



Young As You Look

FALL/WINTER
2000

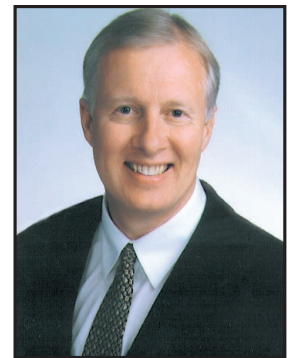
NEWSLETTER

MESSAGE FROM DR. DON GROOT

The Laser Blazers



Every day I come to the Centre I thank my lucky stars for the group of people I work with. We refer to ourselves as the Laser Blazers. The **Laser Blazers** are professional, committed and caring.



DR. DON GROOT
DERMATOLOGIST

*Clinical Professor of Medicine,
University of Alberta
Dermatologic & Laser Surgery*

Kate, Tammy and Susan are registered nurses who work closely with me through out the day to meet the needs of our patients. They take histories, educate patients about their treatment options, answer patient's questions, prepare patients for surgery, and bandage them up after a procedure. Mary is our nurse consultant who sees patients who we anticipate will need more time to ask questions about more extensive procedures such as liposuctions, laser resurfacing, and scar revision. Tina, a registered nurse as well, is a master at sclerotherapy. When she is not on a seek and destroy mission for fine leg veins, she is at my side helping me in the surgical suites or taking care of the pre-operative preparations of patients. Joan and Donna-Rae are, you guessed it, registered nurses who specialize in laser hair removal and micro-dermabrasions. They consult with the patients and me prior to performing the procedures, then carry on with the treatments decided upon. If they are not with their

patients they are at my side helping out. The front office staff are the people who will help you first when you call the office, when you arrive at the Centre, or when you leave. Chris, Elaine, Dana, Lynn, and Lyndsey care for your scheduling and charting needs. They juggle many tasks such as answering 7 phone lines, responding to requests from referring doctors for information, checking prescriptions for pharmacists, answering patient's questions, book-keeping, typing and filing to name a few. Their first priority, however, is always you the patient and they work hard to make sure your needs are met.

Dr. Thomas Nakatsui, a dermatologist like myself, has been a real blessing as he has made it easier for our patients with medical problems, such as psoriasis, acne, and hair loss to mention few of the thousands of medical skin problems, to be seen in a timely fashion. He is also a hair transplant specialist, which fills a much needed service at the *Groot DermaSurgery Centre*.

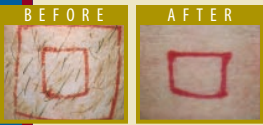
Sandra, a licensed practical nurse, is his right hand assistant and our PUVA nurse.

Dr's Serge Nadeau and Henri Carle are the anesthesiologists at our Centre who regularly attend to our patients' comfort, safety and anesthetic needs when more extensive procedures require light sedation or general anesthesia.

Patricia, who has her Master of Science and Business Administration degrees, is the director of the Centre. She wears many hats and ensures the smooth day to day running of the Centre by taking care of all business matters, as well as assisting me in preparing presentations and writing articles for medical publications.

These are the people who make up the Laser Blazers and the reason I thank my lucky stars.

WHAT'S NEW



Hair Removal

better meet the needs of our patients. The **CoolGlide** laser disables thousands of hair follicles in seconds and can be used to treat all skin colors, including dark and tanned skin, at much higher powers than other lasers. It promises long lasting results for all areas of unwanted hair on the body.

■ We are pleased to announce that the *Groot DermSurgery Centre* has been named a BOTOX CENTRE OF EXCELLENCE by the company which produces BOTOX.



■ Dr. Thomas Nakatsui has joined the *Groot DermSurgery Centre* as a medical dermatologist and hair transplant specialist. **Dr. Nakatsui** was raised in Edmonton and completed his medical training and residency in Dermatology at the University of Alberta. He has

traveled to many parts of the United States and Canada to sub-specialize in certain areas of skin disease. At the Johns Hopkins Medical Centre in Baltimore, the Massachusetts General Hospital in Boston, and the Mayo Clinic in Rochester he expanded his expertise in the treatment of melanomas, the use of photo-therapy, and the treatment of blistering diseases.

Dr. Nakatsui specializes in hair transplantation using the most advanced techniques in micro-surgery to replace hair and re-establish hair lines in people who suffer from hair loss.

■ Our all new web site will be available for viewing at the end of November with updated information, before and after pictures, video clips and patient comments. Be sure to visit www.drroot.com to learn more about *how to look your best at any age*.

