

B.C. CANADA'S LEADING HEALTH WELLNESS & EDUCATION MAGAZINE COSMETIC SERVICE & DAY SPA MAGAZINE



**NEW YEAR! NEW LOOK!
NEW YOU!**



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THE INJECTIONIST & AESTHETICS

Innovation in the Aesthetics Industry

ABOUT NIKA SANGUELLINI

Recently, we talked with Nika Sanguellini, a successful female entrepreneur in the cosmetic industry. She shares with us how she and her husband created their empire with "The Injectionist & Aesthetics" having outlets in both Calgary and Edmonton. Here is her story in her own words...

"I grew up in a household where my father started one of the biggest renovation companies in Calgary, Alberta from nothing. Unknowingly this set the path and planted the seed of entrepreneurship in my loins. My father worked tirelessly, and still does to this day at almost 70 years old, to make sure the business was both successful and gave us a good life," explains Sanguellini.

She goes on to say, "When my husband acquired the Laser Hair Centre in 2010, I was in college and really didn't have a vision for myself and the beauty industry. He had purchased it with a notion that he could continue being a full-time engineer, however quickly learned with an everchanging industry such as this one, he needed me full time to ensure the clinic was running both effectively and efficiently."

"For the summer he asked if I wanted to run the clinic and get a feel if I liked it or not. His plan was for me to buy in and take over. Within the first hour I was in love with the cosmetic industry."

"Over the next few years, and after countless education, we expanded, bringing in new treatments such as tattoo removal and skin rejuvenation as well as buying out other laser clinics. But it wasn't until I started The Injectionist & Aesthetics (Formerly YYC Injectionist) that I found my true calling in the cosmetic industry."

"Pregnant with my first child and having to give up performing treatments at the clinic, I finally was able to allocate my time towards planning our injectables division. After strenuous planning and effective delegation, two weeks after becoming a first-time mother we started YYC Injectionist."

"We didn't have the means for 20 staff members like we do now, so while my daughter was in another room with a sitter, I played ten roles, taking breaks to go, and feed her every hour. The days were long, the hours were hard, and having to split my time between newfound motherhood and starting a new aspect of our business, almost like a second infant, essentially played a very big lesson in my life about balance."

"However, with these sacrifices and hard work came big reward. Our name took off like a wildfire and eventually our brand became known in different parts of the globe. Having models from USA and as far as China, clients from Dubai and even Australia, all catching flights to sit in our treatment chair."

"We built a new clinic in Calgary, and expanded to Edmonton, all within only a few short years of opening."

"I couldn't be prouder of our success thus far.", states Sanguellini excitedly.



THE CLINIC

The clinic was originally called Laser Hair Centre and was one of the first clinics to do medical grade hair removal over 20 years ago. In 2010, the owner at that time decided to sell. It was then that Nika and her husband bought the business. In 2017, they added the injections division to the clinic and renamed it YYC Injectionist. At that time, the injectables marketplace was very high priced, and it was easy for people to take basic training, but the Sanguellinis noticed that no one was investing in training on new techniques.

All clients are greeted warmly by the receptionist when they come in the door. Then they are escorted to the examining room, where they meet the injector. The injector does a full consultation and develops a treatment and after care plan with the client. All consultations are complimentary and can take anywhere from half an hour to a full hour. The injections help clients to identify their goals for their treatments. Clients are never made to feel that they must follow through with a treatment the same day, and so treatments can be scheduled for another time if the client wishes. The clinic does a full assessment with new clients and does consults with clients every time they come into the clinic for a procedure.

"Education is free for the client! We do not charge any consultation fees. In this way, they get a more personalized session that is customized to what will work for them!" explains Sanguellini enthusiastically.

The clinic acquires only the best, being gold standard medical grade equipment in their clinic. This includes millions in research, development, clinical studies, and overall success rates.

For example, they offer the top non-surgical permanent body sculpting technology on today's market. Other body sculpting treatments require suction with freezing every skin layer to get down to the fat layer. People can get nerve damage with these procedures or worse. In some circumstances, the areas nearby the treatment area can cause a rippling effect in the skin, leaving it uneven, also known as the "shark-bite" effect. These sculpting treatments result in fat reduction up to 25% but mostly after multiple and costly sessions.

However, The Injectionist & Aesthetics offers the Cutera TruSculpt iD, a world leading device with leaps above the competition. The safety and savings are unbelievable, not to mention having seen up to 70% permanent fat loss in treated areas in clinic, the answer for clients wanting to get top results is a no-brainer. Plus, this treatment doesn't affect anything else around it as the body gets rid of the fat naturally.

"I take at least a year to investigate the technology I introduce. A lot of machines claim to be the be-all-end-all, but clinical studies take time. We recognize the importance of Medical Grade Gold Standard equipment and when a new, better device comes available, we will research, invest and take the time to ensure we have the best for client satisfaction," describes Sanguellini.

Creating a successful business takes all the right building blocks. Sanguellini acknowledges her team as part of the key foundation that strengthens the company. She works side by side with those she refers to as her work family, making the pieces to the puzzle complete:

THE INJECTORS:

Anra Clark is a Nurse Practitioner with over 13 years of clinical experience across a variety of healthcare settings. She has always appreciated the marriage of arts and sciences and therefore developed a passion for medical aesthetics. Having undergone numerous master classes to understudy key opinion leaders within the industry worldwide, she is dedicated to striving for excellence. She believes injection techniques are ever evolving and can always be refined to help women and men achieve their beauty goals. Her vision for this industry is to break down the stigma of medical aesthetics and to develop unity and community among those in the field.



April Chiswell has twelve years nursing experience with a focus on preventative medicine and optimizing wellness in a clinic setting, April switched gears five years ago and started working on her master's degree and getting training and experience with cosmetic injections. She graduated with a Master of Nursing and became a Nurse Practitioner almost 3 years ago.

The Injectionist welcomed her almost two years ago and she has been absolutely loving how she is able to use her artistic side to enhance the

beautiful features of her clients. It gives her immense joy to see how small changes have a huge impact on how clients view themselves. Nothing makes her happier than giving her clients results that surpass expectations.

Melisse Smith is a Nurse Practitioner Injector in the Edmonton location for the Injectionist & Aesthetics. Continual education with global expertise on injecting and anatomy is her upmost priority. At the Injectionist & Aesthetics, she has the unique opportunity to combine these concepts with the privilege of working with a forward-thinking supportive team. Melisse's passion and goal is to help every person look and feel more beautiful. "Beauty is the illumination of your soul"



As Sanguellini gleams with pride for her dubbed 'Dream Team', she explains a major aspect of their edge within their industry. "We have invested \$250,000 since the beginning of the pandemic on professional development, techniques, understudies and top world-class training.

