

# Come Together



- JANENE -

## People's choice

Helping people – getting to know patients, their families, their journey – is what makes working in the medical sector so rewarding for our nurse Janene. Her three decades of service have been diverse – from early days working at Middlemore's plastic and burns unit, to almost two decades spent serving patients at Grace Hospital before joining the Da Vinci team – Janene has kept busy! What does a day in the life of Janene look like? Most days you'll find her busily attending to pre- and post-op care for Mr Adams, including wound healing and dressings. And when home time arrives, she's off to tackle the land – gardening, tending to her lifestyle block alongside her hubby, or chasing her two daughters around – what a woman!

## STOPPING THE SPREAD

Playing our part in preventing the spread of COVID 19 and ensuring the safety of our patients, is a must for the Da Vinci clinic team.

## EVER THE OPTIMIST THIS AUTUMN

We're a country of good sorts Down Under – staying positive, bunking down and helping out where we can. Even amidst a nationwide lockdown, and a snowball of global concern, it's comforting to see the smiles, and hear the kind words and good vibes being shared around our clinic.

This autumn marks a real season of change for us all, but it goes beyond adversity. It's one of the best times to pay closer attention to our skin and check in with moles and lesions; it's also a good time to lock in winter and springtime procedures – abdominoplasty, breast augmentation – to take full advantage of the cooler months. A turn in seasons is also the perfect opportunity to brush up on skin advances – so with time spent indoors this coming month, tune into some reading and scroll through the benefits of topical and oral vitamin B3 below.

*From us to you – stay strong and keep smiling!*



## LOCKED DOWN BUT STILL REACHING OUT

Times have changed drastically across the space of a mere few weeks, but our approach to ensuring our patients are cared for, heard, and assured remains a top priority. Throughout our lockdown period – March and April – our communication pathways will be open. So, please do not hesitate to contact us by email and we will respond:

**AMY & NICOLA** [derm.nurse@davinciclinic.co.nz](mailto:derm.nurse@davinciclinic.co.nz)

**ADAM** [plastic.nurse@davinciclinic.co.nz](mailto:plastic.nurse@davinciclinic.co.nz)

**BRANDON** [brandonsnurse@davinciclinic.co.nz](mailto:brandonsnurse@davinciclinic.co.nz)

*From all our team, we wish everyone a safe, secure and healthy lockdown.*





SolarCare **B3**

**RUB  
IT IN**

New Zealand has one of the highest rates of skin cancer in the world, with an estimated 80,000 Kiwis diagnosed with non-melanoma skin cancer each year, and approximately a further 2,500 suffering at the hands of melanoma, according to our national cancer registry. Which is why early intervention and prevention is key to winning the skin cancer war. Prevention isn't limited to applying sunscreen, in fact topical vitamin B3 (niacinamide) or oral vitamin B3 has been shown to help prevent our two most common cancers – squamous and basal cell carcinoma – and repair damaged cells, here's how:

- Vitamin B3 works to repair UV-damaged cells by making more energy available to cells to repair the damaged DNA.
- According to the largest trial of vitamin B3, those at high-risk of developing non-melanoma, who take an oral doses of vitamin B3, can reduce their risk of future non-melanoma by approximately 23%.
- Vitamin B3 has also been found to be an effective treatment for sun spots, helping to treat pre-existing solar keratoses and preventing the development of new.
- When applied to the skin, vitamin B3 has also been shown to reduce visible signs of sun damage and ageing – including pigmentation, fine lines and aid elasticity.

*To learn more about the benefits of vitamin B3, ask to speak to one of our skin experts.*



## TAKE A COOL ADVANTAGE

### Aiming for greater tummy confidence or bigger breasts?

Then winter is the best season to flatten out or go up a few sizes. You can undergo abdominoplasty – or a tummy tuck – or breast augmentation, anytime of the year but the cooler months tick all the boxes.

www.coolsculptingdvincliclinic.co.nz

## Seasoned healing



### We layer clothing in winter, so it's the ideal time to add compression bandages to the mix.

Typically, recovering from tummy surgery will involve stitches, bruising and swelling, and compression bandages are needed for support. These help to reduce the risk of seroma (excess serous fluid filling a pocket under the skin), aid comfort and reduce swelling, and provide greater body contouring.

