



Awaiting spring....

The New Year has come and gone, as has Valentine's Day, so I thought I might wait until Spring to write to you, but I think I might be waiting a while before we are blessed with signs of the season, so here goes, snow and all....

The winter has been a very active and productive one, with our exceptionally loyal and dedicated clientele. Conferences, talks, video and photo shoots, charity events, fundraisers, and intrepid travel have rounded out the agenda. A few of these events are worthy of sharing, as well as some exciting plans on the horizon;

- **LASER 2014**, the American Society of Laser Medicine and Surgery Annual Conference, is being held this week in Phoenix, Arizona, April 2-6th inclusive. As a Fellow of the organization, my participation will involve an Expert Panel on Burns and Trauma, Expert Treatment Approaches, Therapeutic Challenges and New Treatments in 2014, as well as a Laser Treatment Pearl Marathon, amongst other academic sessions. Leading-edge learning and discovery occur in this hot-bed of world leaders and luminaries in the field. It should be an action-packed, very intense five days, and one that I wouldn't miss for the world.
- **Women in Finance** enjoyed their 6th Annual Conference March 5th, 2014. As an invited guest speaker, I addressed the topic of "Inner and Outer Beauty; The Aesthetic Duet". It was a joy to address this bright and receptive group of over 300, about a subject which is very dear to my heart, and central to our existence as a species. By incorporating pictures and insights from my travels over the past many months to Africa, South America and Indochina, the project became a treasured labour of love, which I was very proud to share publicly for the first time. Proposals for publication of the work as a coffee-table book have followed, as well as requests for many of my photos in large format. This, of course, has now spring-boarded me into yet another adventure. I envision many sleepless nights and

protracted editing sessions in my future! Please stay tuned for a release date for the book(s)....

- **Magnetic North Festival** will be holding a fundraiser at the NAC, Fourth Stage, entitled “Keep Your Day Job”. As an invited guest non-celebrity, I will be performing an improvisational skit with three of my four children, which will likely remind me why I still have a day job!!! Without giving too many details of the high-jinx, a donation of a Zeltiq Coolsculpting treatment and KJD-MD consultation will be on the live auction block, and ‘Fat Bastard’ of Austin Powers fame will be doing the honours....please come and join in the fun and support a wonderful Canadian Arts Festival.
- **Recent silent auction contributions** to local charities have included Make-a-Wish, Reach Canada, The Humane Society of Ottawa, Habitat for Humanity’s Steel Toes and Stilettos, Candlelighters, Royal Ottawa Hospital Gala, Royal Women’s Mental Health Program, My First Suit, and the Snowsuit Fund. Thousands of dollars have been raised for these non-profit organizations and it has been an honour to be a part of this effort.
- **My mixed-media** art pieces have been on display in the office for the last few months, and it has been a real thrill to share

them with so many of you. Thank you for your generosity, both in spirit and in your acquisition of my works. They are a wonderful counterpoint to the laser and cosmetic medicine I practise daily, and they provide an insight into the creative process involved in achieving the aesthetic results I pursue with my patients. Each requires an individualized approach and the sensibility of an artist, which I attempt to provide to all.

- **On the therapeutic front**, Thermage CPT has developed a new Comfort Tip, which provides more uniform energy delivery and a whopping 300 additional radiofrequency hits, which represents a 35% increase per session. In real terms, this translates into a superstar treatment for long term benefits and the ideal preventative anti-ager. Great for chins, jowls and a forehead lift, it is my hands-down favourite at the moment....
- **Vivier has a Wrinkle Rescue Kit** on a huge promotion, which includes the trio of 1) Platine Peptide CR eye cream, with peptides, retinol and vitamin C, 2) CE Peptides, the ever-popular patented serum, which brings damaged skin back to balance and leaves the skin looking visibly refreshed, and 3) TMR, the unique pharmaceutical-grade peptide serum, which reduces the appearance and recurrence of wrinkles. The latter is a nice adjunct to neuro-modulators, like Botox. Please call Judy for details, as supplies are limited.

- **Speaking of Judy**, she will be celebrating a very special anniversary, and in honour of the milestone, Judy and her husband will be experiencing April in Paris!! While she is away in the French capital, 'yours truly' will be attempting to hold down the fort. I will be performing procedures on a scaled-down office schedule during Judy's absence, April 10-21, but will be available by phone throughout, so it should be a 'variation on a theme' of 'business as usual'. I will thank you in advance for your patience in this very worthy romantic cause.

A very special patient of mine, who is now in her mid-80's and going strong, once expressed that life isn't always fair, but it is good....I encourage you to enjoy it!

Cheers for now,
KJD-MD