



BOTOX NATION

MARK MCKENNA SHOOT'S IT STRAIGHT

944: Should people use Botox as a preventative measure during their younger years?

MM: We're seeing more women in their mid-20s coming in for Botox just for that reason. It is absolutely preventative, and the earlier you start, the better long-term indications for prevention are.

944: How does it work?

MM: Botox works by relaxing muscles and limiting your ability to make repetitive facial expressions that result in the formation of wrinkles. Because you're not making those expressions, the wrinkles don't have time to mature. However, you'll still have mobility.

944: Can you use Botox on other areas aside from the face?

MM: It's predominantly used on the face for cosmetic purposes. You can inject it around the mouth to create a pouting of the lips. You can also inject it to create a lifting of the eyebrow.

944: Can Botox be used for migraines?

MM: Yes, it can help with migraines.

944: Should men consider Botox as well?

MM: Yes. Botox offers the same benefits for men as it does for women. It smoothes fine lines and wrinkles, and is a proven preventative measure against wrinkling of the skin. As men become more concerned with their appearance, we have seen quite a spike in the number of men who are willing to go under the needle.

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Mark McKenna, MD, is a general practitioner licensed in surgery and medicine providing the most comprehensive medical weight loss solutions and cutting-edge NSA (Non-Surgical Aesthetic) procedures at Shape Wellness Medical Center in Atlanta, Georgia. He has completed advanced training in Botox and dermal fillers; one of the most current in-demand enhancing procedures. Many potential patients are familiar with the popularity of Botox, but are still unsure of how the injections work. We asked Dr. McKenna several questions that revealed how Botox can be used to provide softer features, eliminate wrinkles, subside migraines and prevent premature aging. (And a little something for the guys as well.)

944: Is Botox Cosmetic injection the best solution for wrinkles?

MARK MCKENNA: Yes. It's especially effective on the forehead and around the eyes for crow's feet.

ALMOST PERFECT

In the last decade, medical professionals have created alternative procedures to help patients achieve a flat tummy and youthful face, while reducing the risks and recovery time associated with going under the knife.

15-Minute Nose Job

This 15-minute procedure consists of injections of filler materials such as Radiesse or Restylane, which allow the physician to alter the shape of the nose, fill in gaps and achieve symmetry.

Cost: \$600 to \$1000

Recovery time: None

Results: Lasts up to 1 year

Get the procedure: Dr. Brian Howard, North Fulton Plastic Surgery

www.drbrianhoward.com

Thermage Facelift

The 30-minute process uses radioactive energy and heat to shrink collagen. As new collagen cells grow over the next six months, the result is a tighter more youthful appearance.

Cost: \$1,000 to \$5,000 per treatment

Recovery time: 3 to 7 days

Results: Lasts 5 to 10 years (takes up to one month to start seeing improvement)

Get the procedure: Dermatology Specialists of North Atlanta, PC

www.colecosmeticskinicare.com

VelaShape (Cellulite Removal)

The FDA-approved device combines infrared light, radio frequency, massage and suction to increase blood flow to the applied area, thereby reducing the appearance of cellulite.

Cost: \$500 to \$2,000

Recovery time: None

Results: Requires maintenance 3 to 4 times a year

Get the procedure: Kavali Plastic Surgery and Skin Renewal

www.drkavali.com