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Who is God?

By Dr. Ihab Matta



In the last issue of Revive, I touched on a few ideas about spirituality. I'm going to take this opportunity to expand on the previous discussion and share some ideas with you. One of the advantages of seeing thousands of different patients over the years is the ability to interact with them and learn about their own ideologies/ belief systems and spiritual thoughts. One of the things I've loved about medicine over the last 20 years is that there is rarely a right answer when dealing with a complex medical situation, so it's the process of figuring out the most appropriate answer for the patient that sparks my interest. The same principal applies to spirituality...there is no right answer. Or if there is, I haven't figured it out yet. Many people might think that their answer is the right one, but as I've learned over the years, when there are multiple answers, then none of them is exclusively right.

Some people wonder why I'm even spending time writing this article. They might argue that people already have their beliefs and religions and writing this article is just a waste of time. Those are the same people that do not understand the joy of debate. When I say "debate" I do not mean an argument in which I'm trying to change your mind. On the contrary, it's more of an exchange of ideas and growing into what is right for you. Many of us are born into a specific religion as passed on to us by our parents. How many people would choose the religion that they belong to if they were born into another? How many people born into Christianity feel the need to convert to Judaism? Would a Muslim person choose

Islam if they were born into a Jewish home? How many people have actually given serious thought to their belief system and decided that it is truly right for them? These ideas and thoughts are shared by many of my patients over the last two decades.

Many people are closed to an academic discussion of their belief system. They feel that even questioning the ideology is blasphemous. I don't think God would ever get angry at somebody questioning man's rules on earth. Christ didn't even get mad at doubting Thomas when he wanted to see the nail marks on His hands. If Christ wasn't angry at Thomas for questioning something so obviously true in front of his eyes, why do we think God would get angry at us questioning man's claim that they have the sole ability to be God's intercessionary on earth?

When I was in Egypt last year, which I recommend to everybody, we learned about the history of many of the pharaohs. One story that interested me was Akhenaton (King Tut's dad) and his desire to make Egypt a monotheistic (meaning worshipping one God instead of multiple gods) country. The priests weren't happy about it, but were willing to go along until Akhenaton also mentioned that he did not believe that we needed an intercessionary to communicate with God, and that all of humankind could talk to God equally without a priest needing to be the "broker". Suffice it to say Akhenaton was killed; the priests did not want to lose power. I am not suggesting that all priesthoods over all of man's history have been power mongerers, I simply suggest that people read the history of their churches, synagogues, mosques and temples to truly understand what they believe in.

For those that get comfort in a dogma-based religion, where they know the specif-

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Q & A with Sharon Edgley

Sharon Edgley is an experienced Aesthetician with Certification in Advanced Aesthetics as well as Laser Technologies. She is the clinic manager of Evolution Laser and Rejuvenation Center in Scarborough working under the medical direction of Dr. Tim Sproule, Plastic Surgeon and is a trainer for Cutera Canada Division. For more information please visit www.evolutionlaser.ca or email your question to askanexpert@revivemagazine.ca

Q: I have been waxing and shaving my legs for years now and have considered trying laser hair removal but wanted to know if it is permanent and also if there are any side effects from laser?

A: Laser hair removal has become "the way to go" and is a very effective modality to consider if you're tired of constantly spending money waxing, frustrated at the extra time you spend shaving regularly or suffer from painful ingrown hairs.

Our clients both male and female report that laser hair removal has increased their confidence and changed their lives. It should be noted that laser hair removal is not a one time only treatment and multiple sessions are required to achieve an optimal result.

We at Evolution take the up most care to avoid any side effects but there is a risk with all laser technology to cause a burn or pigment change therefore it's imperative that you research a provider that you are able to talk to personally, ask lots of questions including the type of device they use as well as the experience of the technician.

Q: I'm 45 years old and have recently been through some stress that has obviously taken its toll on my face as everyone I see tells me how tired I look and to be honest, I'm sick of hearing it! I've always taken good care of my skin and

bought every cream out there, nothing is working. I realize I could have surgery but I can't afford the time off work and I'm a little frightened of doing that so I wondered if there was anything else I could do?

A: This is a common question and I can offer you a solution that really does work! At Evolution we use a state of the art laser by Cutera and have a unique capability to treat you with a 3D rejuvenation process.

3D rejuvenation includes multiple components of the laser being used to address the various issues with your skin. First let's talk about Titan. Titan is infrared technology that when delivered, travels deep into the collagen layers of the skin causing a contraction of this layer which speeds up the production of collagen thus tightening your skin. Then we can remove your sunspots as well as any diffused redness and again kick start your elastin and collagen production with "Limelight". After that we have the capability of improving fine lines and scars while reducing your pores with "Genesis."

Many of my clients have undergone all three of these in one session or split them up into bi-weekly appointments and all have experienced revitalizing / refreshing results and consider themselves to have had a non surgical facelift.

