



Great Look Newsletter

Aesthetic Associates Centre

Enhancing Your Natural Beauty

Produced for the Patients of Aesthetic Associates Centre

Spring 2009

fromthedoctor



Dedicated To You!

At *Aesthetic Associates Centre*, we are dedicated to providing all of our patients with the information required

prior to making any decision about surgical or non-surgical procedure. Along with our confidential consultations, our updated newsletter is another way we can communicate with you, so that you can make educated and informed decisions about procedures we provide. After all, an informed patient is the best patient!

We pride ourselves in the tremendous attention to detail and we look forward to treating you for all of your needs and desires. I and my well trained staff provide both surgical and non-surgical procedures to help you look and feel your best! Our team of health professionals have a combined experience of well over 50 years in the field, and can provide answers to all of your questions. Please enjoy this issue of *Great Look*, and contact us with any questions about procedures or services we offer - we will be happy to schedule your consultation today! I look forward to meeting you.

Sincerely,

Dr. Samuel Shatkin Jr.



It's Camera Season!

Are you dressing to hide your flaws?

Countless photo opportunities are just around the corner, but ideally, your cosmetic makeover, no matter how major or minor, should be completed far enough in advance of your event to give you time to plan changes in hair styles, make-up, or fashion. It's also wise, as weddings, graduations, and other photo-filled events approach, to anticipate the very high demand for our cosmetic services. We want you to have time to enjoy the process - to consult, consider, and feel confident about your terrific updated look!

Referral Program

Referrals and word of mouth are our number-one source of new patients.

When you give us a good reference, we won't let you down!

So, once your friend has completed their treatment you will both receive a **free** skin care product. Make sure they mention your name when they call.

Don't wait for the camera to find you! Book your appointment now!

Good nutrition and a regular routine of exercise make an excellent foundation to the *perfect you*, but we all have at least one body issue that ends up on our *if only* list. For millions of women across America, that body issue is their breasts. *If only* they were larger, smaller, perkier, or more symmetrical... These are typical issues prompting women to consider surgical options to reshape this important element of their figure. Every day we meet women who have made the decision to *look* as young as they *feel* and have taken that all important step of booking a consultation with a qualified plastic surgeon. Many women examine the option of **breast augmentation**, a process where life-like saline or silicone filled implants are inserted to bolster breast size. Others find their breasts losing the battle with gravity and opt for a **breast lift** (mastopexy) where breast tissue is sculpted and repositioned to create a more youthful look. Often, Breast Augmentation and Breast lift are combined to provide a fuller, more shapely look. Though never taken lightly, opting for the *perfect you* is as much about how you feel as how you look.

The Perfect You

Skin Resurfacing Advances

Benefits surpass traditional techniques

If you're a candidate for skin resurfacing, the *Aesthetic Associates Centre* offers laser and Intense Pulsed Light treatments using the *Palomar StarLux® Laser System*. This is a revolutionary treatment method that offers superior results and no downtime. The StarLux Fractional Laser delivers light in an array of narrow, focused *microbeams* to create columns of heat within the skin. This heated tissue initiates a natural healing process that actually forms new healthy tissue which results in a fresher more youthful skin tone and texture.

The Starlux System includes Intense Pulsed Light technology to improve skin texture and sun-damaged skin and can remove unwanted hair and spider veins. One of the newer handpieces that is available at the *Aesthetic Associates Centre* is very effective for acne-problem skin.

For those individuals who require a more dramatic change to correct deeper wrinkles and texture irregularities, resurfacing with a CO2 laser may be the best option. Fractional resurfacing technology reduces the downtime compared to the traditional CO2 resurfacing, allowing for a quicker return to normal activity. Usually within 5-7 days, the skin is transformed to allow you to return to work, in contrast to the previous technology which may take more than two weeks. This CO2 fractional resurfacing is excellent for deep wrinkles and severe sun-damaged skin.

All of the lasers and IPL treatments described are available at the *Aesthetic Associates Centre*. Call now to arrange a consultation.



