injectables are neuromuscular blockers that weaken the ability to cause wrinkles. Many women start injectable treatment plans in their thirties for this reason. If you are concerned about static wrinkles and skin folds, facial fillers can alleviate these strains. There are several advantages to injectables and facial fillers, including:

- Immediate results that are significant.
- Comfort in knowing that injectables and facial fillers do not involve significant downtime. There may be some minor swelling or bruising for a few days which can be masked by makeup.
- Conservative costs that are very reasonable, allowing you to return for maintenance treatments.
- A 15 minute time obligation that is not very discomforting at all.

The List of Possibilities

Botox® and Dysport®: For thirty year olds and up, Botox® and Dysport® significantly reduce wrinkles on the forehead, crow's feet, and between the brows. The results last for up to

six months at a reasonable cost of \$12-\$18 per unit.

Volumna is both filler and revolumizer that lasts for over two years for women and men with such needs. The results are immediate and beautiful for the cheeks and lower eye lids.

Restylane®, Juvederm®, Perlane®, Hylaform®, Prevelle Silk® and Captique®: For women and men in their mid thirties and over, these hyaluronic acid fillers soften facial folds. The products may last anywhere from three to nine months or more, depending upon the filler type and extent of aging. For example, Juvederm Ultra® treats minor to moderate wrinkles. Juvederm Ultra Plus® allows for both contouring and volumizing for deeper facial folds and wrinkles. Juvederm Ultra XC® and Juvederm Ultra Plus XC® include lidocaine to ease the discomfort from the injection. The cost is up to \$600 or more per syringe for all types.

Radiesse®: For people in their mid-thirties and up, Radiesse® is a hydroxyapatite filler that treats nasolabial folds, marionette lines and the cheeks. Radiesse® may last from one to one and a half years for the cost of \$600 - \$800 per syringe.

Sculptra®: For the baby boomer

group, some in Generation X and above, Sculptra® is biocompatible synthetic poly-L-lactic acid filler that improves facial creases, hollowed cheeks and sunken eyes. Three to five sessions may be required to achieve results that can last for up to 2 years at \$1000 per vial.

Cosmoplast® and Cosmoderm®: For those in the mid-thirties and up, Cosmoplast® (for slight damage) and Cosmoderm® (for deeper damage) treat frown lines, crow's feet, forehead lines, smile lines, vertical lip lines, marionette lines, lip border and select scars. These fillers are derived from human collagen. The results last for up to 4 months at a cost of about \$500 per syringe.

Zyderm® and Zyplast®: Zyderm® and Zyplast®, derived from bovine (cow) collagen, treat facial wrinkles, lip borders and scars. The advantage of these two fillers is that they offer the quickest results with the shortest downtime. The treatment requires an allergy skin test. The results last three to four months and cost roughly \$500 per syringe.

Fat Injections: For baby boomers and beyond, your own fat may be transferred by injection to fill in skin folds, improve facial creases and fill sunken cheekbones. The procedure may need to be repeated to obtain results for more than 3 months. By the same token, the results may last a lifetime for \$2000 per treatment.



Living Well Today for ENHANCED TOMORROWS

Living well has been a goal for many during the course of their lifetime. At every age, we learn about different aspects of healthy living. Many studies have demonstrated the benefits of living well. Of course, we all know the basics. Still, there's a lot more to know. For some people, it may mean what you eat, when you eat, and how you eat. This also includes the right dental regimen. For many others, quality life includes exercising three to five times a week with a combination of cardiovascular and strength training exercises. Everyone dreams of living a long and healthy life and the pathway towards achieving this goal is a popular topic on everyone's mind today.