■ The CoolGlide Hair Removal Laser proved so successful that we purchased a second one to

BOTOX BEAUTIFUL The Little Toxin that Could

BOTOX is one of the most popular ways for women and men to erase their wrinkles, especially those caused by muscle pull between the eyebrows, over the forehead and around the eyes. The reason for the popularity of **BOTOX** is that it is quick and effective. There is no significant recovery time and side effects are rare.



Botox
BEFORE

Botox
AFTER

BOTOX is a substance produced by a bacteria called clostridium botulinum. When the byproduct of the bacteria, known as a toxin, is injected into a muscle it immobilizes it for anywhere from three to eight months. As the muscle can no longer create the action which has been causing the wrinkle, the wrinkle gradually fades away. The results are temporary so the treatment needs to be repeated every 5 to 6 months.

BOTOX is often used in combination with Dr. Groot's skin care formulas, laser resurfacing or micro-dermabrasions to improve the quality of the skin. It has also proved successful with patients who suffer from profuse sweating and tension headaches.

COMPLEXION PROBLEMS? Maybe not!

Acne and complexion problems are often used synonymously, but sometimes the term complexion problem may refer to peri-oral dermatitis, seborrhea, rosacea or to the red ruddy appearance of the skin that is characteristic of facial veins. Facial veins begin to appear as we age and are largely the result of excessive sun exposure, although heredity does play a role. Look closely at your complexion problem. If your skin looks red and matted with fine squiggly lines you may have facial veins, which can be erased with

a vascular removal laser. Acne, peri-oral dermatitis, seborrhea, and rosacea all have distinct characteristics and will need to be properly diagnosed by a dermatologist in order to determine the best course of treatment.



Facial Veins
BEFORE

Facial Veins
AFTER

WHERE HAS ALL THE MOISTURE GONE?

Managing Your Skin Through the Dry Winter Months

Canadian winters are famous for being cold and dry. To survive we must heat the buildings we live and work in. When cold air is heated its humidity drops drastically drawing water from the air and eventually the skin leaving the latter dry and itchy.

To combat dry, itchy skin:

- Minimize the number of showers you take to one a day – avoid hot baths.
- Use a mild moisturizing soap, such as Ceta-phil, Dove, Neutrogena or Pears, sparingly to the armpits, groin and feet only.

■ After your shower pat your skin dry, do not rub it. While the skin is still moist apply a moisturizer to your skin. Moisturel, Lubriderm and Uremol 10 Lotions all are effective for trapping natural oils in the skin.

■ Use detergent and fabric softeners sparingly. Excess will stay in your clothes and aggravate dry skin.

Use a humidifier.

Patches of irritated, red dry skin are probably eczema and may require the assistance of medicated creams and/or PUVA light treatments to control the problem.

COMMENTS FROM A LIPOSUCTION PATIENT

For the past decade I have watched as deposits of fat have grown around my thighs. Despite my commitment to regular exercise and a reasonable diet I have been unable to shake those spreading thighs. So I decided to have liposuction. I watched a video, read all the literature on the procedure, and had all my questions answered. It was time to commit and get on with it.

I arrived at **Dr. Groot's** office on the day of my surgery somewhat apprehensive. As I was greeted by everyone with big smiles, I relaxed -I realized that they had done this many times before. The time went by relatively quickly. The anesthesiologist gave me some medicine to help relax me and ease any discomfort I might have felt, which was very little. First I was filled up like a balloon with what is called tumescent fluid, then I was left to

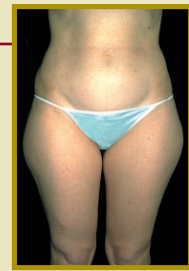
relax for while so that the medications in the fluid could take effect. A nurse was with me the whole time responding to my needs. Most of the time I dozed. Then **Dr. Groot** began to suck out the fat and recontour my body shape. I felt the pressure and vibrations of the suction cannulas being pushed and pulled under my skin. I would equate it to the same vibratory sensations I get when I grate cheese by hand. There was also the noise of the suction apparatus which sounded like a squeegee. All in all it was not an unpleasant sensation, just an unusual one.

When the procedure was complete I was helped to a standing position and I got the first glimpse of myself in the mirror. It was my new shape that caught my eye. **MY FAT PADS WERE GONE!**

Dr. Groot was quick to explain that I was not looking at the end result. He was right. I went through a period of swelling, numbness and some bruising, but my fat pads were gone and they never came back!

It's been over six months now since I made my decision to have liposuction. I can't remember when the numbness and swelling all went away but I was up and about in a day and back at work in five days. I am perfectly content with my new body shape. There is no tethering of the skin or numbness and the little incision marks are barely noticeable.