When I would travel different places in the world, I witnessed both the lack of available results and the void of advanced training that was

playing a role in my city, so I decided to change that.

I knew we could invest in elite education to reach our clients' goals with less product, and less visits to achieve superior results. As equally as important, it encompassed higher safety profiles. With that financial dedication, there was no cap on our belief to offer the best.

Over the last four years, our business began to soar to new heights. We decided to rename our business 'The Injectionist and Aesthetics'." As the gears of a national expansion are on the horizon.

Developing Proprietary Treatments

She explored a variety of techniques that were being used in Europe by injectors, and studied under the best of the best, along with her injectors.

"We saw a big gap in what was currently being offered in our country vs. a lot of the world with these procedures. After countless months spent learning various methods, we developed our own techniques with our knowledge." explains Sanguellini.

From this research and training, The Injectionist and Aesthetics has developed their own proprietary techniques that are only available in their clinics. Their proprietary treatments are Euro Jawline™, Babydoll Lips™, Rushup Lips™ (the Advanced Russian Lip Technique), and Toliano Lips™ Treatments.

Euro Jawline™ is done with dermal fillers. The clinic uses a top gold standard filler line called Revanesse, and the procedure can last up to 2 years, with an unbeatable safety profile. The injector places the filler using the clinic's proprietary technique.

After training, it was apparent that the results that could be achieved were revolutionary, but each had a niche. After weaving together their top learned techniques, majority from Europe, and even seen on high profile celebrities, the clinic developed the Euro Jawline™. Achieving such a desired definition for those who have no pronounced mandibular angle on their jaw such as some notable names, e.g.: Angelina Jolie and Jennifer Lopez, its no wonder it has made such a wave in the industry.

What clients would find most times would be that previous techniques can make a woman look more masculine, now are experiencing that with their proprietary placement of filler it delivers more definition with a feminine appeal. Normally, it takes 8 to 10 syringes to achieve this. In the last two years, the team at The Injectionist & Aesthetics can now achieve the same result using as little as two syringes.

"The definition is mind blowing, bringing the filler requirements down as much as 80% less filler needed. It was something that I realized had to change so anyone could afford it. The combination of the best techniques, the top tools, and the perfect team, we achieve vastly improved results!" she shares excitedly.

The Babydoll™ Lips treatment was originally seen in Poland. Sanguellini studied the original inspiration behind the unique style, coordinating an understudy for their team and later brought the procedure over to Canada.

She goes on to explain, "It is the biggest augment that you can get. Normally this type of augmentation would take four to eight appointments and would only volumize the lips but not change the structure of them. The concern about this type of treatment is that when done with little education, you can get filler migration and create trauma in the lips. But the Babydoll Lips™ Treatment gives desired volume but also creates structure, safely. Now, we can achieve it in one treatment rather than four+ treatments. Plus, clients achieve proportional structure and volume."

Sanguellini explains, "We have a trademark for Russian Lips™, and there are various people in Europe who have been using this type of look for years. Most people want volume with very little forward projection. But after 20+ Russian Lips™ certifications, we realized every instructor had a different technique. With the invention of Rushup Lips™, we blended the best of every look. This procedure creates a structured lip that doesn't curl under when you smile. It looks natural. And delivers what every client is looking to find when they think of the original Russian Lips™ result"

The Injectionist and Aesthetics decided to put the best techniques together and find what works the best no matter what shape lips come in. They endeavour to come up with one standard look for it no matter how the lips start out.

"I chose that we would call it Rushup Lips™, because originally that outcome could take anywhere from two to six treatments, and you usually aren't getting any structure. But now with our Rushup Lips™ procedure, we can do it in one sitting, so it rushes up your results, with a much better outcome" she explains their choice for the name of the procedure.

The Toliano Lips™ Treatment uses the same approach as the Rushup Lips™, with a flatter side profile. For somebody who needs structure, it provides the flattest look from the side and the highest definition from the frontal view. It is so natural, that it doesn't even look like anyone has touched their lips. The injectors tent and column the lips to get the filler in the right place and prevent travelling fillers. This procedure can last up to 12 months.

PLANS FOR THE FUTURE

The Injectionist and Aesthetics will be building a new luxury location in Edmonton shortly. In 2023, they will open a new clinic in Kelowna, BC. The clinic will be parallel to the Calgary and Edmonton locations, but because the Kelowna clinic is a fresh new building, it will be approximately 18 months before the expansion opens there. After they have opened the outlets that they plan to in BC, Sanguellini plans to franchise the business into Ontario, Quebec, and perhaps the rest of Canada as well as the USA in time.

She acknowledges, "It will take a lot of investment, time and proper planning to be able to achieve that and do it the right way. I dream of offering only the best, no matter what or where it is."

To schedule your complimentary consultation with The Injectionist & Aesthetics, visit theinjectionist.ca, or to see examples of their revolutionary results visit their Instagram page @theinjectionistcanada.



8 SIMPLE WAYS TO EAT LESS SUGAR

These tips will help you dial down the sweet stuff without feeling deprived

It's a fact: Canadians consume too much added sugar, especially in foods that have little or no nutritional value such as sugar-loaded beverages.

Cutting back can reduce your risk of heart disease, stroke, obesity, diabetes, high blood cholesterol, cancer and cavities. So let's get started!

But first, a definition:

- The culprits we're after are **added sugars**. Those are the sugars added to foods and drinks and include glucose, fructose, sucrose, brown sugar, honey, corn syrup, maple syrup, molasses, fruit puree and juice etc. These sugars provide extra calories but few or no nutritional benefits. Fruit juice, either as a beverage or as a sweetener added to other foods, has less nutritional value than a piece of fruit and is high in sugar.
- Sugar also **occurs naturally** in foods such as milk, fruit, vegetables, and other plant-based foods such as legumes and nuts. These foods are loaded with lots of positive nutrients such as vitamins and fibre, and they help us feel full and satisfied.

The Heart and Stroke Foundation recommends that Canadians decrease their consumption of added sugar to no more than 10 per cent of their total daily calories. For an average 2,000-calorie-a-day diet, 10 per cent is about 48 grams, or 12 teaspoons of sugar.

