



## Welcome to 2020

It may be a new decade, but let's hope your skin isn't showing it! This New Year has certainly challenged us beyond all expectations thus far. In times of emotional upheaval and relative uncertainty, our routines are even more important than ever. Good habits are critical in maintaining your best skin health, and as your natural aging never takes a Holiday, it's important to have a solid and manageable long-term plan established. Many of you have been doing exactly that over the years, and

have been committed to your personally-tailored regimens, so that you are now reaping the rewards of your concerted effort. It's an experience I enjoy at our visits when I see the results of your excellent personal care and lifestyle choices. Together, we have achieved so many of your aesthetic goals, which is ultimately my definition of success.

General trends have certainly declared themselves.  
What tends to work?

Eat well, sleep better

Exercise regularly and often

Get fresh air

Connect with nature

Treasure your relationships

Do what you love; Love what you do

Keep creativity alive

Stay curious and never stop learning

As for your skin?

Invest in high-quality products, addressing your skin twice daily with the trio:

Cleanse, Treat, Protect

Establish a program of regular maintenance therapy so your natural aging doesn't catch up with you.

What are your best options?

**Botox** still wins hands down for wrinkle reduction for hyperdynamic lines, as well as other targeted areas of the face and neck. It's also known to boost collagen, reverse and prevent aging, and elevate one's mood.

**Fillers** are an incredibly versatile and natural-looking way of improving the sad, angry and tired looks we all hope to avoid. Finessed injections can address a huge range of facial issues. The treatment possibilities are highly personalized, and with creativity, expertise, and a critical eye, the results can be beautiful.

**Thermage CPT** is still a pillar of the prejuvenation toolbox, especially to elevate heavy brows, which we all experience in time, to minimize the inevitable jowl formation, as well as to redefine the jawline. Necks and chests tighten and skin creping improves. Focused treatments help with the thinning of the skin around the eye, as well as wrinkling and darkening in the region.

The myriad of **Fractional Lasers and Lights** are therapeutic home-runs for age-spots, unsightly vessels and redness, moderate wrinkling, creping, scarring, and hair removal; they are an indispensable part of most aesthetic programs. Laser season is in full swing, as winter is an ideal time to treat.

**CoolSculpting** is still the preferred non-invasive way to predictably remove unwanted fat in focal areas, like tummies, love handles, backs, arms, and thighs.

Another example of art meeting science, in this case to modify your body contour to your desire.

To round out the roster of à-la-carte treatment modalities, **MicroNeedling** offers benefits for focal issues, like upper lip lines and stretch marks;

**Botox Therapeutic** works miracles for excessive sweating, and is covered by the majority of private insurance plans. This treatment changes lives!

**VivierSkin** pharmaceutical-grade products work in harmony to enhance the benefits of all the above, yet on their own boost the skin to repair damage, protect from environmental impact, and grow healthier skin on a daily basis. New products are always being introduced and improved, though the latest in-house favourites from Vivier are **Ultimage** and the **GrenzCine** suite of products. Not to be missed!!

Whatever approach you ultimately choose must suit you and your needs. Over time, it requires fine-tuning, as the face and body naturally change and shift with age. The issues of those in their 30s and 40s can be typically quite different from those in later decades, and therefore the recommendations and treatments must be modified accordingly. There are many options, all of which are entirely dependent upon physician experience and skill, and there should never be a cookie-cutter approach to your needs. Bespoke treatments are apparently all the rage these days, though they have been 'de rigueur' at KJD-MD since its inception. This philosophy respects the uniqueness of each of you, and allows customized, relevant treatment plans.

If you are really pleased with where you find yourself as you enter 2020, congratulate yourself and keep it up! If you're not quite sure what it is you might need or want, now is the time to review your choices.

You are always welcome to visit to discuss the pros and cons of any of the treatments. Natural and refreshed is the coveted look, as always.

It's a new year, a new decade, and a new opportunity to take care of your skin, and yourself. It may be just the time to indulge yourself to look and feel your very best.

Warm wishes for a healthy and safe 2020.

We look forward to visiting soon....

Cheers, and all the best,

Dr. Karen J. Dover