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Page: 56 - 57
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Patrick Holford

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37



73



63



79



87

This MONTH

December 2015

new beauty

44 Global Innovations

Discover Dermafrac – a breakthrough micro-channelling technology to combat anti-ageing that is also ideal for skin lightening, hydration and acne.

46 Aesthetics Q & A

Not looking as vibrant as you feel? NewYou offers evidence-based aesthetic solutions for every beauty dilemma.

48 Behind the Scenes

With decades of experience in the UAE and abroad, Dr. Jaffer Khan from Aesthetics International Plastic Surgery and Anti-Aging Clinic shares his insights on choosing the right cosmetic surgeon.

54 Tried n Tested

Sophia Khan reviews MyCells®, an autologous platelet preparation system that uses the patients' own blood to produce 'Platelet Rich Plasma' (PRP) for a total complexion 'makeover'.

56 Erase Years Off Your Face

Dr. Nic Isse, plastic surgeon at The American Surgecenter in Abu Dhabi, speaks to NewYou about endoscopy in plastic surgery.

new health

64 What's the buzz?

With close to 50 percent of women worldwide suffering from this condition during pregnancy, learn how Gestational Diabetes is a challenge that can be managed or even overcome.

new body

74 Can Stress Sabotage Your Workouts?

Beware...exercising after a harrowing day could be derailing long-time fitness goals and impairing health.

new taste

82 Nutrition News

Tania Fahra from glowpeople.com shares her latest smart nutrition updates.

83 Improve Your Mood Foods

Determine how to segregate 'good' food from 'bad' when their impact on mood and optimal wellbeing is concerned.

new mind

86 Life Coach

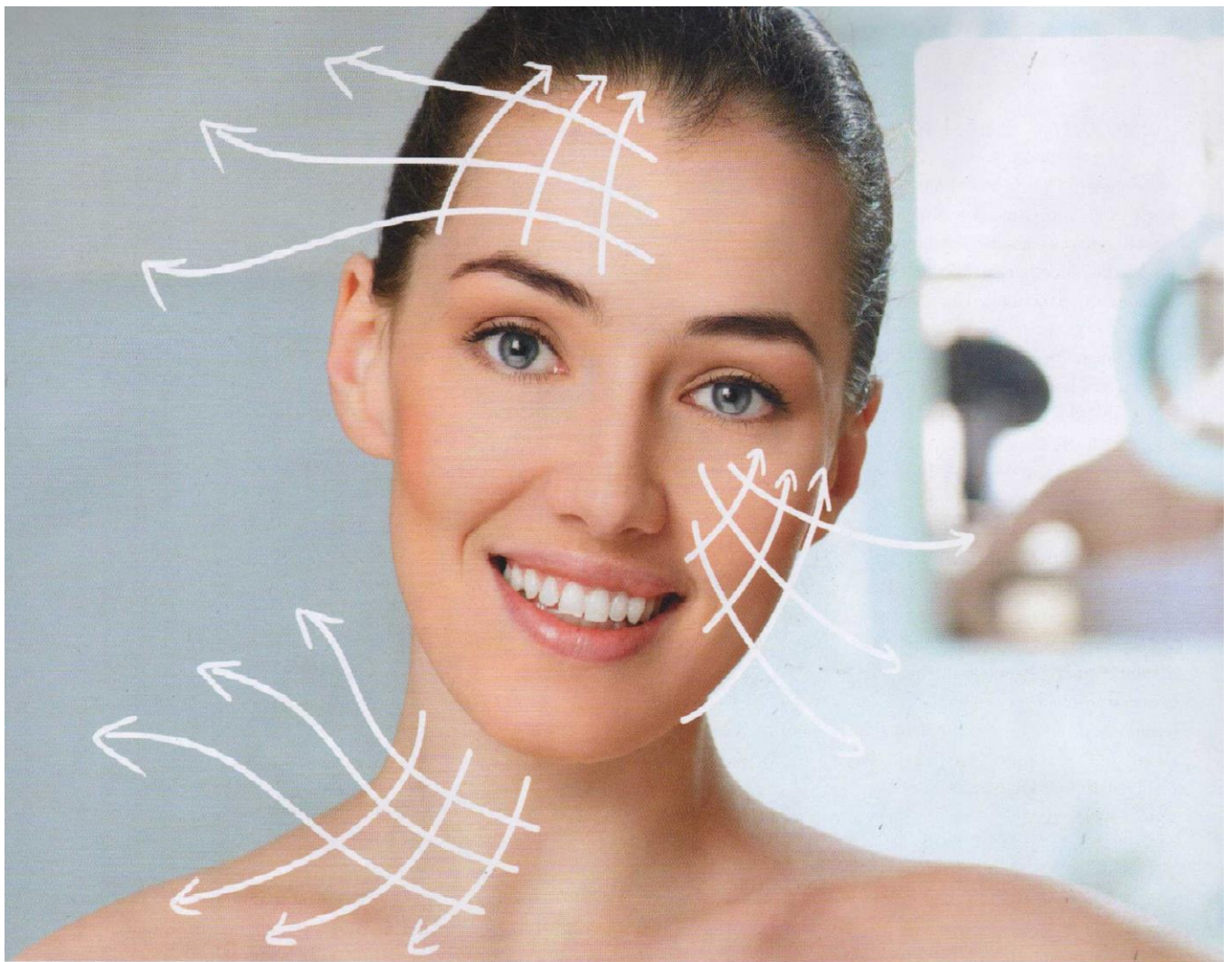
Sahar Huneidi, Holistic therapist and Vibrational medicine practitioner answers reader conundrums to clarify awareness and positive action.

