



Young As You Look

NEWSLETTER

BOTOX – An Emotion Modulator?

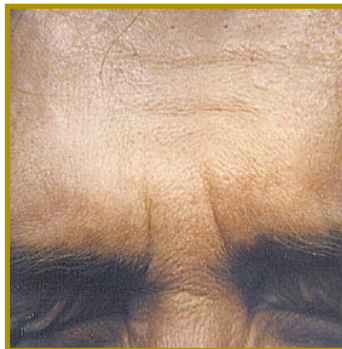
Is BOTOX an emotion modulator?

No, your emotions are unique to you and will always come and go with your life experiences. However your emotional history does not have to be etched on your face for all to read.

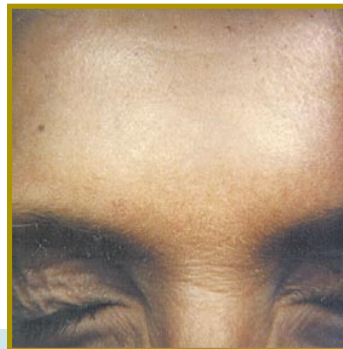
Smiling, laughing, frowning and arching your eyebrows in amazement, amusement, bewilderment or empathy. All of these muscle movements – which we are rarely aware of, yet can perform hundreds of times during the course of a day – inevitably produce facial lines. Some, like frown lines, can make you look more tense,

worried and angry than you really are. But other expression lines are charming: they add character and animation to your face, and define who you are.

BOTOX when appropriately placed in the right dose will soften the facial lines which make us look old, tired and/or worried without taking away our character lines.

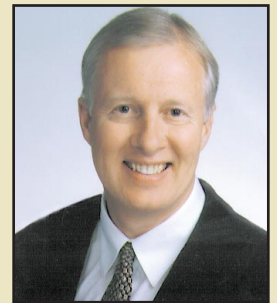


Botox
BEFORE



Botox
AFTER

MESSAGE FROM DR. DON GROOT



DR. DON GROOT
DERMATOLOGIC & LASER SURGEON
*Clinical Professor of Medicine
University of Alberta*

We are celebrating! We have just received our re-accreditation for our Non-Hospital Surgical Facility.

The standards for such a facility are very high and in the interest of public safety they should be. Our patients can be assured when receiving surgery at our Centre that they are doing so in the best possible facility under the best possible care.

We trust the information that you read in our newsletter is informative to you. For more information you can visit our website at www.drg-root.com. Or you may wish to pick up a copy of the book *Young As You Look*. In this book we have attempted to give you a broad perspective of the natural and medical alternatives to maintaining a youthful appearance at any age based on solid medical research and evidence. The book is available at the **Groot DermaSurgery Centre, Crestwood Apothecary, Chapters and Shopper's Drug Mart**. The feedback that we have received suggests that people use the book as a resource to research the multitude of products and services available.

Don Groot
Medical Director
Groot DermaSurgery Centre

BOTOX

Myths and Misconceptions

MYTH: Greasy Foods Cause Acne

REALITY: Ingesting greasy food does not cause acne; however getting grease on the skin while eating the foods can aggravate acne prone skin.

Pimples develop when oil glands are unusually sensitive to the normal complement of hormones in the body. The response is the development of thick buttery oil. The oil, when forced through tiny

pore openings of the skin, irritates the surrounding tissue creating a mosaic of papules (red bumps), pustules, cysts, and blackheads. For more information: *Young As You Look: Chapter 1.*

MYTH: I Do Not Need A Sun Screen Because I Never Burn

REALITY: The natural pigments in the skin protect it from damage and cancer; however a tan is not natural pigment.

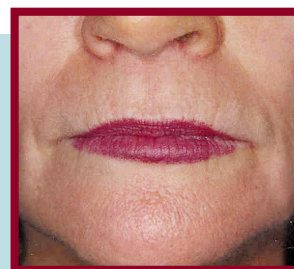
It is the result of excess production of melanin in the skin's efforts to protect itself from the damaging rays of the sun. Ultraviolet radiation is unhealthy and the more you protect yourself from it, the better off you will be in

the long run, whether you burn or not. A sunscreen with an SPF of 15 which contains ingredients to protect against UVB and UVA radiation is the minimum amount of protection that you should use. For more information: *Young As You Look, Chapter 2.*

Lip Rejuvenation

Vertical lip lines are a definitive sign of advancing age. They are also an annoyance because lipstick will bleed into the creases, emphasizing them even more and defeating the purpose of the lipstick as an enhancement tool. We are finding our new non-ablative targeted laser lip enhancement program is helping women to achieve a more pleasing look around their mouth with no down time.

Non-ablative laser resurfacing involves the gentle application of a long wavelength of laser light. Collagen (fibrous protein) provides strength and structure to the skin and elastins (elastic protein) give the skin tone and make it supple. Exposure to the sun and muscle pull over time causes these building blocks of the skin to become disorganized. The



Lip Rejuvenation

BEFORE



Lip Rejuvenation

AFTER

long wavelength of the laser light targets this disorder by entering the dermis (second layer of the skin) to realign the collagen and elastins. It does this without damaging the epidermis, hence the term non-ablative. Because the treatment is non-ablative there is no down time. After a treatment you can carry on with your daily routine.

Myths about the Skin

MYTH: Regular use of moisturizers will prevent aging

REALITY: Moisturizers do not prevent aging of the skin.

