

# Non-surgical facial rejuvenation?

Facial contouring can be achieved by using a new generation of soft tissue fillers.

**T**hese materials can give you a younger, more rested appearance, enhancing your existing features - defying age and gravity.

## HOW DO I PICK WHICH FILLER TO USE?

New soft tissue fillers have proven to be safe and versatile. The basic choice for you is whether you want a short-term or longer term enhancement. Short-term fillers typically provide just a few months of augmentation. New, longer-term products may provide enhancement for a year or more.

**Radiesse**  
Radiesse (previously known as Radiance ) is one of the longest-lasting injectable implants. Because of its components and duration, Radiesse is more aptly referred to as an implant rather than a filler. It is used for soft tissue augmentation in the correction of deep facial folds and creases and restoration of volume loss in hollow facial areas.

The tiny microspheres provide scaffolding into which the body's own tissue can grow and maintain the implant in place. Radiesse has proven to be a very versatile facial contouring product and has demonstrated durable augmentation in areas such as chin and cheek where a larger volume is required. It maintains a soft, natural feel and takes on the characteristics of the surrounding skin tissue.

Radiesse consists of calcium hydroxylapatite microspheres suspended in gel (carboxymethylcellulose). Because calcium hydroxylapatite is a normal constituent of bone, it should not elicit a chronic inflammatory or immune response.

Additionally, Radiesse does not require allergy testing. Radiesse is a safe, effective and non-surgical treatment, which provides immediate smoothing out of wrinkles and most scars.

Lasting an average of 12 to 15 months, Radiesse has superior longevity in comparison to other dermal filler substances used today. Recovery time after Radiesse injection is minimal. The most common complications are temporary redness and bruising. It is our opinion that Radiesse

not be used in the lips, due to the potential for lumps when used in that area.

**Sculptra**  
When it comes to filling out larger areas of the face, such as the cheeks or around the chin and jaw line, typically a large amount of filler needs to be used.

Sculptra is a safe, synthetic, biocompatible material that is used to correct depressions and surface irregularities in the skin that are more severe. It is made of poly-L-lactic acid, which is a well-known material that has been used in medical products for more than 20 years.

Use of Sculptra in the upper cheek can stretch and tighten sagging cheeks. The hollow areas under the eyes, skin creases, wrinkles, depressions and folds can all be treated and improved with Sculptra. The severe depressions of the face due to HIV disease or heredity are ideal for Sculptra. Sculptra is not used in the lips.

A topical anesthetic cream is applied to the face for thirty minutes. Sculptra is injected below the surface of the skin into the areas that are undergoing treatment. Over the next few weeks, Sculptra stimulates the production of your own new collagen. It is this new collagen that ultimately produces the long term improvement in the appearance of the skin. The results take about a month to see and last about two years. Generally, two or three treatment sessions every four to six weeks are required to obtain the optimum result. This gradual improvement in contour produces a natural, healthy appearance. Minimal swelling and bruising typically occur with this treatment. Most people can return to their normal activities immediately after leaving the office.

For fuller lips and fine lines, Restylane is still the filler of choice. Restylane is Hyaluronic acid, which is naturally present in our own bodies. It does not require allergy testing and is an easy, quick method of rejuvenating the face. Restylane typically lasts six to eight months.

Discuss your options with your dermatologist to determine how facial contouring could enhance your appearance and select the best treatment to create the youthful look you want. For more information, contact Dr. R. Kurt Lofgren or Teresa McMillin, PA-C at Cosmetic Dermatology Associates, 422-7815. ■

# Community celebrates the opening of South Pavilion

The attendance of more than 600 people at the Oct. 11 ribbon-cutting of the new South Pavilion at Community Hospital of the Monterey Peninsula is a testament to the community's interest and involvement in the hospital's future.

