



## Facial

# REJUVENATION

By Donna Potter

There are multiple factors related to aging. Some factors we have less control over such as genetics, time, and normal atrophy of skin and underlying tissues due to aging. Other factors we have more control over such as sun exposure and smoking. If you are like me and enjoy the outdoor living on Cape Cod, it is difficult to avoid the exposure of the sun, no matter how much sunscreen you apply or how many hats you have!

Although many of us have done the best we can to slow down the aging process with good health habits such as sunscreen use, smoking cessation, hydration and good skin care, those fine lines and wrinkles still creep up on us.

The most common wrinkles that are bothersome tend to be:

- ▶ crow's feet, the lines around the outside corners of your eyes;
- ▶ nasal labial folds, the lines between your nose and mouth;
- ▶ frown lines, or eleven lines, the lines between your eyebrows;
- ▶ marionette lines, or puppet lines, the lines below the mouth;
- ▶ jowls, or corners of the jaw line; and
- ▶ fine lines around the lips and mouth area.

While traditionally there have been expensive procedures using surgical techniques and lasers to help counteract the aging process, today there are more inexpensive, noninvasive techniques available for those who want a bit of facial rejuvenation without the major expense or down time. Thus, injectables are the new trend. These are medications injected into muscles or wrinkles in the face to decrease facial wrinkles and folds. There are many injectable medications available, which can be confusing, but with a bit of basic knowledge, understanding their differences can be quite simple.

There are two types of wrinkles, those that appear with movement and those that are static. The type of lines that bother you will determine which type of medication would be most appropriate. For lines that are caused by movement, such as frown lines, forehead lines and crow's feet, the Botox-type medications are most appropriate. These medications stop the nerve conduction to the muscle underlying the wrinkles, so the muscle relaxes and the wrinkles soften. There are currently three products on the market, all with the same active ingredient, Botulinum toxin A. Botox, the most well-known brand, was the first name brand used for these wrinkles,

and because of this, generally all toxins are referred to as "Botox." Dysport and Xeomin are the other two medications on the market. While each of these three medications claims to be the best, there really is no major overall difference in effectiveness. Treatment is not permanent and effectiveness generally lasts 10 to 16 weeks.

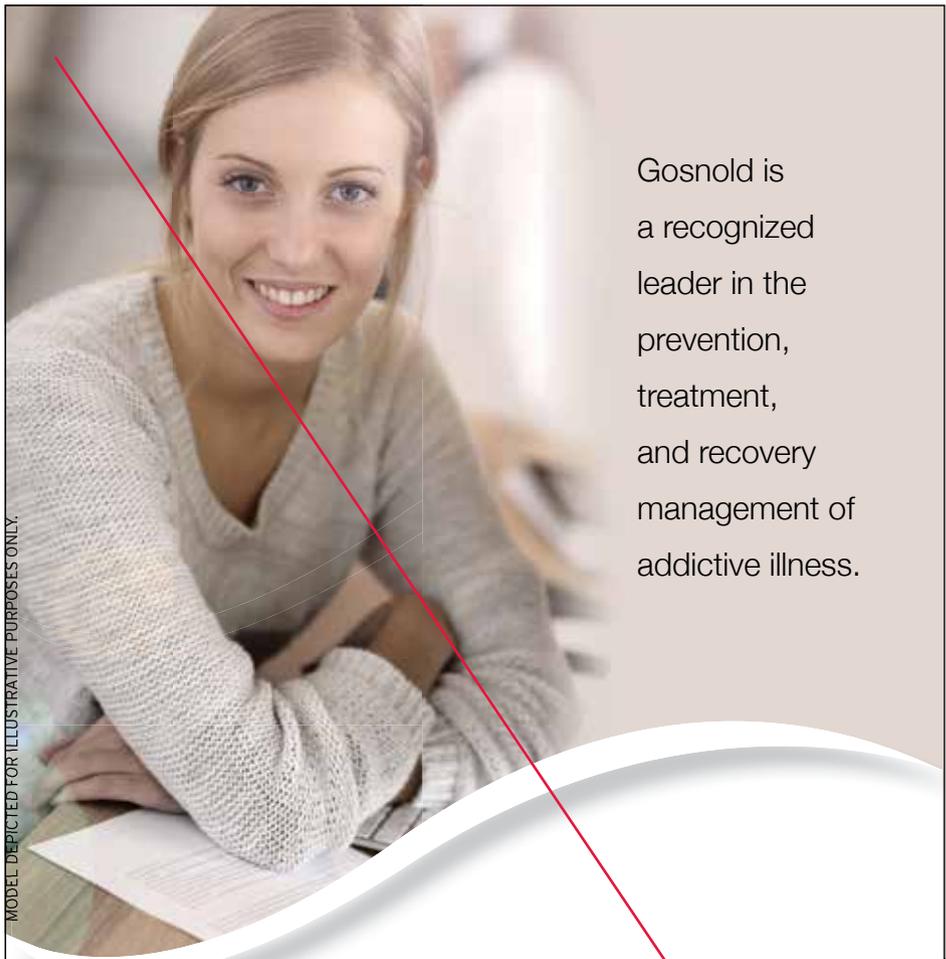
Static lines are best treated with fillers. Most fillers are made from amino acids, or natural proteins in your body, and are reversible, slowly dissolving over time. Unlike the Botox medications, fillers are not all the same. Depending on which area you want to treat, one filler may be more appropriate than another. The most common areas are the cheeks, nasal labial folds, oral commissures, marionette lines, lips and jowls. Results are typically not permanent and tend to last 9 months to two years.

It is a myth that once you start using injectables you need to continue using them indefinitely. You can stop whenever you want, and at that point the medications will slowly reabsorb back into your body and you will go back to the look you once had. In fact, some people only use them around a special occasion such as a wedding. However, once you start using them, you may like your look so much that you may want to continue!

Is there risk to these injectable medications for facial rejuvenation? Although cosmetic injectables are safe and effective with generally no serious side effects, it is best to consult with a medical professional to discuss your concerns, which medications would be appropriate for you, the risks and benefits, and to establish a customized treatment plan. You don't need a surgical facelift anymore to feel uplifted and rejuvenated! +



**Donna Potter**, is a Nurse Practitioner with Southeastern Surgical Associates, with offices in Hyannis and Mashpee. She can be reached at 508-775-1984 or donnamariepotter724@yahoo.com.



MODEL DEPICTED FOR ILLUSTRATIVE PURPOSES ONLY.

Gosnold is a recognized leader in the prevention, treatment, and recovery management of addictive illness.

Live the life you are meant to live.



Gosnold on Cape Cod · 200 Ter Heun Dr. · Falmouth, MA 02540  
800-444-1554 or email help@gosnold.org  
www.gosnold.org



### Know the warning signs of a deep-vein blood clot

A blood clot that forms in a vein deep within the body is a venous thromboembolism, or VTE. This type of clot can cause pain, swelling and redness in an affected limb, and can even be deadly. When a clot forms in a leg or arm, it's called deep-vein thrombosis. But the real threat happens if the clot breaks off and travels to the lungs, causing a pulmonary embolism. One or both of these conditions strike at least 900,000 Americans each year, killing at least 100,000. Pulmonary embolisms are twice as deadly as heart attacks. "We now understand that it's a chronic illness – similar to diabetes and heart disease – that may require lifelong management," says Dr. Samuel Z. Goldhaber, senior cardiologist at Brigham and Women's Hospital.