

# Hamilton

MAGAZINE

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**BROADWAY ACTOR**  
Kristen Peace, of the Mirvish production of Mel Brooks's musical *The Producers* and more recently Theatre Aquarius's *Broadway Beauties*, readies a show-stopping steak

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# Best Face Forward

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ANT TO BEAT FATHER TIME IN LESS THAN 60 MINUTES? START HERE. The latest cosmetic procedures in the area are not only affordable, they're less aggressive and offer near-instant results. HM sought out advice from local cosmetic and medical experts to help you decide on the best options.

Local experts  
can help  
you become  
sleeker and  
sexier sans  
surgery in  
the space  
of a day

By Lisa  
Hannam

**SKIN** For some, ablative resurfacing means fresher, newer, younger-looking skin. For others it's best left in a Candace Bushnell novel. Dermatologist Dr. Peter Vignjevic, assistant clinical professor of medicine at McMaster University Medical School, says that despite their proven effects, trichloroacetic acid chemical (TCA) peels, dermaplaning and laser treatments are rare nowadays because non-ablative resurfacing options reduce complications and recovery time, results are faster and procedures are often hundreds to thousands less in price.

## Non-Ablative resurfacing

**Time: 15 to 30 minutes**

**Chemical peels** While at-home peels at the drug store contain around 10 percent glycolic acid (AHA) concentration, physician-strength glycolic treatments are stronger and more effective, says Dr. Vignjevic. The peel removes the dead skin cells and improves texture immediately.

**Service: \$150 and up**

**Microdermabrasion** Mineral micro-crystals sandblast the outer layer of skin, removing dead and damaged cells, shrinking pores, minimizing lines and evening out skin colour. "It is a quick, safe, effective form of exfoliation for all skin types and colours, with no downtime and virtually no discomfort," explains Dr. Vignjevic. Chemical peels typically follow.

**Service: \$60 to \$200 for microdermabrasion**

## Photorejuvenation

**Time: 30 to 60 minutes**

**Intense Pulsed Light Therapy FotoFacial** According to laser tech Effie Dracos, the administrator of Ancaster's Ora Medispa, if you're going to get a facial, go for a FotoFacial. Trained technicians and physicians brush the light therapy pads across your skin. Ora Medispa starts with a microdermabrasion so that the FotoFacial doesn't have to penetrate dead skin in order to solve deeper flaws. Ora recommends six to eight treatments to change skin pigmentation (such as rosacea, age spots and unwanted freckles). Dr. Vignjevic uses intense

pulsed light therapy combined with Levulan, a topical medication that increases the skin's sensitivity to light. Your skin works with light wavelength to reverse sun damage, fine lines and blotchy pigmentation. IPL stimulates new collagen growth resulting in smoother, even, healthier skin.

**Service: \$400 and up**

**Thermage** Just as a deep massage loosens up muscles, this deep heat therapy loosens up collagen. First a cooling spray is spritzed to protect the skin as it tightens in the procedure. The heat works like the hands of masseuse giving a deep tissue massage. "The Thermage tissue tightening procedure uses microwave technology to increase collagen fibre production," explains dermatologist Dr. Sylvia Garnis-Jones, clinical assistant professor of dermatology at McMaster University and owner of The Skin Clinic in Oakville and Welland. She says the procedure has now been approved for the use on the arms, legs, abdomen and face, and can last up to six months.

**Service: upwards of \$3,000**

**Cold Laser Therapy** At Dr. Brad Ivanchuk's office in Burlington, clients may indulge in eight-minute treatments of CLT to get rid of superficial wrinkles, acne, scarring and spider veins. "It's totally pain-free and no downtime," says Dr. Ivanchuk. "Light, not heat, penetrates the subdermal layers of the skin and reduces inflammation, softens scar tissue, prevents scar tissue from conditions like acne, repairs collagen and it works well for sagging skin around the neck, chin and ear."

**Service: \$30 to \$50**

## Dermal fillers

**Time: 10 minutes**

Dermal fillers can smooth out lines with a simple injection. With collagen-based fillers like CosmoDerm and CosmoPlast, results can last from three months to a year. According to Dr. Robert Patterson of The Hamilton Plastic Surgery Centre and The Algonquin Plastic Surgery Centre, fillers are broken up more quickly around dynamic areas like the lips, and might last longer than a year in less dynamic areas such as the top of the face. There is a chance that your body may reject synthetic



**PEELING BACK THE YEARS:**  
Physician-strength glycolic  
treatments are stronger  
and more effective  
than widely available  
over-the-counter variants

## SKIN

**Dr. Brad Ivanchuck**

Burlington Cold Laser Therapy  
8-2501 Guelph Line, Burlington,  
905.335.5601

**Ora Medispa**

201 Wilson St. E., Ancaster,  
905.304.6334

**Dr. Peter M. Vignjevic**

631 Queenston Road, Suite 203,  
Hamilton, 905.549.1025

**Dr. Ala Lozinski**

Aestheticare Infinite Cosmetic  
Solutions, 15 Mountain Ave. S.,  
Stoney Creek, 905.664.5850

**Dr. Robert S. Patterson**

Hamilton Plastic Surgery Centre  
14 Duke St., Suite 101, Hamilton,  
905.572.1070

**Dr. John T. Harvey**

McMaster University Medical  
Centre, 1200 Main St. W., Hamilton,  
905.521.2100 ext. 76662

