

**DR PATRICIA YUEN**

'THERE IS NO POINT IN HAVING A FACE-LIFT IF YOU HAVE UNDERLYING BAD SKIN'



**D**r Patricia Yuen, 39, has been a dermatologist for eight years. She has a Bachelor of Arts from Brown University and an MD from the Boston University School of Medicine.

She is registered as a consultant dermatologist with the Singapore Medical Council's Specialist Accreditation Board and practises at Pacific Healthcare Specialist Centre at the Paragon.

Her clinical interest is in cosmetic dermatology. This involves treating acne scars, pigmentation, wrinkles, enlarged pores and spider veins, as well as skin tightening and face lifting procedures using lasers and radio-frequency machines. She is single.

**Which has been your proudest moment on the job?**

Whenever patients are so pleased with what I have done that they bring their entire family to see me. I have treated three generations of a family as well as their extended families.

**Anyone who says "looks don't matter" is...**

...entitled to his own opinion.

**Would you rather receive a compliment about your looks, or your patient's?**

My patient's. I'm in the business of making people look beautiful. When they receive a compliment, it helps to reassure me that I'm doing my job.

**What has been your favourite compliment?**

How shocked and amazed a patient's girlfriend was after seeing how much smoother and firmer his skin was.

**The biggest misconception about my job is...**

...that it is just about beauty, and not real medicine. Dermatologists are specialists trained in how the skin functions in both healthy and diseased states. Having a firm understanding of that is important in determining how to improve the aesthetics of the skin.

**The biggest occupational hazard is...**

inhaling surgical smoke plumes from laser and electrosurgical procedures when tissues get cauterised. The smoke may have a carcinogenic effect.

**If you weren't a dermatologist, you would have been...**

...an architect. I love to create, appreciate and enjoy beautiful things. I have a keen

eye in aesthetics in many aspects of my life, be it my home, clinic, restaurants (she is an executive director of food and beverage company, The Marmalade Group) and the clothes I wear.

**How great is the pressure of having to look good yourself?**

I make sure that my skin looks healthy, radiant and blemish-free. As a skin specialist, it is always the first thing a patient looks at when he talks to me. But I think I am lucky, because I have all the help I need right at my fingertips.

**What procedures have you tried yourself?**

I love the eLight and eLaser, which I do for myself every few months to keep my pores tight, pigmentation at bay and my skin looking smooth and radiant. I also do Botox on myself, for my frown lines and vitamintopheris for its anti-ageing effect.

I also use a new machine to tighten the skin under my eyes so I don't look too tired, and have tried using Thermage to give my jawline more definition.

**In the future, what do you see yourself getting?**

Any new treatment that can get rid of fat without the need for needles like in mesotherapy - ouch.

**If you weren't able to carry out the procedure yourself, who would you trust to carry it out?**

Any of the three plastic surgeons that I work with - Dr Martin Huang, Dr Andrew Khoo and Dr Andrew Tay.

**What is the weirdest request you've had from a patient?**

One wanted to lighten the colour of her nipples. She said that they got really dark after breast feeding.

**What advice would you give to someone who wants to age gracefully, yet still look as good as she possibly can?**

The most important thing you can do is take care of your skin. There is no point in having a face-lift if you have underlying bad skin. By using appropriate skincare products, which should include an exfoliant, pigment control and anti-ageing products, you can control the way your skin looks.

**Beauty is only skin deep. Agree?**

No, you have to be happy to emanate beauty. Not all beautiful people are happy, but most happy people feel beautiful.