

# LUSCIOUS LIPS ... LOTS of OPTIONS By: Dr. Daniel Daube

Initial attempts at beautifying the lips probably started with Cleopatra, and over the years various options have been tested and approved, but only recently many new injectable materials are being used to augment the lips and will become the most common method for reshaping lips in the future. Let's discuss your various options.

The lips are the most malleable of our features and animate the entire face. Many consider the lips to be the most pleasing feature of the lower third of the face. As a surgeon, I must always be aware of how static changes to the lip can change the function of the lip. Patients occasionally refer to this as "kiss-ability".

The lips thin as people age and may begin to downturn. These thin, flat, and poorly defined lips impart a sense of aging, but specific procedures address each of these issues by augmentation to help restore full, well-defined, and proportional lips that impart a sense of beauty and youth.

The Cupid's Bow, the central portion of the upper lip, should be well defined and distinct. Ideally, the lips should have not only horizontal symmetry, but vertical asymmetry, with the lower lip being slightly larger than the upper lip. Lateral portions of the upper lip give an attractive appeal on a female or male lip, and also give a very distinctive appearance. These attributes can also be created on the lower lip with similar results. In addition, augmentation, or a general increase in volume alone, creates a pleasing result with most clients.

All lip procedures may be performed with local anesthetic and is an ideal way to work on the lips. The ability for the client to be able to move their lips during surgery is a

great advantage. After surgery, lips should appear larger than expected, but swelling requires only about four to six weeks to resolve.

During a consult, I determine the clearly defined goals based on whether a person wants a temporary or permanent augmentation. Temporary injections are better for people who have had no previous cosmetic surgery, and require minimal change and/or are unsure if they will do well with larger lips. After this trial injection, if patients are pleased with their results, a more permanent method may be used at a later time.

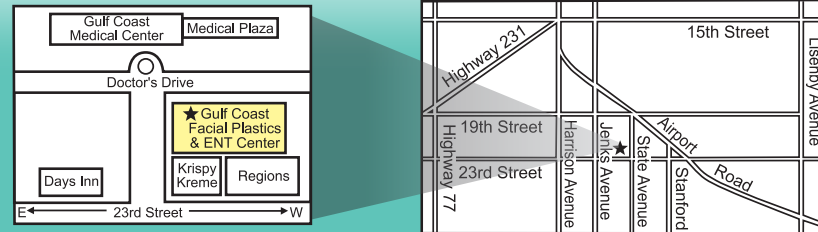
Your choices in lip augmentation include temporary implants, as with collagen. Hyaluronic acid, which provides volume and fullness to the skin, lasts longer than collagen, but is a bit firmer as another option. More permanent implants are also available as are lip lifts. We have also been asked to do lip reductions.

If you are unhappy with the look of your lips, your choices for change are as varied as the colors of lipstick. **Call us for a consult ... today!**



## Gulf Coast Facial Plastics & ENT Center

200 Doctors Drive, Panama City, FL 32405  
(850) 784-7722  
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## VALUABLE COUPONS INSIDE



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We have two special offers for you –

to make restoring your natural beauty even more convenient and affordable.



# face facts

SPRING – SUMMER 2011



Gulf Coast Facial Plastics and ENT Center puts great emphasis on courtesy and professionalism in dealing with visitors to our medical facility. In fact, treating patients with respect and dignity is part of our Mission Statement! We strive to provide quality medical care enhanced by compassion and understanding for the needs of our patients. Word-of-mouth marketing has built our practice into one of the foremost treatment options in Northwest Florida – although our patients also come from across the US as well as throughout the world!

As an accredited treatment center, we have an ambulatory surgical facility as part of the practice's campus. In addition, our on-site laser suite provides technology for the removal of hair, age spots, tattoos, wrinkles, and veins. Our RN/Aesthetician does photo toning as well as various levels of chemical peels in a spa-like environment.

Our goal is to strive for nothing less than excellence in all we do, so we trust you will find the information in this newsletter to be interesting as well as valuable – especially with our money-saving coupons!

Thank you for your business!

Daniel C. Daube, M.D.  
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## What's the GOLD STANDARD for Facial Plastic Surgery?

By Daniel C. Daube, M.D.

I've known I needed to write this article for a couple of years, but find it a bit of an oxymoron in that I'm writing as a big proponent of new and better ways of doing things; however, with time and experience, as well as reflection, I've realized that *not ALL change is good!*

The new "string lifts", and nonsurgical facelifts, do not work as well as the "gold standard" – a facelift. There, I said it. Although these shortcuts have their place for many (because some people are unable to undergo a standard facelift or do not need a dramatic change), for the majority of healthy adults, with a lax neck or face, they need the "real thing".

