

## What a summer...

WHAT A SUMMER IT'S BEEN! SO YOU KNOW WE'RE GOING TO ASK...HAVE YOU HAD YOUR SKIN CHECKED? MAKE SURE YOU FACTOR THIS INTO YOUR ANNUAL HEALTH CHECKS.

### OH FOR BEAUTIFUL ARMS!

**Bat wings? Bingo wings?** Whatever you call them, it's fairly universal that people do not enjoy the loose, flappy skin that forms under their arms. This is part of the natural ageing process and even the most rigorous fitness routine does not always work. Have you heard about **brachioplasty**, the surgical procedure which removes both volume (fat) and any skin excess? While liposuction can be successful for some patients, brachioplasty is more common. There is generally a two week down time and though the scar is long, as you would expect, it does fade in time leaving taut, trim and terrific arms.

### Cool TIP

for rosacea or eczema sufferer's, exercise in a cool environment like a swimming pool, or choose early mornings or evenings for your comfort.

### Let's conquer SKIN CANCER!

We now have **Skinnies Conquer** available for you: a high performance SPF50 with 4 hours water resistance, this gel is made with natural ingredients and feels amazing on your skin. In an easy to carry tube, a little goes a long way.

**Get your Skinnies on!**



## Appearance medicine

### TREATMENTS

Our experienced nurses, **Nicky and Nicola**, are available five days a week to address those concerns which can be corrected with the subtle use of cosmetic injectables, **Botox®** and dermal filler. If your skin is parched after that amazing summer, book now and have subtle volume restored, fine lines and wrinkles minimised. Love your face! Nicky and Nicola have a busy time ahead, as they are off to the launch event and training for **Belkyra®** in New Zealand. We will soon be bringing this amazing treatment for the permanent reduction of double chins to our patients at the **Da Vinci Clinic** – we know you will love it.



**NICKY & NICOLA**  
Dermatology & Plastics Nurses  
Specialist Injectors





# THE YEAR IS NEW



## ...you could be too.

Transform your body without surgery or downtime and restore confidence when you have CoolSculpting, the safe, affordable body contouring treatment. This fat freezing technology freezes away stubborn fat, allowing us to target specific areas of concern (even chins and 'bra bulges') with minimal side effects and long-lasting results. Both men and women love this procedure, for its results, lack of needles, downtime and discomfort.

## Do breast implants interfere with mammograms?

**Silicone breast implants** do reduce the sensitivity of mammograms. If you have breast implants it is important to have screening mammograms as advised by **Breast Screening Aotearoa** between the ages of 45 and 69. When you go for your mammogram, let the radiographer know that you have breast implants so that they can perform the mammogram in a different way to protect your implants while still getting a good view of the breast. If you have any change in your breast or implants see your plastic surgeon or GP for a review.

## I HAVE ASTHMA, WILL I GET ECZEMA?

People who have any one of the three 'atopic conditions' (eczema, asthma or allergic rhinitis/hayfever) have a higher risk than the general population of also developing one of the other atopic conditions.

The most common situation is a baby that develops eczema in the first year of life. Not all children with eczema will go on to develop hayfever or asthma but these conditions are much more common in those with a history of childhood eczema. Usually eczema is the first of the atopic conditions to occur with hayfever or asthma developing later in life.

Uncommonly, eczema can develop after a child has already developed hayfever or asthma. Currently it is thought that when substances which commonly cause allergies (such as pollens, dusts, foods etc.) come in contact with broken skin, they are more likely to result in an allergy developing than if they are introduced to the body through the gut (such as a baby putting things into their mouths). This may be why children who have broken skin due to eczema are more predisposed to other allergic conditions such as food allergies, asthma and hayfever.



## MAKING SURE YOU HAVE THE BEST

...in advanced techniques and all-round care, is something all of our medical team strive for. This means they regularly attend national and international conferences, workshops and symposia.

This month **Mr Adam Bialostocki** is off to the **Advanced Aesthetic Plastic Surgery Workshop** in Melbourne, which is focused on a particular field of interest for him, breast surgery.



**We'd love to introduce** you to **JULIE**. With a lengthy background in local healthcare – namely Breast Cancer Support Services and the Plastics Surgery Department at the Tauranga Hospital - Julie is a wonderful addition to our reception team and will be one of the faces you first see when you visit our clinic.

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