

# Botox Cosmetic part of 'menu' of skin care options

By Louise Rachlis  
*Citizen advertising features*

**T**here's the sunblock, moisturizers, facials, laser rejuvenation procedures, microdermabrasions, chemical peels, surgery, and there's Botox.

For beautiful skin, there's a "menu of options", says Dr. James Daniel, director of Carling Laser Clinic.

And he feels that the \$30 bottle of sunblock is just as important as any other beauty treatment.

He considers sunblock "vital", and frequently provides this to his patients in the context of other treatments. "It's one of the simplest things that is overlooked," he says. "Excess sunlight exposure is the number one contributor to skin damage and photoaging."

A practicing physician for 11 years, Dr. Daniel was recently invited to attend an educational conference in Dallas, Texas, along with 14 other Canadian doctors, recognized as Canada's top Botox Cosmetic injectors by Allergan Canada Inc., manufacturer of Botox Cosmetic.

"Allergan Inc. strives to facilitate the safe and effective use of Botox Cosmetic," say Dana Janzen, Regional Manager of Eastern Canada for Allergan Canada Inc. "In order to ensure patient outcomes are consistent, Dr. Daniel has been selected as one of a small group of Canadian physicians to facilitate workshops for physicians who are already experienced injectors. Allergan Canada recognizes Dr. Daniel as one of the leading injectors for Botox Cosmetics who adheres to our company values for optimal patient outcomes."

Botox is a very versatile product used for many things," says Dr. Daniel, who has one of the largest Botox Cosmetic practices in Eastern Ontario. "The identical product is administered for cosmetic and therapeutic uses. It's a very safe product if used properly, and it has been used safely for over 15 years, making it the number one non-surgical cosmetic treatment in North America. The cosmetic use of Botox is viewed as one of many treatment options available for improving one's appearance,

**"I enjoy the creativity of blending science with art."**

**Dr. James Daniel**  
Carling Laser Clinic

ultimately requiring the right tool for the job."  
"For instance", he says, "it is also being used preoperatively prior to surgical brow lifts and



Brow lift and treatment of wrinkles by Dr. Daniel using Botox Cosmetic

liposuction of the neck. It's changing some cosmetic surgery protocols."

Dr. Daniel emphasizes that a thorough medical consultation is essential before treatment. You shouldn't have Botox if you're pregnant, or have certain types of neuro-muscular disorders. "We're trying to maintain a very high level of care by trying to understand the patient's needs, thoroughly conveying the risks and benefits of the procedure, and then developing a treatment plan based on this knowledge."

Digital images are performed on all of his patients before treatment. "You can learn a lot as a physician by studying them carefully," he says. "Technically, injecting Botox requires an eye for detail and precise injection technique, however treatment success equally importantly hinges on understanding the patient's goals."

Demographically, he has seen a shift into a younger age base, as well as an increase in the number of male patients seeking cosmetic treatments.

"Botox is a safe and effective product when utilized for the right application," he says. "It yields subtle, tasteful and cosmetically desirable effects within a few days after treatment which takes less than five minutes and has virtually no downtime."

He trains many physicians on the use of Botox Cosmetic, and emphasizes the attention to fine facial anatomy, as well as the subtleties and nuances of injection technique.

He describes the concept of Botox parties as a huge "no-no". It's still a pharmaceutical product that must be administered in an appropriate setting with informed medical consent utilizing a properly trained physician," he says.

"I enjoy the creativity of blending science with art, and the application of Botox Cosmetic can be viewed as the creativity of blending science with art on a very unique canvas, with patient safety and satisfaction being paramount."

For information, call Carling Laser Clinic at 829-1266 or view [www.carlinglaserclinic.com](http://www.carlinglaserclinic.com).