



Young As You Look

SUMMER 2001

NEWSLETTER

GOLF TIP

Do Not Play Golf During a Lightning Storm!

One of our patients was struck by lightning while playing golf.

The storm came up unexpectedly and lightning struck before she knew what happened. She was wearing a metal necklace which melted into her skin causing an unsightly scar around her neck. With the advances in laser technology **Dr. Groot** was able to significantly improve the look of the scar. The moral of the story is – heed the weather and get off the course before lightning strikes!

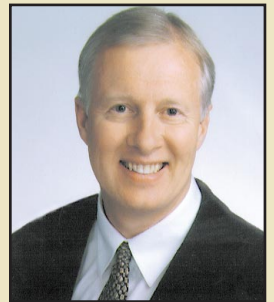


Lightning
BEFORE



Lightning
AFTER

MESSAGE FROM DR. DON GROOT



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

In this newsletter we have touched on a number of topics which we think that you will find interesting including chicken skin neck, skin cancers, scar revision, liposuction, hair transplants and laser hair reduction. If you have questions about any of these conditions or would like us to discuss other topics that you would find interesting, give us a call.

As we head into the summer, I will repeat the dermatologist's mantra *"apply a broad-spectrum sunscreen of at least 15 SPF to your skin whenever you are exposed to sun light."*

WHAT'S NEW?

The Altus CoolGlide Excel Laser has proven extremely beneficial in the war against unwanted hair. The manufacturers have increased the benefits of this laser by developing a hand piece for the removal of vascular lesions. This hand piece is providing us with new options for the treatment



of recalcitrant leg veins, deep facial veins, and other vascular lesions, such as cavernous hemangiomas (birthmarks). Advances in laser technology, such as the **Altus CoolGlide Excel Laser** expand the

therapeutic options that we are able to offer patients for previously difficult to treat lesions.

Skin Cancer – What's Up Doc?

Poikiloderma – Chicken Skin Neck!

Poikiloderma is a sun induced condition of the neck. It appears below the ears and over the sun exposed areas of the neck. It does not occur on the sun protected area of the neck under the chin. In it's worst form it can be relatively unattractive, characterized by broken blood vessels, blotchy discolorations and chicken skin like bumps.

To prevent this condition do not put perfume under the ear or on the neck as many perfumes increase photosensitivity of the skin inducing increased, irregular pigmentation. And, at the risk of sounding like a broken record, wear a broad spectrum sunscreen with an SPF of at least 15.

If the condition is characterized largely by blotchy, uneven pigment a medicated cream, such as **Dr. Groot's Formula #3**, may be all that is required to even out the skin tones, however in many cases the use of a pigment removal laser is required to resolve the problem. If dilated blood vessels are apparent a vascular removal laser is used to remove the blood vessels.

Poikiloderma
before treatment.

Poikiloderma
after treatment.

There are three types of skin cancer:

Basal cell carcinomas are the most common form of skin cancer and are directly related to sun exposure. A basal cell carcinoma typically looks like a small, shiny, flesh colored bump. Most commonly they appear on the head, neck or chest. They are the slowest growing of the skin cancer family and do not tend to spread to other parts of the body. If left alone these cancers will get larger and in some cases may begin to bleed.

Squamous cell carcinomas tend to look like red nodular scaly patches. A squamous cell skin cancer is also the result of long term sun exposure. Frequently, they are found on the rim of the ear, the face, the lips and the back of the hands. A faster growing cancer, squamous cell carcinomas will enlarge quite quickly, which makes them more difficult to remove with a cosmetically acceptable result.

Malignant melanomas are the bad boys of skin cancer because they are very fast growing and the risk of spread to other areas of the body (metastases) is very high if left unchecked. A malignant melanoma looks like a brown or black mole with irregular borders and irregular color, hence the term mole cancer. They frequently occur on the upper back, the chest and

abdomen of men and the lower legs of women. A mole that suddenly appears or changes in size, shape or color should be examined immediately.

Surgical removal is necessary for all skin cancers. Fortunately, nearly 100% of all skin cancers can be cured if caught in the very early stages. The longer a cancer is left the greater the likelihood of an ugly lesion, unattractive scar after removal or metastases in the case of melanomas.

Prevention – YES! Basal cell and squamous cell carcinomas are directly related to long term sun exposure and melanomas are exacerbated by the sun. You guessed it – wear sunscreen regularly. Apply it on sun exposed skin whenever you are in the sun and reapply frequently.

SUN BURNS

OK, So You Didn't Wear Your Sunscreen, Now What?

Test your skin regularly when you are in the sun. If you press on a spot with your finger then lift up and a white patch of skin appears briefly before flushing red again, you are burned!

If you are burned or even suspect that you may be burned **GET OUT OF THE SUN IMMEDIATELY.** This will prevent a serious burn and may guarantee a good nights sleep, which a bad burn will not. Once your are out of the sun take two regular, coated aspirin right away and then take two more regular, coated aspirin three hours later. Repeat the next day. Why aspirin? It inhibits the release of prostaglandin, a chemical released into the skin in the early stages of a sun burn which causes inflammation and redness, which in turn may damage the skin.



TOO MUCH HAIR?

Experience a Hair Free Holiday This Summer With Laser Hair Reduction

What would it cost to experience a hair free holiday this summer? The answer depends on the number of treatment sessions you require, the average being 4 to 8 sessions, and the area being treated. So pricing is

individual. This is why we charge on a per sessions basis. However, the following sampling of prices will provide you with a guideline. Our consultations are free and confidential. Call to book an appointment to find out more about this revolutionary, technologically advanced hair reduction technique.



