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MAGAZINE



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Chasing Beauty from Within

Exclusive Interview with
**CELEBRITY PLASTIC SURGEON
GARTH FISHER**

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UNDER THE SKIN OF THE MASTER OF REJUVENATION AND RECONSTRUCTION

Dr. Garth Fisher's status as a Master of Cosmetic Surgery is undisputed.

For the last two decades, he's been the go-to doctor of choice for Hollywood royalty. Not for those that you hear whispered about as having been "done," but for those who look perfectly natural and comfortable in their beauty, even though their appearance has been enhanced by Fisher's artistic skill, rather than simply that of Mother Nature.

Dr. Fisher won't tell you the names of his A-list clients, guarding their privacy as only a doctor can. But if you are looking for a surgeon to help you look your best—face, skin, breasts, body—just ask the beautiful people. They will tell you that if you can get onto Garth Fisher's patient roster, you will be perfectly cared for. But you could have a bit of a wait.

Fisher's latest innovation has more patients lining up than ever before, anxious to have him help them turn back the hands of time. By providing what he has termed the "Pinnacle Facelift," Dr. Fisher finds himself in more demand than ever before.

"With the Pinnacle Facelift, all the symptoms of aging are addressed," says Dr. Fisher. "And they are addressed on an as-needed basis. Just as no two faces are perfectly identical, no two Pinnacle Facelifts are identical. The procedures that are used will depend entirely on the needs of the client."

Dr. Fisher admits that the Pinnacle is not a simple procedure, and not something that can be easily taught to others. A perfectionist, he wants to be certain that each patient gets the very best possible results. And currently, those results are better than ever before. Dr. Fisher explains, “What has changed about plastic surgery over the years isn’t the anatomy, it’s our understanding of anatomy.”

The Pinnacle Facelift is, indeed, a result of the scientific advances that have increased Dr. Fisher’s understanding of the anatomy of the face, and his ability to work with that anatomy in a positive way.

“I call it the Pinnacle, but it’s not just a single procedure. The plan for each person is different, but it is usually made up of multiple small procedures and techniques that I have perfected over the years. Everything that I do has a purpose, and everything is intended to create the best and most natural effect possible for the patient, with the shortest possible recovery time.”

The Pinnacle Facelift is just one reason that Dr. Fisher has become one of the most sought-after and acclaimed plastic surgeons in the world. He vaulted to prominence as the key player in the first of the reality television shows to include plastic surgery as a component: ABC’s *Extreme Makeover*. The “Cinderella for a day” show featured patients of limited means obtaining complete beauty makeovers: plastic surgery, cosmetic dentistry, styling and shopping. In just six weeks, the patients were transformed—and viewers were hooked.

“Howard Schulz came to me with the concept and I was dubious,” recalls Fisher. “Eventually I came on board. My concern was that it had to be done tastefully, with due respect for the patients.”

His care, his attention to detail, and above all, his discerning eye for the beauty to be found in the human form are some of the other things his patients mention when they explain why they were willing to trust Dr. Fisher to help them achieve their cosmetic surgery goals.

And for Fisher himself, it’s all about the patients. “The best part of my day—a woman comes in crying and says, ‘I’m so happy. I’m

“BEAUTY IS AN INTERPRETATION.

Beauty is about what makes each individual feel good about themselves.

Personally I think that being unique is beautiful.”

And just what is the end result of the Pinnacle Facelift?

“Tissue that has been sagging can be lifted back to a more youthful location. As we age we lose volume, and this can be replaced using your own tissue. The scars are placed in anatomically silent areas where they are very difficult to see, and I do the shortest scar that I possibly can. We also improve the quality of the skin using some of my newly patented Cosmeceuticals.

“My goal is for the client to appear refreshed and rejuvenated, but not unnatural. They won’t have skin that is pulled too tightly, or scars that are visible. The negative effects of aging will have been comfortably reversed.”

so confident now. You’ve made me so happy.’ Some people only get that once or twice in a lifetime, and I get to experience that every day with my patients.”

It’s clear that Dr. Fisher is, like his Pinnacle Facelift, at the top of his profession. He’s highly respected, in great demand, and certainly knows how to create the most beautiful results possible. So what we wanted to know is, how did he get there?

In a candid interview, Dr. Fisher explained to us both his passion for cosmetic surgery, and what it is that inspired him.



Kris Jenner’s Pinnacle Facelift

Kris Jenner, matriarch of the Kardashian clan, wanted a Pinnacle Facelift from Dr. Fisher in time for her daughter’s wedding. You can see the changes in her neck, chin and cheeks as the aging process was gently halted and then reversed.



Above: Young Garth Fisher graduated from the University of Mississippi School of Medicine in 1984. Scholarships and hard work saw him through college and medical school, while drive, ability and artistic vision enabled him to create his world-renowned medical practice.

