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Professional Reputation

Dr. Marc DuP  r   has a regular advice column in "2 - The Magazine for Couples" in which he answers nip and tuck questions from readers.

**ADVICE**

# PLASTIC SURGERY

BY DR. MARC DUP  R  



**Q: DOC, GIVE ME THE GOODS ON BOTOX.**  
Botox is an injectable agent that prevents the nerves from activating the muscles responsible for active wrinkling. It works well for the angry lines between the brows and furchal lines, while providing a non-surgical younger-looking brow lift for up to six months. The newest applications are used to stop heavy sweating in the armpits and palms, which can save a lot of embarrassment. It has become quite common for celebrities to have underarm injections prior to big award events to present unsightly perspiration—and stains on expensive designer gowns and suits. Used in this application, the effects can last up to nine months.

**DOC, WHAT DO YOU THINK OF ANYBODY LIKE EXTREME MAKEOVER AND NIP/TUCK?**  
Extreme Makeover demonstrates how improving one's looks can dramatically change one's self-esteem, but the prohibitive cost, time and commitment would not allow most people to have this done. I find my clients prefer a subtle, natural-looking enhancement to radical change. As for Nip/Tuck, that's a crude presentation of the plastic surgery industry, exaggerated to make the show entertaining and humorous. Which it is.

**DOC, WHAT COSMETIC TRENDS ARE YOU SEEING FOR 2004?**  
Shaping the brows to make them look younger is hot, and so is treating sweating in palms and armpits (see first ques-

tion), both of which are done through Botox. Also, augmenting and rejuvenating the lips with the various fillers to give them a full, sexy look is in—that's a daily activity at my clinic. Breast augmentation with silicone implants is back and safe after many studies failed to conclusively show an association with any diseases. Liposuction and post-pregnancy tummy tucks are also getting more and more common.

**DOC, WHAT ARE YOUR THOUGHTS ON MICHAEL JIMMERMAN'S NOSE?**  
No one can say for sure how many procedures Michael has had, but this is an extreme exception and by no means the rule in our profession. In my practice, we spend the time to get to know the patient before doing any procedure, especially if it is surgical. I will not treat someone if I believe they have emotional problems or unrealistic expectations.

**DOC, WHY IS PLASTIC SURGERY CALLED "PLASTIC" SURGERY?**  
The word "plastic" comes from the Greek word *plastikos*, which means to mold, shape and sculpt. Plastic surgery acquired that denomination based on the fact that as plastic surgeons, we have the ability to change the shape, contour and physiognomy of people with our surgical skills.

**DOC, WHAT SHOULD I LOOK FOR WHEN STOPPING AROUND FOR A PLASTIC SURGEON?**  
Well, for one thing, make sure you do indeed "shop around." Not all cosmetic surgeons are plastic surgeons. Visit the website for the Royal College of Physicians and Surgeons of Canada ([royalcollege.ca](http://royalcollege.ca)) to check their credentials. Also, word of mouth is very helpful. Above all, meet the surgeon and the team to ensure you're comfortable with them. ■



DR. MARC DUP  R   is a plastic surgeon based in Toronto. For info on his clinic, VISAGE, or VISAGE/COSMETICS OR CALL 416-325-0900. EMAIL HIM WITH YOUR NIP AND TUCK QUESTIONS AT [ADVICE@DRMARC.COM](mailto:ADVICE@DRMARC.COM)

WHERE DR. DUP  R  S HANGS HIS NIP AND TUCK: SEE PAGE 100 (LAST YEAR)

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