Here are some simple ways to cut back on added sugar:

Thirsty? Drink water or lower fat (2% MF or less) plain milk. Flavour your water with lemon, orange or lime slices, strawberries or fresh mint. Milk has naturally occurring sugar in the form of lactose and provides lots of nutrients, such as calcium and Vitamin D. Soft drinks and fruit drinks are high in sugar, with no nutritional value. Fruit juice is high in sugar with less nutritional value and more sugar than whole fruit.

Time for a coffee or tea break? Be selective and stay away from the fancy drinks with added sugars. Instead of ordering a chai latte, order chai tea and ask them to add steamed milk. Order a latte instead of a mocha coffee. Add the nutmeg and cinnamon toppings provided for extra flavour.

Hungry for a meal? Try whole foods. Whole foods are foods that are as close to their natural state as possible. Examples are: fresh or frozen vegetables and fruit; lean meats, poultry and fish; meat alternatives such as beans, lentils or tofu; whole grains such as brown rice, whole wheat couscous, barley, freekeh and whole grain breads; dairy products such as plain lower fat milk, plain yogurt and cheeses. There are so many delicious options.

Need a snack? Stock up on roasted nuts; lower-fat cheese and crackers; veggies and dip; plain yogurt and fresh fruit. Try to avoid baked goods, sweet desserts, candies and chocolates that are all high in added sugar.

Buying breakfast cereal? Choose cereals with less than 6 grams of sugar and more than 4 grams of fibre per 1 cup (30 gram) serving.

Cook at home more often. Visit heartandstroke.ca/recipes for a wide variety of delicious recipes. Select recipes that are lower in sugar. And, experiment with your favourite recipes by reducing the amount of sugar by one-quarter to one-third. Try vanilla, cinnamon or almond extract to add flavour to your baking without added sugar.

Save restaurants for special occasions. When eating out, look for menus with freshly made unprocessed foods and nutrition information to help you make a healthy choice. Consider sharing a meal or ordering the appetizer size to limit your portion.

When you buy packaged foods read the Nutrition Facts table and the ingredient list. Pay special attention to the total amount of sugar and read the ingredient list. The Nutrition Facts table will tell you the total amount of sugar in the product (from both naturally occurring and added sugars) and the ingredient list will let you know where the sugar is coming from. Naturally occurring sugars are found in fruit, vegetables, plain dairy products, starches, grains and plant based foods. These foods provide us with valuable nutrients.

Added sugars such as glucose, fructose, sucrose, honey, evaporated cane juice; fruit puree, molasses, corn syrup, dextrose, concentrated fruit juice, etc. provide calories without nutritional benefits.



SAGE DENTAL IMPLANT AND SMILE CENTRE:

CUSTOMIZING EVERY PATIENT'S SMILE



“I want to get all my patients to 100 years old with excellent oral health! Many patients in their 50’s, 60’s and 70’s are asking for procedures that maybe they didn’t have access to in the past. Or their children/grandchildren have benefited from modern dentistry and now they are choosing themselves to get this type of work done (orthodontics, veneers, smile design, implants). There is no age limit on having a beautiful smile, chewing, and functioning confidently,” proudly explains, Dr. Shafiq Kara, owner of Sage Dental Implant and Smile Centre in Langley, B.C.

He goes on to explain, “Our vision is to provide the best dental experience through excellence for our patients. We look to build long term relationships with our patients and their families.”

In 2004, Dr. Kara attended the University of Western Ontario School of Dentistry and was chosen as the Valedictorian of his graduating class. Since 2005, he has been an Invisalign Gold/Platinum provider and has completed over one thousand orthodontic cases. As a part of the first ever graduating

class of dentists to take Botox Cosmetic training in 2007, he became a Botox Cosmetic Certified Provider and is one of the highest volume providers in BC. He has been a member of Doctors of Conscious Sedation (DOCS) since 2007. Upon graduating from Ickert and Misch International Implant Institute in 2008, Dr Kara has been placing dental implants safely and doing complex bone grafting procedures for the last 14 years. He is a Graduate of Spear Scottsdale Centre for Dentistry and is a past visiting faculty member there since 2010 as well as the Kois Centre for Advanced Dentistry in 2014.

Dr Kara has been using a Cerec Digital Workflow in his practice since 2008, providing single visit crowns with the latest dental technology. He is an active member of the American Academy of Cosmetic Dentistry (AACD) since 2012 and a member of the American Academy of Clear Aligners (AACAA) since 2017. He is an active member of the British Columbia Dental Association (BCDA), Canadian Dental Association (CDA) and a member in excellent standing with the CDSBC. In the past, he has been a Clinical

Instructor at the UBC Dental Program. Presently, he is the Team Dentist for the Vancouver Giants Junior Hockey team and the Trinity Western Spartans Athletics team.

“Every time a new patient walks into our clinic they are blown away by the thorough exams and our ability to treat most dental concerns within our practice.” describes Amanda, the Practice Administrator at Sage Dental.

Typically, a new patient to a practice, would go in and they would take a couple x-rays. But the Sage team requests x-rays from the last few years so they can see the progression of things. They take a full set of digital scans to see all the sinuses, jawbones, and foundation. They also take photographs as a reference to see disease progression and take them annually to keep an eye on them to monitor these issues. They are

watching all the muscles and jaw joints. A first visit usually lasts an hour and a half. The Sage team has discovered that there are often lots of things people have not been told before. Every patient is screened for sleep apnea based on their face and throat anatomy and if a referral to a sleep physician is needed, Sage collaborates with them.

“We are unique in that we can treat most dental concerns within our practice. We provide everything from routine cleanings to Invisalign to dental implants. We can make your smile dreams come true!” Amanda touts proudly.

The Sage team is made up of twelve amazing individuals.

Dr. Shafiq Kara, Practice Owner/Team Leader! He works hard, day in and day out providing patients with Invisalign, dental implants, same day crowns and TMJ relief.

Dr. Aarman Rahim, Associate Dentist. Dr

Rahim provides patients with compassionate care. He does fantastic restorative procedures for all patients in the practice.

Dr. Miriam Berlin, Associate Dentist. Dr Berlin has a gentle touch and demeanour.

Raman, Registered Dental Hygienist. Raman has been with Dr. Kara for over 10 years, she excels in patient care. She is knowledgeable and passionate about dentistry.

Elyse, Registered Dental Hygienist. Elyse brings a wealth of knowledge to the team, continually looking to improve the patient experience. She has a gentle touch and customizes patient routines.

Melissa, Certified Dental Assistant. Melissa has been Dr. Kara’s right hand for well over 5 years. Melissa’s knowledge and calm demeanour is what patients lean on during complex appointments.