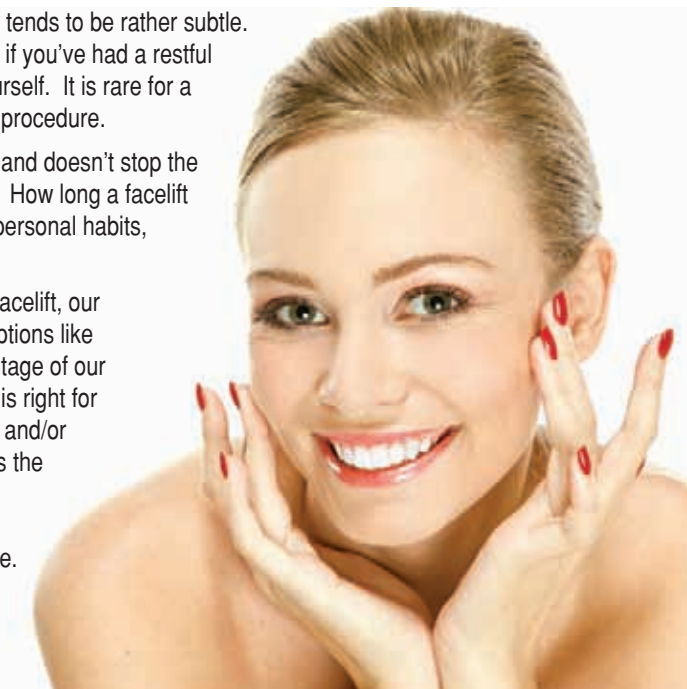
Facelift procedures (Rhytidectomy) are the *ultimate* surgery for face rejuvenation. The surgeon designs the procedure to remove sagging facial tissues and folds of skin that have developed in the cheeks, along the jaw, and in the neck. An integral, but hidden part of this surgery, is the re-suspension and elevation of the supporting structures of the facial skin. This operation consists, essentially, of tightening and redistributing the face and neck skin with removal of the excess tissue.

There are many different ways, and depths, to which the surgeon performs the facelift. For instance, an 80-year-old woman, who has had two previous facelifts, but now only needs a small amount of skin removal, requires a different procedure than that of a 30-year-old patient. Although both will get a "face lift", the former will have essentially skin resection while the latter will have a mid-facelift with muscle re-suspension just over the level of the bone. The former patient will be ready for a party within one week, whereas the latter patient will be very swollen for about two weeks, with healing continuing for the better part of three weeks.

The purpose of facelift surgery is to remove surplus, sagging skin from the face and neck, as well as to reduce wrinkling associated with aging. Actually, repositioning, or re-draping the skin over the facial bones, is the primary objective of this procedure. Since the actual structure of the face is not changed, the transformation tends to be rather subtle. Usually, friends and family will only wonder if you've had a restful holiday, or are just taking better care of yourself. It is rare for a person to guess that you've had a surgical procedure.

The average facelift lasts five to ten years, and doesn't stop the clock, but merely turns it back a few years. How long a facelift lasts has a great deal to do with genetics, personal habits, and age at the time of surgery.

In addition to offering The Gold Standard Facelift, our practice offers many other "rejuvenating" options like the CO2 laser. Call us today to take advantage of our FREE CONSULT offer to see which option is right for you – The Gold Standard, or other surgical and/or laser options. The choices are as varied as the patients we treat, but the outcomes will be designed specifically with you in mind to achieve the very personal results you desire. (\*Note: See the FREE CONSULT coupon within this publication.)





### Dr. Daniel Daube is now offering Sculptra® Aesthetic

This cosmetic facial injectable works gradually, resulting in a more youthful-looking appearance that can last up to two years. SculptraAesthetic is approved by the U.S. Food and Drug Administration (FDA) as a treatment indicated for the correction of shallow to deep nasolabial folds (smile lines) contour deficiencies, and other facial wrinkles that are treated with the appropriate injection technique in healthy people.

"I am very excited to offer SculptraAesthetic to patients who want to achieve natural-looking results from a cosmetic injectable that is long-lasting," said Dr. Daube. "SculptraAesthetic works gradually to achieve results over time, so no one will notice you've had work done."

Wrinkles and folds associated with aging become apparent, primarily through the breakdown of collagen. SculptraAesthetic helps the body replace lost collagen to provide a more youthful-looking appearance.

A treatment regimen of SculptraAesthetic, an average of three injection sessions over a few months, has been shown to help correct facial lines and wrinkles by replacing lost collagen over time to provide noticeable results that can last up to two years. SculptraAesthetic is made from poly-L-lactic acid, which has been safely used for the past 25 years in resorbable stitches. It is biocompatible (a material that does not harm the body) and biodegradable (able to be broken down by the body). Injectable poly-L-lactic acid has also been widely used in Europe for close to a decade for cosmetic treatment.