DR. GARTH FISHER: HUMBLE BUT ARTISTIC BEGINNINGS

When you speak with Dr. Fisher, the surroundings are luxurious. His Beverly Hills private surgical center is state-of-the-art, and his office is comfortable as well as practical. But when you listen to Dr. Fisher, you can hear the soft cadence in his voice that is anything but Beverly Hills aristocracy. That lilt comes from his youth in Mississippi, and the catch in his voice when he talks about his boyhood makes it even more apparent.

Fisher recalls that when his father, Donald Garth Fisher, a U.S. Air Force Major teaching at Cornell University, was reposted to active duty in Vietnam, Garth went with his mother and baby sister to stay with his maternal grandparents in Laurel, Mississippi. Their quarters were cramped—all three in a single bedroom—and the stay in Mississippi was supposed to be temporary. But, says Fisher, “that’s just not how it worked out.”

“Something went terribly wrong on my father’s mission,” Garth says quietly. “But we didn’t know what. No one would tell us the full story.”

Donald Fisher was first declared missing in action, and later killed in action. The family remained in that single bedroom in Laurel for eight long years.

Fisher recalls his grandparents as kind and generous, but it was a difficult time for him nonetheless. He finished high school, and got some partial academic scholarships to enroll at a local junior college as an architect major. But it took odd jobs “doing anything and everything” for Garth to complete his education and help support his family.

“Newspaper delivery routes, washing dishes at a local restaurant, summer construction jobs—I just did whatever I could to get through college,” recalls Fisher.

It was during one of those odd jobs, this one as a night janitor at a local hospital, that Fisher had an inspirational and defining moment. One of the hospital’s general surgeons, seeing the bright young Fisher working with a mop, invited him to don a pair of

scrubs and join him in the operating room for a gall bladder surgery. Ordinary surgery for the generous doctor; life-changing experience for young Garth Fisher.

“That single circumstance was the event that shaped my goals and aspirations. I knew my future was to be in medicine, and I wanted not only to be a surgeon, but to be the best possible surgeon that I could be.”

Fisher changed his major to pre-med, and never looked back. His determination and hard work took him through college, medical school and a residency that included Trauma, Cardiac and Plastic/Reconstructive Surgery and more. He chose plastic surgery as his specialty, he says, because it allowed him both an opportunity to connect with his patients, and required a level of artistry that he had come to appreciate and enjoy.

“Plastic or cosmetic surgery is a scientifically based surgical specialty, but it is also an art which involves judgement, artistic sensibility and experience,” says Fisher. “There is a balance in the process of the creation of beauty and the performance of surgery.”

Painstakingly, carefully, Fisher practiced his craft, learning and testing new techniques, always striving for that perfect transformation for his patients. He learned early on that beauty is completely subjective, but that his vision of beauty was one that tended to be easily embraced and lauded by others.

How does he know what’s beautiful and what isn’t? And how does he go about making the ordinary into something beautiful?

We can’t expect Dr. Fisher to just give away his secrets, but perhaps the greater truth is that he can’t give them away—they are a part of him. Dr. Fisher’s ability to see the beauty that lies beneath, and breathe it into life isn’t something that can be taught. It’s his unique artist’s eye.

Says Fisher, “Beauty is an interpretation. Beauty is about what makes each individual feel good about themselves. Personally, I think that being unique is beautiful.”

We couldn’t agree more.

Cosmetic Medicine isn’t just about the surgery: Beauty starts with your skin

You don’t have to be ready to go under the knife in order to enjoy some of the top of the line beauty treatments conceived by the incomparable Dr. Fisher. His Beverly Hills office includes the Biomed Spa, where state-of-the-art beauty treatments feature Dr. Fisher’s signature line of skin care products, CellCeuticals®, along with other high-end international and pharmaceutical grade brands.

The Biomed Spa offers personalized Clinical Esthetician services to address a wide range of skin care issues including aging, sun damage, pigmentation, acne and rosacea. Just as with Dr. Fisher’s cosmetic surgery services, your treatments will be based on a specific treatment plan that is designed just for you, and intended to address your exact concerns for healthy skin, body contouring and anti-aging.



The Garth Fisher Girls of the Biomed Spa

BEFORE & AFTER: THE AGE-REVERSING PINNACLE FACELIFT

JUST WHAT MAKES IT A “PINNACLE” FACELIFT?

Dr. Fisher tells us that his exclusive Pinnacle Facelift is defined by its unique characteristics. First, the procedures involved are customized for your face. Many small individual procedures are used, rather than any large, extensive single procedure. Care is taken to make certain that any scars from the surgery are tiny and well-hidden. The procedures used in a Pinnacle Facelift allow quick healing, so you won't have to miss out on important events.

And, of course, the results of the Pinnacle are unique. It will freshen up and open the eyes, elevate the cheeks, and provide youthful contours to the jawline and neck.



BEFORE & AFTER: THE AGE-REVERSING PINNACLE FACELIFT

HOW MUCH TIME DO I NEED TO TAKE OFF WORK TO GET SURGERY?

Dr. Fisher is used to dealing with out of town patients. In fact, people come to him for cosmetic surgery from all parts of the world.

