

Don't Lift. FILL.

A non-surgical list of fillers and lasers can fill in the gaps, prolonging the need for cosmetic medical procedures

By Goesel Anson, M.D., F.A.C.S.

A non-surgical facelift means different things to different people. It generally means using injectables, such as fillers and Botox or laser and other energy based treatments. “Non-surgical” still involves needles and downtime—but far less than a standard facelift.

Who is a candidate?

The various fillers available can be used to fill up slightly loose skin of the face, thereby restoring facial volume. Early aging can be greatly improved with injectables alone. However, more advanced aging with excessive sagging and loose skin, in addition to volume loss, still requires surgical facelifts and mini-facelifts.

What is used to “fill”?

For those 30 years of age and up, there is an ever-growing list of fillers available in the United States. The fillers used tend to last anywhere from 6 months to a year or more depending on the individual product. The Hyaluronic acids are the most popular (the Juvederm and Restylane families) with Radiesse (calcium hydroxyapatite) second in line. Sculptra is another product that works by stimulating collagen growth; since results develop over time, it is not a true filler, but rather can be considered a “stimulator.” A patient’s own fat can be used to restore facial volume. This has the advantage of an abundant supply (for most of us) and some of the fat will be long lasting. The downside of fat is a longer recovery time.

Energy based treatments

Energy based treatments are also popular today with the over 40 crowd. A wide variety of lasers, radiofrequency and infrared



technologies are available to improve skin pigmentation, texture and skin tightening. Fractionated laser technology is currently in vogue (Fraxel, Total FX, etc). These can improve the skin, but the actual results are much more modest than claims made.

Non-surgical techniques can substantially contribute to facial rejuvenation. It is important to understand that each technology improves a different aspect of aging and can be combined for maximal benefit. Surgical facelifts and mini-facelifts, however, are still required for more substantial improvements. Don’t expect a surgical result without surgery. Surgery is often combined with non-surgical techniques for even greater results. These are not questions of “either/or” but rather “which/when.” ♦

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The CO\$T of Calories

500 calories a day buys a pound a week—on or off the waistline

By Susan Feder, MS

Many of us try dieting or cutting calories to lose weight. Eating too little puts us in starvation mode. We cry, Wait, we do not have enough fuel! Our bodies respond by conserving energy. Skipping meals also slows us down, causing our bodies to work less efficiently. Some of us turn to caffeine or sugar for a pick-me-up instead of healthy eating throughout the day.

The foods we eat are made up of calories. Our bodies use these calories and energy for fuel. If the intake of calories is equal to calories we burn, then we should maintain our weight. If we go to a casino buffet and eat five times our normal intake, we will store excess calories as fat—even if we workout that day. If we burn more calories than we eat, we will burn some calories from fat, which are considered energy in reserve. When

we start burning our reserve calories, we should see weight and fat loss.

When it comes to food, size matters. Portion control is crucial in weight management:

- (1) Do not eat out of packages or containers.
- (2) Do not stand and eat at the refrigerator.
- (3) Do not forget that beverages, especially alcoholic ones have calories too.
- (4) If we let ourselves become hungry, we are more likely to overeat.
- (5) When eating out, remember that a typical dish may be three to five servings.

If only it were this easy, we could all stay slim. The reality is much more complex. Metabolism helps us understand how efficiently we burn calories. Again, if our bodies are in starvation mode, metabolism slows down and we lose muscle mass. Unfortunately, our metabolism is also affected by our past eating habits, gender, age, medications, health status and