

Newslinks for the week of November 26th:

13WHAM-TV – Rochester, NY

Beware Black Market Botox – November 27, 2007



This is the real thing.

(Liz Bonis) -- Botox injections are the number one non-surgical cosmetic procedure in the world. As the demand for the popular wrinkle reducer goes up, so does the supply of black-market Botox.

Facial Plastic Surgeon Dr. Mark Mandell-Brown said, "There is Black-Market Botox, and periodically it gets on the market and you get some bad side effects."

He cites a recent case in Florida where Botox intended for animal research was used in human patients.

"It was about 1,000 times more potent than the human form of Botox. Four people ended up on ventilators, because not only did [the drug] relax or paralyze the muscles in the face, [it] paralyzed the respiratory muscles and [the patients] ended up being in the ICU for three or four days," he said.

Mandell-Brown set out to learn more about the odds of something like that happening again. He sent out a survey about to 500 [physician](#) offices nationwide about their standards when using Botox, and presented the answers at a World Congress sponsored by the American Academy of Cosmetic Surgery.

He got more than 100 responses and found there were very few standard answers.

He suggests patients considering getting Botox injections ask at least these three questions:

1. *Who is the Botox supplier?* Allergan is the only legitimate supplier in the United States. The label should display a special hologram.
2. *How is your doctor using Botox?* The FDA approves its use to reduce the furrowed brow lines, but many physicians also use it to stop everything from excessive sweating to [migraine headaches](#).
3. *How is the Botox stored?* Once mixed it should be used within four hours.



Consider the wrinkles in Botox

When used appropriately, it can give a lift to self-image, but there are risks.

By Dr. Tedd Mitchell – December 2, 2007

For Father's Day this year, my wife had all of our family videos transferred to DVD (a great gift idea, by the way). We spent that evening strolling down memory lane with our kids.

The journey revealed not only my children's rapid growth, but also a few signs of aging in ol' Dad, including a few wrinkles around the eyes. Subtle, for sure, but visible nonetheless. Don't get me wrong -- I feel great, exercise regularly and don't consider myself old by any means. It's just that in spite of efforts to keep our skin young, time takes its toll.

So what do we do? Our parents didn't worry much about it -- they just "aged gracefully." But don't expect that from us. We're the baby boomers and Generation X. We're going to fight this aging process tooth and nail. We want to look young and feel young, and that includes our skin. In an effort to do so, we've developed what amounts to a dermatologic arsenal over the past generation.

One of the most popular weapons has become Botox. I'll admit that the first time I heard about Botox treatment for wrinkles, I was a little incredulous. As a physician, the thought of injecting the bacterial toxin responsible for a potentially fatal type of food poisoning into facial muscles in order to paralyze them and look younger seemed -- well, let's just say, a tad narcissistic. Years later, my opinion has changed. No, I've never had Botox. But I've seen the lift it gives self-image when used appropriately in properly selected patients. The Food and Drug Administration first gave the go-ahead for Botox to be used in treating wrinkles in 2002. Since then, it has become the fastest-growing cosmetic procedure in the country. Here's how it works:

Not only is Botox expensive, but it's also a medical treatment with potential complications.



Toxin from the bacteria *Clostridium botulinum* is injected directly into muscles underlying the skin in different facial areas, paralyzing them. Once it takes effect, the muscles become incapable of contracting, making the overlying skin appear

smoother. This paralysis, however, is not permanent. Over time, the muscles regain their tone, which means the wrinkles reappear. The cosmetic effect can last for several months, after which time treatment needs to be repeated. The FDA recommends that Botox be given no more frequently than every three months. Who's an ideal candidate for Botox? It's approved for use in people ages 18 to 65. But those interested in getting Botox need to do their homework. Not only is it expensive (a single injection is several hundred dollars), but it is also a medical treatment with potential complications (which means those popular "Botox parties" are a definite no-no).

Problems range from mild (eyelid droop) to major (botulism, which can cause paralysis of arms, legs and even diaphragm). Cosmetic therapies for treating wrinkles can help improve a person's outlook on life. In my practice, this can make the right person more receptive to recommendations on exercise and good nutrition, which I believe has to do with the old adage that if you look good, you feel good. Making sure you understand the pros and cons of Botox is, therefore, imperative for those of you who want your stroll down memory lane to be more wrinkle-free.



Better Than Botox?

The New "Yoga Face Workout" Claims It Can Smooth Wrinkles And Lift Jowls

New York, Nov. 27, 2007

(CBS) A dozen sophisticated New York men and women are sitting together in a room, their bodies relaxed onto the floor, legs akimbo. Their cheeks are full of air, making them look like a lost school of pufferfish. Then they blow out the air and pucker their lips, as though they're imitating someone who has had too much collagen pumped into her lips. Which, in an odd way, is the whole point of their exercises.

The "Yoga Face" work out is for people who want to maintain a youthful visage without resorting to nips, tucks and injections. Pursing your lips - called the "Marilyn Monroe" because it looks like blowing a kiss - increases blood flow and encourages the growth of collagen, the substance that many misguided actresses have "plumped" their lips with (though most of those lips look tragic, not pillowy).

Annelise Hagen, a yoga instructor and author of "The Yoga Face," visited **The Early Show** to demonstrate some of the facial "poses" she puts her classes through.

Hagen explained the reasoning behind her class. "A lot of my clients were physically fit below the neck but resorting to invasive procedures to get their faces to look young, and I thought, that's not in the spirit of yoga. Let's tweak yoga and get people to look younger in their face."

Hagen says the results are myriad: "Skin tone improves. The firmness and elasticity, because you're doing contractions, so you're getting more tone, more lift, and rosier skin."

Several problems can be resolved with her work-out, she says. "Double chins are really easy to fix with this method and any kind of jowliness. You can get rid of wrinkle lines" if you follow her plan "a few minutes a day. Do it when you do your moisturizer and you'll see a difference."

The "Lion face" requires the student to open the mouth wide and stick out the tongue as far as possible -

and hold it for 60 seconds. "Scrunch and tighten and compress all your muscles on an inhale. When you exhale, stick out your tongue and go 'ahh'." This move tightens the jaw.

For "the Satchmo," the student fills one cheek with air, then shifts it to the other side of the face. The "Marilyn" exercise is about blowing kisses: "This is like collagen for the lips," said Hagen.

And "Surprise Me" is a "great exercise for the forehead," she said; the student should look "very surprised. Lift and release and then hold it down with your fingertips. You have to use your hands. And press down and keep lifting."

Hagen predicts that results can be seen within the first few weeks.