

# HOW THE FACE AGES AND HOW TO COMBAT THE TELLTALE SIGNS



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The good news is that there is BOTOX® available to help us look younger.

Did you know teenagers and even children can have crow's-feet? Fortunately, however, the signs of aging don't really begin to in until our forties. Then it's only human nature to become preoccupied with that middle-aged spread, those wrinkles and jowls. We also start noticing our peers look older - or younger - than we do.

Caucasians age faster than Blacks and many Asians because they have thinner skin. And that's the same reason women show signs of aging earlier than men. While aging is inherently genetic, it can be accelerated by our lifestyle.

Most women I know are pro-intervention (and plan on raging against their depleting collagen in every way possible). But some have no intention of messing with the effects of Father Time. But almost everyone seems to have an opinion on the world's most popular cosmetic treatment i.e. BOTOX®.

As a result, there's a lot of misinformation out there, even though BOTOX® is hardly new on the scene.

BOTOX® is a product from the California based Allergan Inc derived from the clostridium botulinum type

A bacteria which produces a natural toxin.

Despite its origins BOTOX® finds use in a wide number of medical as well as cosmetic fields.

### Is BOTOX® Safe?

Of course! Cosmetic physicians have been using BOTOX® for years to successfully treat expression lines and facial creases. In April 2002, BOTOX® gained FDA approval for treatment of moderate-to-severe frown lines between the eyebrows - called Glabellar lines. However, BOTOX® is often used for other areas of the face as well. Many doctors are getting more creative with the product, to give knees, the nose, the stomach, and even breasts a lift. It's also good for delicate changes, such as lifting the eyelid by a few millimeters, which can be tricky with surgery.

If you want good results, you've got to go to a licensed trained physician. The procedure demands understanding – and appreciation - of facial structure and underlying muscles. Even though everyone is working with the same material, the results can differ widely depending on the skill of the physician.

It is advised that it's important to find a doctor on the same aesthetic wavelength as you are. Ask her/him if she/he uses BOTOX® on her/himself. It's a sure sign that they believe in its results and safety.

### How is the procedure performed?

The procedure takes only a few minutes and no anesthesia is required. BOTOX® is injected with a fine needle into specific muscles with only minor discomfort. It generally takes three to seven days to take full effect and it is best to avoid alcohol at least one week prior to treatment. Aspirin and anti-inflammatory medications should be stopped two weeks before treatment as well in order to reduce bruising.

### And what happens if you stop? Will you suddenly look as if you've aged 10 years?

Definitely not. BOTOX® wears off gradually over four to six months, and when it's gone, your face simply returns to the way that it looked before. Of course, when you've become accustomed to seeing a line-free surface that might not be so easy to deal with.

**Ultimately, if you're going to try BOTOX®, keep your expectations realistic. It isn't going to make you look 10 years younger. But used appropriately, it can make you look like a more relaxed, well-rested version of yourself.**

The views expressed in this article are Dr. Chiranjiv Chhabra's. She can be reached at

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