I love my new thighs. We went to Hawaii and when I got back I compared the pictures of myself in a bathing suit before liposuction to our pictures from Hawaii, I was doubly thrilled with the results. The bulges are gone and I have a nice shape. I like it – it makes me feel good.



Liposuction
BEFORE



Liposuction
AFTER

BARNACLES OF AGE

Annoying Lumps and Bumps That Appear Like Candles on the Cake

As we age we face many challenges with our skin. The obvious one which everyone thinks of immediately is wrinkles. However, there are many annoying lumps, bumps and discolorations that arise with age, which many people assume they must live with. With the advent of lasers many of these annoying barnacles of age can be zapped away.

Age Spots

Age spot is the layman's term for lentigos or seborrheic keratoses which are benign growths on the skin that commonly appear with age. These lesions can pop up over night, may vary in size from a pin prick to a large, raised irregular barnacle-like lesion. They may vary in color from skin tone to red or brown lesions. Sound confusing? They are confusing and sometimes difficult to diagnose. Because they appear so quickly, some people are alarmed because they think they may be cancerous. They are not. Most people find them annoying because they are a signal of age when they appear on the face and hands, but they may be found anywhere on the body. They are innocent lesions of the aging skin, which can be removed as readily as they appear.

Cherry Angiomas

Benign blood vessel tumours, such as cherry angiomas, tend to appear as we get older. They may vary in size from tiny red dots about the size of a pin-prick to larger and thicker spots. Cherry angiomas may appear in showers where 20 to 30 spots surface overnight. Most people don't know what these annoying little red spots are and are even less aware that they can easily be removed with a vascular removal laser.

Moles

Moles tend to increase in number, size and depth of color as we age. Unfortunately, they are not always the signature of beauty they are heralded to be by such superstars as Cindy Crawford. For one thing they do not always appear in the perfect location for a beauty mark. A dark mole on the chin is more reminiscent of the witch in Hansel and Gretel rather than a beauty queen. Some may also have annoying thick hair growing out of them. The solution is to have them removed. When removed with a laser it is usually difficult to tell that a mole was ever there in the first place. Some moles may require more than one laser session to chase the deeper islands of pigment. Moles that have changed and "look funny" should be checked in the rare event that they may be cancerous.



Age Spots
BEFORE



Age Spots
AFTER



Moles
BEFORE



Moles
AFTER

Liposuction

Tumescent
Ultrasonic

Laser Surgery

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

Facial Rejuvenation

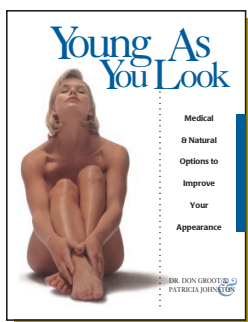
Laser Resurfacing
Laser Eyelid Lifts
Botox
Soft Tissue Implants
Collagen Replacement
Chemical Peels
Mega Peels

Leg Veins

Sclerotherapy
Laser Removal

Hair

Laser Removal
Transplants

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Patricia Johnston

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Young As
You Look

Collagen Promotion

McGhan medical, which purchased Collagen Canada Corporation, is continuing the Christmas tradition of contributing \$50.00 towards any treatment with Collagen (Zyderm or Zyplast) or Hylaform between November 15, 2000 and December 22, 2000. If you want to take advantage of this special offer call now to book your appointment: **482-1414**.

Zyderm, Zyplast and Hylaform are soft tissue fillers which are injected under the skin's surface through a very fine needle to fill in muscle pull creases or to outline the border of the lips. Many people find that it gives a positive appearance boost as they prepare for the festive season.

TO OBTAIN MORE INFORMATION

- Call us for more information or a personal consultation at (780) **482-1414**. Our consultations are confidential and free.



VISIT OUR WEBSITE

www.drroot.com or www.youngasyoulook.com

BOTH ADDRESSES LEAD TO THE SAME WEBSITE.

GIFT IDEAS

Christmas is the time for giving

and so are anniversaries, birthdays, valentines day, mother's day and father's day to name some of the more traditional events where the exchange of gifts is a common practice.

A gift certificate for a cosmetic procedure is often a welcome and unique gift.

It is possible to specify a procedure or to simply give a gift certificate toward a procedure of choice. Gift certificates for any amount are available. Call **482-1414** to order a gift certificate and we will have it ready to pick up or if you wish we can send it to the recipient on your behalf. **Some ideas: laser hair removal, MegaPeels, Collagen Injections, Botox, tattoo removal, scar revision, laser resurfacing for sun damaged skin and liposuction – to name a few.**