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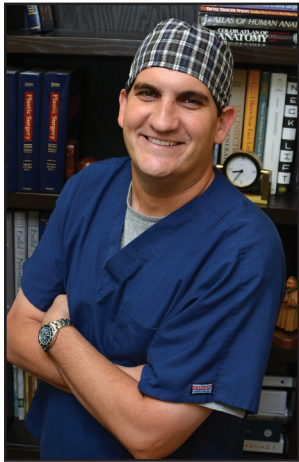
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Section



## The aging face by decade with clinically proven solutions

in a mirror and noticed a line at the corner of her mouth or near her eyes. No matter how self-assured or determined she was to not allow the external signs of beauty control her life, she very likely felt a pang at the sight of that first wrinkle. Men often have the same reaction when they realize that their hairline is slowly receding or bags are develop-

ing under their eyes. While the aging process itself cannot be changed, facial aesthetic treatments can reverse some of its effects.

Even if you take good care of your skin, in your 30's you'll probably start noticing fine lines and wrinkles, especially around the eyes and mouth. Dark-skinned women might notice discoloration

and uneven skin tone; fair-skinned women might see hyperpigmentation (brown spots) and ruddiness. With regard to the nose, the tip has not yet begun to droop with age but its shape may suggest surgery.

The late 20s and early 30s are a good time to start injectable treatments, such as Botox, to fill fine lines and

wrinkles around the eyes, forehead, and mouth. To treat uneven skin tones, Photo-Facials and a medical grade skin care regimen are recommended. If the shape of your nose is bothersome, a rhinoplasty procedure can greatly enhance your look and self-esteem. For patients desiring fuller, plump lips, lip fillers or  
*continued on page 4*

Nearly every woman vividly recalls the first time she looked

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## The aging face by decade with clinically proven solutions

*continued from page 1*

lip implants have become increasingly popular treatment options to enhance the lips providing semi-permanent or even permanent results.

In your 40s, your face starts losing even more of that subcutaneous fat you had so much of in your 20s. You're also losing more collagen and

elasticity and your skin retains less moisture. In short, we lose the deep fat pads in the mid-face and those of the temples and the front of the ears first. Then we lose fat around the mouth and chin and along the jawline. It looks like the skin is falling, but actually our faces are deflating! What's more, your skin also loses the ability to

bounce back as quickly, causing skin to sag. The tip of your nose may start to dip downward. Upper and lower eyelids begin to sag which creates a deep-set look and crow's feet develop.

For volume and collagen loss, there's an arsenal of treatments available to restore the more plump youthful appearance you had

in your 20s including Voluma, Radiesse, and Sculptra. To fill the lines around the mouth, BellaFill is a long lasting option for the nasolabial folds. Maybe the hollows under your eyes have begun to bother you; Belotero is an effective solution to fill the under eye area. For a powerful non-surgical solution to tighten the skin, Ultherapy utilizes ultrasound energy to tone and tighten loose skin on the neck, face and jawline.

In your 50s, skin cell turnover is slow. The most significant change you'll notice in your complexion is dryness and loss of elasticity. Expression lines no longer disappear after you stop smiling or squinting; pores are more visible, especially on the nose and cheeks. Fluid may accumulate in the upper

cheek area causing pouches to form and cheeks to sag. Vertical lines begin to appear and deepen around lips; wrinkling becomes more prominent. Eyebrows sag, causing eyelids to appear hooded and heavy. Jawline sags, creating the impression of jowls. Neck skin droops and cords develop creating a turkey-gobbler look.

Depending on the severity of your unique situation and your personal concern, there are long lasting solutions available for the droopy appearance of your aging face. Facial rejuvenation surgery such as facelift, neck-lift, blepharoplasty, and fat transfer are all extremely efficient treatments that render long-lasting and fulfilling results, if performed by the right surgeon. In terms of your complexion, laser skin resurfacing

is an effective technique, depending on your skin type, to minimize fine lines, wrinkles and sun damage, as well as eliminate the spots and blotchiness associated with a more mature skin.

*Jeffrey B. Wise, MD, FACS is a double board-certified Facial Plastic and Reconstructive Surgeon with education and training from Yale University, Cornell University School of Medicine, and University of Pennsylvania School of Medicine. Dr. Wise served as a fellow at the New York University School of Medicine and the prestigious Manhattan Eye, Ear, and Throat Hospital and he now shares his expertise at New York University School of Medicine, where he is an Assistant Clinical Professor of Facial Plastic and Reconstructive Surgery. Dr. Wise*

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