Taeya, Certified Dental Assistant. Taeya

is the smiling face patients will see during their orthodontic appointments in the office, as well as during all procedures Dr. Rahim performs. Taeya brings over 15 years of dental experience to the team.

Marie, Sterilization Technician. Marie is a lifeline within the practice. She is the one who keeps the clinic buzzing. She will often be seen floating around helping everyone out!

Damara, Dental Receptionist. Damara is the voice patients will most often hear answering the phones. She is the one who makes the magic happen when a patient needs to get in for an emergency or if they need help with their dental insurance!

Crystal, Dental Receptionist. Crystal is the newest team member; however, it feels as though she’s been with Sage for years! Crystal has many years of dental experience; she has vast knowledge of dental insurance

“DIABETES?
I’M NOT WORRIED.
I TOOK THE
TEST.”

1 in 3 Canadians already has diabetes or prediabetes and many don’t know it.

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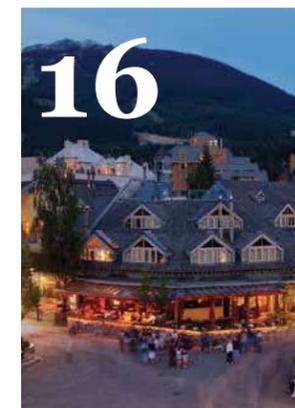
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OVO MEDI SPA

EXPERTISE AND CUTTING-EDGE TECHNOLOGY
TO HELP YOU SHOWCASE YOUR VERY BEST

Nestled away in a beautiful boutique space at 4546 W10th Avenue in Vancouver, BC, is Ovo Medi Spa directed by Dr. Jimmy Kwok. "I found the location in Point Grey to be very attractive, we're proud of the great relationships we've formed with the people in the neighbourhood. We also serve many clients from the Lower Mainland. When you walk into our place, we want you to feel welcomed and taken care of. We customize treatments tailored to your aesthetics goals. There's a need for a place like ours where people can get expert advice, results-driven technology, and medical grade skincare."

Dr. Kwok is a Geriatrician with a great deal of expertise in understanding how the skin ages. It was from here that his interest in the aesthetics field first began to grow. He knew there were safe techniques and technologies to help people retain a youthful appearance, even as they grow older. Dr. Kwok mastered his technique by working with top injectors from Canada and South Korea. He keeps up with the latest trends by regularly participating in aesthetics conferences at Harvard Medical School.

At OVO Medi Spa, the goal is to provide a service that emphasizes the health of your skin for long term benefits. With treatments that build collagen from within the structure of the skin the emphasis isn't just on improving the way the skin looks, but on repairing and rejuvenating the tissues so they continue to look revitalized longer.

"Aesthetics isn't just about vanity," he explains, "but about restoring confidence and improving a person's quality of life and sense of well-being."



Dr. Kwok operates on three principles:

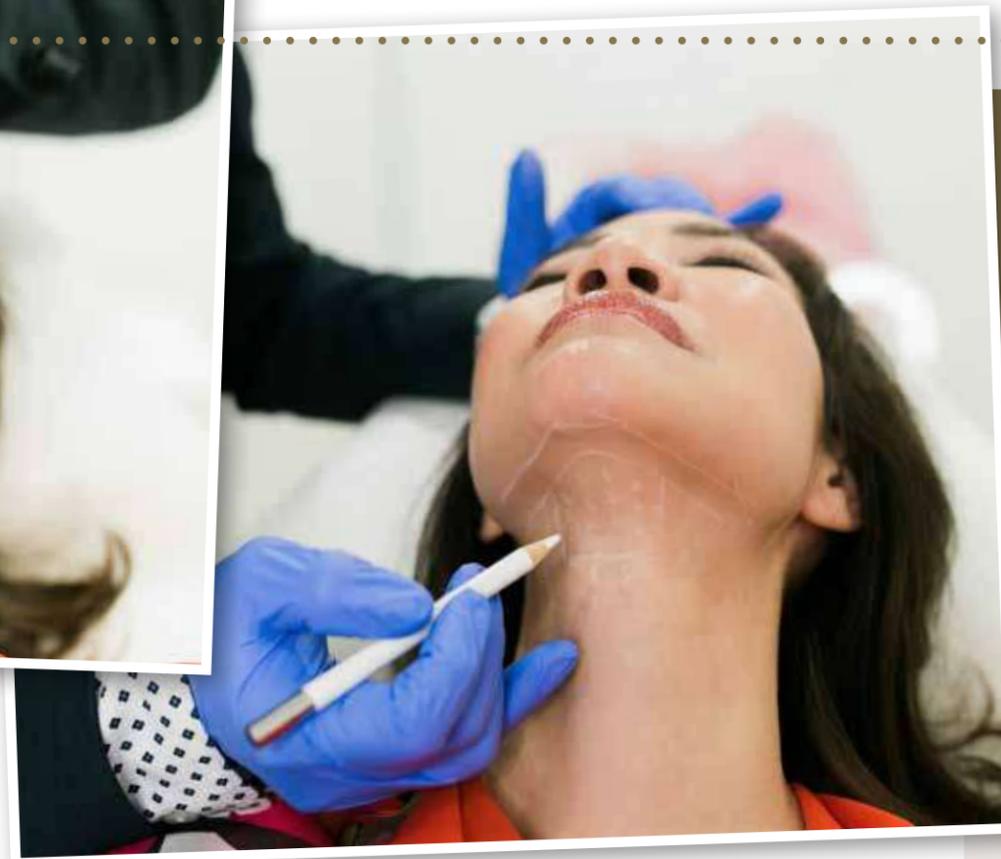
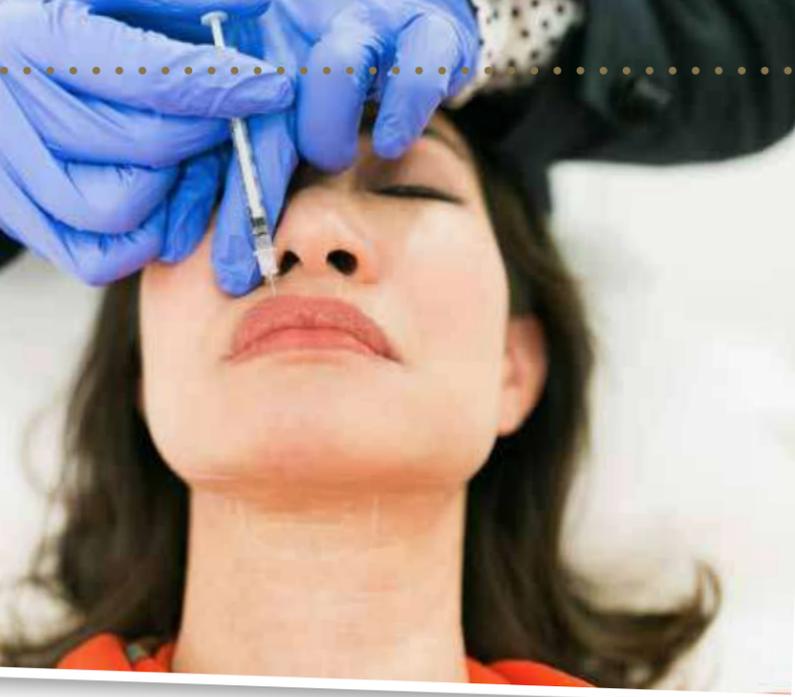
- 1) Safety is most important.
- 2) If the procedure is not going to make a significant impact, he advises against it.
- 3) It is important to educate people and give them informed consent so that they can make their own choice.

