

New Breakthroughs in Skin Care

* The new Epionce Ultra Shield Lotion SPF 50 defies all previous conceptions of how a high SPF product looks and feels. This luxurious formula is light, quick absorbing, and non-sensitizing. Ultra Shield Lotion has a rating of "very water resistant" and contains botanical active ingredients to help this sunscreen pull double-duty. Not only does it provide UVA/UVB protection, it also provides anti-oxidant & anti-inflammatory properties to help reverse skin aging.

* The Jane Iredale collection "Cool Beauty" contains uplifting colors that are a reminder of days on the beach with balmy breezes and the taste of salt on the lips. The new triple eye shadow "Azure" contains three new shades with a shimmery taupe, a deep, matte aqua and a grey/green shimmer. "Aquamarine" 24-Karat Gold dust is a delicate shimmer powder that can be used on eyes alone, as an all-over lid highlight and wet as an eye liner. It's the color that brings the wow-factor to everything it touches. "Pinot Noir" Liquid Eye Liner is a rich wine that saturates the lash line and compliments the Azure shadows. Applies beautifully, lasts and is Latex-free. "Erin" and "Julia" PureMoist Lip Colours are the ideal finish to this season's cool look. "Erin" is a soft shimmery pink and "Julia" is a universally flattering nude.

* Introducing LATISSE™ the first and only prescription treatment approved by the FDA sparse eyelashes, growing them longer, fuller and darker. What makes lash growth possible is its active ingredient: bimatoprost. Although the precise mechanism of action is not known, research suggests that the growth of eyelashes occurs by increasing the percent of hairs in, and the duration of, the anagen (or growth) phase. Lashes can grow longer, thicker and darker because bimatoprost can also prolong this growth phase. It's a once-a-day treatment you apply topically to the base of your upper eyelashes. Patients in a clinical trial saw results gradually over time (starting at 4 weeks with full results after 16 weeks).

* The Jan Marini Age Intervention Regeneration Mask is an entirely new concept in topical anti-aging and skin regeneration that benefits any skin type. The Mask incorporates resurfacing technology with a host of powerful anti-aging anti-inflammatory ingredients including the new red wine longevity extract, Resveratrol, all combined with our remarkable skin rebuilding peptide blend.

Downey Plastic Surgery
Northwest Hospital & Medical Center
McMurray Medical Building
1536 N 115th St, Ste 105
Seattle, WA 98133

Phone:
206.368.1160
Fax:
206.368.1159
E-Mail:
info@dr-downey.com

The Best Care
for a
Better You

We're on the web!
Visit us at:
www.Dr-Downey.com
www.Dr-Cooper.com

DOWNNEY

PLASTIC SURGERY

DAN DOWNEY MD, FACS* JOSH COOPER MD



Member
AMERICAN SOCIETY OF
PLASTIC SURGEONS

SPRING / SUMMER 2009 NEWSLETTER

HAPPY SPRING & SUMMER 2009!

In March Downey Plastic Surgery celebrated its three year anniversary! To help us celebrate enjoy 20% off all retail products and facial treatments for the month of May.

Renew yourself for spring or get a jump on summer by making a consultation appointment with Dr. Dan Downey or Dr. Josh Cooper to find out about laser hair reduction, Botox and other fillers, laser resurfacing or surgical options. Our Licensed Clinical Aesthetician, Erin Griffith, is also here to design a skin care plan for you, help you pick out the most flattering colors, show you techniques in cosmetics and provide a much needed refuge from daily stress with rejuvenating facial treatments.

Make sure and check out our website at www.dr-downey.com for more information and current events in plastic surgery that might be of interest to you. We want to thank you for patronizing Downey Plastic Surgery, where every person we treat is unique, and their care should also be unique.

INSIDE THIS ISSUE

- Genetics in Facial Aging 2
- Botox Cosmetic 3
- Laser Hair Reduction 3
- New Breakthroughs in Skin Care 4

DOWNNEY

PLASTIC SURGERY

Northwest Hospital & Medical Center
McMurray Medical Building
1536 N 115th Street, Suite 105
Seattle, WA 98133

News at DPS

- * Help us celebrate our three year anniversary by enjoying a 20% savings off all retail products and facial treatments, with our aesthetician, for the month of May. In the spirit of spring cleaning all remaining stock of Remerget products is an extra 15% off, giving you a total discount of 35%.
- * Downey Plastic Surgery was proud to sponsor Gilda's Club 12th Annual Surviving with Style Fashion Show & Luncheon on April 28, 2009. This remarkable organization Gilda's Club is named in honor of Gilda Radner, who, when describing the emotional and social support she received when she had cancer, called for such places of participation, education, hope and friendship to be made available for people with cancer and their families and friends everywhere. The New York flagship facility, with its International Training Center, opened in June of 1995. To read more about Gilda's Club visit [www.gildasclubseattle.org](http://gildasclubseattle.org)
- * Celebrate Summer with Jane Iredale! Come in for a 30-30-30 Jane Iredale makeup session. With your \$30.00 reservation fee you get thirty minutes of makeup instruction or application and \$30.00 towards any mineral makeup purchase. Plus spend \$80.00 (pre-tax and post-discount) and get a free \$25.00 value gift. This would be a great time to check out the new Jane Iredale "Cool Beauty" spring/summer collection. Both the 30-30-30 makeup session and the free gift with purchase run June 1st – August 31st.
- * Come see if LATISSE™ is right for you. Until September 30, 2009 get your first LATISSE™ prescription for only \$99.00 after your consultation with Dr. Downey or Dr. Cooper. See "New Breakthroughs in Skin Care" on page 4 for more information on LATISSE™.

