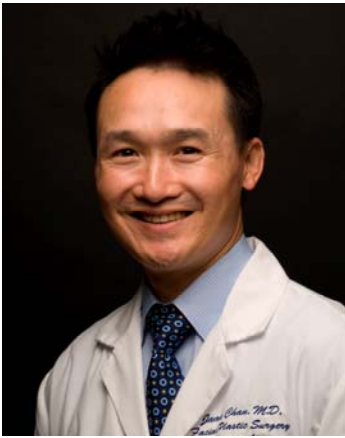


“Summer, Summer Time...”

RÉVIANCE

Plastic Surgery and Aesthetic Center



Dr James Chan
Double Board Certified Facial
Plastic Surgeon

Do You Love Your “Selfie”? Social Media and it’s impact on facial plastic surgery.

Inside this issue:

- Get Glowing With Chocolate: **2**
Top 10 foods for better skin
- “You Look SO Tired!”: Eyelid **2**
surgery may be your remedy
- JUVÉDERM VOLUMA™ ...** **2**
***Save \$100 in JUNE~JULY**
- Ask The Doctor **3**
- What’s Hot, What’s NOT! **3**
- Featured Before & After **4**
Photos
- The BUZZ: What’s going **4**
on...Special Events

Take Note!

- Do you know squinting causes permanent wrinkles? Use Botox™ to avoid this and wear your favorite sunshades!
- NEW PCASkin products available and in stock at Réviance Portland.
- Exercising your face and neck muscles can be counter productive, contrary to popular belief.
- See Dr Chan on AMNW T.V. Click the media link under “Our Practice” tab on our website. www.revianceportland.com
- Make a complementary consultation today!
- Office: 503.953.1230

Dr Chan was just interviewed on KOIN TV and the Portland Business Journal for his input on social media and it’s effect on facial plastic surgery. We know there has been an increase in procedures as a result of patients seeing themselves on Facebook, Twitter, Instagram and the growing “selfie” trend.

Dr. Corey Maas, a plastic surgeon and associate clinical professor at University of California San Francisco, said the idea of being image conscious is not new, but it has changed dramatically with social media. In fact, 31 percent of doctors polled by the American Academy of Facial Plastic and Reconstructive Surgery said people cited social media as a reason why they decided to get plastic surgery. Dr. Edward Fariior, President of the Academy, in a news-release said,

“Social platforms like Instagram, Snapchat and the iPhone app Selfie.im, which are solely image based, force patients to hold a microscope up to their own image and often look at it with a more self-critical eye than ever before. These images are often the first impressions people put out there to prospective friends, romantic interests and employers, and our patients want to put their best face forward.” Dr. Chan stated, “It’s like looking in a mirror and being constantly reminded of our imperfections. Now everything is a social event. There are people snapping photos, posting them on Facebook, putting them on Instagram, they are everywhere. We are becoming more hypercritical about the way we look.”

Dr Chan also said, “Regardless of what motivates someone to want

plastic surgery, the same process applies to ensure you are a good candidate with realistic expectations. It’s imperative you seek good council with a board certified facial plastic surgeon who uses good judgment, and can recognize patients seeking plastic surgery for the right reasons.”

Plastic Surgery may be on the rise, inspired by social media and for good candidates can be a life changing experience. “Loving your Selfie” or being more photogenic for Facebook should simply be considered a bonus!

Read the full article and watch the news segment on our website. www.revianceportland.com



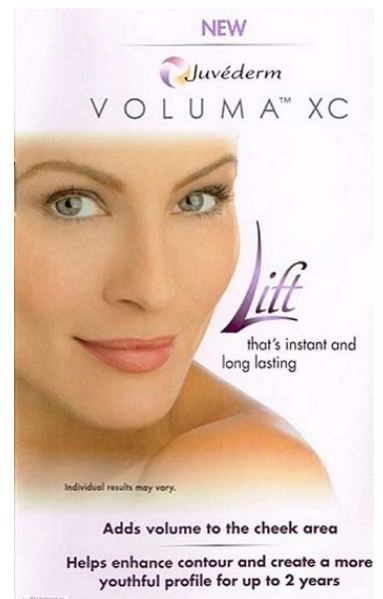
JUVÉDERM VOLUMA™ XC! The newest long lasting dermal filler is here and is FDA approved!

VOLUMA™ lasts up to two years and is FDA approved to lift and add volume to the cheek area!

