



MORNING

OTTAWA

## Today's the Day: **Blog** **Fountain Of Youth Wrap Up!**

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TGIF!!!!

Our segment today took place at the office of Dr. Karen Dover, who specializes in laser and cosmetic medicine.

Dr. Dover has a lot of spunk and was fun to chat with about a variety of skin care topics. She offered some very useful and important information about our skin care products and the ways we need to protect and improve our skin. In fact, Dr. Dover started spitting out so much information that I eventually put the note pad down and asked her to send me a few notes and points that she thought were crucial for our viewers to know. So with that said, here is her advice in her own words:

Dr. Karen J. Dover's approach to skin care

[www.kjd-md.com](http://www.kjd-md.com)

1) CLEANSE: Start with a good cleanser, preferably with a poly-hydroxy acid or an alpha-hydroxy acid, (e.g. lactic acid, glycolic acid, or gluconolactone), which should be used morning and night. This will help remove the outer few layers of dead cells and improve the absorption of the next few products in the skin care program.

2) TREAT/REJUVENATE: To treat your skin, apply anti-aging products, which come in many forms, all of which have a role. They repair the damage done to the skin cells, mostly due to sun exposure. Look for anti-aging creams and serums with anti-oxidants (e.g. vitamin C, green tea, CoQ10, idebenone), peptides (e.g. Matixyl, Kinerol), and growth factors. Vitamin E and Alpha Lipoic Acid can also be beneficial. These products usually come in a moisturizer, which plumps and smoothes the skin, as it hydrates. They should be applied daily, preferably morning and night, for maximal benefits.

3) PROTECT: The morning moisturizer cream should contain a broad-spectrum sunscreen, with a minimum SPF of 15, daily. This protects against future damage to your skin and is vital in a good skin program. Higher SPF should be applied in the summer months for further protection.

4) REPAIR/REVERSE: The Vitamin A –derivative, Retin-A, is a prescription anti-aging cream, which should be part of every skin regimen. It should be applied at night, about a half hour after cleansing, followed by a good nightly moisturizer which contains some of the active ingredients listed above. Start slowly, potentially every third night, building up to a nightly application, if well-tolerated. It will be worth the effort, as the results are really impressive.

5) SUPPLEMENT: Remember that it is important to nourish the skin from within, as well as topically. Diet cannot be over-emphasized. Colourful fruits and vegetables tend to contain the anti-oxidants which are important in the repair process. Vitamin, mineral and anti-oxidant supplements orally can also be of help. Sleep is also great for improving the appearance of the skin.

6) SHOP: Go buy yourself a wide-brimmed hat....shoulder width! It will go a long way to protect your precious skin.

BE patient.....take the time.....it is well-worth the investment!

BEST OF LUCK!!!!

Cheers, KJD-MD

While we were chatting Dr. Dover couldn't emphasize enough the importance of protecting our skin from the sun. You may love to bake in the sun now, but aside from the cancer risks, you are lending yourself to damaged skin, which will only wrinkle and sag in time!!!

She also, said that in addition to all the suggestions she made about creams the cherry on the cake is of course Botox and Restylane. She says they are magical when it comes to reversing the signs of aging. There is plenty of information as well on the types of laser treatments Dr. Dover performs at her clinic. Please check out her website at [www.kjd-md.com](http://www.kjd-md.com)

Dr. Dover will be at the Spring National Women's Show taking place at the Aberdeen Pavilion on May 1-3. She will be at the Restylane booth on Sunday from 10am-12pm. Apparently the booth will have a camera set-up that will take your picture and then their computer will show you an after picture with an enhanced version of yourself after Restylane injections.

That wraps up our series. I hope you learned a few things and may decide to try one of the treatments we profiled. Always feel free to email me if you have further questions!!!