

with other minimally invasive procedures to produce desired results. "The patient must have a certain thickness of skin so that the threads can be inserted deeper and therefore tighter," says Dr. Lauri Kane. Patients can expect to be back to work in five to 14 days and, though results are not equal to a surgical face-lift, some claim a thread lift can last from one to three years.

Pump It Up

Popular with young women and patients who don't want to commit to surgery, injectables fill and restore volume or restrict muscle contraction to erase the signs of aging. Dr. Ronald Schuster, whose practice is located in Lutherville, explains that each type of filler accomplishes a different goal. Botox, for example, prevents the contraction of the muscles in order to reduce muscle-caused wrinkles in the upper facial area. Products like Restylane, Juvéderm and Radiesse actually fill in wrinkles and folds in areas around the mouth, nose, and eyes. Dr. Schuster prefers to use Restylane and Juvéderm, both of which utilize a substance called hyaluronic acid to fill in depressed areas, enhance tissue volume, and reduce wrinkles. Radiesse, on the other hand, works slightly different in that it employs microspheres of calcium hydroxyapatite, a material found naturally in the body, and allows your own collagen to form around

the microspheres. When considering injectables, do your research to choose the best type for you (keeping in mind that some fillers are not yet FDA-approved); make sure your injector is a board-certified plastic surgeon, facial plastic surgeon, dermatologist, or oculoplastic surgeon; have the treatment performed in a doctor's office, and realize that many injectables require more than one treatment to achieve desired results. Along with the development of new FDA-approved injectables, predictions show that demand will easily top 10 million treatments in 2007.

Mommy Makeover

After childbearing, many women want to repair the parts of their bodies that were "damaged" during pregnancy and labor. That's when Dr. Michael Cohen, at the Cosmetic Surgery Center of Maryland, recommends breast augmentation and a tummy tuck. "These two procedures make a good combination. After pregnancy, the breasts and tummy sag, and restoring these two parts of the body can be really rewarding," he says. In late 2006, the FDA reintroduced silicone to the marketplace for breast augmentation after being removed from the marketplace in 1992. Silicone now has a softer, more natural feel, and doctors have learned how to put in implants with fewer incisions and less scar-



ring. When it comes to tummy tucks, it's not just about the front of the body anymore. It's about reshaping that whole area—front, sides, and back—for better overall results.

Move Over Fat

Take the fat from where you don't want it and add it to where you do. Sounds simple enough, right? Dr. Patrick Byrne of the Johns Hopkins Cosmetic Center at Green-spring Station explains, "The trend with the greatest impact right now is fat transfer." While the concept has been around for many years, it fell out of favor and only recently became popular again. Fat transfer works best on women with excess fat in areas like the stomach or thighs, who want a fuller look in their face or buttocks. In the past, women typically wanted to make parts of their bodies smaller. "It wasn't until J-Lo came along that there was a desire to make the butt bigger," says Dr. Ricardo Rodriguez of GBMC. "The trend is on how to enhance rather than how to make smaller," he says. Dr. Rodriguez combines liposuction from the inner thighs and waist with fat transfer to the buttocks to emphasize the butt. Referring to the procedure as a "Brazilian Butt Lift," Dr. Rodriguez explains that when fat is harvested correctly, patients can see permanent results. ■

Left: Dr. Patrick Byrne uses an injectable on a patient.
Above: Dr. Michael Cohen meets with a patient to discuss breast implant options.

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