"Social media has plenty of biased and misguided information, everyone deserves to know the truth and to receive an honest opinion," he points out.

He has been very selective in choosing the state-of-the-art lasers and equipment to ensure safety, precision, and better results. The lasers have the newest smart technology to treat the epidermal and dermal layer of the skin with controlled precision. The laser energy setting is determined by your Fitzpatrick skin type and skin condition. This increases the overall safety and comfort of the treatment.

He emphasizes that "It is not only having advanced technology, but the skills and expertise of the physicians and medical aestheticians that make all the difference."

There will come a time when the body metabolizes the filler, and we need to re-inject the filler again. By building collagen first, you will end up using less fillers, and the result will last longer. This is not a unique process but good standard practice



The clientele who visits Ovo Medi Spa represents a diverse group of people. They seek medical aesthetics treatments for wrinkles and laxity, scars, acne, pores, melasma, sun damage, fat reduction, body contouring, hair removal, hair loss, and stress urinary incontinence. The clients appreciate the rationale behind each procedure and a step-by-step approach to longer lasting results.

Dr. Kwok and his team excel at doing true anti-aging procedures by building the tissue's collagen through Platelet-Rich-Plasma (PRP) treatments. The growth factor from platelets was first found in 1974 to promote healing of the blood vessel wall. PRP was demonstrated to promote healing of skin ulcers in 1986. Since then,

there has been a tremendous amount of research showing effectiveness of PRP in other aspects of regenerative medicine, such as hair growth and repairing skin tissues. The most current use of PRP in aesthetics medicine is for skin tightening, improving skin tone, plumping tissues, and repairing scars. The procedure involves drawing a small amount of blood from your arm, then spinning it in a centrifuge to separate the platelets and re-applying the

PRP to the areas where you need it most. PRP procedures can be paired with a laser resurfacing treatment to further improve results and speed up healing time. Dr. Kwok is licensed to perform the trademarked Vampire PRP Facial and Vampire PRP Facelift procedures, he follows the highest standard of training and protocol.

He suggests laser treatment as another option to build collagen and recommends this before filler treatments.

He states, "There will come a time when the body metabolizes the filler, and we need to re-inject the filler again. By building collagen first, you will end up using less fillers, and the result will last longer. This is not a unique process but good standard practice."

Dr. Kwok is a talented artist and creates subtle beautiful enhancements with fillers. He is known to make his clients look as natural as possible, with beautiful, shaped lips and facial contour lines, and without others detecting anything was done.

He points out, "Filler injection is an art. This is like painting a picture with a brush. You can have different techniques for different purposes, and you need to take into consideration the ethnicity and facial balance of each person."



BEST PRACTICE AND TIPS FOR LIP AUGMENTATION

Traditionally, lip augmentation serves two purposes. One is "revolumising". This is especially used for women with thin lips. The goal is to achieve the golden ratio between the upper and lower lips in proportion to the rest of the face. This is the most aesthetically pleasing proportion between two objects is 1:1.618. More accurately, 1.618 is written as the Greek letter phi (Φ). Indeed, beauty in many areas of the face is in the ratio of 1 to phi. This is a technical area-based approach. Adding volume to the lips can easily take up to a full syringe or more. However, more does not mean that it will be better, because there is a risk of filler migration. As we age, our collagen diminishes. There is a redistribution of volume towards length. Therefore, the other purpose of lip augmentation is reshaping to maintain natural looking lips. They should be balanced and symmetrical. The process is artistic and holistic. It takes time and depends on the skills and experience of the injector.

Until recent years, no one in North America has heard about Russian lips. This is basically done by repeatedly puncturing the vermillion border with vertical injections to the wet dry border during 'tenting'. It may take up to 40-60 injections to flatten the lips and to project them vertically in two dimensions to create hard and angulated, "crisp" borders (ledge). In the process the natural anatomy of the lips is distorted while their identifying surfaces undergo effacement. Such injections have been shown to be dangerously close to the labial arteries 60% of the time and the long-term damage from fibrosis (scarring) of the vermillion border being punctured repeatedly (even in just one session) are unknown. In addition, you can end up with a distorted and unnatural anatomy. This social trend is not sustainable and will not last long.

The current brands of lip fillers in the market are not made the same and they react differently when injected into your lips. A professional injector will choose the latest generation lip filler that contains the appropriate degree of elasticity and viscosity to integrate smoothly into your lip tissues and to hold your lip shape beautifully.

To schedule a complimentary consultation at Ovo Medi Spa, go to Book - Ovo Medi Spa (ovomedispa.com)





TOP 5 DAY TRIPS FROM VANCOUVER

BY DESTINATION BRITISH COLUMBIA

Vancouver is not only an incredible place to visit, it's a great jumping off point to explore more of BC.

In three hours or less, you can be walking along Victoria's beautiful Inner Harbour, hanging out on a patio in Whistler Village or relaxing on a gulf island. You can also be sea kayaking on the Sunshine Coast, or driving through the picturesque landscapes of the Fraser Canyon. With so many options, it can be difficult to choose how to spend your time. To help you out, we asked our Facebook fans for their favourite day trips from Vancouver. Here are their top five:

5. FRASER CANYON

Kicking things off at number five is BC's beautiful Fraser Canyon. The Fraser Canyon is located at the end of the Fraser Valley, about three hours from Vancouver. The journey there comes with gorgeous views of picturesque farmlands and mountains around every corner. Once you arrive in the Fraser Canyon, you're treated to pristine mountains, rivers, lakes, valleys and hidden tunnels, making it an outdoor lover's paradise. There's no better way to gain a true appreciation for the beauty of the landscape than stopping in at Hells Gate Airtram to take a ride over the white water of the mighty Fraser River. This area is a huge river rafting destination, if you're up for an adventure!

