



Dr. Karen J. Dover, M.D.

laser & cosmetic medicine

KJD-MD Autumn Newsletter

Harvest season is a time for thanks, a time for family and friends, and a time for cozy sweaters. It is also the time for dry skin!! It is now that we start to prepare for the long winter, which is at our doorsteps, and no better way than to ensure that we are on a good skin care regimen.

New this autumn at KJD-MD is a second Canadian line of superior quality skin care products to add to the highly-touted VIVIER of Hudson, Quebec. DR. JASON K. RIVERS, originally of Ottawa, is now an internationally-renowned dermatologist, based in Vancouver. In his quest for a non-irritating, hypo-allergenic, highly-effective anti-aging product line for patients, RIVERSOL was born. Now EXCLUSIVELY at KJD-MD, it is our pleasure to provide these products to our discerning patients,

offering a uniquely calming, yet result-oriented, series of cleansers, creams and serums. They will give you that jump-start on winter, avoiding the dry skin cycle which begins around now. They are also excellent as post-procedure topicals, as well as bi-weekly facial masks.

Dr. Rivers has been very generous with **SAMPLES** of his products, which all contain his signature anti-oxidant, **THUJAPLICIN**, derived from Pacific red cedars. Also known as **HINOKITOL**, it is an exceptionally beneficial addition to our anti-oxidant defense, not only against aging but cancer, as well. We would be happy to **OFFER** these samples to you at your next visit, as supplies last. Alternatively, please feel free to drop into the office at your convenience for a trial of the **RIVERSOL** products, and of course, for some samples!

GLOMINERALS, our ever-popular high-content mineral make-up line, has become the latest addiction for many of us, 'yours truly' included. For any who have been hesitant, or for those who might like a little assistance or guidance in maximizing the benefits of the products, a **GLOMINERALS PROFESSIONAL MAKE-UP ARTIST** will be on site, November 5th, for scheduled consultations. These will be **COMPLIMENTARY** to you, simply arrange an appointment with Judy. As these are very limited, please ensure your availability, as demand will be high.

The last many months have been action-packed for **KJD-MD**:

RECENT EVENTS:

-MAY brought the NATIONAL WOMEN'S SHOW, in which MEDICIS of Restylane and Perlane fame, came out as a leader. KJD was, once again, an invited guest.

-Charity Golf Tournaments were plentiful, including GREEN MEETS PINK in support of breast cancer and the Regional Cancer Centre, WBN, which raised funds for 'Big Sisters' and three scholarships to Carleton, U of O and Algonquin, the UNIVERSITY OF OTTAWA HEART INSTITUTE JEANNE FULLER RED DRESS CHARITY EVENT, encouraging awareness and funding, specifically for women's heart disease.

-HUNTINGTON'S FOUNDATION held a brunch with the NAC head- chef in support of the group's charity, as well as a CARING AND SHARING evening, another fund-raiser.

-The REACH soiree, scheduled at the end of the month, is slated to raise funds for adults with disabilities.

DONATIONS towards these events and participation by KJD-MD have helped to raise many thousands of dollars for these extremely worthy causes. Thank you to the co-sponsors, Medicis, (Restylane), Vivier, LaRoche Posay, and Jouviance, for continued and generous support. The participants had to endure snow, sleet, heavy rains, and painful high heels, but it was all in support of those in need, and well worth the effort.

PROFESSIONAL and ARTISTIC ACTIVITIES:

-CONTROVERSIES AND CONVERSATIONS IN LASER and COSMETIC MEDICINE AND SURGERY 2009 was, yet again, a fruitful and effective forum for discussion. Held in Bermuda this year, we just missed the

hurricane, but enjoyed a storm of new ideas. It certainly keeps things fresh and current!

-AMERICAN SOCIETY OF LASER MEDICINE AND SURGERY – FELLOWSHIP STATUS awarded to Dr. Karen J. Dover, M.D., the highest level to which a member can aspire.

-SUMMER WORKSHOP with CHANDLER SWAIN, sculpting and hand-building ceramics. The Goddess of the Kiln was extremely kind and forgiving this year, and the successful pieces are proof of her generosity. Thank you!!

-SECRETS OF RAKU, another week-long ceramics workshop, this time in St.-Quentin-la-Poterie, in the South of France. Yes, a long way to go for pottery, but so is Mecca!! The results speak for themselves.....if only I had more shelving!!!

In closing, I am thankful for so much, especially this year in which we have lost so many, and I will continue to be grateful for all the wonderful opportunities which present themselves each and every day. Thank you to Judy Doyle for her extraordinary efforts, and to you for your part in making the journey so enjoyable.....

Cheers, and stay warm.....and please use your moisturizers....with SPF!!!

Yours sincerely,

Dr. Karen J. Dover, M.D.