

Taking another route to beating time's effect

Debbie Whittle talks with consultant plastic surgeon



Rozina Ali, who advises surgery is not the only route to looking younger.

A visit to a plastic surgeon guarantees expertise, but doesn't have to mean surgery. Are you considering the best way to alleviate the effects of time and rejuvenate your skin?

What is non-surgical rejuvenation?

No scalpels, no surgery. From New York to Norwich, ladies – and men – are looking younger and better thanks to the artistic and appropriate use of non-surgical techniques that include Botox, fillers, fat injections, peels and skin-tightening. The sensible use of non-surgical rejuvenation techniques is about filling and lifting tired tissues and softening deepening creases. Today's approach is grown-up, elegant, graceful...and immediate!

Non-surgical rejuvenation is for all those who care about looking good but don't want surgery. Different techniques are required to erase creases on the forehead, soften crow's feet, and enhance tired eyes – peeling back the effects of age, sun damage, stress, pollution, and time.

Fillers plump up youthful cheeks and sensual lips, refashion a sharp jaw or soften a dimpled chin. Little and often, starting as early as necessary can help you stay looking younger longer.

Who should I see?

The best way to get the most from any treatment and to find out the latest technologies is by seeing a practitioner who is trained and knowledgeable in skin care, bone structure and soft tissue behaviour – that's right, a plastic surgeon. The true art of surgery is to know when to operate and when not to operate. The skill required to wield a scalpel is translated into wielding the syringe.

Miss Ali is a highly trained consultant plastic surgeon with a keen aesthetic sensibility. Her unerring eye for detail and restless curiosity has seen her travel the globe – from Taiwan to Chicago, Manhattan to London. She has dismissed the 'over-done' and has elected for soft, natural contours and satisfying patient outcomes.

"It's sound anatomical knowledge, an aesthetic eye and skilled handiwork that



will help make you look good," says Miss Ali.

"It takes a certain artistic sensibility and patience to understand the effect of light on a face, the shadows, the curves, the high points and pouts. I simply align that with my experience as a surgeon and my understanding of the biology of the ageing process to reverse its ravages, disguise any disfigurements and enhance facial aesthetics. If I can make you feel good as well as look good – then I'm happy!"

No need for a glossary of plastic surgery terms, just present your face, discuss your concerns and let Rozina explain what's available. "You can choose what you like with the least downtime. It's that simple."

The Big B... Botox

Every face is different and everyone needs a different package of care. Botox is used in varying dilutions, permitting fewer

injections, used more superficially to soften creases while still allowing brow movement, it can be used to achieve a sexy lifting of brows to open up the eyes, or even to relax the corners of the mouth.

Fill it up

Fillers too can be used in various depths and guises – the soft plumping hyaluronic acids of Juvoderem, Restylane and Belotero renders lips soft, full and natural. Deeper fillers such as Radiesse and Sculptra act to induce your own collagen and permanently fill out hollows in the temple or the deep lines around the nose. Soft, basic or intense fillers to per up the tip of your nose, plump up your ear lobules, build up cheek definition; guaranteed to give you contours to smile about. Super soft fillers can soften crow's lines or thicken the lower eye skin to allow fading of dark rings.

Harness your own fat

The ultimate filler is of course your own fat – the body tissue with the highest number of adult stem cells. Now the best friend an ageing face could hope for, fat is used as a natural permanent filler that not only fills and volumises but lifts and softens. Fat can be used almost everywhere and is especially useful around the eyes, with the added benefit of those magical stem cells that don't just rejuvenate but actually regenerate new tissue. It can fill hollows and divots and help with overlying scars.

Resurfacing and Skin-tightening

Fine wrinkles or loose skin? Consider mild to moderate peels or skin tightening with safe, continuous radiofrequency. No down time, skin tightening induces collagen formation and improves skin thickness and quality; it can be used on all skin types and all skin colours.

Now you can have 'plastic surgery' during the day and go out looking good the same evening.

Skin tightening benefits continue for several months with maximum benefit visible after six months – it's repeatable and affordable. Peels can be undertaken under doctor supervision or at home for a milder effect. Skin maintenance and sun protection are always discussed.

Plastic surgeons are the undisputed artisans of beauty, skilled in seeing the underlying aesthetic and trained in the arts required to bring out the inner beauty. If you want to look better, or if you just want to know more, make an appointment to see Rozina Ali for a consultation but be warned, she may not offer you surgery!

For further information regarding Consultant Plastic Surgeon Miss Rozina Ali, please visit www.spirenorwich.com and 'click' on her consultant profile or visit www.rozinaali.com

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Ask the specialist

Consultant general physician **Ketan Dhatariya** looks at cramps.



I get cramp in my calves when I walk up the stairs or walk a short way. It goes away quickly if I stop. Why is this?

It sounds as though you may have a condition called 'intermittent claudication'. This is where the blood doesn't supply enough oxygen to the muscles when they are active.

If you remember when you were a child running around in the playground? Every now and again you might get cramp in your calves. You may remember being told that cramp occurs in those situations because the muscles are working so hard, they are using up all the oxygen in the blood.

As a result, the muscles change the way they use the glucose in the cells and they start to work 'anaerobically' – that is, without oxygen. This change in the metabolism of glucose leads to a build up of lactic acid. Too much lactic acid in the muscles causes cramp.

As people get older – and especially if they are smokers, have poorly controlled diabetes or high levels of cholesterol, they may get something called atherosclerosis. This can be translated into 'hardening of the arteries'.

This means the blood vessels carrying the oxygen to the muscles have a layer of fatty material coating them. This results in the blood vessels not being able to get bigger and increase the blood flow when the muscles start to work. The muscles then run out of oxygen quickly and the same process which happened as a child running in the playground now happens as one gets older.

The pain goes away again when you stop walking because the muscles are not working as hard and need less oxygen. Don't forget this 'hardening of the arteries' doesn't just happen in the legs, but in other blood vessels as well such as the heart and brain.

The best treatment for this condition is to stop smoking. Other factors can help, such as good diabetes control and a good blood pressure. Simply walking through the pain for a few more minutes to help build up the blood supply will help your symptoms. Your GP may prescribe medication to help prevent your symptoms getting worse. However, if you get pain in your feet and legs even when you are at rest, you should see your doctor who may refer you to a specialist.

For Dr Ketan Dhatariya's previous columns please go to www.norfolkdiabetes.com.

Keep questions brief and send them to Ask the Specialist, EDP Weekend magazine, Prospect House, Rouen Road, Norwich, NR1 1RE. Questions will be handled with discretion and you will remain anonymous. Specialists cannot enter into direct correspondence.