**Dr. Judy Wismer**

Ancaster Dermatology Clinic  
34 Stone Church Rd. W., Ancaster,  
905.304.1013

**Dr. Channy Y. Muhn**

Dermetics Centre  
2951 Walkers Line, Burlington,  
905.336.9624

**Dr. Otto Weiglein**

Cosmedica Professional Skin  
Care Centre, 520 Locust St.,  
Burlington, 905.631.6288

**Dr. Sylvia G. Garnis-Jones**

The Skin Clinic  
88 Dunn St., Suite 401, Oakville,  
905.849.5674

## DENTAL

**Dr. Anthony Markowski**

134 Jackson St. E., Hamilton,  
905.528.6800

**Dr. Roland P. Estrabillo, DDS**

201 Wilson St. E., Ancaster,  
905.304.6300  
860 Upper Wentworth St., Hamil-  
ton, 905.387.2600

**Dr. Matthew Illes**

Vermilion Dental, 4521 Dundas St.  
W., Burlington, 905.335.4603

**Dr. Stephen Thordarson**

301 Lakeshore Rd., Oakville,  
905.849.0558

fillers, however. Hyaluronic acid-based options, like Restylane, may be a better choice. "This product is more natural, so there is no allergic potential," says Dr. Patterson. And as a clear gel, Restalyne does not produce white beading residue as collagen fillers do. It also soaks up water so there is added volume. The latest fillers to hit the market cost more and work as a semi-permanent. One of the newest such products, Radiesse, is composed of synthetic calcium hydroxylapatite microspheres, and has similar characteristics to bone and teeth, so it absorbs easily into the body. "The manufacturers say [the results] should last for five years," says Dr. Patterson.

For more of a commitment, consider fat relocation (a procedure known as grafting or lipofilling) as a partially permanent filler. "Fat transfer is widely used because it is tolerated well — you cannot be allergic to substances taken from your own body," reports the Canadian Society of Plastic Surgeons. The CSPS recommends fat relocation for correcting under the eyes and cheeks area, but warns that you may not get the best results with it for creating fuller lips.

**Service: \$35 to \$750**

## TEETH

**Cosmetic Dentistry** Just as popular as skin care, if not more, getting one's teeth done is on everyone's lips, literally. "The public is now looking into having cosmetics done, like having veneers, straightening their teeth, getting a whiter smile," explains Dr. Matthew Illes of Burlington's Vermilion Dental. And why not? "Enough evidence and studies show that people who have a presentable smile do better in life," says Dr. Roland Estrabillo. Oakville-based Dr. Stephan Thordarson says that aside from making "teeth look pretty," his procedure can also "improve comfort and form, and make sure they last a long time." Dentists can even preplan your entire treatment so that it only takes an hour, thanks to recent technology.

**Service: \$7,000 to \$15,000**

**Teeth Whitening** In one appointment you can brighten your teeth by six shades. However, "the best whitening comes over time," says Dr. Thordarson, who recommends the office treatment and following up at home with whitening trays provided by your dentist for two weeks after. "The teeth will get even whiter," he says. Even Dr. Thordarson admits that Hollywood white is too white, and that some are requesting grades not represented on the office shade charts. How white you would like to go is up to you. "The teeth will get even whiter," he says. Even Dr. Thordarson admits that Hollywood white is too white, and that some are requesting grades not represented on the office shade charts. How white you would like to go is up to you. As for the safety, all the experts agree that you're not damaging enamel because

you're not removing any structure.

**Service: approximately \$250 for at-home trays, approximately \$600 for in-office treatment**

**Tooth & Gum Contouring** If your teeth look short and awkward, sometimes it just takes a bit of reshaping your gums to show more tooth or shaving down a bumpy or lopsided tooth. "These procedures are for simple aesthetic corrections," says Dr. Illes. Contouring and may not solve the problem if the teeth are severely crowded or excessively worn. "If there is a serious discrepancy amongst the gums and the front teeth, that type of situation may not be amendable by this simple cosmetic surgery." Dr. Estrabillo says that lasers have advanced gum contouring: "We now have the technology to actually resculpt the gum." The lasers he and other local dentists use today now make gum contouring virtually pain-free and incur no bleeding.

**Service: \$100 to \$700**

**Crowns & Veneers** Crowns cover the majority of the tooth and require breaking down its structure. Weak teeth that are embalmed with fillings require crowns. "Veneers are just a facing, like a press-on nail for teeth," says Dr. Estrabillo. "These are ways to recreate a new look of the tooth and strengthen the tooth," says Dr. Illes, who also offers the thinner version of veneers, Lumineers (which average \$700 per tooth).

**Service: \$1,000 per tooth**

**Comprehensive Orthodontics** If you're putting braces on hold because you're too old for them, think again. Instead of brackets and wiring, you just place clear, medical-grade plastic trays similar to whitening trays on your teeth. Illes provides the Red, White and Blue system to re-align teeth. "It's a very desirable alternative to braces," he says. "A lot of adults would never do standard traditional orthodontics, but would be interested in this type of treatment." Dr. Thordarson uses Invisalign. "The clear plastic tray snaps over the teeth, from molar to molar," he says. "You can't really see it." Plus, you can remove Invisalign and Red, White and Blue for photos, eating and drinking.

**Service: \$1,500 to \$4,000**

## Get what you want

At the end of the day, it comes down to personal comfort. When it comes to any cosmetic treatment, think about what you want, then find the expert best qualified to help you achieve that goal. "It's important to be realistic with patients about their expectations," says Dr. Vignjevic. And be specific, says Dr. Harvey. "Saying, I look tired, or a general comment like that doesn't explain what you're looking for," he says. "What I often do is stand the patient in front of a mirror, and get them to point out what they are unhappy with. Then, I can address their concerns." **HM**