

ezyhealth & beauty



Fresh

start to the
New Year!
Exhilarating
facial treatments

JERSON UY

GM, ASIA GILLETTE
(ex-Greater China)

**Grooming
us all the
way**

Good Grooming Special

Free yourself from body odours

Body hair no more!

Essential tips for grooming & make-up

Perfect shave for men

**NAIL
PROBLEMS?**
**It could be
onychomycosis**

**Find the
connection**
Women &
exercise!



**CERVICAL
CANCER**
A survivor
tells her story
See page 26

**HIP
FRACTURES**
What
families
can do

Our hands are perhaps one of the most important features in our body as we use them 24 hours a day. We use our hands to touch, to feel, to express ourselves as we speak – and practically for all our daily activities. They are one of the most exposed parts of our body – and they are the huge giveaway of one's age.

Dr Marco Faria Correa, a plastic surgeon who practices at the Gleneagles & East Shore Medical Centres, said that "there has been an increase of ladies and even men coming in for hands rejuvenation over the past months, from each case we do there are two or three friends coming asking for the same." Ladies these days do not only come in to get their face lifted and body contoured but more and more are precise with details like how wrinkled and old their hands look despite how many tubes of hand creams used.

When we are born, our hands (mainly our dorsum) are soft, smooth and spongy. As we grow older and with increased usage of our hands, the hands starts to lose its subcutaneous fatty tissue, thus making the hands looks very bony and flabby. Sometimes veins and tendons become very visible.

Treatment using fillers

According to Dr Marco, the two main complaints of most patients are loss of fullness of the dorsum and old skin with ageing spots on the hands. To treat the skeletal dorsum of the hands, different types of fillers can be used. Temporary fillers are one type, which last up to three to six months. There will be many injections to be done, as each syringe is only 1 cc, thus making the area more bruised. These commercial fillers are expensive as compared to using own body fat, and they also have potential side effects.

The patient's fat is the best filler to use. Fat is grafted to fill up the empty space in between the tendon and to cover the veins. Once injected, the area becomes fuller instantly and regains its youthful appearance. This is what is calling micro fat filling.

Fat can be harvested from areas like inner thighs, inner knees or arms. It is collected via liposuction under a very low pressure, preferably done manually with a small cannula and syringe, and straight away it is grafted into the skeletal dorsum area with the aid of a microcannula. As fat is a living cell, harvesting it using high pressure machines like LASER Liposuction, Vaser or Ultrasound liposuction that melt the fat will have a very high chance of destroying the fat cells viability, hence a much smaller percentage of fat will stay.

Around 20 to 30 cc of fat is grafted into the subcutaneous layer of each dorsum of the hands with a small incision using a very small tiny 2mm cannula. According to Dr Marco, usually up to 50 per cent of the injected fat graft will stay forever and the rest will be absorbed by the body. The grafted fat will cover the bony area where tendons and veins are visible.

For some, there is no need to repeat this procedure after one treatment. However, there are some who needs to repeat this procedure at least two

to three times over a period of four to six months interval per stage. This kind of procedure can be done under local anesthesia as a quick fix and takes around an hour. The surgery is safe and results are very predictable. There is minimal swelling seen and stitches are usually removed two to three days time.

In some selective cases, the fat can be injected to the fingers. The doctor must be very experienced with microsurgery to be able to preserve nerves and do not compromise the blood supply of the fingers. This is not a common procedure.

Treating age spots

The second complaint of most patients is the problem of ageing spots. These include ageing spots, white spots and patchy pigmentation, which are all due to the damage of our melanocytes in our body because of sun exposure. Using lightening cream and sunblocks are usually the first line of treatment.

Chemical peels, laser and intense pulsed light (IPL) machines can be used to treat darker spots that cannot be improved with lightening cream. Microdermabrasion, hand scrub and mask, and investing in a good hand cream will help improve the skin texture. ♥

Special thanks to Dr Marco Faria Correa for providing information for this article.

**Hands
looking
good**

**Maintaining our hands
as we age**

By Una Loh