

# getting rid of your '11'

What is your "11" you ask? Look in the mirror. If you see a couple of vertical lines between your brows that is what renowned ocular plastic surgeon, Dr. Deborah Sherman is referring to. The Vanderbilt University professor and national educator was recently in town speaking with beauty experts about how those little lines can give the appearance of being tired, angry or upset even when people aren't.

"Two-thirds of all people will get them," she said. "It's caused by muscles that go into overdrive and this constant activity ends up altering your entire facial countenance, often giving the wrong impression about you."

For Dr. Sherman, the answer is Botox, but she realizes that many people have become a bit leery about the injections with all the talk of frozen expressionless faces, and of course, that horrible raw toxin story that played out in South Florida headlines.

Readers know I have always advocated seeking a superspecialist (someone who centers his/her practice on certain procedures in which they are an expert) for any type of cosmetic treatment you are considering. Dr. Sherman, who fits that description, stressed this often during our interview because in South Florida she sees a terrible trend of people shopping around for price over credentials. This can be very dangerous.

Beside safety, another reason to seek a superspecialist is artistic talent. "It's like holding a paintbrush and knowing how to really use it," she said. "If Botox is injected properly, the look will be natural and you will be able move your face freely," she assured.

But, sometimes Botox alone is not total solution. "Often times the contracting and releasing of the muscles causes loss of collagen..loss of tissue, which leaves a little crevice. In that case a patient will also need a filler."

So if you are looking to eliminate those little lines, do your research. Check out [www.loseyour11.com](http://www.loseyour11.com). Ask for references. Look for physicians who offer a consistent outcome and remember "this is serious medicine" as Dr. Sherman reminded. So always be smart when becoming more beautiful.



mark your calendar...



Neiman Marcus Boca Raton

- April 14 & 15 - Fabrikant Diamond Trunk Show from 11 a.m. to 4 p.m. in the Precious Jewels Salon

- April 14 & 15 - Elizabeth Showers Trunk Show from 11 a.m. to 4 p.m. in the Designer Jewelry Area.

Saks Fifth Avenue Boca Raton

- April 19 - St. John Fall 2006 Collection from 12 p.m. to 4 p.m. Informal modeling. A representative will be on hand to assist you with your selections at the St. John Boutique on two.