

ANTI-AGING

THROUGH

# GH THE AGES

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## LATE 20'S – EARLY 30'S

The 20's and 30's are all about preserving and protecting what you've got! Small amounts of Botox injected into the brow region will prevent frown lines from developing and/or deepening, as it is right about now that you may notice them beginning to appear! Many patients worry that using Botox will take away their ability to make facial expressions, and that they will look frozen, or stuck. When injected properly, the only thing lost is your furrows, and when properly maintained (2-3 times a year), will leave your forehead looking youthful forever.

Fraxenated laser peels are exfoliating peels that smooth out the texture of the skin, leaving the surface baby soft, while eliminating fine lines and wrinkles, pores, pigments and stretch marks. Intense-pulsed light photofacial rejuvenation treatments take one hour to perform, require no downtime, stimulate collagen production, and are very effective at repairing the sun damage that is beginning to show. These two procedures performed two or three times a year allow you to easily maintain a fresh, glowing complexion – one of the keys to youthful appearance!

The final weapon in combating aging in your 20's and 30's is a good skin care regimen. Sunscreen is your best friend and will prevent your skin from turning into a wrinkled, leathery mess. In your 30's, look for skin care lines that contain Retinol, or Vitamin A, as well as Vitamin C serums. Building a good foundation using reputable products, such as Skin TX, Vivier, Obagi and Alyria will serve you well as you move into your 40's.

## LATE 30'S / EARLY 40'S

This is a time when collagen production begins to slow down, skin begins to lose its elasticity, tissue begins to sag and bags begin to appear. Sun damage, and pores become more noticeable, and fine lines progress into deeper wrinkles.

Many patients begin to consider surgery at this point, particularly with regard to their eyes. Surgically removing fatty deposits underneath the eyes, and lifting heavy lids is a safe, and effective way of rejuvenating the eye area with patients returning to work within a week. Liposuction of the neck and chin area effectively gets rid of the double chin that often begins to form, making you look older than you feel.

Botox should now be a must if you wish to battle frown lines and

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crow's feet. Injectable fillers, which come in either a temporary or permanent form, fill out the nasolabial folds (smile lines), marionettes (those lines extending from the corner of your mouth that make you look grumpy!), and restore volume to lips, which deflate with age.

A series of erbium laser treatments can dramatically reduce the appearance of wrinkling, sun damage, pigmentation and textural roughness. There is minimal discomfort or downtime.

Both Accent Thermal Skin Tightening and Thermage use radio frequency waves to non-surgically tighten the skin on the face and body with minimal discomfort and no downtime. The jowls, midface region, neck, eyes, brow, butt, thighs, abdomen, and even the back of the hands all benefit from these treatments. Accent, as well as Velasmoother, can even resolve the cellulite that begins to settle in your 40's.

Fatty deposits become more stubborn in your 40's, and despite diet and exercise, your body just doesn't respond like it used to. Surgical body sculpting with liposuction rids the body of large fat deposits safely, effectively, and in one treatment. Ultrasaph is the latest in non-surgical fat removing technology. It uses ultrasonic energy to permanently melt unwanted fat with a series of painless treatments and is designed for patients who are relatively close to their ideal BMI (body mass index) wishing to target smaller trouble spots. When you love your body, you'll dress with confidence, and confidence is a cornerstone of a youthful appearance.

Breast augmentation is also a consideration for women at this stage of life, as thanks to gravity, breasts tend to lose their perkiness. Breast feeding can also dramatically alter the shape of a woman's breast, leaving a woman feeling less sexy and desirable. A variety of implants and incision sites are available...all of which can be discussed with your surgeon.

As always, sunscreen and a good skin care program are a necessity. If you have not yet begun, incorporate Vitamin A or Retinol or into your regimen.

## LATE 40'S / EARLY 50'S / AND BEYOND!

The 'sins' of your past have now become inescapable. The effects of hours spent sunbathing, smoking, partying, and over-indulging combined with the stresses of child-rearing, work demands, and sleepless nights all come roaring to the surface. Even those who have maintained a healthy lifestyle are still battling gravity, and their genes!

Although the same non-surgical options, including Botox and fillers that were available to you in your 40's still prove helpful, surgical options often provide the best results. Surgically tightening the face, neck, jowls, and lifting the brows and eyes provides stunning results, and are the most viable solutions to treating the excess 'baggage' that has settled. Some candidates may initially be intimidated by surgery, assuming that they will be left too tight looking, or with a mouth that extends from ear to ear! Fear not, since cosmetic surgery has now become much more sophisticated, and a natural, refreshed look is the goal. Patients often comment on how friends and acquaintances tell them how fabulously rested they look, but would never guess that they've had a nip and tuck procedure! And don't forget about the area below the neck...a firm body also helps you age spectacularly! Sagging breasts can be lifted and augmented, while tummies can be tucked and tightened. Accent, Thermage, photofacials and laser skin treatments should continue to play an active role at this stage, and serve as the icing on the cake.

As always, be sure to visit a board certified specialist for your surgical procedures, and do your research. Following these steps will assist you in aging beautifully!

