



Spring is here!

The meltdown is in full swing, the birds are returning, the clock has been re-adjusted, and our spirits are truly soaring....

As we head into the March Break, it seems a great time to re-connect after a short but definite winter. The hibernation is ending and it's time to peel away the layers.

As nature is waking up, and growth is imminent, it's a natural time to think '**rejuvenation**'.

So many options are available to you, from a variety of laser treatments for anti-aging, redness, brown spots and vessels, and for all sorts of scars and stretch marks, there is Thermage for skin tightening, various fillers and Botox for wrinkles and issues of contour and volume....and of course, CoolSculpting for body contouring from tip to stern. Topicals cover the gamut and are a superb adjunct to all of the above, providing the essential ingredients to the skin to allow the best results for all treatments. If any or all are of interest to you, a consultation to discuss the best approach is a perfect place to start. There's no time like the present....

As always, the arena of Laser and Cosmetic Medicine is evolving, and the leading-edge technologies, techniques, and expertise continue to be available for you at KJD-MD. To this end, the American Society of Laser Medicine and Surgery, of which I have achieved and maintained Fellowship status, is holding

the Annual Conference later this month in Boston. I will be in attendance on your behalf, along with international luminaries, to vet the newest and hottest developments in the field. It's always an exciting time, and it is typically a hotbed for great new ideas...

So, what else is new?

1) **A new website is in design for KJD-MD**, about to be show-cased in the next few weeks. Please stay tuned for the results of this highly creative project.

2) **Facebook has been a new forum to share ideas**, innovative products, and interesting concepts. It's a platform for education, so if you would like to follow us, here is the link to the homepage....

www.facebook.com/drkarenjdoover

All it takes is one LIKE, and you'll be a FaceBook friend of Dr. Karen J. Dover, MD, laser and cosmetic medicine.

3) **VivierSkin and Riversol MD have both come out with new topicals lately**, all worthy of mention. Look for new masks, exfoliative creams, sheer SPF's, a hydrating gel, and a serum or two, and specialized kits abound to suit all skin types. The entire spectrum of skin care is covered at KJD-MD, with the highest quality, most effective products available, and all proudly Canadian.

4) **CoolSculpting by Zeltiq continues to develop new hand-pieces to contour more and more effectively**. CoolMini for the neck is revolutionizing our approach to the proverbial 'double chin'. The CoolPro vacuum-less, flat applicator allows smoothing and sculpting just about anywhere. No longer a need to 'pinch an inch' in order to treat patients.

5) **Annual Thermage CPT treatments are proving to be an excellent, non-invasive, and long-term approach to rejuvenation** and rejuvenation of the face and neck. Foreheads and heavy brows rise gently, jowls are retracted and lifted, and a fresh, natural look is created. It works in conjunction with most other techniques in a synergistic manner, and is ideal for most of my patients at KJD-MD. Worth investigating....

It's been a very busy time in the clinic, and it's expected to continue, as procedures and my services are becoming more and more in demand. The positive energy creates a really enjoyable atmosphere, and I must say, we have the BEST patients!

Here's hoping you have had a safe winter, and we welcome you at your convenience to consult on any treatments or products of interest to you....

Until then, enjoy the beautiful Spring as it unfolds....

Cheers,

Dr. Karen J. Dover, M.D.

laser and cosmetic medicine

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