



Dr. Karen J. Dover, M.D.

laser & cosmetic medicine

It's time.....

October brought all the joys of the harvest, with the extra rolls and added pounds to prove it....No need to fret, **COOLSCULPTING** to the rescue!

This novel, no-downtime technique is working wonders for tummies, love-handles, thighs (inner and outer), back fat, and arm 'jowls'. It is a very creative sculpting tool, addressing unwanted fat everywhere.

Hallowe'en unveiled the crinkly faces, the masks and the poor complexions, warty lesions and all..... If you are getting the feeling that it wasn't just the costume, and you are convinced the wrinkles have stayed after the mask was removed, then please take note. The new **THERMAGE CPT** is here!

With all seriousness, we are **loving** the effects of the revolutionary **CPT THERMAGE**, as it non-invasively treats the issues that plague us all....'crêpy' eyelids, droopy chins, hanging necks, sad cheeks, and depressed brows.

That 'sagging feeling' could be a thing of the past with this new treatment option.

Arms, tummies, faces, necks, and brows, eyelids can all be addressed for a skin-tightening effect.

There is virtually no post-op care involved, so it should be quite easy to fit into your busy pre-Holiday schedules.

Typically, November heralds the dry-skin season, as the relative humidity in our centrally-heated buildings drops precipitously.

It is important in autumn to increase the frequency and enrich the content of our moisturizers, helping to ward off flares of ROSACEA and ATOPIC DERMATITIS.

Countless patients have complained of these issues, but those of you 'in the know' anticipated the problems and adeptly moved to your thicker creams and concentrates and are applying the topicals morning and night. Staying ahead by maintaining your skin's barrier protection with high-quality products will pay off in dividends throughout the winter season.

PROTECTION is key.

'Laser Season' is now in full swing, despite the beautiful warm weather of the recurrent Indian Summer.

I am proud that so many amongst you have kept up with your daily sunscreen application.

VIVIER continues to provide SPF 15, 30, and 45 to suit all your lifestyle needs.

Sun protection remains a critical part of your daily regimen, and VIVIER provides broad-spectrum coverage without an increase in rosacea flares, acne breakouts, nor chemical sensitivities.

VIVIER continues to provide the goods!

• UNIQUE SEASONAL SPECIALS

LATISSE, the remarkable eyelash plumper and lengthener, is offering a \$50 rebate, available with the acquisition of a two-month supply of the product. Purchase is required by December 31st, 2011

C-E KINEROL, known by many as 'liquid gold', is complimentary with the purchase of PLATINE EYE CREAM. This \$144 gift is available only while supplies last.

CONSULTATION GIFT CERTIFICATES

are available for established clients for \$50 this Holiday Season only.

As your friends and family are our favourite new patients, this might be the perfect time for the perfect gift for a special friend, relative or mate.

EVENTS of note

- **CONFERENCES:** Controversies and Conversations in Laser Medicine and Surgery, in Asheville, NC, proved to be incredibly informative and inspiring. The field's luminaries meet and discuss the hottest topics, sharing thoughts in a unique environment, which leads to tremendous advancements. Proudly, the technologies provided at KJD-MD continue to be leading-edge, and it remains one of the few clinics in North America at which treatments are provided by a trained laser and cosmetic physician with extensive experience in all aspects of aesthetic medicine and art.

- **WORKSHOPS:** Ceramic Sculpture, with Chandler Swain
Impressionist Photography, with Garry Black
Techniques in On-Location Modeling Photography, with Garry Black
Vision and Creativity in Photography, with Garry Black
Advanced Photography, On-Location in Normandy and Brittany, with Garry Black
A Multi-Media Exploration of Modern Art, with Mary Pfaff

- **CHARITY EVENTS** abound, especially in autumn;
KJD-MD has been a proud sponsor of the following events and organizations:

Make-a-Wish Foundation Gala
'Choices' JWF Campaign Dinner
Ashbury College Ball
Reach Foundation Gala
Stem Cells for Brynn
Ottawa Women's Dental Study Club
The Hnatyshyn Foundation
Therapeutic PAWS of Canada
University of Ottawa Heart Institute
Snowflake Ball
Queensway-Carleton Spring Bling Fundraiser
Ottawa Humane Society Fur Ball
My Sisters-in-Law Closet
National Capital Horse Trials Association
Women of Finance, Eastern Ontario

It is with pleasure that I write to you all....the last many months have been **really** action-packed, the office is busier than ever, the stories keep getting better and better, and I am enjoying the practice more than I could have ever imagined. I thank you all for your generous gifts, as you not only openly share so much of yourselves during your visits, but you so often shower us with treats.

Your offerings are precious to both Judy and I,
and we can only hope we return the favour in half.

As you know, we have an 'open-door' policy for our patients, so never hesitate to call, write or visit. You are always welcome....

Cheers for now,
Sincerely Yours,
Dr. Karen J. Dover, M.D.