Sunscreens of an SPF of 15 or more when used properly can prevent photo-aging or damage to the skin caused by the sun. The protective agents in sunscreens, such as Parsol 1789, are often mixed in moisturizing mediums, such as

creams and lotions. It is the sunscreen and not the moisturizing medium that prevents photo-aging. For more information: *Young As You Look, Chapters 3 & 6.*



MYTH: Skin cancer only occurs in older people

REALITY: The appearance of skin cancers is directly related to the amount of sun exposure a person gets, not to their chronologic age.

As we age we usually have accumulated more sun damage, hence the myth. Skin cancer comes in three forms: basal cell, squamous cell and malignant melanoma. Basal cell and squamous cell carcinomas are directly related to sun exposure. Malignant melanomas or mole cancers are more common in sun exposed areas but may appear anywhere in the body where there are pigment cells, including all areas of the skin, the retina of the eye, or even the cells lining the brain. Malignant melanomas are lethal and can appear at any age.

Check your skin regularly for unusual changes. Any spot on your skin that peels, crusts, itches, hurts, changes color, suddenly appears, or cannot be identified as benign, should be assessed by a dermatologist. It is important to look on the bottom of your feet, between your toes, in your mouth, and the skin of your genitalia. Ask your hair dresser if you have any unusual looking spots or moles on your head. Be diligent in your efforts. Most skin cancers can be cured if recognized and treated early.



Acne Scarring

There are many effective treatment options for active acne so no one really needs to suffer from this cosmetically debilitating condition. Often the aftermath of active acne is scar. Until recently there was very little that could be done to treat acne scarring, however this has changed with the advent of new laser technology. Significant improvement can be achieved over several laser sessions.



Acne Scarring
BEFORE



Acne Scarring
AFTER

Losing Your Hair?

If you are losing your hair, you are not alone! About 50% of men will eventually experience obvious balding and about 20% of women will have a similar problem.

Many people experience a loss of self-esteem and feel less attractive because of hair loss. Fortunately, thanks to new surgical advances, there is a permanent solution – follicular unit hair transplantation.

In the past, hair transplants looked artificial and yielded

results that were unacceptable to most people. In recent years we have experienced a total revolution in the field of hair transplant surgery, thanks to the advent of FOLLICULAR UNIT TRANSPLANTATION. New instrumentation and techniques have allowed us to reduce the size of hairs per graft to as little as one to three. The grafts are virtually undetectable when inserted into tiny slits in the scalp. The result is a natural, thick looking head of hair. For more information visit **Dr. Nakatsui's** website at www.drnakatsui.com.

Laser Hair Removal

Laser hair removal has become a mainstream alternative to waxing, plucking, bleaching, shaving and electrolysis for hair removal and reduction. When deciding on laser hair removal, think about the following considerations over and above price:

Who is actually doing the treatment? Lasers can burn the skin and knock out the pigment leaving permanent discoloration. At a minimum is the person performing the procedure a nurse? Better still is the person performing the procedure a nurse who has been trained and is monitored by a dermatologist?

What is the laser technology which is being used?

Not all lasers are the same. Some lasers reach deep into the skin to target the growth center of the hair root which must be disabled to prevent the hair from growing. Other lasers cause diffuse heat which may or may not target the hair follicle but may cause damage to the skin. Some lasers can be used on people with dark skin, others cannot.

What is the cooling mechanism of the laser?

It is very important to cool the skin during hair removal treatments. Heat in the skin can cause permanent damage. Does the laser have a cooling mechanism attached to it, or is some form of cooling of the skin performed before the treatment?



Hair Transplant

BEFORE



Hair Transplant

AFTER

SERVICES WE OFFER

► **Liposuction**

Tumescent
Ultrasonic

Laser Surgery

Wrinkles
Facial Veins
Birthmarks
Scar Revision
Tattoos
Moles & Brown Spots
Skin Cancers

Facial Rejuvenation

Laser Resurfacing
Laser Eyelid Lifts
Botox
Soft Tissue Implants
Collagen Replacement
Chemical Peels
Mega Peels

Leg Veins

Sclerotherapy
Laser Removal

Hair

Laser Removal
Transplants

YOUR SKIN IS PRECIOUS – TREAT IT WITH CARE

Commonly Asked Questions about Price

Laser Hair Removal

Upper Lip	\$75.00 per session
Chin	\$75.00 per session
Upper Lip & Chin	\$125.00 per session
Bikini Line (Panty Line)	\$100.00 per session
Underarms.....	\$100.00 per session

Botox

One Syringe.....	\$365.00
..... (EVERY SIXTH SYRINGE IS FREE)	

Liposuction

The cost of liposuction is all inclusive. The surgeon's fee, the anesthetist's fee, the nursing assistants, the surgical suite in a certified non-hospital surgical facility, the recovery room, all pre and post operative visits, and all material needed for post operative care are included. We charge by area with the first area being \$3,500.00 and each additional area being determined by assessment. Consultations for these procedures are free and there is no obligation.



BEFORE



AFTER

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InForum

EDITED BY:

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TO OBTAIN MORE INFORMATION

Call us for more information or a personal consultation at (780) **482-1414**.

Our consultations are confidential and free.



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Young As
You Look

VISIT OUR WEBSITE:

www.drroot.com

Call for a **FREE**, confidential liposuction consult. You will be amazed at what can be done for unwanted fat.