

# Millionaireasia<sup>®</sup>

IT'S ABOUT LIVING LIFE TO THE FULLEST

**SINGAPORE**

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## Financial Crisis

*Time To Rethink The Business Models*

## You Are The Target

*Personal Security Training  
For You & Your Family*

## Health Is Wealth

*Spotlight On Medical Specialists  
& Latest Advances*

# Life At The Extreme

*Thrills & Spills Of The Volvo Ocean Race*

Some of the more popular non-invasive aesthetic procedures for skin firming and collagen building performed at Dr Yuen's clinic include:

#### **eLaser and eLight**

Combining intense pulse light (IPL) technology with radio frequency (RF) energy, these new generation skin rejuvenation treatments improve the texture and colour of the skin in a procedure that is virtually painless and has no downtime. By stimulating collagen production, this helps to rejuvenate the skin, shrink pores, remove pigmentations, spider veins and rosacea, and can even be combined with subcision to treat acne scars.

#### **Matrix IR**

Using the latest non-ablative laser with fractional technology and radiofrequency, this effectively treats scars, pores as well as lines under the eyes and around the mouth. Matrix IR, Dr Yuen said, is a fast and relatively painless procedure with no downtime.

#### **Fillers**

Hyaluronic acid is the most common non-permanent filler used in Dr Yuen's clinic – a naturally occurring skin protein that fills up grooves and depressions in the face that occur as a result of the ageing process. It can be used on the nasolabial folds (nose to mouth lines), the nasal jugal groove (groove under the eyes), the marionette lines (droopy lines at the corner of lips), and on the lips for augmentation.

#### **Botox®**

Botox works by relaxing the facial muscles, softening lines, and giving the face a rejuvenated appearance. Its effects are seen within seven days and can usually last for four to six months. It is also commonly used to contour the face by slimming down prominent jaw muscles, creating a slimmer and more feminine jawline.

#### **Mesobotox**

Microdoses of botox are injected into the mesoderm for refining pore size, lifting the face, and jawline contouring.



Since it doesn't affect muscles, patients can retain natural facial expressions without the fine skin creases.

"Typically, each laser treatment takes about 20 minutes and needs to be done once a month for three to six visits. Fillers and botox are one-off, and takes about 10 minutes to do," Dr Yuen advised.

#### **Integrated Approach To Healthcare**

As an integrated healthcare provider, Pacific Healthcare has a team of renowned medical specialists working under one roof to achieve a more holistic end-result for its treatments.

Dr Yuen, for instance, works closely with age management specialist Dr Julinda Lee for hormone profile evaluation, as some patient's acne problems may have been caused by hormonal imbalance.

A practising dermatologist for over 11 years, US-trained Dr Patricia Yuen is one of Singapore's leading skin specialists, experienced not just with aesthetic procedures but also in dermatosurgery for moles and skin cancers, and treating general dermatology conditions.

"I'm a very visual person, I have a keen eye for aesthetics, and I appreciate beautiful things. In this field, I get to use my skills to improve the way a person looks, which I find extremely satisfying. As we all know, perfection is impossible, so it drives me all the more harder." ■

For more information on Dr Patricia Yuen's services, please call **+65 6838 5015** or email **contact@millionaireasia.com**



# Flawless Skin

## Made A Reality

If the eyes are the mirrors to our soul, then the face itself must be the delicate frame that holds everything together. *MillionaireAsia's Joann Chia* gets skincare tips from consultant dermatologist Dr Patricia Yuen.

Spits and blemishes were some of the common skin problems that plagued us in our growing up years (with the exception of the lucky few blessed with glorious good genes). And just when we thought that bad skin has become a thing of the past, we are, yet again, afflicted with a fresh set of dermatological concerns.

Wrinkles and fine lines, enlarged pores, scars, deep groove lines, and pigmentation are just some of the many skin problems faced by those in their 40s onwards, a result of ageing and sun exposure – the two main factors for extrinsic skin conditions.

“The sun causes free radical damage which can affect collagen production. In Asian women, sun exposure accentuates pigmentation problems that are caused by hormonal imbalances during pregnancy and menopause,” said Dr Patricia Yuen, consultant dermatologist at the Pacific Healthcare Specialist Centre.

While skin problems may pale in comparison to other more serious life-threatening medical conditions, research has shown that good skin helps lift one’s self-confidence.

“Beauty is not only skin deep. It is about feeling confident, happy and at peace.” Dr Yuen said, adding that prevention is better than cure and using medical grade skincare products containing antioxidants will help to retard the ageing process.

Dr Yuen is also a big advocate of daily sun block usage, not merely for those doing sports or spending time outdoors (SPF 60), but also for office-goers with minimal sun exposure (SPF 30). “It’s easier to maintain good skin than to restore bad skin.”

### Treating Problem Skin

Conscientious maintenance aside, sun-damaged, ageing and problem skin can be treated using an array of non-invasive cosmetic dermatology procedures. The best part of it is that these procedures allow patients to subtly enhance or alter their features with little or no downtime, no cuts, and no unpleasant surprises.