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ic rules and regulations, then they are best continuing with what works for them. For those who have questioned their religions, and tried to truly understand why man has control on who gets into heaven and who doesn't, then you're not alone. As I said in the previous article, humans are spiritual animals and the quest for God and communication with God will go on long after this

article has been recycled. I look forward to sharing many other thoughts with our readers over the next few issues.

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For more information or
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Why you need to go to a Qualified Provider

By Dr. Ihab Matta



I often have patients ask why my prices are different than the local spa down the road. Why should they pay \$10 or \$12 per unit of Botox in my office rather than pay 7 or 8 dollars elsewhere?

What distinguishes someone who charges 500 or 600 dollars for a syringe of Restylane/Juvederm from someone who charges \$350? Why pay \$150 for laser hair removal when the local hair salon does it for \$50?

There are many reasons you pay more at a qualified, accredited physician's office rather than a Botox or Restylane party. One of the most important reasons is the experience of the injector. Doctors, who charge more typically have more experience, attend continuing medical education, train other physicians etc...You cannot put a dollar value on experience. The majority of problems that occur from injectables happen in the hands of those who do not do a lot of injections. Thankfully, the College of Physicians and Surgeons of Ontario is taking steps to make sure that doctors who inject are qualified, but up until recently, not every injector was properly trained. As well, many injectors are not physicians at all. They may not have a good grasp of anatomy, sensitive structures in the face or how to deal with a potential complication. I will present a couple of cases at the end of the article on patients who were treated by unqualified personnel and had significant problems from it.

Another reason one physician may charge more than another is skill and

artistry. You might not realize it as a patient, but creative skill and an esthetic eye are crucial to do a great job. People think Botox or Restylane are point-and-shoot. It is absolutely crucial where the doctor injects the Botox or filler and I have seen many patients treated by others who do not have an esthetically appealing result because the injector just "didn't get it". When I train other doctors, they often ask me where to inject (this is much more important for hyaluronic acid fillers such as Restylane or Juvederm but still important for Botox), while there are general guidelines, each face is different and one has to be able to look at a patient's face and see what would result in the most pleasing placement of the product.

Qualified injectors also give you what you pay for. There have been stories of counterfeit product being injected into patients. Many of us have heard of these horror stories from abroad, but don't expect or believe that happens in Canada. It is not something that is talked about often, but it exists. It can be something simple like being charged for 10 units of Botox but they only gave the patient 5. Or it can be something more serious such as bringing in product from another country which may not have the same rigorous certification that we require in Canada.

Qualified providers also ensure that your treatment is provided in the safest manner possible. Whether it is properly sanitizing the area, or ensuring resuscitation equipment in case of a crisis, this is crucial to patient safety and is expected as a minimum requirement in all top offices.

I will present two cases of patients who went to non qualified providers. The first is a patient who went to a "Botox party" and

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had Restylane (or what she believed was Restylane) injected under her eyes, in her eyelid area. She was told that it was a nurse that administered the treatment and states that the box she saw clearly said Restylane (this unfortunately isn't always accurate since reproduction techniques are very advanced these days). She presented to my office two weeks later hoping I could correct the swelling under her eyes. She was embarrassed to leave the house and at the beginning she could barely open her eyes. She came to my office regularly for four sessions for hyaluronidase treatment. She did have a good result, although we still need to wait for time to get rid of the last bit of product. Below are before and after pictures.



Left Photo: 2 weeks after Restylane injection with a none qualified injector.

Right Photo: After 4 treatments to breakdown the product with a qualified injector.

The second patient went to a local laser hair removal clinic which provided laser hair removal. Many patients are surprised to learn that anybody can buy a laser hair removal machine. While some people are highly educated in laser hair removal physics, many are not and they simply take a 4 hour course on how to use their machine. As a brown skinned individual she was more susceptible to burning and any qualified provider would know this and understand the increased risk. Unfortunately, the salon that she went to treated her whole legs, back and front from bikini to ankle and permanently burned her. In situations where skin is burned, there is often not a lot we can do to fix it. Below you will see the residual hyper pigmentation on her legs.

Common problems that can occur include drooping of the eyelid or eyebrow from Botox, or an asymmetric smile that can

make a patient look like they had a mini stroke. Risks associated with hyaluronic acid fillers such as Restylane or Juvederm



Common problems that can occur if you go to an unqualified injector.



include inadvertently injecting into a blood vessel with subsequent ulceration of skin or causing numbness by injecting in the area of a nerve. We've all seen pictures of people who have had "too much" done, lips that are too big or cheeks that look like a chipmunk. The biggest risk with lasers or photo facials is the risk of burning, which can result in permanent hyper pigmentation in some people. It is important to understand that Botox, fillers, laser treatment and most other cosmetic procedures done these days are medical procedures and have a small amount of risk associated with them. The job of a qualified provider is to deliver optimal results with minimal risk.