**P**erhaps even more telling, however, is the \$24 million donated by the local community — among them, residents, hospital volunteers, physicians, and employees — toward the realization of the entire \$170-million Pavilions Project, which includes the South Pavilion, Forest Pavilion (120 new patient rooms; scheduled to open in the coming months), the parking garage, and utility bunker.

"We know there are significant numbers of people in the community who feel a real ownership; it's their hospital, and they want to be a part of investing in its future," says chief development officer Albert Alvarez. "We asked the community to stretch and give us \$20 million. They gave us \$24 million."

This community has a history of putting its money where its heart is.

And part of that passion rests with the hospital's new South Pavilion, boasting a new Emergency department, an expanded Intensive Care Unit, and eight new high-tech operating suites, all of which are open now for service.

The new Emergency department, which is four times the size of its former self, is designed to accommodate between 48,000 and 55,000 patients, replacing a 1962 design built to serve a mere 12,000. The new South Pavilion now houses all critical-care departments, effectively centralizing critical-care facilities and related services, with room to grow.

The main level of the new Emergency department includes a Clinical Decision Unit, an expanded Express Care Clinic, and additional support areas, all equipped with state-of-the-art technology and equipment. The expansive new Emergency department features 20 new patient rooms, three express care rooms, and an expansive waiting area with spaces designated for children and for private conversation.

Upstairs, two of the eight new surgery suites are designated for orthopedic and neurological surgery, two are specifically equipped for cardiovascular surgery (including open-heart surgery, which will be offered in the coming months), and the other four are for general surgery.

Working with Skytron/John Cudia & Associates, the hospital installed overhead Skytron booms in each operating room that house the cables and wires providing gases and electrical services, as well as data and video services, which now come down through the ceiling and out through the boom. In place of the traditional carts and cables and wires snaking across

the room, the boom is, essentially, a shelf on which staff can set up and retrieve equipment, keeping the floor clear. This creates quicker turn-around in the operating room, improving staff safety and the efficiency of patient services.

The South Pavilion also houses an expanded Intensive Care Unit, each of whose 20 patient rooms opens to a garden view.

Directly below the original Emergency department, on the Garden level, the new Emergency department is accessed through the parking structure. Since more than 50 percent of all patients enter the hospital through the Emergency department and end up staying overnight, this enables people to drive right up to the entrance, deliver their patient to emergency personnel, and then park the car.

The Terrace level, also known as the "back of the house," supports the expansive new loading dock and a spaghetti system of underground utilities essential to hospital operation. Just outside the building, a 6,000-square foot mechanical bunker was built behind a landscaped berm, which houses cooling towers and emergency generators.

By the end of the year, the hospital hopes to open the other half of the Pavilions

Project, the Forest Pavilion. More than 40 years ago, Community Hospital became one of the first hospitals in the country to offer private rooms to all patients. Today, the hospital remains a leader in providing state-of-the-art hospital rooms, and now, more of them.

Built in a wooded setting off the main Fountain Court, the Forest Pavilion is a tri-level structure built in two wings that frame a spectacular oasis of terraced foliage and a waterfall, tumbling down a craggy slope to a pond that meanders around the building. To all who visit, it is known as the "Healing Garden."

The 100,000 square-foot addition houses 120 new patient rooms which, after a number of older rooms are renovated, will contribute to a total of 250 private, acute-care rooms in the hospital.

Through the Pavilions Project, what was a 317,500-square-foot hospital has become a 515,000 square-foot facility, effectively increasing the size and scope of the hospital by 62 percent. The project, which began with plans more than a decade ago, supports the hospital's ongoing mission to meet the changing healthcare needs of the community at present and into the future.

"One of our driving principles is if we can't do something well, we don't want to do it at all," says Steven Packer, MD, President/CEO of Community Hospital. "Our vision now is driven by the reality that our community's needs had outgrown the building. And we knew, in expanding the facility to include the South and Forest pavilions, that we could meet their needs this year and next year and over the next few decades. And that we could do it well." ■