

Health & Medical News | Hospitals, Physicians, Dentists, Facilities

Keys to maintaining a youthful look

BY DR. STEWART WANG

For most people, looking and feeling our best is a priority in today's fast-paced, appearance-conscious society.

How can we maintain a youthful appearance without resorting to invasive surgery?

As plastic surgeons, we are not limited by surgery as the only treatment to aging. We now have myriad simple, non-invasive products and procedures to assist in fighting the aging process.

First, I would recommend daily use of sunscreen and a high-quality, physician-strength skin care product. Each client is different in their needs. There are a wide range of products to suit every skin.

Second would be the introduction of Botox, or one of the many fillers available. Botox is an injectable product that allows us to weaken the muscles in areas such as the forehead, between the eyebrows, and around the eyes.

These are commonly the areas where we see those annoying fine lines and wrinkles appearing. Botox is not permanent, however a small dose administered every few months goes a long way to keeping those wrinkles and lines at bay.

Fillers are also a way to assist with aging by replacing the fullness in some areas of the face and even the hands.

There are numerous types of fillers, each one has its own advantages and disadvantages. Some fillers are best used for the nasal-labial folds (line from the corner of the nose to the lips).

Others we recommend for the enlargement of the lips or to replace fullness in the cheek area. The longevity of fillers varies from client to client, depending on the type of filler used and where it's injected. It is imperative to meet with your plastic surgeon to discuss the pros and cons of either Botox or fillers.

Taking care of the skin's surface is another great way to enhance and assist in having healthy looking skin. There are several non-invasive procedures readily available that have minimal to zero downtime and minimal discomfort.

Microdermabrasion is a procedure that takes approximately 45 to 60 minutes. It is easily performed in the office by our specially trained staff.

The skin is gently scrubbed using a machine that utilizes either a very fine crystal or a crystal tipped hand piece. The finished result gives the skin a healthy glow.

Immediately following the procedure, the client can apply sunscreen and make-up and return to normal activities.

Another option is a refreshing glycolic

Dr. Wang is a board-certified plastic surgeon who has been in private practice since 2002. His primary focus is on aesthetic surgery of the face, breast and body. For more information, please contact his office in Alhambra at 626-282-6680 or in Upland at 909-985-6030. You can follow the practice on Facebook, or visit our Web site at WangPlasticSurgery.com.



Dr. Stewart Wang

smooth. The glycolic peel is a fruit based acid and quite gentle on the skin. Deeper layers of skin resurfacing can be easily accomplished, but it does require more down-time and more active physician supervision.

Finally, Photofacial is a wonderful non-invasive solution to improve skin texture, decrease pores, and reduce blotchy pigmentation on the skin. It is a rejuvenating therapy that combines a gentle laser with intense pulse light to achieve a well-rested and refreshed look.

With all of these wonderful rejuvenating treatments available, the question is not "if" but "what combination can be custom tailored to each individual needs?"

In the New Year, if one of your goals is to look your best without going under the knife, seek out your combination of non-surgical rejuvenation treatments. Let's "reveal your beauty."

peel, along with a hydrating collagen mask. This is like a trip to the spa. The client leaves the office feeling rejuvenated, and their skin looks radiant and

Latest report on nation's health released by CDC, available online

Health, United States, 2010, the 34th annual report prepared by CDC's National Center for Health Statistics is now available at www.cdc.gov/nchs. The report includes a compilation of health data from state and federal health agencies as well as an in-depth feature section on death and dying. A special abridged edition, "Health, United States, 2010: In Brief," is provided as a companion to the full report which are both available in print and online.

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Meet 3 Patients Who Discovered the Beauty of Cosmetic Surgery through Dr. Stewart Wang

Presenting The Wang Doctrine

As Angie, Celeste and Nancy know, choosing a plastic surgeon is the most important consideration in achieving a natural, lasting improvement to your appearance. These women are very pleased with their improvements and wish to share what makes Dr. Stewart Wang unique. We call it: The Wang Doctrine.

1. Certification by the American Board of Plastic Surgery. Don't be fooled by other certifications. This assures you a surgeon, such as Dr. Wang, has undergone in-depth education, training and has the skill to create a favorable result.

2. Your surgeon must be on the cutting edge of technology and capable of utilizing the latest scientific innovations. In addition to his superb surgical skills ranging from body contouring to facial rejuvenation, Dr. Wang employs one of the most diversified arrays of lasers and non-invasive procedures in the United States.

3. A plastic surgeon should be compassionate and sensitive to patient needs and desires. Angie, Celeste and Nancy are among many patients who continually comment on how well Dr. Wang listens and fully understands their objectives.

4. Your surgeon should be capable of creating lasting, natural beauty. Too many patients are disappointed by "plastic" short term results. Due to his diversified capabilities and artistic creativity, you can trust Dr. Wang to guide you in the right direction. Our patient satisfaction ranks among the highest in Southern California!



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