If you would like to include plastic surgery on your next Beverly Hills shopping trip, here's what you need to know:

Dr. Fisher performs all of his surgeries personally, in his private surgery center. You should plan to stay in town for about 10 days for a Pinnacle Facelift, 5-7 days for breast surgery, and 2 weeks for a tummy tuck.

His office will be happy to help you with your travel plans. Just give them a call.



BEFORE & AFTER: THE AGE-REVERSING PINNACLE FACELIFT

WHY DO THEY CALL IT “PLASTIC” SURGERY?

Well, believe it or not there is no actual plastic involved. “Plastic” surgery considerably pre-dates the use of polymers to make the average Barbie doll.

The word “plastic” in “plastic surgery” doesn’t mean “artificial.” It comes from the ancient Greek word “plastikos,” which means “to mold or give form.”

The term “plastique” was probably first used by a French surgeon name Desault in 1798, but it was the publication of Dr. Ziess’s surgical manual *Handbuch der plastischen Chirurgie* in 1838 that established the name for this branch of medicine.



A facelift without surgery?

ULTHERAPY® TREATMENT HELPS TURN BACK THE HANDS OF TIME

Many of us dream about the benefits of a facelift, but are reluctant to go under the knife to watch our wrinkles disappear. The latest technique for skin tightening uses carefully-directed ultrasound to contract tissues and rebuild collagen below the surface of your skin. It won't give you the dramatic results of a traditional facelift, but the resulting tightening and lifting of your face may make it seem more like you are getting younger instead of older.

Ultherapy is a new type of non-surgical treatment that uses ultrasound

energy to safely lift and tone the skin, while working on the tissues that are just below the surface. The focused sound waves heat the deep layers of the face and neck that are responsible for supporting the surface of the skin. These layers, which have lost firmness and elasticity over time, are tightened by the treatment, and prompted to build new, firm collagen to provide better support. The result is a sort of “anti-gravity” treatment that can, over time, provide significant lifting results.



Ultherapy®

While Ultherapy cannot duplicate the results of a traditional facelift, the benefits can be substantial. The treatment takes about an hour and can be done without causing disruption to your life and schedule.

Love handles just aren't cool.

COOLSCULPTING® IS THE LATEST DEVELOPMENT FOR STUBBORN BULGES

Thinking outside the box is something that research scientists are known for, and the results can be pretty amazing. In the case of the latest treatment for stubborn fat, a Harvard scientist looked at a stick of butter in his refrigerator—hard as if frozen, with liquids beside it unfrozen—and he had a great idea.

Fats, like butter, are much more sensitive to temperature than other structures in the body. They will melt faster, and they will freeze faster. Using this principle, the Harvard team was able to fashion a device that will isolate and freeze unwanted body fat without harming other body tissues. The fat cells are frozen, and then gradually expelled naturally by the body.

The process is called “CoolSculpting” and the FDA has approved it for use around your midsection.

Dr. Garth Fisher offers CoolSculpting in his Biomed Spa, and he's become a fan. Says Dr. Fisher, “What makes the CoolSculpting by Zeltiq™ procedure different is that it uses advanced cooling technology to selectively target fat bulges and eliminate fat cells through a gradual process that does not harm the surrounding tissues. This procedure can reduce unwanted fat in the stomach, love handles (flanks), back, thighs and bra areas. We are seeing remarkable results.”

Contact the Biomed Spa today to schedule a consultation.



MASTERS OF AESTHETICS PROFILE: DR. GARTH FISHER



Dr. Garth Fisher is perhaps the best-known plastic surgeon in the world. As the first doctor selected for ABC's hit *Extreme Makeover* series, Dr. Fisher is the plastic surgeon who started the “Extreme Makeover” phenomenon. This singular experience, and his vision to employ the media as an instrument to bring plastic surgery into the public domain, has made plastic surgery accessible to millions.

Hailed by his patients as “one of the top plastic surgeons in the United States for facial cosmetic and breast surgery” and by his peers as “one of the best

plastic surgeons in Los Angeles,” Dr. Fisher specializes in cosmetic surgery of the face, nose, breast and body. His patients include entertainers, celebrities, business executives and physicians from around the world. His surgical skills and clinical judgment are sought after by a large international clientele.

In 2006 Dr. Fisher collaborated with well-respected industry leader Paul Scott Premo to co-found “CellCeuticals Inc.,” an international skin care company. Four years later he launched the Biomed Spa in Beverly Hills. Combining cutting-edge cosmetic surgery with the most advanced techniques in laser treatments and injectibles, the Biomed Spa also offers his complete line of CellCeuticals products to enhance, replenish and nourish the skin. The result is an extraordinary oasis that offers complete rejuvenation treatment.

Garth Fisher, MD Biomed Spa
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www.garthfisher.com



Dr. Fisher specializes in:

- Facelifts
- Browlift, eyelid and necklift
- Facial implants/augmentation
- Nose and airway reconstruction
- Ear and lip correction
- Breast lift, augmentation/reduction
- Tissue injectibles
- Anti-aging skin/beauty products
- Tummy tuck, scar revision