One of the biggest patient complaints about dermal filler is you have to “fill up” every year. JUVÉDERM VOLUMA™ XC was made available nationwide in January, 2014. It’s an injectable gel and is the first and only Hyaluronic Acid (HA) filler FDA-approved to instantly add volume to all three areas of the cheek--The apex, apple and hollow. Hyaluronic Acid is a naturally occurring, hydrating substance

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HEALTHY SKIN can make you look younger and while foods you eat can help, it doesn't replace a good skin care regimen. Our **VIP Face Club Membership** is just what the doctor ordered. Have healthier skin this year... starting this *Spring and Summer!*

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Get Glowing with Chocolate: Top 10 foods for better skin

WHAT? I can have chocolate and it's good for me? What better excuse can you have to eat chocolate than for better skin? Here are the **Top 10 Foods** to eat for healthier skin this spring and summer.

1 COCOA hydrates your skin, making it firmer and more supple. Dark chocolate contains high levels of flavonols, a potent type of antioxidant. For maximum flavonol content, eat chocolate that's at least 70 percent cacao. A couple of squares a day should be enough to improve luminosity.

2 YOGURT prevent wrinkles! The protein you get from eating dairy helps skin become firmer, so it's more resistant to lines. Greek yogurt is especially beneficial. The protein content is often double that of regular yogurt! Eat a single serving daily to make your complexion smoother.

3 POMGRANATES protect because they're packed with polyphenol antioxidants. Polyphenols fight free radicals and regulate skin's blood flow, giving it rosiness. One pomegranate or a few glasses of juice daily should do the trick.

4 WALNUTS soften skin. Walnuts contain omega-3 essential fatty acids, which can improve skin's elasticity. The nuts are also loaded with copper, a mineral that boosts



collagen production. Snack on a handful of walnuts each day to improve your complexion's texture.

5 PEPPERS fight crow's-feet. Women who eat green and yellow vegetables regularly tend to have fewer wrinkles, especially around the eyes. Also, studies found that carotenoids -- the antioxidants in yellow and orange veggies -- can decrease skin's sensitivity to the sun.

6 SUNFLOWER SEEDS brighten up your skin. Loaded with vitamin E, sunflower seeds keep your skin supple by protecting its top layers from the sun. Eat a handful daily. A high essential-fatty-acid content makes sunflower seed oil a treat for parched lips when topically applied.

7 KIDNEY BEANS help zap pimples. They're high in zinc, and studies indicate a correlation between blemishes and low zinc levels. That may be because of

zinc's healing properties. Have a four-ounce serving of kidney beans to help you stay in the clear.

8 SOY helps evens out your skin tone. Drink a latte with soy milk or eat edamame and you may get a clearer complexion. Soy contains minerals and proteins that have been shown to reduce hyper pigmentation. One cup a day should yield results.

9 OATMEAL may help you look younger. Steel-cut oatmeal is less processed than other varieties, so it retains more vitamins. Plus, it takes longer to break down in your body, which helps keep your blood sugar stable. This is important because studies found that spiked blood sugar elevates your body's level of androgens, hormones that can contribute to wrinkles.

10 GREEN TEA calms redness. It's very high in antioxidants, particularly one named EGCG, which is proved to reduce redness. Studies have also demonstrated that green tea helps fight inflammation. Sip at least one cup of green tea a day, and fight redness.

So, make your grocery list and start shopping for better skin. It's also said that red wine (resveratrol) is good for the heart. *Red wine and dark chocolate? Who wouldn't "glow" for that.*

Source: Fitness Magazine™ 2014

"You Look So Tired!" Do co-workers, friends or family ask if you are tired, sad or even angry...and you're not? Upper eyelid surgery may be the solution to your dilemma.

The eye's are the window to the soul, they say. So, looking tired, angry or sad especially when you're not, means your eyes are not representing you fairly!

Upper eyelid surgery (Blepharoplasty) can take you from sad to happy, mad to glad in about one hour. It's a straightforward office procedure that reduces the amount of excess eyelid skin causing the problem. It has minimal risk and is performed using local anesthesia. Upper eyelid surgery has a high satisfaction rate because it changes the way



people perceive your mood and enhances your appearance, making you look refreshed, revitalized and youthful.

Upper eyelid surgery is not only for those who wish to correct age related problems, it can also correct asymmetry or a genetic disposition. We know science has

proven, when we look better we feel better. How our co workers and family perceive us is important because we are human.