4. SUNSHINE COAST

The Sunshine Coast comes in at number two. This is a popular getaway spot for



View of the Hell's Gate Airtram and foot bridge over the Fraser River in the Fraser Canyon. Photo: Vagabond Quest

both local Vancouverites and visitors. Just 40-minutes from Vancouver via ferry, the Sunshine Coast is widely considered Vancouver's best kept secret. The coast stretches 180 km (112 mi) from Gibsons to Lund, with quaint coastal communities in between to explore. Stroll along the



Sunshine Coast from above. Photo: Darren Robinson

sandy beaches, visit the waterfront stops, or stop for a west coast lunch with a view. Get adventurous and hike the Sunshine Coast Hut-to-Hut Trail, paddle around the natural wonders of Howe Sound's protected waterways, or head to the mountains for some epic mountain biking. If you're into art, sign up for a guided art tour and watch painters, potters, sculptors, and Aboriginal artists at work. With so many places along the Sunshine Coast to explore, you may just need more than one day!

3. BOWEN ISLAND

In at number three is Bowen Island, a forested paradise just 25 km (15.5 mi) northwest of Vancouver. To get there, you can take a 20-minute ferry ride from Horseshoe Bay in West Vancouver, or a water taxi from downtown's Granville



Strolling through a market on Bowen Island. Photo: Imohux via Flickr

Island. If you're looking to spend your time outdoors, the island's waters are perfect for swimming and sea kayaking, with sheltered bays and sandy beaches around every corner. If you're up for a hike or mountain bike, there are endless trails to explore, from steep hills to relaxing strolls. For those looking to experience the island's culture, Bowen is full of shops, restaurants, cafes, and art galleries just a short stroll from the ferry in Snug Cove. It's Canada's fourth-most artistic community per capita, so be sure to check out the work of the talented local artists! The people on Bowen Island are also known for their laid-back living, so you'll be feeling relaxed in no time (20-minute to be precise).



The Scandinave Spa in Whistler. Photo: Rachel Rilko

2. WHISTLER

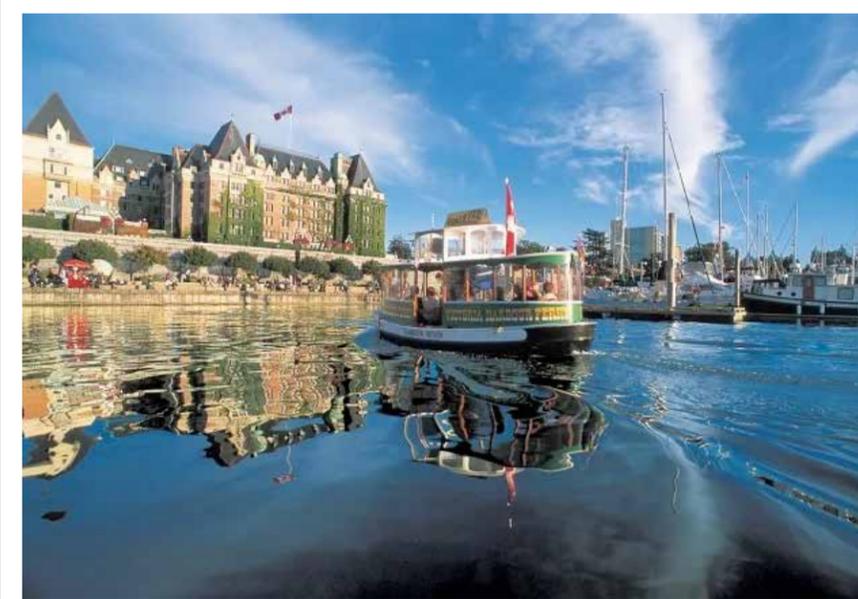
It's no surprise that Whistler, just two-hours north of Vancouver, made the list. The drive along the Sea-to-Sky Highway is worth the trip in and of itself. It's hard

not to be in awe of this scenic highway stretch; watch as the Coast Mountain range rises from the glittering waters of Howe Sound and look for snow-capped peaks, canyons and waterfalls en route. Popular stops include Porteau Cove, the Sea-to-Sky Gondola, and Brandywine Falls to name a few. Once you arrive in Whistler, sit back and relax on one of the many village patios, hit the trails with your mountain bike, or visit Scandinave Spa for a day of rejuvenation. Have some fun in the sun with a paddle down the River of Golden Dreams, a zip-lining adventure, or a day at one of Whistler's beautiful lakes, such as Nita Lake or Lost Lake. Our fans also recommended heading past Whistler to

Joffre Lakes to hike glacier-laden peaks and stare out over the turquoise water.

1. VICTORIA

Our fan's number one choice for a Vancouver day trip? BC's capital city, Victoria, on Vancouver Island. There are several options to get to Victoria, each more scenic than the last. Hop on the one hour and forty minute-ferry, or take a scenic 35-minute float plane ride. Some whale watching companies combine a day trip to Vancouver with sightseeing. Whichever you choose, there will be no shortage of breathtaking scenery along the way. So what did our fans recommend to do in Victoria? If you love gardens, head from the ferry to the world-famous Butchart Gardens to stroll the magnificent gardens and discover why people come back year after year. If you'd prefer to get right into the action, head straight for downtown where you can stroll along the lovely Inner Harbour, stop in at one of the waterside restaurants, or do some shopping along Lower Johnson Street (known as 'LoJo' to the locals). Check out the exhibits at the Royal BC Museum, or rent a bike and head to one of Victoria's many iconic spots, such as Fisherman's Wharf, Beacon Hill Park, or Dallas Road. Our fans also recommended heading up island from Victoria to Nanaimo or the Cowichan Valley and taking the ferry back to Vancouver via the Departure Bay Ferry in Nanaimo for another amazing coastal route.



A Harbour Ferry in front of the Fairmont Empress at Victoria's Inner Harbour. Photo: Destination BC

REACH FOR THE STARS:

WHERE TO GO STARGAZING IN BC

The night sky has always been a source of wonder and mystery for humankind. When we're feeling overwhelmed, or when we've lost our way—literally or metaphorically—we look to the stars for order and serenity. To feel connected to the universe.

BC's wide open spaces are filled with amazing locales to get away from the light pollution of the city and see stars numbering in the millions. Here are some great options to get you started.

