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laser & cosmetic medicine

## Autumnal Equinox

An equinox occurs only twice a year, when the plane of the Earth's equator passes the center of the Sun, a time when the tilt of the Earth's axis is inclined neither away from nor towards the Sun. The name "equinox" is derived from the Latin *aequus* (equal) and *nox* (night), because around the equinox, night and day are about equal length, and can also be referred to as "equilux", when the amount of light is equal, day and night.

The term equinox can also be used in a broader sense, meaning the moment when such a passage happens. Although the equinox is the time of ultimate balance, of pure equilibrium,

fleeting though it is, the autumnal equinox often represents a point of flux for many, a psycho-emotional watershed moment in the year, when one must relinquish the freedom and levity of summer and brace oneself for the darker, colder months to come. It tends to be a turning point, with the September re-entry to quotidian life, the return to daily routines, and often when long-deferred decisions are addressed. Keeping things positive is imperative, and looking for ways to withstand the seasonal changes and climactic shifts is essential.

In this vein, it seems to be a prime opportunity for showing kindness to oneself, and from years of experience in the practice of cosmetic medicine, it has always seemed to be a favourite time to seriously consider aesthetic treatments. To this end, a few recent developments are worth sharing with you, as this field is ever-changing, and keeping abreast of leading-edge research keeps things fresh and real.

1. Skin rejuvenation is always on the mind of my patients. The recent peer-reviewed lead article, presented in the Journal of the American Society of Laser Medicine and Surgery, demonstrates the stellar effects of Palomar's MaxG for the photo-aging vascular and pigmentary changes, as well as Palomar's Fractional non-ablative 1540 for mild-moderate wrinkling and textural issues, but the new development is

the safe and effective synergistic impact of the two treatments used together. It is an approach long implemented at KJD-MD, with beautiful results, but the scientific support is critical and most welcome. As the popularity of non-invasive approaches to photo-aging continues to grow exponentially, it is essential that we, as clinicians, provide the best possible options to our patients. Palomar's ICON platform, the uniquely-designed laser device which powers the Max G and 1540, delivers exceptional results for all aspects of skin care, as it remains the gold-standard for non-invasive treatments. It may be time for a refreshing treatment, as every little bit helps....

2. With the equinox comes cooler temperatures and crashing relative humidity. It is, without a doubt, the trickiest time of year for maintaining skin moisture, especially as central heating enters the picture. Hydration kits from Vivier hit the shelves recently, as well as a new Redness Relief Complex and Lexxel moisturizing cream, all of which help with this transition period. Getting ahead of the 8-ball is key, so decreasing trans-epidermal water loss through the increased use of masks and enhanced moisturizing products is recommended. Judy will be happy to share

more information, if you are interested in these new product lines.

3. Zeltiq's 'treatment to transformation' paradigm for CoolSculpting, which originated at KJD-MD, has gone viral globally, but no more so than where it was developed. Creative and unconventional use of the newly-designed hand-pieces has led to results of which dreams are made. With tenacity and determination, and a serious dose of artistry, the effective sculpting of contours has been achieved. The fat loss, if occurring in strategic locations, can have an enormous impact on overall appearance and personal comfort. Tummies, thighs and back fat are melting as I write, leading to a new freedom for my patients, as well as an aesthetic improvement. [www.kjd-md.com](http://www.kjd-md.com) shows some 'before and after' photos, but a consultation with 'yours truly', for those who are interested, is the best first step in the process. One never knows until one asks....
4. Thermage CPT continues to push the boundaries of the skin-tightening arena, with further developments and advancements in treatment protocols and tip engineering. As competitive as the field is, Thermage successfully maintains the forerunner's position. The results speak for themselves, as Thermage CPT remains the ideal approach to keep the jowls and marionette lines at bay. Although

the changes in the skin after Thermage CPT are irreversible and the collagen produced stays put forever, the natural aging process continues, which is why maintenance treatments are recommended, with repeat sessions every 1-3 years, for best long-term results. The therapy can be used very effectively for tightening tummies, upper arms and thighs, but it is still most popular on the eyes, face, chin, and neck.

5. The National Women's Show, which this autumn will take place at the Ernst & Young Centre, has invited KJD-MD to return for a repeat performance. As the welcome was so warm from the Ottawa public in the Spring, we have agreed to participate again. CoolSculpting by Zeltiq will be show-cased, with a high-ticket door prize opportunity for those who attend, as will Vivier advanced skin care products, with show specials on specialized kits for the weekend only. The show takes place October 5<sup>th</sup> and 6<sup>th</sup> and we are attaching a coupon for all KJD-MD patients who might like to attend. See you at the show, right next to the Magic 100 radio station, booth # 206, near center stage.

There is so much more to share, though I will wait until my next note to do so. As always, the clinic is opened daily for your

convenience, with the exception of Wednesdays, and I will be in office for treatments for the next long stretch, other than October 9-18<sup>th</sup>, inclusively. We are available to assist you in any and all ways possible, so please feel free to contact us for your aesthetic needs.

Here's to celebrating the equinox, to enjoying the perfect equilibrium of the moment, and to pleasant passages ahead....

All the best,

Cheers

KJD-MD