**COOL COVER UPS** - The cooler – more controlled – winter temperature can help to minimise post-op swelling. As for sunlight hours, harsh rays in summer can darken or lighten scars, in winter the sun's rays are milder – and we're less likely to expose our skin too. Coupled with keeping swelling in check and rays at bay, incision wounds will be well on their healing way come spring.

It is not easy to figure out what your skin type is, however reaching for the right treatments, ensures you hone in on the touchpoints of your skin's habits and make up. So, how do you tell whether your skin is the inflammatory type or the noninflammatory type? Aside from the fact that we will always present individual skin differences, the blemishes on your skin will typically squeeze into two categories:

**Noninflammatory** – Blemishes that are least painful, commonly referred to as comedones – i.e. white heads, blackheads.

**Inflammatory** – Think blemishes or lesions that present as red, swollen, and are sore to the touch – i.e. cysts, nodules, pustules (these may cause scarring and pitting).

Regardless of your skin type the right treatment can vary greatly from person to person, so seeing dermatologists **Dr Amy Stanway** or **Dr Nicola Abbott** for advice and treatment, is the best step forward.

**SEEING  
RED?**





# Don't check out

It may be time to pull out the jerseys and socks, but don't keep your skin under wraps till next summer. When it comes to targeting skin cancer and suspicious lesions, there's no better time to undress and address skin matters than when it cools down.

*"Winter is a good time to get your skin professionally checked," explains Adam Bialostocki, cosmetic and reconstructive surgeon and skin specialist at Da Vinci Clinic. "Because skin lesions can be easier to examine once summertime skin behaviours have settled down i.e. sun freckling and tanning that occurs on sun-exposed skin. When we start pulling on the winter layers, we're less likely to notice changes in moles – or any new moles – and unusual skin behaviour."*

While the most common skin cancer is basal cell carcinoma – which is typically slow growing – squamous cell carcinoma and melanoma can grow rapidly, which is why we should lock in skin checks year-round, advises Adam.

**Also, in between professional checks, self-screening is a must.**

## HERE'S A QUICK GUIDE TO 'KEEPING UP WITH THE MOLES':

- Choose a full-length mirror and examine all areas of your upper body: head, face, upper shoulders, décolletage and neck. Remember that lesions can form on lips, nasal passages, insides and edges of ears and mouth too. Check your scalp, pull hair up and away from ears, back of neck and thoroughly feel and examine all over.
- Mid-range, examine your torso, belly and sides – also under breast crease. Remember to check under fingernails.
- Legs and buttocks, check front, back and all areas in between – don't forget toes.
- Record any suspect spots with date and placement and brief description of appearance. Be sure to bring this with you to your next skin check.

## Recovery? Or just chilling out

### MANY OF US VENTURE INDOORS AND RELISH OPPORTUNE TIME TO STAY UNDER WRAPS AS THE WINTER TAKES HOLD.

If you're also keen on keeping your breast or tummy surgery under wraps – out of sight and away from prying eyes, winter is the best time to excuse yourself from social occasions and step out in spring with stitches removed and not a bandage in sight.

Whatever your tummy or breast goals, ensuring you have the best guidance and care from specialist cosmetic and reconstructive plastic surgeons – like our very own **Adam Bialostocki** and **Brandon Adams** – is essential. From consultation to post-op, our team of experts provide a trusted hand across the board.



Mr Brandon Adam



Mr Adam Bialostocki

LOVE OUR NEWSLETTER? TELL YOUR FRIENDS TO SUBSCRIBE VIA OUR WEBSITE!



For appointments call 07 578 5350. To enrol to our newsletter please email [reception@davinciclinic.co.nz](mailto:reception@davinciclinic.co.nz)



ACC SURGERY