Twins Study Finds Environmental Factors Trump Genetics in Facial Aging

Taken from medicalnewstoday.com

Your mother's wrinkles - or lack thereof - may not be the best predictor of how you'll age. In fact, a new study claims just the opposite. The study, involving identical twins, suggests that despite genetic make-up, certain environmental factors can add years to a person's perceived age. Results just published on the web-based version of Plastic and Reconstructive Surgery®, the official medical journal of the American Society of Plastic Surgeons (ASPS), reveal that factors like divorce or the use of antidepressants are the real culprits that can wreak havoc on one's face.

According to Dr. Guyuron, "the presence of stress could be one of the common denominators in those twins who appeared older."

A state-of-the-art plastic and reconstructive surgery center committed to providing our patients with individualized care throughout their treatment journey.



"A person's heritage may initially dictate how they age - but if you introduce certain factors into your life, you will certainly age faster. Likewise, if you avoid those factors you can slow down the hands of time," said ASPS Member Surgeon and study author Bahaman Guyuron, MD, professor and chairman, department of plastic surgery, University Hospitals Case Medical Center. "In this study, we looked at identical twins because they are genetically programmed to age exactly the same, and in doing so we essentially discovered that, when it comes to your face, it is possible to cheat your biological clock."

During the study, Dr. Guyuron and his colleagues obtained comprehensive questionnaires and digital images from 186 pairs of identical twins. The images were reviewed by an independent panel, which then recorded the perceived age difference between the siblings.

Results showed that twins who had been divorced appeared nearly 2 years older than their siblings who were mar-

ried, single or even widowed. Antidepressant use was associated with a significantly older appearance and researchers also found that weight played a major factor too. In those sets of twins who were less than 40 years old, the heavier twin was perceived as being older, while in those groups over 40 years old, the heavier twin appeared younger.

According to Dr. Guyuron, "the presence of stress could be one of the common denominators in those twins who appeared older." Additionally, researchers suspect that continued

relaxation of the facial muscles due to antidepressant use, could account for sagging. And though they do not advocate gaining weight to look younger, researchers note that losing abnormal amounts of weight not only have harmful effects on a person's health, but on their appearance, too.

"This research is important for two reasons," Dr. Guyuron said. "First, we have discovered a number of new factors that contribute to aging and second, our findings put science behind the idea that volume replacement rejuvenates the face."

All About Botox Cosmetic

One day you looked in the mirror and studied those lines that furrowed your brow, and you wondered: Where did they come from? Is it just aging? Too much sun? Too much stress? In general, how skin ages and wrinkles is a complex process. It isn't just about cellular changes, collagen depletion, hormone loss, damage caused by free radicals, and so on; it's a combination of many factors.

The lines that appear between your brows (glabellar lines) actually result from muscle movement and the passage of time. You may have heard the expression "wearing your emotions on your sleeve," but in reality you wear them on your face.

If you're angry or annoyed, for example, you knit your brows together. Underneath your skin, your facial muscles contract, cause a pleating of the overlying skin, and then, as anyone can see, you're frowning. After years of crinkling and wrinkling, those glabellar lines start to linger longer and can become more pronounced. For women, whose faces tend to be more animated than men's, and whose skin is typically more delicate, these lines may appear exaggerated and more permanent.

Fortunately, there is a way to temporarily reduce moderate to severe glabellar lines. Botox Cosmetic is a simple, nonsurgical, physician-administered

treatment that can temporarily smooth moderate to severe frown lines between the brows. One treatment - a few tiny injections - and within days there's a noticeable improvement in moderate to severe frown lines between the brows, which can last up to 4 months.



Downey Plastic Surgery is excited to offer our summer Botox Cosmetic promotion! Come in for a Botox Cosmetic treatment June 1 - August 31, 2009 and receive a V.I.P. card entitling you to discounts up to \$75.00 off future treatments!

Laser Hair Reduction



Laser hair reduction is used to progressively remove unwanted body hair. For women, commonly treated areas are the upper lip, cheeks, chin, underarms, bikini area and legs. The neck, back and chest are

most common for men. Patients with dark, coarse hair and light-colored skin typically have the quickest response to laser hair reduction.

Before the first treatment, a hidden spot on your skin is tested to determine the best setting for the laser. The laser used is a "contact laser" with a refrigerated tip to reduce discomfort.

Patients typically say the laser feels like a rubber band snapping.

Following your treatment, your skin may look pink or bumpy, but it will return to normal within a couple of hours. With each successive treatment, your hair will get lighter, softer and will grow more slowly. Eventually, the hair should be greatly suppressed. It is helpful to avoid tanning during the treatment period.

While complications are uncommon, they could include burns, eye injuries, skin pigment changes or persistent hair growth.

Get ready for summer and call our office to book a consultation appointment to learn more!