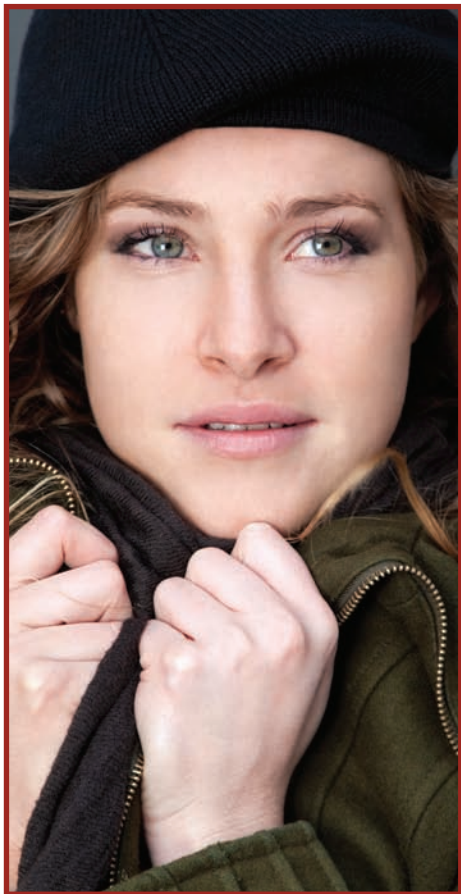


## It's What You Do for Yourself



Now is the time to follow through on that promise you made to yourself - to be your best. We all want to look and feel fabulous. You may have your own ideas when it comes to aging, yet

virtually all men and women share a common desire: to maintain a healthy, vibrant and youthful outward appearance which reflects their inner self.

With cooler weather upon us, the time is right to book that procedure you have always dreamed of. Perhaps you have noticed that your lips are not as full and youthful looking as they used to be and those "laugh lines" are no longer a laughing matter. Have you dreamed of breast augmentation or breast lift? Perhaps even a tummy tuck or liposuction? Call The Cosmetic Surgery Clinic and find out what can be done.

Improved procedures, products and technology have resulted in much faster recovery times and made looking refreshed, renewed and revitalized more affordable than ever before.

Your youthful future is just a phone call away!



## Implants Create A Curvier, More Confident You

For a variety of personal reasons, from loss of volume following pregnancy and nursing, to simply



having breasts that are uneven or disproportionate to their figure – some women are dissatisfied with the size and shape of their breasts. Breast Augmentation can improve a woman's overall appearance, giving her a curvier figure and, more importantly, a boost of self-confidence in her appearance.

Dr. Shenker and his team carefully consider the types of implants available and use both silicone and saline, depending on the patient's needs and desired outcome. For more information on the options available, visit our website – [drshenker.com](http://drshenker.com)

## Refresh

It is essential to combat the damaging effects of summer sun and wind exposure. Non-surgical procedures such as Laser Photo-facial treatments and Medical Grade Skin Care Products, available at The Clinic, provide exceptional results to improve skin tone and clarity while reducing brown spots, age spots, pigmentation and roughness. These treatments are cutting-edge and have virtually no downtime. You can have your laser treatment today and be back at work tomorrow!



## Renew

Dianne Spencer RN, The Cosmetic Surgery Clinic's very experienced Nurse Injector will minimize the lines that make you look tired, angry or stressed.

Dianne injects BOTOX Cosmetic, Juvederm or one of the Teosyal products to give you a glowing, renewed look.

## Revitalize

Having children brings joy to the spirit but grief to the shape of the tummy! For many women, the effects of pregnancy on the shape and skin quality of the tummy can result in a negative body image and low self-esteem. Many patients have candidly shared with us that after childbirth they no longer felt sexy or attractive to their spouse. But don't despair! You can get rid of your "mommy tummy" that remains long after your bundle of joy has arrived.

Cosmetic Surgery can revitalize those undesirable areas of the body many women are left with after pregnancy. These stubborn areas just will not respond to diet or exercise.

The most commonly affected areas are the breasts and tummy but also include hips, waist, thighs, & buttocks.

Popular Mommy Makeover procedures requested are:



- ***Breast Lift***
- ***Breast Enlargement***
- ***Breast Reduction***
- ***Tummy Tuck***
- ***Liposuction***

After pregnancy, when diet and exercise are not enough, The Cosmetic Surgery Clinic can help get you back to feeling good about yourself again. For more information on any of these procedures visit [www.drshenker.com](http://www.drshenker.com) or call The Cosmetic Surgery Clinic for a free, no obligation consultation.

## Understanding the role of nutrition and skin health from Jane Dummer, R.D.

Good nutrition, skin health and wound healing are closely linked. Skin health and wound healing consists of cellular, molecular and biochemical events that are affected by the nutritional state of the person. It is important to assess and organize your nutritional management as part of the overall skin treatment plan.

There are specific nutrients that enhance wound healing and maintain skin health.

It is important to be in the best possible nutritional state prior to your surgery to speed up the recovery process. These tips and much more will be discussed

when we meet for your complementary pre-op nutritional assessment.

### A few tips:

Dietary carbohydrates and Vitamin C provide the fuel source and aid in the synthesis of favourable collagen formation;

High quality protein assists in cellular growth which is part of the wound healing process;

Zinc is an essential mineral involved in numerous aspects of cellular metabolism and immune function to promote healing and skin protection.

*"I very recently had a breast augmentation with Dr. Shenker and from the moment I walked into the building for my consultation, I was absolutely floored by the expertise, professionalism and personal dedication that is consistently presented by every person you come in contact with there."*

## **The Cosmetic Surgery Clinic - Thank You!**

I would like to take this opportunity to say a sincere and heartfelt thank you to all of you for your generous support toward my second **"Ride with Lance"** fundraiser. With your help, for last year's event and this year's event, in the space of only 11 short months, we raised well **over \$40,000 to support the Grand River Cancer Centre** and the cancer patients being treated there. I am incredibly proud of this achievement and you should be too.

I thank you. My patients thank you. The whole of the world of cancer care thanks you.

I look forward to having the privilege of doing this all over again next year, and I hope I can count on all of you to ride with me again!



**Dr. Robert L. Shenker**  
B.Sc.(Hons), M.Sc., M.D., F.R.C.S.C.  
Plastic Surgeon

### **Areas of Expertise Include:**

Breast Augmentation, Breast Lift, Male Breast Reduction, Tummy Tuck, Rhinoplasty, Eyelid Lift, Face Lift, Neck Lift, Liposuction

### **Non Surgical & Laser Procedures Include:**

Photo Rejuvenation, Laser Resurfacing, Skin Tightening, Sclerotherapy, Vascular & Pigment Treatment, Acne Light Therapy, Juvederm, BOTOX, Teosyal, Advanced Skin Care Products

*refresh  
renew  
revitalize*

## **The Cosmetic Surgery Clinic**

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Plastic, Cosmetic &  
Reconstructive Surgery  
Non-Surgical Revitalization

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