So stop being sick and tired of someone saying you look sick or tired. We are here to help improve the quality of your life. -*"Eyelid surgery... for the soul!"*

ASK THE DOCTOR

By Dr James Chan

1. How long does it take before you can blink or close your eyes after upper eyelid surgery?

Following an upper eyelid surgery (Blepharoplasty), you should be able to blink and close your eyes immediately after surgery. You may temporarily have trouble closing your eye completely because of swelling—This usually lasts no more than 1-2 days. If this is not the case, I advise you to follow up with your surgeon. If you need a second opinion I would recommend seeing a Board Certified Facial Plastic Surgeon.

2. Is it safe to go home the same day after a facelift?

A rhytidectomy (facelift) in most cases can be done as an outpatient procedure without requiring an overnight stay. With that said, the decision depends on a number of factors and your particular doctor's recommendation. Most of my patients return home safely the same day and recover quite comfortably with a responsible family member, or licensed medical professional. I provide them with my personal cell phone number and have my patients return to my office the following day for reevaluation and post-operative dressing change. I recommend consulting with your local board certified facial plastic surgeon, prior to making your final decision. Your comfort level with your

surgeon makes all the difference. You want someone you feel comfortable talking to and who will answer all of your questions. Also, credentials, education and experience are important considerations.

3. Is CO2 Laser Skin Resurfacing good for acne scars and sun damage? There is a place that wants to charge me \$4000. Does this seem accurate?

1. Co2 laser is a wonderful treatment and is the best treatment for resurfacing the skin (fine lines and wrinkles/sun damage/hyper-pigmentation) providing you are a good candidate.

2. Lighter skin tones work best for optimal results. Darker skin tones increase the risks of demarcation. Also, multiple treatments are required because lower power levels are used.

3. CO2 Lasers are NOT created equally. The power of a machine can differ meaning you may need multiple treatments or, if the laser is strong enough one aggressive treatment could be enough.

4. There is no cure for acne scars, or any type of scar. A laser may soften the scar but, the scar will still remain present.

5. Costs range up to \$4000 but, be sure you are being treated by a physician using the best CO2 technology! Then it's worth every penny.

4. When I smile my lower eyelids "bunch up" and my eye's look really small. Is there a way to fix this?

It depends on the texture and quality of your skin in this area. You might be a candidate for Botox with or without laser skin resurfacing. Occasionally, lower eyelid surgery can also improve this area but would require an evaluation to determine if you are a candidate.

5. Can liposuction be done under the chin with just a local anesthesia?

Yes. Liposuction under the chin can be performed under local anesthesia. Depending on the skin laxity, the loose skin under your chin may or may not contract back. You may need additional skin tightening treatments— I often combine liposuction with Ultherapy and have found this to help with the skin laxity. Depending on the amount of skin laxity, sometimes surgery is necessary. A consultation will help determine if you are a good candidate and if liposuction is right for you.

Dr James Chan is a double board certified Stanford trained facial plastic surgeon. He is available for consultations Monday through Thursday. Call Réviance Portland for more information and scheduling opportunities.

Office 503.953.1230



Dr James Chan
Double Board Certified Facial Plastic Surgeon

"Trust your face to a board certified facial plastic surgeon!"

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See the beauty
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Lift, tone and
tighten skin."*



ULTHERAPY is featured in Harper Bazaar Magazine, May 2014 "Ultrasound- Ultherapy... It tightens without having to cut or do a face lift"

WHAT'S HOT... WHAT'S NOT!

HOT

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HOT

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NOT!

LOOKING TIRED

Looking tired or sad is NOT hot! If your friends, family members or co-workers are bringing you a pillow and blanket...eyelid surgery may be right for you. Looking refreshed and rejuvenated is what's HOT.

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NEWSLETTER**

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Dr James Chan VOTED A "TOP DOCTOR"
Portland Monthly Magazine

Featured Before and After Photos

Upper Blepharoplasty (Eyelid Surgery)



"Subtle changes can sometimes be the most dramatic!"

~ Réviance Portland Patient ~

Listen to **THE DARIA, MITCH AND TED SHOW**
on **The BUZZ 105.1** Weds 6 pm—6:30 pm. **Dr
Chan and Dr Workman have joined forces
with Dr. Stafford** of Stafford Smiles to answer
YOUR questions keeping you up to date on new
aesthetic procedures and techniques! *You can
earn prizes from The Buzz. Tune in and learn how!*

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Cosmetic Dentistry". CALL TODAY TO RESERVE YOUR SEAT. CALL 503.953.1230 to RSVP and to register to win wonderful prizes and qualify for special savings. Bring a friend and receive double prize entry forms! Attendees will receive \$1000 in gift certificates to be used towards surgical procedures. (Limitations apply. Call for details and clarification.)

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