



Dr. Karen J. Dover, M.D.
laser & cosmetic medicine

Winter Greetings from the desk of KJD-MD.....

Congratulations.....you have successfully endured January, despite the OC Transpo fiasco, and thankfully, February promises novel things in the world of rejuvenation!

There is finally good news on the horizon....

1) VALENTINE'S DAY is fast approaching, and for those of you who were hoping to fit in your BOTOX and/or RESTYLANE treatments before the big day, there is just enough time.....AND, a special GIFT is awaiting all those who brave the elements and come in for treatments, including laser and light-source therapy, in the month February!

2) This year's SNOWFLAKE BALL is being held on Valentine's Day at the Casino at Lac Leamy, themed as a Venetian Carnevale Masquerade. KJD-MD is donating two beautiful displays, the first of which is a collection of VIVIER's exclusive skin products and the second, many LAROCHE-POSAY favourites, along with consultations for laser and cosmetic treatment. If you are fortunate enough to be attending the event, please enjoy the silent auction items from 'yours truly'. It is in support of CHEO and the 3C Foundation of Canada, for Crohn's, Colitis, and Cancer, and all proceeds will encourage research in these areas. <http://www.snowflakeball.com/home.html>

3) VIVIER is providing us with another excellent product, in addition to the much-loved elixirs, C&E, Kine-C, and CE KINEROL. It's a unique blend of Hyaluronic Acid, Vitamin B5, and GAG's (glycosaminoglycans), and a nice adjunct to any good skin regimen. HYDROgel is the name of the newest member of the line-up, and it is helping deal with the winter BLAH's! It's great for hydrating your skin. <http://www.vivierpharma.com/>

4) HOMEMAKERS February/March edition brought us an enlightening article by Julie Beun-Chown, a local writer with an international reputation, delving into the skin's manifestations of internal disease. It made for an interesting read, including some tips in the column 'WINTER SKIN ADVICE' from DR. KAREN J. DOVER.....yet another piece of defense to add to your artillery to fight those negative winter forces! Please refer to the WWW.KJD-MD.COM website for

the full article, where it will be posted shortly....

<http://www.homemakers.com/homemakers/client/en/home/home.asp>

5) THE OTTAWA CITIZEN of January 28th, 2009 provided more 'food-for-thought' with its articles on the new and very hot 'SKINGESTIBLES', the latest in the line of nutreaceuticals. Another entertaining read, not that it is recommended that you run out and buy the products! The articles quote DR. KAREN J. DOVER as encouraging excellent nutrition and a healthy lifestyle, recommending the added benefits of oral and topical supplements, including antioxidants, minerals and vitamins, amongst others. Her favourites, topical retinoids, AHA's, peptides, growth factors, and broad-spectrum SPF's receive high praise, and also mentioned are the irrefutable benefits of laser and light sources for the ultimate rejuvenation.

<http://www.ottawacitizen.com/Health/Skingestion/1224902/story.htm>

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6) Last, but not least, DR. JEFFREY S. DOVER, has done it again! He has written and had published yet another book, this one entitled, "THE YOUTH EQUATION", in which he explores his simple approach to skincare, 'Cleanse, Treat, and Prevent'. The book is impossible to put down, and will be a terrific and informative read for all. It is encouraging to know that the advice being provided North and South of the border by the Dover physicians is remarkably similar....not surprising considering KJD-MD has such a wonderful mentor in her brother, JSD-MD!! The hardcover is now available from most major book stores and on-

line, and for anyone interested, a personally-signed copy is 'in-house'.....you are welcome to peruse the issue for any immediate tips! Come in for a café-latte and a quick peek!

<http://www.theyouthequation.com/index.php>

Winter is the ideal time for laser treatments, as many of you know, so don't be strangers....

Here's hoping you are enjoying the winter sparkle.....

Happy Valentine's Day to all....

Yours truly,

KJD-MD