More and more men are opting for plastic surgery and aesthetic procedures, and there are many reasons for this. Some simply reflect an increased awareness of plastic surgery and its benefits, and some because of an increased awareness of health care advances. Another reason that treatments for men are climbing in popularity is the competition in the business world and in society in general. Many men have turned to the many varied procedures available in their efforts to remain younger looking. Plastic surgery for men includes many of the same procedures as for women, and can greatly enhance anyone's physical image. For more information on male plastic surgery, please contact us to schedule your consultation.

Plastic Surgery For Men

The Eyes *Have It!*

Some people say that the eyes are the window to the soul. But only if you can see out of them, right? If people keep asking if you're tired, or if you have less eyelid showing, or if your eyelids feel heavy, then an eyelid rejuvenation procedure may be for you. Eyelid rejuvenation involves treatments that target different aspects and may include removing excess skin from the eyelids, lifting the brow, reducing frown and smile wrinkles, and even reducing fatty pouches below the eye. A surgical eyelift (*blepharoplasty*) works within the natural creases and contours of your eyelids to restore a more natural youthful look with minimal noticeable signs of surgery. We can perform the procedure right here in our fully accredited ambulatory surgery centre with minimal down time. You could be seeing your world through different eyes, in no time!



Bye, Bye Baby Body!

One of our most common procedures

The arrival of a healthy, happy baby is indisputably one of life's great joys. The pain and stress of the delivery and the long months of pregnancy are soon forgotten amid the cooing and the cuddling. But childbirth can also leave mummies with distorted breasts and bulging stomachs; body alterations that were at one time permanent.

Now, however, many women are requesting the procedure we call Mommy Makeovers. Women often return to their previous activities or the workplace shortly after childbirth and they want to remain confident about their appearance. Abdominoplasty (tummy tuck) is one

of the most popular and successful cosmetic surgeries we perform. A firm, flat, and smooth stomach is within the reach of most women, even those who've given birth to more than one child. A tummy tuck removes excess skin and fat from your abdomen and tightens the muscles of your abdominal wall. During pregnancy the expanding uterus stretches the so-called "six pack

muscles" and that results in a bulge that diet and exercise can't fix.

Candidates for tummy tucks should be close to their ideal weight and in most cases should have decided that they are done having children. We provide a complete and thorough examination of all patients to determine exactly what we can do to improve your body contour. Please call us at any time for a consultation.

Auraé Skin Care Beauty Boutique

office information

Aesthetic Associates Centre
Dr. Samuel Shatkin Jr.
 2500 Kensington Avenue
 Amherst, NY 14226-4927

268 Main Street
 East Aurora, NY 14052

**Opening
 Soon!**

Office Hours

Mon-Fri 8:00 am – 6:00 pm

Contact Information

Office (716) 839-1700

www.gr8look.com

Remember, we are always here to support you, your decisions, and your needs.

Good News!

We accept cosmetic waiver insurance; covering surgical and non-surgical treatments (chemical peels, facials, microdermabrasion, hair removal, photofacial etc.)

Dr. Samuel Shatkin Jr. has designed the *Auraé* skin care line, developed over two decades; bringing unique and customized products that enhance your beauty! Our products are available at our online store: www.auraecare.com.

- **Acne** - Specifically designed to treat and reduce the signs of acne and sensitive skin.
- **Anti-Aging** - Defy aging by retexturizing, repairing, firming, and gently exfoliating.
- **Anti-Inflammatory** - Designed to be used following laser or acne treatments and specifically medicated to reduce inflammation.
- **Sun Protection** - This advanced sun protection product provides SPF45, and blocks most UV radiation from interacting with the skin. Useful for all skin types, it is especially ideal for sun sensitive skin.

Check out our full line of products at www.auraecare.com and check out our specials!

June 2009
Office Opening

268 Main Street, East Aurora, NY 14052
 (716) 839-1700

Providing Medispa Services as well as consultations

- microdermabrasion
- medical facials
- chemical peels
- massage therapy
- hair removal
- lase and IPL facial treatment
- acne therapy
- Fulol skin products to enhance treatment results