



A D A M S O N
A S S O C I A T E S
C O S M E T I C F A C I A L
S U R G E R Y C L I N I C

Inside this Issue...

- **Cosmetic Rhinoplasty
for Teens**
- **Face the Future™**
- **New Concepts
in Face Lifting**
- **Dr. Adamson's Activities**
 - **Staff News**
 - **The Skin Care
Beauty Plan**

Summer 2008

Cosmetic Rhinoplasty for Teens

There is much well-founded controversy about the appropriateness of cosmetic surgery for teens and young adults. However, when it comes to reshaping the unattractive youthful nose, studies show that great benefits for these patients can be achieved.

It is known that at puberty girls and boys become very conscious of their bodies and how their appearance affects their relationships with others. Each person develops their own self-image and determines their own acceptance of what they see. If they possess a disharmonious nose they dislike, studies show they will never "grow out of it," but will be unhappy with it all of their lives.

To determine if a young person is a candidate for a youth rhinoplasty, we ask their concerns and confirm their expectations are realistic. We assure ourselves they have stopped growing, and are physically fit. We assess their psychological maturity and ability to undergo the procedure, and seek parental support. If the teen meets all of these criteria satisfactorily, we know from studies the vast majority will have a very satisfying outcome, and lifelong relief from their negative self-image. 🙌

Face The Future™

In February our annual Face the Future charity dinner was held at Splendido Restaurant. Once again, Pasquale Cusano, publisher of Nuvo

Magazine, co-hosted our event with Dr. Adamson, who is President of The Canadian Foundation for Facial Plastic and Reconstructive Surgery. Eighty guests, as well as donors who could not attend, helped the Foundation raise almost \$60,000 for overseas medical humanitarian missions to operate on children with facial deformities. Two missions are planned for this year, in May and November, to Saratov and Ekaterinburg, Russia. Please call our office or visit our website at www.thecanadianfoundation.com if you would like more information or to support our foundation's activities. 🙌

New Concepts in Face Lifting

For years we have recognized the importance of loss of tissue tone and sagging of the facial tissues with aging. Numerous effective procedures, including forehead, eyelid and deep plane face lifting, have been developed to restore these signs and create a refreshed, more youthful appearance. Today we are focusing on the causes and effects of facial deflation, which is due to loss of tissue volume with aging. This results in the well-known tear trough deformities and circles under the eyes, cheek hollowing, and furrows around the mouth and chin. Fortunately, we have developed numerous treatments to improve these aging signs. These include firm silastic implants to replace bone and soft tissue loss in the cheek, chin and jaw. We are also realizing greater-than-expected results with injectable volumizers – our preferred products include the Hyaluronic acids (Juvederm and Restylane) and calcium hydroxylapatite (Radiesse). These materials have a high safety profile, little or no downtime, and last up to a year or more. (In fact, we believe we may be seeing results of up

to two years or more in some cases, but further studies are needed to confirm this impression). By integrating surgical lifting and volumizers uniquely for each patient, better results than ever are now possible. 🧑🏻‍🦱

Dr. Adamson's Activities

Recently Dr. Adamson was awarded the “Best Doctors” designation, a highly reputed recognition provided by Harvard University. Doctors are selected through an anonymous review process, asking doctors to whom they would refer their own families.

Dr. Adamson has also travelled to Cartagena, Columbia, Nijmegen, the Netherlands, San Francisco and New York City to teach at academic meetings. His topics have included primary and reconstructive rhinoplasty, face and neck lifting, rejuvenation of the aging forehead and the science of beauty. In November 2007 he visited Saratov, Russia for a preliminary visit prior to a humanitarian medical mission in May 2008. **Dr. Adamson will head up a team which will include a plastic surgeon burn specialist, microtia (congenital ear deformity) surgeon, pediatric general surgeon and a family doctor.** Children with complex facial irregularities, traumatic deformities and burn injuries will be operated upon and teaching of local surgeons carried out.

Several of Dr. Adamson’s clinical fellows and he have also published a number of scientific articles and chapters on otoplasty, rhinoplasty and the impact of cosmetic surgery on the quality of life. 🧑🏻‍🦱

Staff News

Our most valuable practice asset continues to be our staff – together our team works constantly to improve The Facial Rejuvenation Experience for our patients and clients. Continuing education plays a central role in fulfilling this mission. **Maria Giouzelis**, our Front Office Manager, is completing a Marketing and Public Speaking Course. **Deborah Doyle**, our Patient Consultant, and **Ana Surghe**, our esthetician, are attending the American Society of Aesthetic Surgery Course in San Diego for the latest advances in skin care and medical spas.

Recently **Dr. Etai Funk**, our clinical fellow, completed his American Board of Otolaryngology-Head and Neck Surgery examinations and will sit the American Board of Facial Plastic and Reconstructive Surgery exam in June.

We have recently installed new software to improve our service experience, and are continually upgrading our web page. We now have “Of the Moment” comments, including video clips, of recent happenings of interest in cosmetic facial surgery. You can visit us online at www.dradamson.com. 🧑🏻‍🦱

The Skin Care Beauty Plan

Many people can benefit from surgical treatments to lift and volumizing fillers to fill the sagging and deflation of facial aging. And everyone can realize very real improvements in thin, aging skin through a well-planned skin care program. **Ana Surghe**,

our clinical aesthetician, has designed special seasonal skin care plans that she can tailor to meet each patient’s specific needs.

There is a promising new treatment to remove age spots and lesions known as keratoses. This utilizes a special cream, Levulinic acid, and IPL (Intense Pulsed Light) phototherapy. Some very substantial results are being seen, and very little down time is required.

You can arrange an appointment, with no obligation, by calling Maria at 416-323-3900 or going online at www.adamsonmedicalskincare.com. 🧑🏻‍🦱

*We look forward to being of
service to you.*



*Peter A. Adamson,
M.D., F.R.C.S.C., F.A.C.S.*

*Renaissance Plaza
150 Bloor Street West,
Suite M110
Toronto, Ontario, Canada
M5S 2X9*

*tel: 416 | 323 | 3900
fax: 416 | 323 | 1344*

*www.dradamson.com
paa@dradamson.com*