



Dr. Karen Dover and son Sacha

From heart surgery to cosmetic surgery: botox ‘fresh not frozen’

By Diane Koven

Anyone who has tried to balance a full-time job with family life knows the challenges and stresses involved.

When that “job” is cardiac surgery at the Ottawa Heart Institute, the challenges and stresses are multiplied by the long hours and life-and-death situations faced daily.

Now imagine adding to the equation. The surgeon is the *mother* of four young children, all born – almost annually – in the midst of her career.

For 15 years, this was the life of Dr. Karen Dover whose children are now 12, 11, 10 and 8 years old. She knew the pitfalls well, being the daughter of a surgeon, (Dr. Mark Dover) but ended

up following her father’s path anyway.

“I avoided becoming a surgeon because I wanted to have a family and it was virtually impossible to do,” she says, “but it was destined that I do it.”

Dover recently made a decision to “switch gears,” combining her medical training with her other talents and interests. A semi-professional artist and photographer, she decided to combine her love of beauty and aesthetics with her surgical skills.

Being fortunate enough to draw on the expert advice and assistance of her brother, Jeff, a dermatologist in the United States, she has embarked on a new career in cosmetic medicine.

She has the very latest in laser technology and top-quality skincare products and treatments, but she feels it is her medical and, in particular, surgical training that make her stand out in the field.

“Many of my techniques I have adapted from Jeff. My botox results [for example] are very different from others in the city ... [My patients look] ‘fresh, not frozen.’ It is very much technique-oriented, operator-oriented. Botox is just botox ... the results are dramatically different depending upon who does it. Patients are not buying the product; they are buying the technique. Treatments are varied according to the patient and I will treat

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"The business of cosmetic medicine is very different from other areas and his advice is very valuable," she says.

"He is an eminent luminary in the field. Because I had access to the direction and sound advice, I felt confident that I would be able to do it. A lot of this is consumer and industry driven, and I was not going to do anything that was not scientifically valued."

Dover's new laser and cosmetic medicine office on Carling Avenue is the entry to the "experience" she wants to create. Tastefully decorated with the doctor's own artwork, the space creates an instant impression of quality and beauty – the very things the treatments are designed to provide for patients seeking her services.

Working alone, Dover aims to keep her practice small and intimate so she is can provide personalized service to each and every patient.

"I have a single-physician clinic where I make the decisions and can provide the personal touch," she says.

everyone differently."

With the "very latest and hottest" in laser technology, Dover is able to do skin "resurfacing" on the hands and face, and even on the neck and chest.

She does laser hair removal on all skin types and treats stretch marks, wrinkles, spider veins and varicose veins. Minor surgical procedures are included in her menu of "à la carte aesthetics."

Just as Dover aims to pamper and nurture her patients, she credits her better half, chef Jean-Claude Terrettaz, with helping her find balance and comfort in her own life.

"Without my better half, none of this would have happened," she says. "Jean-Claude not only recognized my artistic side, but has nourished it, nurtured it, valued it."

Being able to set her own work schedule enables her to spend quality family time with him and their children.

It's a new year and a new career for Dr. Karen Dover. For her patients, it may be a new look and a new feeling of confidence.

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