Today's Diet

It is quite simple: a diet rich in nutritious fruits and vegetables, with enough proteins and less calories seems to be one of the best ways to secure a long & happy life. Reducing

consumption or avoiding sugar altogether is one of the best steps you can take for a healthier you. Processed foods and meats which contain saturated fat are wise to avoid as much as possible. One should also consume as many fresh salads and herbs as possible. Garlic, tomatoes, olive oil, beans, herbs, and more are staples that seem to be super foods of the super healthy. With a glass of red wine, you'll be set up to experience the anti-aging benefits offered in Resveratrol. Resveratrol health benefits include a reduced risk for heart disease, prostate cancer, lung cancer, liver disease, as well as, protection against oxidative stress and high blood cholesterol, anti-oxidant agents and cell protectors for the prevention of disease and an increased life span. After all, the old adage goes, you are what you eat! So, make out your shopping list in advance to fill it up with fruits, vegetables, fish, whole grains, olive oil

and the like. Make a commitment to restock your refrigerator at least twice a week. Restaurant staff members will likely present some inventive recipes that are pleasing to your pallet, and ultimately your quality of life. Olive oil, fresh vegetables and fish top the list for heart healthy foods. This is one of the reasons for the low incidence of coronary heart disease among people in these demographics. The timing and portion size of meals is important. Wake up your metabolism with a healthy breakfast each morning. Consider that portion size no larger than size of the palm of your hand is important.

Staying Active and Relevant

Maintaining a fitness routine that ties in line with your goals is vital. Do you wish to maintain your current fitness level or do you have more advanced goals? Once you decide, it's best to start and build up slowly. It's also important to set reasonable expectations for your work outs. Walking, biking or running are low impact exercises that may or may not be applicable to your physical abilities. Still, there are a number of options to help you stay in line with exercise goals. There is more of social choice for aerobics classes, spin class, water exercise, yoga and more. You can be more independent with the span of your territory for a great escape on a bike, strengthen your muscles and obtain an aerobic workout for fat burning or weight control. In 30 minutes, you can burn 230 calories if you weigh 120 pounds and more





calories if you weigh more. You'll also notice that you have overall better muscle tone, relieve stress and may experience greater energy levels when you fit exercise into a regular routine. Personal trainers are the ultimate choice for many today. You can maintain regular sessions to be fully accountable. Alternatively, you may choose to follow up with continued sessions when you plateau in your goals or need motivation. Many health clubs offer far more diversity in their programs when compared to former years. Alternatively, a lazy day of window shopping or a busy shopping spree may be all that you need to release mood lifting endorphins, boost your immune system, and help keep your brain on top of its game. After all, shopping is mentally engaging, physically active and socially involved. Offering a heightened sense of happiness, shopping has also been linked to promoting positive thinking with an increased activity in the left prefrontal cortex and an increased level of dopamine, associated with sexual climax, may occur by simply browsing. If you are a thrift hunter, check out flea markets, antique shows, and boutiques. Regardless, don't miss out on a weekly ritual of

farmer's market shopping where you can find locally grown organic goods that are healthier for you when compared to department store goods.

Enjoy the Arts

The arts are special because that take us away from everyday life and offer the opportunity to elevate our lifestyles. In fact, research demonstrates that the more culture you experience, the better your health...

- Promotes a healthy work-life balance.
- Creates a sense of satisfaction with life.
- Expands your mind and provides learning experiences.
- Enhances creativity.
- Reduces stress, anxiety and depression.
- Enhances recovery from medical conditions.

Sounds of Music

- Share seasonal mating rituals by serenading your lady or man love!
- Fit daily music into your routine!
- Belt out your favorite tunes alone!
- Take pleasure in a concert!
- Unleash your voice at a karaoke club or studio!

Regardless, researchers at McGill University in Montreal found that listening to pleasurable music triggers the release of dopamine which is known to make you feel good.

- With an upbeat, fast tempo, you may be better equipped to concentrate and focus on daily tasks and build your endurance.
- A slower tempo produces slow alpha-frequency brain waves that may be soothing to release anxiety and stress.
- Tuning in to one of your favorite songs is known to help lower your heart rate, blood pressure, pain levels, and improve your quality of life.

Whether you select Classical Music, Country, Rock, Folk, Blues, New Wave, Punk, Hip Hop, Jazz, Latin, Opera, Soul, Reggae, Ethnic, or any other masterpiece, you'll likely experience a number of health benefits.





Visions of Art

Create your own artwork!
Prance through an art gallery!
Enjoy a museum!

