



SILKWOOD
M E D I C A L
natural-looking beauty

NEWSLETTER - December 2010

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Dr Warwick Nettle

Merry Christmas from the team
at Silkwood Medical



GREETINGS FROM DR NETTLE

Just like you, we are always busy here at Silkwood Medical and this year has been no different. We have met many new patients and have welcomed our very regular friends back again. The variety of conferences, medical conventions and Dr Norris' volunteer works have made 2010 another eventful year.

In short, another year is coming to a close. Our office will be closed from December 22nd to January 10th.

Until we see you again, from all the team, we wish you and your family a happy and joyful Christmas and a safe and prosperous 2011.



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UPDATE SAMOA

Dr Benjamin Norris - MBChB, MMed(ClinEpi), FRACS

The 29th of September 2010 marked the first anniversary of the tsunami which devastated the south coast of the main island of Samoa. Following that disaster, Dr Norris was asked by DFAT to travel to Apia to assist in the treatment of villagers severely injured in the disaster, as part of a multi-national relief effort which is ongoing today. Medical services in Samoa have had to cope with the routine day-to-day activities and pathologies as well as the medical problems and results of trauma stemming from the original injuries. This has of course depleted many of the resources in that small nation.

Although Dr Norris was unable to visit Samoa around the one year anniversary, he did arrange for two children to be transferred to New Zealand and Australia for more specialised treatment of their injuries. Also in the past year, two patients have been treated electively in Sydney and Melbourne through his efforts. Both patients had large facial tumours which were not appropriate for treatment in Samoa. The patient treated in Sydney was organised privately and with the assistance of the Westmead Public Hospital and the Samoan government. Dr Norris would like to take the opportunity to thank in particular Dr Gary Morgan, a head and neck surgeon at Westmead Hospital, who was actively involved in the Sydney patient's care. A 10-year-old girl travelled to Melbourne under the auspices of the Children's First Charity and has now completed her treatment successfully and returned to Samoa. Happily, both patients are now thriving

On another note, there has been a slow rebuilding of the major resort that lined the south coast of the main island of Samoa that were obliterated by the Tsunami. This is a much needed boost to the country's tourism income.

For further information or to donate to Interplast

please see www.interplast.com.au



surgery in Samoa



Pre surgery

Post surgery

Samoa will continue to provide challenges to Dr Norris and his team who travel there regularly as part of local charity Interplast, as volunteers supporting those less fortunate patients who cannot access the medical system in Australia. The Pacific Island countries have a very small surgical workforce and there is only one fully qualified plastic surgeon in the region.



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SILKWOOD SPOTLIGHT



What makes Silkwood Medical different?

Experience. I established my first practice 16 years ago with the goal of giving my patients a

Dr Warwick Nettle - MBBS FRACS

natural-looking result. I think that if someone wants to improve their looks, they should have options that leave them looking like a younger, rested version of themselves.

Why do you think the demand for cosmetic procedures has increased?

For women, the urge to appear youthful and desirable is biological and deeply instinctive. After all, beauty is power. Most of my patients want correction of a feature that is different or just to roll back the years a little. Most are having features altered to fit in with the norm: if we happen to help them look better than the norm there are no complaints.

What is the most common question asked of you?

How much younger am I going to look?

AFRAID OF SPIDERS?

Marilyn Cassetta — BSc N, CPSN, RN

The truth about spider veins is that they are like miniature varicose veins: the smallest of the capillaries that often dilate, or widen, to become annoying pinkish-purple splotches or starbursts that catch your eye whether they are on your face or legs.

What factors contribute to “the perfect storm” causing spider veins?

- Heredity is the prime culprit;
- Hormonal: puberty, using birth control pills, a pregnancy, or even post-menopausal HRT that contributes to an increase in estrogen levels can give those annoying little vessels a jump-start.
- Standing most of the day - they start appearing in your late 20's or 30's.
- Extra kilos that creep up as we age, burdening gravity with a greater uphill battle of getting the blood in your vessels back up to your heart.

Can we prevent spider veins? Well yes, but no, but yes...maintain a healthy weight; keep your leg muscles fit and toned, as strong skeletal muscles help to “pump” the blood back up to your heart; wear lycra-infused stockings for extra support, especially, if you must stand for long periods each day; and many, many experts suggest not to cross your legs at the knees.

So what's up if they are already there? There are several types of vascular lasers and intense-pulsed lights that can address spider veins, however, sclerotherapy appears to still be one of the more efficient and least expensive options available. **Sclerotherapy?** A tiny injection into the tiniest capillaries, with the tiniest of needles, flushing them with a fluid that will cause the capillary walls to collapse and become reabsorbed (much like a bruise).

What to expect.

- Typically 3 to 4 treatments, about 1 month apart.
- Good news if you are under 50yo: often 2 to 3 will suffice.
- A treatment may take 30-60 min, and you may not require a compression garment.
- An average cost might start at \$250 per ½ hour, up to \$350 per hr.



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**Maureen Cole - Dip BTh, ITEC,
CIDESCO IFA, AABth**

Maureen, our paramedical aesthetician, conducts **Ultherapy®** treatments and says "This is a treatment you could have in your lunch hour, with possibly zero down time."

Clients will notice a slight tightening and firming effect immediately after treatment. In the second to third month, there is usually reduced sagging and a better contoured chin, jawline, cheekbones and brow. Results last 12 months to 18 months and the treatment can be repeated as required.

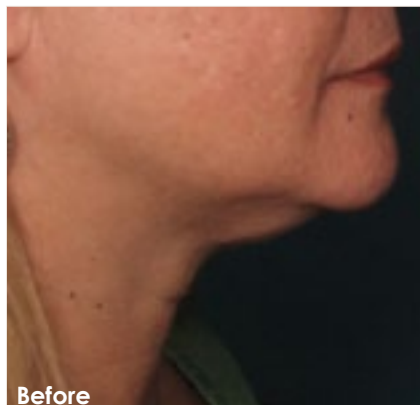
Call for a consultation and find out if you are a suitable candidate for Ultherapy®. Prices range from \$1,000 to \$3,500 depending on whether you treat the full face, neck, or partial face.

ARE YOU A CANDIDATE FOR THE LATEST IN SKIN TIGHTENING?

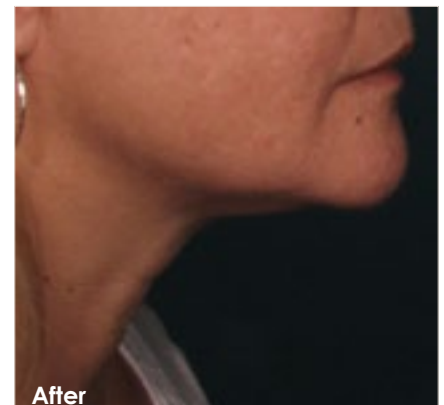
'A revolution in facial rejuvenation' is how **DR WARWICK NETTLE** of Sydney's **SILKWOOD MEDICAL** clinic has described **Ultherapy®** from **Ulthera®**.

Dr Nettle has conducted the clinical trial of this brand new technology for lifting, tightening and toning skin without surgery.

Ultherapy® is a unique application of proven ultrasound technology for non-surgical skin lifting with an 89% clinically significant result in just one in-office treatment. **Ultherapy®** treats the deep layers of skin, where cells are formed and leaves the surface unaffected. There is an immediate effect as well as a progressive improvement as the maximum lift is achieved in around 90 days post treatment.



Before



After

CHRISTMAS CLOSING

Silkwood Medical will close 5PM Wednesday December 22nd 2010 and reopen 10am Monday January 10th 2011. Happy Holidays!