NEAR THE CITY

You don't necessarily have to travel far from the city for an astounding nighttime view. Victoria, on Vancouver Island, is home to the Cattle Point DARK SKY Urban Star Park, part of a worldwide dark-sky movement that encourages urban areas to adopt regulations aimed at reducing light pollution. On a clear night, you can see the Milky Way.

On the mainland, about an hour east of Vancouver, the McDonald Park Dark

Sky Preserve was established by the Fraser Valley Astronomers Society (FVAS). Situated between the cities of Abbotsford and Chilliwack, the park is largely protected from light pollution by the Sumas Mountains, and the FVAS hosts periodic public viewing sessions after dark.

ALONG THE COAST

Watching the stars twinkling brightly above the ocean can feel magical, with the vastness of the Pacific dwarfed by the vastness of the

cosmos. Porteau Cove Provincial Park, off the Sea-to-Sky Highway, is a popular viewing spot among stargazers. Light from the city of Vancouver, 45 minutes south, is largely blocked out by the Coast Mountains, and there are no other lights nearby. The Porteau Cove pier, which extends into Howe Sound, is the place to be once the sun goes down.

On the west coast of Vancouver Island, the rocky shoreline and sandy beaches receive minimal light from nearby communities, and they face the open ocean. Bring a flashlight, and prepare to be dazzled.

UP A MOUNTAIN

Inland, some of the best views are found by heading skyward. East of Vancouver, Manning Park's Cascade Lookout is one of several locations in the park that offer excellent stargazing opportunities. Watch Manning's events listings to find Dark Sky events such as a guided snowshoe fondue.

The Canadian Rockies are another great place to seek out stellar viewpoints. From the rugged peaks of BC's southeast corner to the remote wilderness of the Northern Rockies, there are more stars visible to the naked eye than you can count, and the farther north you go the greater your chances of seeing the Northern Lights.

IN A BATHING SUIT

To experience inner peace at its most peaceful, how about floating on your back in a natural hot springs with a gazillion stars overhead. Make a week of it along BC's Hot Springs Circle Route.

FROM YOUR TENT

Another great way to get your zen on is by camping under a blanket of stars, and BC boasts a staggering number of places to pitch your tent. Many of those campsites are a short hike from lakes, waterfalls, glaciers, and more, so don't forget to pack your camera.

AT A PARTY

Serious stargazers can test their resolve at an eight-night star party (yes, really). The long-running Merritt Star Quest attracts amateur astronomers each year, and Mount Kobau, near Osoyoos, hosted its 35th annual Mount Kobau Star Party in August of 2018.





HASSON & WONG

A E S T H E T I C H A I R S U R G E R Y

Since 1997, Vancouver's Hasson & Wong Hair Restoration Clinic has provided patients from around the world with the very best in microsurgical hair restoration. Their very own cutting edge technology and highly skilled surgical staff have made Hasson and Wong famous globally for their consistent industry leading results.

Leaders and pioneers in the traditional method of FUT or strip surgery for well over a decade, doctors Hasson & Wong are now also able to offer the newer method of FUE. With the desire to offer patients an alternative to the traditional method, they decided to incorporate their years of knowledge and expertise and channel it into a way of improving the FUE technique. They now

feel not only can they continue to produce the best results in the industry via FUT, they can also deliver world class FUE results.

"We are committed to providing our patients with the most advanced treatment available anywhere," says Dr. Victor Hasson, surgeon and co-Founder of Hasson and Wong. "We are able to do this because we have both the most refined technique and a large highly trained staff of technicians.

"Unsatisfied with the appearance of traditional hair transplants, Hasson & Wong envisioned a technique that would control hair angle and direction," says Dr. Jerry Wong, surgeon and co-Founder of Hasson and Wong. "The lateral slit technique was developed to address this and along

with our custom blade-cutting device, has led to an international demand for our treatments."

Over the last decade and a half, the surgeons have seen a sharp growth in international clients and have received unprecedented industry recognition for their achievement in hair restoration. In the last two years alone, patients from over 70 countries have visited their Vancouver clinic for surgery.

Hasson & Wong have rapidly expanded to accommodate the demand that has come with their growing international renown. The Vancouver Surgical Centre, where transplants are performed, now employs over 25 hair transplant technicians. Hasson & Wong have also grown to add consultation centres in Seattle, Toronto and London. In addition, patients can look forward to meeting with a trained counselor in select cities such as San Francisco, Los Angeles, New York City and Calgary among others. Both doctors Hasson & Wong also make annual trips to places such as London and Italy to see patients themselves in person.

Every prospective Hasson & Wong patient meets either with Dr. Wong or Dr. Hasson (in Vancouver) or with a specially trained hair restoration counselor in selected cities. All counselors are not only highly knowledgeable in the transplant procedure, but as former hair transplant patients understand the questions and concerns of prospective patients.



Dr. Victor Hasson



Dr. Jerry Wong

BEFORE



AFTER



Much of the success of Hasson and Wong can be attributed to a strong drive and ethical commitment to provide their patients with the finest results available anywhere worldwide. They invite you to compare their results to any leading hair restoration clinic. Many before and after results can be found at www.hassonandwong.com along with a wealth of information to help the patient make an informed decision as to whether a world class hair restoration procedure at Hasson and Wong is right for them.

Hasson & Wong

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MOVE TO IMPROVE

4 more good reasons to get physical

By Barb Gormley

Leading an active lifestyle has long been championed as a route to better blood sugar (glucose) control. But the payback from adding physical activity to your daily routine doesn't stop there. Here are four more big benefits you can reap by keeping your body in motion.

1 Sleep better

Sleep complaints are common among people with diabetes, according to Daryl Dooks, a cardiac rehab supervisor with the Diabetes Exercise & Healthy Lifestyle Program at the University Health Network in Toronto. The reasons for poor sleep can include sleep apnea, neuropathy, leg pain and nighttime blood sugar lows.

"Medications are used in some cases, but for people with inactive lifestyles, moderate physical activity seems to enhance the ability to fall into deep sleep," says Mr. Dooks, who oversees a six-month education and exercise program for people with diabetes who may

also be recovering from a cardiovascular event, such as a heart attack. "As little as 10 minutes of daily walking is required to improve sleep, although the benefits are greater as people exercise more."

2 Relax and manage stress better

Managing diabetes can sometimes feel like a roller-coaster ride as you work to stabilize your blood sugar levels, monitor your diet, take medications and organize medical appointments. The resulting stress can quickly and substantially raise blood sugar levels. "Physical activity lowers your blood glucose by increasing the amount of glucose needed to fuel the muscles," says Mr. Dooks. "At the same time, it promotes relaxation by releasing tension and anxiety."