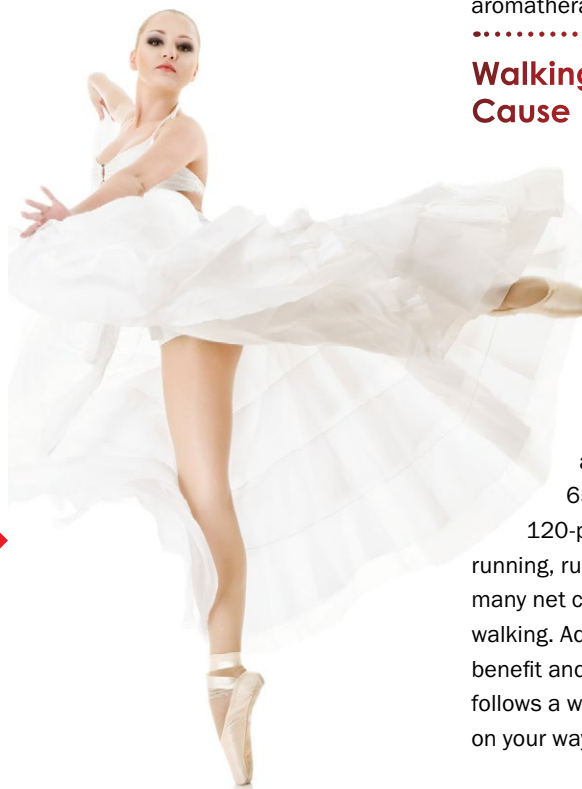
Artwork offers insight into yourself, others and relationships. In this way, you may improve your social skills and enhance your social life. From the health prospective, art therapy has been known to reduce pain, as well as, assist in the treatment of mental disorders, cancer, and post-traumatic stress disorders. Artwork may help process emotions and may be healing. Art provides an escape that can be open and friendly!

And the choices are plentiful for lasting enjoyment, including: drawing, painting, sculpture, carving, modeling, assemblage, construction, architecture, printmaking, electronic media, ceramics, visual design, graphic design, collage, photography and more.

Sights, Sounds and Movement of Dance

- Dance around the house!
 - Team up with others in a dance class!
 - Enjoy a dance performance!
- Dance may enhance your sound

and sight capabilities. If you are a regular active participant, you'll notice that you have greater flexibility, increased muscular strength, more endurance, greater fat burning capability, and an enhancement in well-being. Both active and inactive participants may enrich their cultural experiences and likely, their quality of



life. In fact, according to research, the sensations associated with movement, position, and sound are central to consciousness and the imaginative effects of movement may be motivating!

Rejuvenate in a Spa

The time for pampering is as often as possible. So, prepare for some special spa treatments. Generally, spas offer a wide ranging menu of treatments from herbal cleanses, skin treatments, massages and body wraps. Instead, you can investigate spa retreats that offer an educational focus, such as, exercise, nutrition, stress management, weight loss, diet, chronic pain management, behavioral retraining, and lifestyle changes. In the end, the idea behind a spa day is to positively influence physiological and psychological changes in your body, mind and soul. All designed to relax you and defy aging, you'll undoubtedly feel revitalized after a day at the spa. In any case, you'll likely be comforted by glistening candles, soft music and aromatherapy.

Walking or Running for a Cause

Whether it's for hunger, cancer, or any other grave need, a walk or run can give you a sense of accomplishment and offers health benefits.

If you're walking, focus on distance and burn 100 calories per mile for a 180-pound person and 65 calories per mile for a 120-pound person. If you're running, running burns twice as many net calories when compared to walking. Add to this cardiovascular benefit and increased energy that follows a walk or run, you'll be well on your way to enhancing your overall

health. Try a 10 or 20 mile loop around your city. Be enticed by music and refreshments along the way.

Going to a Sporting Event

Whether you attend a sports arena or watch a sporting event on TV, you'll have the opportunity to strengthen bonds with friends, create new friends, and burn more than 100 calories per hour. According to a 2008 University of Chicago study, sports fans watching hockey events had increased brain activity in the areas of planning, controlling and performing. So, visit a local pub for a sporting event, go to your local arena for one, or gather a group of friends up to watch a sporting event at home. Just be mindful of your beer intake and go for light beers. Who knows? Seeing those athletes might even be inspiring!