Hair Removal
BEFORE



Hair Removal
AFTER

Face	First Treatment	Subsequent Treatments
Upper lip	\$100.00	\$75.00
Chin	\$150.00	\$100.00
Cheeks	\$200.00	\$150.00
Combination	\$375.00	\$300.00
Body	First Treatment	Subsequent Treatments
Underarms	\$275.00	\$200.00
Bikini (half)	\$200.00	\$150.00
Bikini (full)	\$500.00	\$375.00

GST APPLIES AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

HAIR LOSS – A MALE ISSUE?

Generally we associate male pattern hair loss with men, however women also suffer from this hereditary condition.

The difference is that men experience loss at the hairline and/or the crown of the head, whereas women experience a gradual thinning over the entire scalp. Hereditary hair loss is generally believed to be caused by heightened sensitivity in genetically susceptible individuals to hormones known as androgens.

There are several means to alleviate the effects of male pattern loss. Wigs and hair pieces speak for themselves. Hair weaving anchors replacement hair, either real or synthetic, to a person's natural hair. The problem with this technique is the cleansing of one's own hair and scalp. Some cosmetic companies promote lotions and creams as "feeding" the hair follicles to promote hair growth. Unfortunately, scientific research does not substantiate these claims.

Minoxidil, however, is a different topical agent. It contains a potent drug which is believed to stimulate

hair growth by preventing the progressive aging of the epithelial cells lining the hair follicle. Minoxidil has proven effective in retarding hair loss and in some cases, stimulating regrowth. Rogaine and Apo-Gain are available in Canada over the counter. The strength of these products at this time is limited to 2%. Stronger solutions can be obtained by prescription through a compounding pharmacy.

Propecia is a prescription medication which is taken by mouth. It has proven effective for stimulating hair re-growth in some men. At this point in time, it is principally used in the treatment of male pattern baldness in men only.

Hair transplant surgery is the only permanent means of hair replacement. Hair is harvested from a donor site on the head and transplanted into areas of hair loss. Tiny incisions make it possible to transplant thousands of hair follicles resulting in a natural looking head of hair.

To learn more about hair transplants, book a free, confidential consultation with **Dr. Thomas Nakatsui**, our in-house hair transplant specialist.



Hair Transplant
BEFORE



Hair Transplant
AFTER



DR. THOMAS NAKATSUI
DERMATOLOGIST & HAIR
TRANSPLANT SURGERY

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

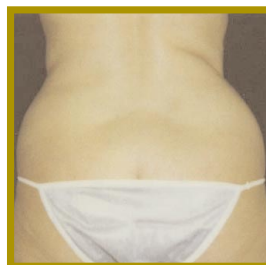
Laser Removal
Transplants

BATHING SUIT BLUES

Don't Sing Them No More! Ashamed to be seen in a bathing suit after a winter of unabashed gluttony? Well you know the drill, reduce your calories and get out there and exercise! If stubborn areas of fat remain, consider liposuction. It's a safe effective and relatively noninvasive way of getting rid of unwanted fat. The best part is that the fat cells are gone and they don't come back.

What if next winter you forget your resolutions and you slip back into the old habits of eating, drinking, and whiling away the hours in front of the TV. Does the fat go to your feet? No, it is distributed evenly through out the body. The only difference being it does not gather in the pockets where the fat cells were removed. So you get to keep your new sculpted physique.

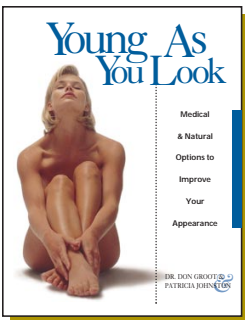
To find out what liposuction is really all about and to find out if you are a candidate book a free, confidential consultant with **Mary Knowles**, our nurse consultant. **(482-1414)**



Liposuction
BEFORE



Liposuction
AFTER



Young As You Look

Book or Video **\$24.95**

An informative guide to all the options for looking your best at any age.

To order call:
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or purchase through your local bookstore

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Patricia Johnston

BOTOX FOR EXCESSIVE SWEATING

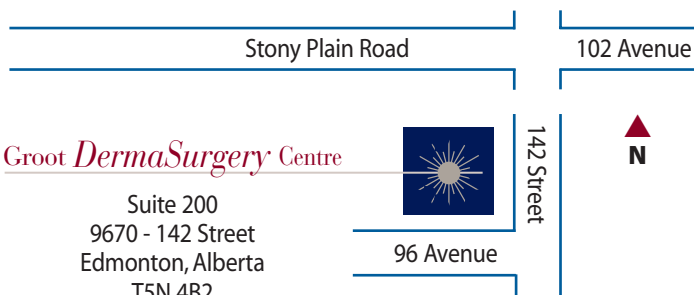
Sweating can be a problem for many of us during the hot summer months and is generally controlled with antiperspirants. Some people, however, suffer from excessive sweating such that their hands are always slick with a layer of moisture or their underarms are soaked. This condition, known medically as hyperhidrosis, can be socially embarrassing and emotionally distressing.

Topical medications are available to control this problem, however, Botox, which is commonly used to erase wrinkles, is gaining widespread acceptance as a viable treatment for excessive sweating. When Botox is injected into the right spot patients may experience a sweat free holiday for up to six months.

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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VISIT OUR WEBSITE

www.drgroot.com or www.youngasyoulook.com

BOTH ADDRESSES LEAD TO THE SAME WEBSITE.

