



TIME FOR

# change?

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I reached my fortieth birthday recently, and while that signals time for change for some—and pure denial for others—for the moment I’m happy with what I have. Beauty refinements, tweaks and upkeep are de rigueur and I’m always willing to try a new beauty regimen or treatment, but I’m not ready for a dramatic change and I have no problem admitting my age or my best beauty secret—SPF 30, 365 days a year.



NewBeauty made news at the Sundance Film Festival in Park City, Utah, with a beauty bash co-hosted by editorial advisory board member Renato Saltz, MD. Joining Dr. Saltz and myself (ABOVE) is Mitch McCabe, whose documentary, *To Whom it May Concern*, was screened at Sundance. *My Mother’s Beauty Cream* is another intriguing project in development by McCabe, whose late father was a practicing plastic surgeon for 30 years.

CHANGE SHOULD IMPROVE THE PERSON YOU ARE ON THE OUTSIDE, NOT RESULT IN SEEING A COMPLETE STRANGER IN THE MIRROR.

### Extreme makeovers

Nothing is good in extremes and that goes for beauty too: Marathon surgeries that treat multiple areas are best divided into several sessions if you really feel you must do it all. Layer upon layer of injectables may have you looking more comical than beautiful, and mixing and matching a variety of skincare may result in physical damage rather than a flawless visage.

### Crystal clear

The gap between beauty and medicine seems to get wider every day. Science is making beauty treatments and skincare more effective, but the fact is that injectables, lasers and even skin peels that were developed for use by doctors must remain in doctors’ hands.

Your beauty and medical choices are clear when you opt for FDA-approved treatments and procedures performed by a physician who’s core-trained, namely in plastic surgery, dermatology, otolaryngology or ophthalmic residency with subsequent board certification. The waters get murky when medicine is not FDA-approved, when doctors or providers at best learned their skills at a weekend seminar, or when the setting doesn’t feel as flawlessly sterile and safe as any medical office should be.

### Dying to be young

The release of the book *Dying to be Young* by Dr. Eric Kaplan is truly a story of how the human spirit can triumph in adversity. Dr. Kaplan was the victim of fake Botox poisoning in Florida in 2004. Botox, the branded drug with six FDA approvals including cosmetic applications to treat expression or frown lines, is one of the safest, most widely tested drugs available. It’s also the fastest growing cosmetic treatment and for good reason: It is highly tested and it produces good results. What happened to Dr. Kaplan and his wife is something that should never happen to any consumer, and can be avoided if you follow these simple rules, regardless of the cosmetic medical treatment you choose.

Trust your doctor explicitly with your beauty and your life. Make sure he or she is qualified. Use the NewBeauty Workbook on page 181 to help you make your choices. Demand your doctor prove the drug or device being injected or implanted into you is a U.S. FDA-approved brand. Look at the box, the bottle and the syringe. Make sure that it is written in English. Ask for the package insert. Ask for a lot number off the package and write it down. If your doctor cannot provide all of these things, don’t take the risk.