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North Shore

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Classic Beauty

Rejuvenate Yourself In A Wonderful Way

By Judy Enright



Dr. Anna Petropoulos and Aphrodite, the Greek goddess of beauty, have much in common. A board-certified Facial Plastic Surgeon, Dr. Petropoulos enhances her patients' looks. Aphrodite, whose image is the logo for Dr. Petropoulos' New England Facial and Cosmetic Surgery Center, is the epitome of classic beauty. And, while the concept of beauty has changed dramatically since Aphrodite's time, the pursuit of youthful good looks is as intense today as ever. Women—and men—of all ages seek to improve and enhance their appearance with diet, exercise, medical spa treatments—and non-invasive aesthetic medical treatments.

Like the ideals of beauty, aesthetic medicine too has undergone tremendous progress in its methodology and in the variety of treatments available. You can choose non-invasive, topical treatments, injections or skin surface refinements that are completely and safely done in a doctor's office or cosmetic surgical procedures in a hospital setting. It's your choice—and your doctor's—and largely depends on what you want treated or corrected and how much you are prepared to invest in putting your best face forward. Many treatments leave no telltale signs so you can return home or to work immediately thereafter.

Dr. Petropoulos, who is additionally board certified in Otolaryngology (Head and Neck, Ear, Nose and Throat Surgery) is a very conservative surgeon who strives to achieve rejuvenation with non-surgical treatments whenever possible. In cases where the aging process has gone too far to be alleviated with non-invasive options

alone, then surgical options are available to restore a natural youthful appearance. Dr. Petropoulos firmly believes in achieving natural results and that no one should ever look surgical. "I want people to look on the outside like they feel on the inside. I want to make people look a fresh and youthful version of themselves." Her patients' friends often ask them "Were you on vacation? You look so rested!"

Thermage and Restylane and Botox Options

A graduate of Goethe University Medical School in Frankfurt, Germany, Dr. Petropoulos performed her Residencies and Fellowships in Facial Plastic Surgery at Harvard's Massachusetts Eye and Ear Infirmary in Boston and at the University of Ottawa. Her work in Canada provided Dr. Petropoulos with extensive experience in wrinkle fillers such as Restylane and Artecoll, years before their FDA Approval here, thus making her one of the most experienced facial plastic surgeons in the



Before and after Thermage to forehead, face and neck along with eyelid lift.

Boston area with these techniques. She can offer both women and men many options to enhance their looks, and remove years from their face and skin.

The media, especially popular television daytime shows such as Oprah and Good Morning America, have spotlighted some of the latest treatments,

like Thermage, which delivers radio frequency energy to the deeper levels of the skin thus tightening lax skin or jowls. The procedure is basically a non-surgical facelift. Dr. Petropoulos is the only doctor on the North Shore currently performing the Thermage procedure and has already performed

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Before and after Botox® Treatment, filler to lips and nasolabial folds plus Environ Skin Care. Note clarity of skin tone, absence of crows feet and other lines.



Before and after facelift.

several hundred such treatments. New technological breakthroughs make Thermage a very safe procedure and Dr. Petropoulos' three-step protocol make it comfortable for the patient with usually no down time.

Alternatively you may wish to efface your laugh lines (nasolabial folds) or marionette lines with Restylane—an injectable dermal filler that restores volume and fullness and rids the skin of wrinkles in 15 minutes after a simple office visit. Restylane may also be used to erase wrinkles around the lips and to lend more definition to the lip border as well as restoring lip volume if the patient requires.

Most importantly, of course, there's Botox®, which inactivates selected offending facial muscles that generate wrinkles. According to Dr. Petropoulos, The most common Botox® treatment areas are frown and forehead lines and the "crow's feet" lines around the eyes. "The positive results of the first treatment typically last three to four months and long-term users find they only need a treatment every eight months, utilizing only fractions of doses." She said. Botox® has been used for medical purposes such as neck spasms and facial tics since 1976. She adds, "It's perfectly safe. Botox is a purified protein derivative of a toxoid. It is not a poison per se, as the media have mistakenly represented."

You would never guess that Dr. Petropoulos has one of the highest patient volumes in the Boston area for Botox® treatments, given the personalized, warm hospitality you experience in her serene office. Being of Greek descent, one could say, this is part of the way she is.

A Nurturing Environment

Trim, dark-haired and pretty, Dr. Petropoulos sets the tone of classic elegance for her practice. Her spotless office is more reminiscent of a comfortable living room than the traditionally stark and uninviting doctor's office. Statues and plants lend accents to the welcoming room whose walls are painted in calming tones of beige and decorated with Greco-Roman limited edition prints. You may relax here away from your busy day, in the comfortable leather chairs and couches and soak in the serenity and ambiance created by the soft, recessed lighting and soothing music. From the moment you walk in and are warmly greeted by Trish and Kathleen in the welcoming area, to the nurturing care you experience during your treatment, a visit to this office is as much a pampering experience as a medical appointment.

The pampering spa services provided by the Center's medical aesthetician include a full array of medically effective facials as well as permanent laser hair removal and laser facial vein treatments. You can enjoy a facial massage as you relax with a medical "Ionzyme" facial. Ultrasound and galvanic energy are used to surge Vitamin A and C into your skin at 40,000-fold concentrations that will plump up each and every skin cell, and lend the skin a more youthful turgid appearance.

Medical grade micro-dermabrasion treatments can be scheduled over your lunch hour to smooth and refine your skin. The French La Roche Posay technique of Dermaplaning along with other safe, patented peels are also available. These office procedures are followed up with medical "at-home" skin rejuvenation regimes that will continue to deliver vital nutrients to your skin and support your specific treatment plan on the molecular level—beauty does come from within!

Does she enjoy her job? "I do this because I love it. I love making my patients happy. I see all ages and all types of people. They come in and consult with me, and with a 15-minute treatment, they can look 20 years younger. It's so rewarding. They hug me and I feel like I've done a good deed because I've given men and women back their youth. People are ecstatic and that makes me ecstatic too." Her handpicked staff greets patients like old friends. "We are so lucky," Dr. Petropoulos said, "to spend our days bringing joy to people with everything we do here and also to have such a wonderful group to work with."

To learn more about the options available from the New England Facial and Cosmetic Surgery Center, visit the website at www.classicface.com or call to schedule a consultation at 978-739-9500 and listen to the educational, informative menu or speak with the delightful Trish and Kathleen. Rejuvenate yourself in a wonderful way!