



# Young As You Look

WINTER  
2001

NEWSLETTER

## The New York Triple Rejuvenation Program

**A frequent question asked of us is "what is new for the care of sun damaged and aging skin." We are happy to say that the New York Triple Rejuvenation Program is new and is already very popular amongst our patients.**

**The New York Triple Rejuvenation Program** is a multi-faceted, non-invasive process designed for rejuvenation of the face, neck and hands. All aspects of the program improve skin problems associated with photo-aging, including uneven texture, pigment changes, and fine wrinkles. Tired looking skin that is porous, cloudy, and sallow is revitalized.

This program utilizes three treatments which have been effective in their own right for

rejuvenating the skin. When these treatments are used together the effect is synergistic; that is, the whole is greater than the sum of the parts.

The program includes:

**Medicinal agents**, including alpha-hydroxy acids, tretinoin, hydroquinone, and kojic acids, are combined in a moisturizing base creating a potent cream therapy which when used daily acts to even out pigment changes and soften texture changes.

**Mechanical stimulation** through micro-dermabrasions (MegaPeels) can be

viewed as skin polishing which lifts the superficial, dead skin, loosens blackheads and drains whiteheads resulting in a smoother skin texture with a more even color.

**Non-ablative photo-therapy** using the gentle application of a long wavelength laser light tightens the collagen building blocks and elastins of the skin, evens out darker pigment changes and smoothes out texture changes. The advantage of using a long wavelength laser versus a carbon dioxide laser for laser resurfacing is that the skin is not broken.

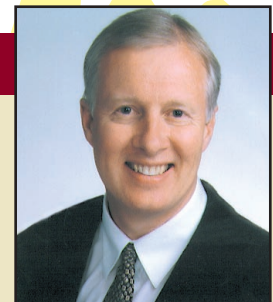
**The New York Triple Rejuvenation Program** is the most potent, non-invasive program available for the rejuvenation of the skin. The advantage is that there is no lengthy recovery period. The best results are seen one year after beginning the program. The results will vary from individual to individual,

### MESSAGE FROM DR. DON GROOT

**The year 2001 has been busy for us.**

Laser treatments of vascular anomalies including birthmarks, facial veins and leg veins are the most frequent procedures performed at our Centre. The most popular procedures would include liposuction and treatments for wrinkles such as Botox, MegaPeels, the New York Triple

Rejuvenation Program, laser resurfacing and collagen injections. Laser hair reduction is an ever growing contender for the popularity contest as it has proven to be an effective means of achieving permanent reduction of unwanted hair.



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

# Sweat...Can Dampen Your Fun

**There are some things that are difficult to talk about, yet may cause us great consternation – sweat is one of them.** The two complaints that we hear most about sweat is that there is too much of it or it smells. The good news is that there are treatment options for both problems.

**Hyperhidrosis** is the medical term for excessive sweating. The problem may be limited to the underarms, but often the palms and soles also sweat excessively. Stressful situations such as examinations, job interviews or an important date often aggravate the problem.

Most over the counter antiperspirants do not control hyperhidrosis. However there is a solution that can be obtained from drug stores called Drysol. Drysol contains aluminum chloride hexahydrate in absolute alcohol. When applied to the under arms, hands and feet using a specific treatment protocol, excessive sweating can be controlled.

When Drysol does not work, other options may include topical medications, systemic medications, electrophoresis, or Botox injections. In very rare cases surgery is necessary to remove the sweat glands or to cut the nerves responsible for the stimulation of the sweat glands.

**Smelly sweat** is known medically as bromhidrosis. Not only can it be socially awkward but it can significantly increase the amount of laundry and dry cleaning that a person has to deal with. Often food is the problem with the big culprits being excess amounts of garlic, onions, and spices. If cutting down or eliminating these items from your diet does not solve the problem, a prescription for an antibiotic lotion can be useful.

## New York Triple

FROM PAGE 1

depending on the extent of damage in a person's skin when they begin the program and a person's individual capacity for healing.

**The New York Triple Rejuvenation Program** cannot be compared with the carbon dioxide laser for resurfacing or lasers which specifically target pigment and blood vessels. These treatment options are very effective because they reach into the deeper levels of the skin. However, they are more invasive and require much longer periods of recovery.

**The New York Triple Rejuvenation Program** does not address structural changes of the skin. Deep wrinkles need to be treated with Botox or soft tissue implants such as Collagen, while redundant skin has to be surgically removed and tightened.

If you would like to know the details call **482-1414** to book a free, confidential consultation.

## VASCULAR ANOMALY CLINIC

### An Integral Part of the Groot DermaSurgery Centre

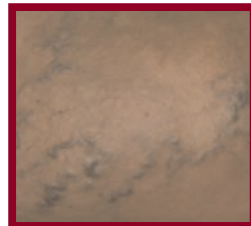
Lasers have been an absolute boon to the field of medicine offering hope to many patients, where hope did not exist before. In particular patients with vascular anomalies such as birthmarks have benefited from laser technology.

At the **Groot DermaSurgery Centre** we house one of the largest Vascular Anomaly Clinics in Canada. Through this program we treat blood vessel tumors, birthmarks, rosacea and dilated veins. We have six lasers that target abnormal blood vessels in the skin. Each laser serves a different pur-

pose allowing us to reach all levels of the skin and to treat lesions of various hues of red and purple.

