



My sentiments of Thanksgiving have finally brought me back to the page. It always seems that as Autumn encroaches and Summer fades that I sit back and appreciate the bounty of the Season; a healthy and well-respected practice, the BEST and certainly the most interesting patients imaginable, and a field of medicine, blending science and art, which continues to grow and keep my keen interest.

As for salient developments in the aesthetic arena...

Skin Tightening with Thermage CPT treatments have increased even more in popularity. It's now proven, in-house and in peer review, to consistently elevate eyebrows, just enough to alleviate that heavy brow look and feel that we all experience with age. **Thermage** works well in conjunction with **Botox**, or for those averse to neurotoxins, it's a worthwhile stand-alone treatment. It also works wonders to 'shrink-wrap' the skin, bringing definition to the jaw-line, lifting jowls and minimizing marionette lines, and addressing skin-creping. Thermage CPT is a

pillar, in my experience, to ward off the inevitable signs of aging.

Coolsculpting by Zeltiq is still my preferred approach for non-invasive body sculpting and removal of undesirable fat. **KJD-MD** now has four new **CoolAdvantage** hand-pieces, which have been developed and acquired for more uniform and smooth fat dissolution. Virtually any pocket of fat can be addressed, including large collections, small deposits, double chins, inner and outer thigh fat, bat wings, and back cleavage. With creativity and commitment, the possibilities are essentially endless.

Laser Therapy remains the **GOLD STANDARD** for textural skin issues, scar revision and rehabilitation, redness, vessels, dyspigmentation and hair removal. This safe and effective approach never fails to amaze me, especially in its life-altering effects on patients' futures.

Micro-needling is the newest kid on the block @KJD-MD. Its uses are multiple, but addressing upper and lower lip lines, which have been historically resistant to traditional therapies, is my main focus. With numbing cream, this is an easily-tolerated, low downtime technique to re-define the perioral region.

GrenzCine Platine is a game-changer for skin care. Co-developed by a plastic surgeon and **Vivier Pharma**, after 30 years of extensive research, the serum enhances the benefits of all the other superior quality topicals. Our patients have never been happier, as these products, used in conjunction, boost the benefits of all the aesthetic therapies.

Emervel, the new-and-improved **Restylane** filler, and **Botox** continue to provide the finesse to all the above treatments, re-establishing volume and balance, smoothing contour, and softening the look to reveal a fresh and fabulous you.

I've been fortunate enough to attend many world-class meetings, particularly *The American Society of Laser Medicine and Surgery* and *Controversies and Conversations in Laser and Cosmetic Surgery*, which are highly-engaging, interactive forums, ensuring that the information and advice you receive is leading-edge and current.

Thank you for entrusting me with your aesthetic care; it is truly an honour and a privilege to attend to you.

To your good health and happiness...

CHEERS!

KJD-MD

www.kjd-md.com

PS For FaceBook enthusiasts, we welcome you to visit and follow Dr. Karen J. Dover MD, laser and cosmetic medicine