Escaping with a Getaway

Regardless of the length of time you take away from your normal environment, you'll likely experience health benefits. Most people feel happier after a mini vacation. Couples may experience greater marital satisfaction following mini vacations and others may find these getaways provide a building block for communication. Mini vacations may also improve your quality of life. Take in the fresh air, escape by experiencing natural wonders, learn from historical landmarks, or check out wildlife preserves. If you are feeling adventurous and want to go the distance, check the Internet for great getaway discounts.

Visiting a Museum, Attend a Festival or go to an Expo

Galleries are great to visit any season. On warmer days, you can get your art fix or festival fix outdoors for great health benefits. Museums are special because that take us away from everyday life and stress. Museums and art galleries are also mind expanding and enhance creativity, while providing us with a great learning experience. The arts, in general, offer pain relief, enhance recovery from medical conditions, relieve anxiety, lower your risk of depression, and create a feeling of life satisfaction. You can focus on attending expos like Green Expos and Health Expos. You can attend community service projects or fun filled festivals. Or you can stick with museums! In any case, you'll likely receive a number of health benefits.




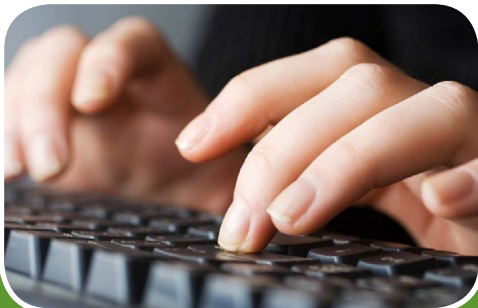
Ask RADIANT LIFE

Q: I heard there are rules for people who smoke that are interested in Plastic Surgery. Can you tell me more?

— Jessica W., Pittsburgh, PA

A: Plastic surgery will reshape your life in more ways than one usually. Plastic surgery treatments, such as, face lift, brow lift, forehead lift and core body contouring procedures offer dramatic long lasting results. Yet, there are some factors that may negatively impact the results from plastic surgery treatment if precautions are not taken. Smoking is one of those factors. Nicotine inhibits oxygen to your cells. In turn, this may lead to rough dry skin and in some cases, skin death. There are also risks associated with undergoing plastic surgery treatments when you are a smoker. In fact, plastic surgeons require that candidates for plastic surgery treatment quit smoking at least two weeks prior to surgery in order to reduce the risks related to smoking and plastic surgery treatment. So, it might be wise to get a head start on your plan to quit smoking. After all, there are many health benefits associated with kicking the habit. After plastic surgery, bear in mind that smoking may affect the results, especially over time.

Quitting smoking often involves a multi-prong strategy. The first thirty days of withdrawal from nicotine are the most difficult. So, you may wish to investigate quit smoking aids, such as nicotine patches, nicotine gum or other quit smoking aids. There are also quit smoking hotlines that offer a means for support in your mission to quit smoking. The most important aspect of quitting smoking is in knowing that there is help. Check in with your plastic surgeon and/or physician for his or her recommendation well in advance of the date you plan to have plastic surgery. Planning ahead is a safety precaution that every smoker should take if they are interested in plastic surgery. In the end, quitting smoking offers a host of benefits! 



Do you have questions about treatments, products or procedures? Write to ask@radiantlifemagazine.com. We cannot respond to questions individually, but each issue of Radiant Life Magazine will include a column in which our network of physicians answer the questions we receive.



THERMi*Tight*TM

Injectable *RF*

Real Results without Surgery

- Thermistor regulated RF energy emission
- Dual temperature monitoring for improved safety and predictable outcomes
- Platform Technology
- Easy to use

As Seen In:

THE **Doctors** **allure**
ELLE

“Tightening! It’s the best yet for the neck. The ideal patient is someone with moderate to marked laxity of the neck.”

-Douglas Key, MD



Douglas Key, MD

Comprehensive Thermoregulation for the Purpose of Skin Tightening Using a Novel Radio Frequency Treatment Device: A Preliminary Report. Douglas Key, MD, J of Drugs in Dermatol., 2014; 13(2):611-5

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