Patients have shared with us their stories and the change that these technological advances have made to their lives. One patient came to us in desperation. His tongue had become so engorged with blood vessels that he could hardly talk and he felt he was at risk of choking to death in his sleep. He had reached the end of his rope and was in the process of investigating the possibility of having a portion of his tongue removed.

His family dentist referred him to us. After five treatments with a vascular removal laser, his tongue is almost a normal size and color. He can now speak with confidence, sleep soundly and eat normally.



**Birthmark**

B E F O R E



**Birthmark**

A F T E R

# Christmas, Hanukkah, New Years, Valentine's Day...

## Look you best for these festive occasions.

There are many quick fixes that can give your look a boost for all the festive events we enjoy throughout the winter. They take only a few minutes at the Centre and you can go home looking rejuvenated.

**Quick Fix #1 – Botox** smoothes out the wrinkles between your eyebrows, over the forehead and around the eyes.

**Quick Fix #2 – Collagen** fills in the deep creases between the corners of the nose and lips and will augment your lips making them look and feel full and sensual. (Hylaform and Restylane are also used for this purpose).

**Quick Fix #3 – Non-ablative photo-therapy** with a finally honed laser light will revitalize tired looking skin that is porous, cloudy, and sallow.

## If you have a little more time:

**Liposuction** will prepare you for your best possible bathing suite look on the beaches of the Caribbean or Hawaii.

The light of the **Coolglide** laser will disable thousands of hair follicles in seconds, reducing the amount of hair on any part of the body you choose. Some people benefit from one treatment, but usually several treatments are required.

## Gifts for Men

Two popular treatments that men seek at our Centre have to do with hair, too much and too little. Laser hair reduction and hair transplants respectively solve these problems for men. So consider a gift certificate for one or both of these procedures. It is unique, personal and would be very much appreciated.



## LASER HAIR REDUCTION

### A popular choice, an important decision

Laser are becoming a popular choice for people wanting to reduce or remove the amount of hair they have on various parts of their bodies.

When deciding upon this treatment option, the most important consideration is proper diagnosis of the reasons for unwanted hair. In many cases excessive hair on the face and in the pubic region may have an underlying medical cause such as adrenal hyperplasia. A missed diagnosis could lead to unwarranted medical problems.

A correct match between the laser parameters used on your skin and hair type will increase the efficacy of the treatment and reduce the risk of unwanted side effects. Selection of an incorrect parameter may inadvertently wipe out the evidence of a skin cancer which, left unchecked and undiagnosed, could result in continued growth and possible spread of the

cancer. It could also cause damage to the skin.

Lasers by their nature are a potentially dangerous pieces of equipment, which if used improperly could lead to scars, hypopigmentation and even blindness. Even in the best of circumstance problems may occur and if they do, immediate response and care can usually minimize or eliminate long term damage. Recognition and response to potential problems are essential to maximize the benefit and minimize the risk that people take when under going laser treatments.



**Hair Removal**  
BEFORE



**Hair Removal**  
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

# Botox, Collagen & Hylaform Promotion

Benefit from **\$50.00** off  
a treatment with Botox,  
Collagen or Hylaform on or  
before January 31, 2002.

## WHY WAIT?

**Medicaid offers a simple and affordable way to finance your skin care treatments.**

Liposuction, hair transplantation, laser resurfacing, and the multitude of other services we offer are available to you now through Medicaid financing services.

**Simple:** Applying for financing is as simple as filling out an application form.

**Flexible:** You can request financing for a portion of or for the complete procedure.

**Fast:** Most patient applications are quickly approved for funding,

usually with-in 24 hours.

**Friendly:** Medicaid's professional and experienced staff are committed to helping patients obtain financing for their desired treatments.

**Call them:**  
1-888-689-9876.

## TO OBTAIN MORE INFORMATION

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

Our consultations are confidential and free.

## GENETICS... A BATTLE THAT CAN'T BE WON?

### Or can it?

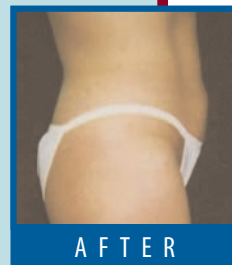
Have you ever looked in the mirror and thought "I am starting to look like my mother?" Genetics, they can trip up the best diet and exercise plans.

We are preprogrammed to have fat deposited according to the genetic mapping established by our ancestors. They may have served an important function back then, but not now.



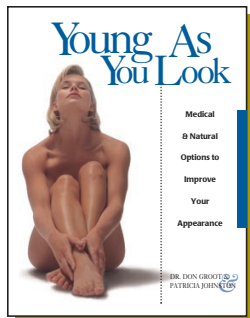
BEFORE

There is no changing your ancestors, but you can change your shape through liposuction. It is safe, it works and requires very little time for recovery. Once the fat cells are gone they will not return, except in the next generation! The good news is that liposuction will still be around for future generations, so they too will be able to get rid of the legacy of fat left to them by their ancestors.



AFTER

If you are interested in finding out if you are a candidate for liposuction, arrange an appointment to see Mary. She will show you a video, before and after pictures and answer all your questions. Our consultations are free and confidential.



**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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BOTH ADDRESSES LEAD TO THE SAME WEBSITE.

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