Brent Hawley, an on-air radio announcer in Thunder Bay, Ont., couldn't agree more. "Running gives me time to clear my mind, refocus and put things in a new perspective," says Mr. Hawley, who juggles two jobs, manages several rental properties and fundraises for Diabetes Canada's Team Diabetes. "I couldn't survive without it."

3 Bolster your self-esteem

For some people, diabetes can affect their sense of self-confidence and self-worth. They may blame themselves for having the disease or for being unable to stabilize

their blood sugar. Take a lesson from elite athletes who have diabetes yet manage to compete successfully at high levels, suggests Mr. Dooks: Tap into your competitive spirit to take control of your diabetes. "Set a goal to live a more active lifestyle, and then enjoy the positive feelings that result from your accomplishments."

4 Boost your energy

A yoga class, a tennis game or a walk with your dog is often more effective at fighting fatigue than a nap. "Exercise enhances the flow of blood carrying oxygen and nutrients to the brain and muscles, and this increases your energy levels and alertness," says Mr. Dooks.

Establishing a regular pattern of physical activity is an important key to combating fatigue, says Joanne Lewis, healthy eating and nutrition programming director for Diabetes Canada. "Diabetes Canada recommends that the goal for people with diabetes is a minimum of 150 minutes of moderate-intensity aerobic exercise per week, and three resistance training workouts per week."

Being physically active has a positive effect on mood, stress levels and self-image, all of which influence diabetes control."

*Daryl Dooks,
exercise specialist*

DID YOU KNOW?

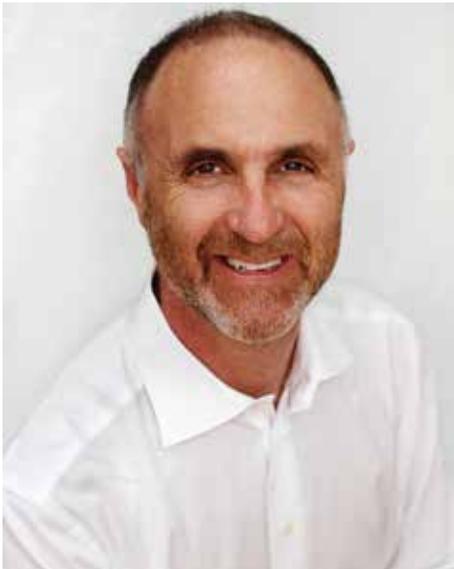
If you have not been active for some time, talk to your health-care team about what is right for you. Some complications of diabetes, such as high blood pressure, foot ulcers or eye damage, may change the type of exercise you can do. Remember, each person's body has its own size and shape. It is a good idea to make changes one step at a time. To read more from "Exercising Safely with Diabetes," visit diabetes.ca/safeexercise.

For more information or to get involved in Team Diabetes events, visit teamdiabetes.ca



For more information about Diabetes Canada, please visit diabetes.ca





Planning for Cosmetic Surgery

By Benjamin Gelfant MD FRCSC
Director, Broadway Cosmetic Plastic
Surgery Centre

If you are thinking of having cosmetic surgery, like most things, it is best to try to plan ahead. Taking your time to make a careful and considered decision usually makes the process smoother. Elective surgery, by definition, means the time and place of surgery is decided by choice.

Timing is important. Sometimes the time of year plays a role.

Most people need time to go through the initial recuperation without being required to attend social engagements. For some people this means a facelift early in the new year, after all the activity of the holiday season has ended, is best. I usually have one or two teachers each year who chose the first two weeks of July for this.

Breast enhancement patients come for surgery all year long but many time their surgery so they are able to enjoy their improved figures while on vacations. The peak time for augmentation similarly, is in advance of summer, in March through June.

Most liposuction patients know they are going to need a post op girdle like “garment” for four to six weeks and

planning for most means fall and winter is better than the warmer months

Do your research: Check the credentials of any surgeon you are planning on seeing or have seen. Membership in one or all of the following is important.:

- Canadian Society of Plastic Surgeons,
- Canadian Society for Aesthetic (Cosmetic) Plastic Surgery as well as
- American Society of Plastic Surgeons
- American Society for Aesthetic Surgery

A Plastic Surgeon and a Cosmetic Surgeon/Physician are not the same thing

I always encourage patients to read widely. Usually this means the WEB, and I maintain an extensive website and encourage patients to visit the sites of the above organizations. But the web can be confusing.

By all means, read reviews, but keep in mind there are some strange things going on in the online review world.

A recently published study from Harvard school of business showed that 20% or more of online reviews are faked. <http://people.hbs.edu/mluca/FakeItTillYouMakeIt.pdf>

CBC carried a very good digest of this scholarly article (<http://bit.ly/16l4nMf>)

ASK Questions: Don't be afraid to ask where the surgery is done and be sure it is in a facility accredited by the College of Physicians of British Columbia. The college has rigorous standards. Ask who will be doing the surgery (all of it?) and who will care for you after the surgery. How often will you see the surgeon after? Etc.

Ultimately the cost of such surgery needs to be considered.

The costs of surgery which you pay are referred to as fees, not as prices by surgeons. What you will pay is a total of all the costs, of which the surgeon's fee

is only part. The other costs are surgery facility costs, and the fees charged by the anaesthesia doctor who will be sedating or putting you to sleep. GST usually applies. Fees can vary greatly.

Breast augmentation costs depend on what type of implants are used, and breast augmentation is different from augmentation with a breast lift. There are some new and exciting developments in breast enhancement involving using your own fat either alone or with the simultaneous use of implants.

A new, saline filled implant (the Ideal® implant) was approved by Health Canada and the FDA in the USA in November 2014, and will available in June 2015. This is said to improve both the look and feel compared to traditional saline filled devices, and offers the assurance that if a leak develops, it is immediately obvious, and only saline leaks out, which may be of some reassurance compared to silicone devices. (disclosure: I am an investor in the Ideal® implant corporation)

When I assess a patient, I try to decide what I will need to do in order to deliver the kind of result both the patient and I are expecting. This is quite different from one patient to another and is the reason why plastic surgeons with experience say to our trainees, “**treatment must be individualized**” over and over again. There is no “cookie-cutter” approach. The time involved depends on what series of maneuvers need to be put together to make up that patient's “facelift”. The same is true with most types of cosmetic surgery.

The **facelift** “menu” may involve :

