

## Aging skin

# Anti-aging products and procedures more and more popular with patients

■ Facial changes occurring with age generally result from surface changes that affect the epidermis, resulting in fine lines, crepe-like wrinkles, rough surface texture, brown and red spots, skin looseness, laxity, and sagging

by LYNN BRADSHAW,  
Correspondent, The Chronicle

"I find that Thermage works best when combined with Botox if platysmal bands are present," said Dr. Tan.

Dr. Weksburg agrees that thermage is a beneficial part of treatment, offering patients an opportunity to tighten their skin, improve their skin tone, and lift their skin.

**I**ncreasingly, dermatologists are confronted with patient's concerns about aging skin and how they can maintain a youthful appearance by preventing or minimizing fine lines and wrinkles.

With a vast number of over-the-counter and prescription products, as well as a variety of surgical options available, it is no wonder that patients seek the assistance of specialists to provide them with the best alternatives for anti-aging therapies. In this report, Canadian specialists Dr. Charles Lynde, Dr. David Zloty, Dr. Fred Weksburg, and Dr. Jerry Tan discuss some of the treatments they have found to be beneficial in their practice.

"Using sunscreen regularly and minimizing sun exposure is the first protective defense against skin damage and aging skin," said Dr. Lynde, assistant clinical professor at the University of Toronto.

"Another huge factor to consider to prevent skin damage is for patients to stop smoking because it influences the development of wrinkles."

Smoking not only dehydrates the skin, causing it to

age, but it also keeps the skin from receiving the essential vitamins needed to keep it looking healthy.

## Lip-enhancement therapies

"My choice of treatment for the lips depends on the age of the patient," said Dr. Zloty, assistant clinical professor and director of surgical education, department of dermatology, University of British Columbia, Vancouver.

"The youngest patients do not really have lip wrinkles, they just want more volume, for the most part," said Dr. Zloty. "The treatment of choice for those patients would be soft tissue fillers."

Dr. Zloty recommends therapies from the hyaluronic acid families such as Restylane and Juvederm, the most popular therapies used in Canada.

"I personally use Juvederm, but Restylane is used even more commonly," he said.

"They are really equivalent and can be very effective for improving lip volume and highlighting the junction between the red and white part of the lip, so that lipstick doesn't bleed to the same degree and there is a more defined edge."

Dr. Weksburg and Dr. Tan also agree that soft tissue fillers are beneficial to improve lip volume and to help define the lips.

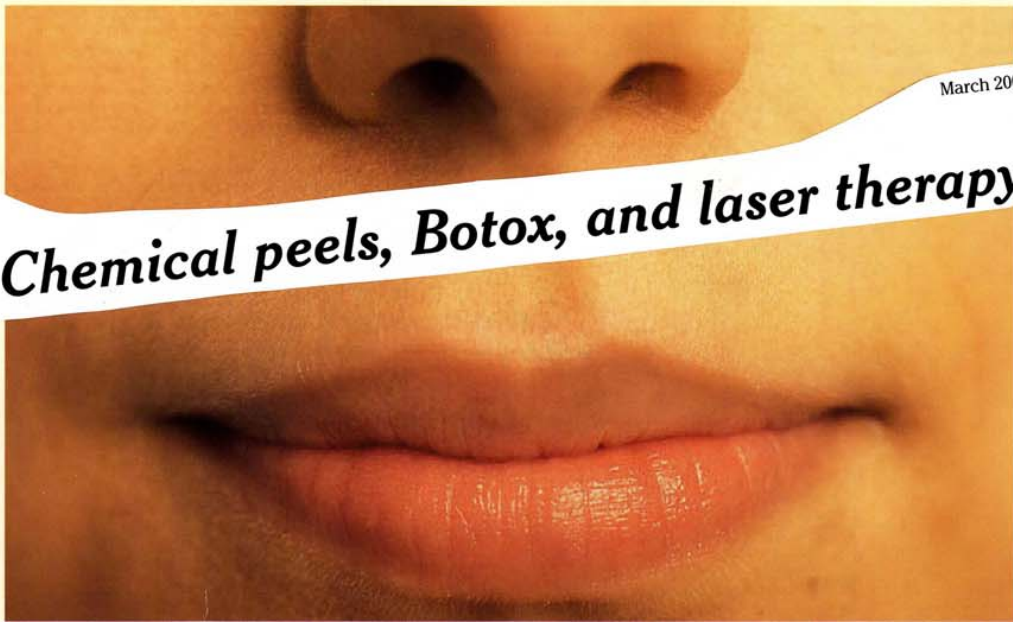
"Collagen fillers tend to last for six to eight months and can be very helpful for making a lip fuller or for making the lip more defined," said Dr. Weksburg.

"There are also surgical options or implants, but most people will not resort to that."

Another option for lip treatment is Botox, added Dr. Weksburg.

"Just a tiny amount will help to evert the lip and make it fuller. However, with that said, most patients usually choose fillers."

Please turn to page 29→



March 2007

THE CHRONICLE OF SKIN & ALLERGY

Anti-aging: Chemical peels, Botox, and laser therapy