**"You didn't age overnight. Why should you anti-age overnight?"**



## Understanding INJECTABLES

As you have read above, Sculptra®Aesthetic has a very specific use, as do all the *other* injectables that are currently on the market. However, understanding the difference between all the products that are available is like trying to find your way through a maze. We'd like to simplify some of the information to help you understand all your options in order to look your very best!

### BOTOX®

Despite what you may have heard, when you receive a Botox treatment, you can still smile, frown, and look surprised without those lines between your brows. Botox has been used therapeutically for more than 17 years to treat a variety of medical conditions, but usually is used for frown lines between the brows in people ages 18 to 65. Botox usually lasts up to 4 months.

### DYSPORT™

Similar to Botox, Dysport is used to treat frown lines, crows feet, and lines on the forehead.

### JUVÉDERM™

Juvéderm is an injectable gel that is used to instantly smooth out your wrinkles, specifically those "parentheses" marks about your mouth area and to enlarge the lips. As you age, Juvéderm replaces the naturally hydrating substance (called hyaluronic acid) to bring back your skin's volume. Results may last up to one year.

### RADIESSE®

One of the longer-lasting fillers that stimulates growth of your own collagen. It is used to fill in the folds around the mouth and marionette lines.

### Restylane®

Restylane restores volume and fullness to the skin to correct moderate to severe facial wrinkles and folds, such as the lines from your nose to the corners of your mouth (nasolabial folds).



**JAMES C. BEGGS, M.D.**, is Board Certified by the American Board of Otolaryngology-Head and Neck Surgery and is the *only Fellowship-trained Microvascular Head/Neck Reconstruction Surgeon* in Bay County. He is a specialist in **cancer** of the head and neck.

Dr. Beggs attended Medical School at the University of Florida College of Medicine and did his Internship and Residency at the University of South Florida College of Medicine. He was Fellowship trained at the Washington University College of Medicine in St. Louis, MO in Microvascular Head and Neck Reconstruction.

In addition to his private practice, Dr. Beggs' additional medical experience includes an Academic Practice at the Moffitt Cancer Center as well as working for the Veterans Administration.

## Would You Like Your Life to Have More BALANCE?

By Dr. James Beggs

The opening question does *not* refer to your time-management skills, but rather is in reference to your equilibrium. Do you suffer from dizziness and/or often lose your balance? For the majority of people, balance control occurs at an unconscious level. Signals from the inner ear continuously drive the eye muscles to coordinate eye movement with head movement. This coordination is necessary to have clear vision and balance. The communication between the ear and the eye is called the vestibule-ocular reflex (VOR). When the VOR is functioning properly, eye speed and timing are equal and opposite to those of the head. But, if the speed or timing is off, even slightly, vision is distorted because of apparent motion of the visual field.

With our newest technology – The VAT® -- in less than half an hour, horizontal and vertical high frequency VOR measurements can be taken for use in diagnosing the

condition. Once this test is completed, the resulting data is used for planning and monitoring of any vestibular disease that's indicated.

If you have issues with balance and/or dizziness when you are walking, bending over, or turning your head quickly, it's time to take advantage of the technology we provide. The VAT quickly and comfortably monitors a patient's head and eye motions to record what is happening in the vestibular portion of the inner ear. Unlike other conventional tests, the VAT tests natural, faster motions, and evaluates both the horizontal and vertical canals within the patient's head.

The VAT is great for all ages, both pediatric as well as adults. With objective documentation, the appropriate rehabilitation can then be suggested. Call our office to schedule this quick and painless way of reaching a better quality of life by restoring your balance. **(784-7722 Ext. 1)** [www.beggsm.com](http://www.beggsm.com)

## INTRODUCING THE REVEAL CAMERA to Reverse the signs of aging!

Gulf Coast Facial Plastics and ENT Center was so impressed with our temporary use of the Reveal Camera that we purchased one for use at our Clinic, and Medical Spa, on a regular basis. With the Reveal® Imager Camera, clients are given photos that show superficial and vascular damage to the skin. These images clearly show clients what is between them and the beautiful appearance they desire. In addition to sun damage, the camera also highlights brown spots, red areas, and more. Time is then devoted to questions from the client regarding their own individual personal damage and the various options that are available from Dr. Daube. Clients are provided with easy-to-understand reports, which include copies of the pictures, treatment notes, and product recommendations.

Obagi is just one of many products and treatments that may be used in helping to correct the damage done from "too much fun in the sun" – an all too common practice in Northwest Florida. However, each client is unique ... and will be treated as such ... as an *individual* with very *specific* needs. Isn't reversing the signs of aging worth a few minutes of your time? Call us, today, to book your photo session! **Mention this article and receive a FREE CONSULT!**



7/21/2006



11/3/2006

Photos courtesy of Barry Diermaier, MD

## CO2 Laser Special with FREE Products

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