90 The Hidden Meaning of Cravings

Globally renowned nutritionist and author, Patrick Holford explains that with the festive season upon us there may be some foods you can't resist because your body may be trying to tell you something.

92 Dossier - Hair Today, Gone Tomorrow

A panel of experts sheds light on hair-growth innovations and explains why statistically, 40 percent of men and 20 of women percent have noticeable hair loss by the age of 35 and 60 percent by the age of 65.



Erase Years Off Your Face... *Endoscopic Facial Plastic Surgery*

Just when you thought that the only solution to knocking ten years off your face had arrived with the introduction of rhytidectomy – popularly known as a ‘facelift’ – here comes a surgical breakthrough that makes you want to consider an invasive option like cosmetic surgery – the Endoscopic Facial plastic surgery. The use of endoscope was once limited to orthopaedic surgery and gynaecology. However, recent progress in the medical field has allowed plastic surgeons to use the same device in several cosmetic procedures like facelifts and breast augmentation. **Dr. Nic Isse**, certified by The American Board of Plastic Surgery and plastic surgeon at The American Surgecenter in Abu Dhabi, spoke to NewYou about endoscopy in plastic surgery.

Endoscopic facial plastic surgery... It is a minimally invasive facial rejuvenation and remodelling procedure. It addresses common signs of ageing

on the face and neck. Compared to traditional facelift procedures, this procedure requires small incisions made discreetly in the temporal hairline, or behind the ear, whichever is necessary. These tiny cuts allow surgeons to access hard-to-reach areas that conventional face lifting could not reach, such as frown lines between the brows, the

folds adjacent to the nose and the lines around the mouth. Using the endoscope and the surgical devices, the surgeon reshapes facial muscles and tissue that have become loose. This means that the relaxed skin and soft tissues in the face are tightened and lifted to its proper position, therefore resolving sagging and regaining youthful natural facial contours.

Main benefits

It helps erase three to 10 years off the face. Cheek fullness and elevation, reduced lower eye hollowness, smoothened nasolabial lines (a.k.a. laugh lines) and elevated lip corners are just among the major improvements that can be expected after the surgery. Other advantages include less visible scarring, quicker procedures, less risk of complications and in many cases, shorter recovery times.

Best candidates for the procedure

Individuals who have facial imperfections caused by loose facial muscles, those with sagging cheeks, drooping forehead, visible lines around the nose, and thin, downturned lips. People in their late 20s to 50s, who display skin relaxation are also suitable.

Risks and complications

As with most surgeries, there are possible complications that can arise. These include...

- ✓ Adverse reactions to anaesthesia
- ✓ Bleeding
- ✓ Haematoma
- ✓ Wound infection
- ✓ Nerve injury
- ✓ The need for further surgery to treat complications

Post-operative recovery

Patients can experience swelling, bruising, numbness and tightness of the skin post-surgery. There can be minimal discomfort as well, but pain medication



resolves this. In most cases, the recovery period is shorter as a few tiny incisions tend to produce less bleeding and swelling and requires fewer stitches. Sutures are typically removed within seven days after the procedure, while the swelling and bruising tend to fade within two weeks.

Post-operative care

As there is the presence of surgical wounds, it is best to have someone to help you for at least one or two days post-surgery.

Although patients are usually able to return to work within a week after the procedure (depending on the nature of the work), they should only resume light to moderate walking exercises about 10 days post-operation.

As for the scars from the incisions, they are hidden in the hairline so they are difficult to detect as they heal.

About the doctor

With over 33 years of experience, Dr. Isse is a pioneer in Endoscopic Facial Plastic Surgery, having founded the Endoscopic Plastic Surgery Educational Seminars (EPSES) in California, U.S.A., a specialised medical education for cosmetic surgeons on the use of endoscopy in facial tissue reposition.

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